

# VitalRemedy

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In November 1991, a news segment on CBS's "60 Minutes" popularized the "French paradox" – the counterintuitive notion that a French diet of cheese, chocolate, and wine

WRITTEN BY LAURA DENSON BAUM, MD could be associated with improved cardiovascular health. With the proposal that red wine might decrease the incidence of heart disease, consumption increased 44% and some wineries began lobbying for the right to label their products "health food". While most doctors might hesitate to go that far, many agree there does seem to be something in red wine that helps your heart. Now years later that "something" may have found a name... Resveratrol is the ingredient in red wine that made headlines in 2006 after scientists demonstrated that it kept overfed mice from gaining weight, turned them into the equivalent of Olympic marathoners, and seemed to slow down their aging process.

Resveratrol is an antioxidant, found naturally in a number of foods like grapes, berries, and peanuts. In grapes, resveratrol is found primarily in the skins; grapes grown in cool damp regions produce it when the skin is attacked by fungus. Resveratrol is detected primarily in red wine, which is made from red or black grapes that undergo fermentation together with the skins in order to retain the color pigments, while white wine is usually made by fermenting juice pressed from white grapes. Of the red wines, Pinot Noir contains the highest quantities of resveratrol, perhaps partly because of the grape's characteristic thin skin and tight clusters that make it more vulnerable to fungus.

Resveratrol has ignited the modern day quest for the Fountain of Youth. At the fore are researchers David Sinclair and Joseph Baur at the Harvard Medical School and Rafael de Cabo at the National Institute on Aging of the NIH. The earliest studies have shown resveratrol to prolong lifespan in non-vertebrate organisms such as yeast and fruit flies. By studying a short-lived fish species and now mice, researchers have been able to show that the natural compound could also do so in vertebrate species, supporting the potential utility of resveratrol in human aging research. In the study published November 2006 in *Nature*, resveratrol was shown to shift the physiology of middle-aged mice on a high-calorie diet towards that of mice on a standard diet and significantly increase their survival. Resveratrol mimicked the healthful effects seen with calorie restriction and produced changes associated with longer lifespan, including increased insulin sensitivity. As you know, insulin resistance often leads to the development of type 2 diabetes, which is a widespread and devastating condition that over time causes irreparable damage to many parts of the body, including the heart, blood vessels, eyes, nerves, and the kidneys. The discovery that resveratrol could enhance insulin sensitivity in mice and ward off diabetes, "provides a potential new therapeutic approach for preventing or treating this condition," said researchers.

A more recent study, conducted and supported in part by the National Institute on Aging, was published July 3, 2008, in *Cell Metabolism*. The findings confirm previous results suggesting that resveratrol may mimic, in mice, some of the effects of calorie restriction, shown to lessen age-related diseases. A major finding of this study is that resveratrol prevented age-related and obesity-related cardiovascular functional decline in the mice. In addition, the scientists found resveratrol to have a variety of positive effects on other age-related problems in mice, including, better bone health, reduced cataract formation, and enhanced balance and motor coordination. "We are learning a great deal about how resveratrol affects the health and survival of mammals," said Sinclair. "Continued study of calorie restriction mimetics such as resveratrol may eventually point the way to new medicines to treat diseases of aging."



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Medical Director

inside

Staying Healthy in  
an Unhealthy Economy

Did You Know...?

Medical News

News From  
VitalRemedyMD

Intelligent Indulgences

LAURA D BAUM, MD  
Editor in Chief

# Staying Healthy in an Un

*If you are tempted to take short cuts with your healthcare, be forewarned... it could end up costing you more.*

is a challenging yet essential task. Most of us are trying to cut back on our expenses, but I read some people are putting off doctors visits and others even stopping prescription medications! If you are tempted to take short cuts with your healthcare, be forewarned... it could end up costing you more. My advice: talk to your doctor and do whatever you can do to invest in your health in simple cost-effective ways so you might avoid the financial and emotional cost of illness. Particularly in economic hard times:

- **REDUCE STRESS** Try exercise – guaranteed to relieve stress. You can even exercise at home and save on gym fees and on gasoline; take a walk, jump rope, stretch. Take a deep breath and find an activity that gives you a mental break: take an early morning walk on the beach and watch the terns scurry up and down the shore; lie down in the grass and watch the clouds like when you were a child; start a new book. Be charitable, with kindness: hold the door for someone or let someone go in front of you on the checkout line if they look harried or rushed. You'll feel better and it won't cost you a thing.

- **EXERCISE** This one bears repeating because it does even more than relieve stress to keep you healthy. Exercise improves heart and lung function, decreases resting blood pressure, decreases body fat, decreases total and LDL “bad” cholesterol, raises HDL “good” cholesterol, increases energy levels, increases tolerance to stress and depression, and controls or prevents the development of diabetes. Even with the first day of exercise you will feel better. With time, your body will respond by increasing muscle mass and tone and decreasing body fat. You will be thinner, stronger, more limber and flexible, and your body will function better and be less vulnerable to orthopedic injury. You will be healthier and decrease your risk of cancer, heart disease, and chronic illness.

- **STOP SMOKING** or encourage someone you love to stop smoking. It will save in exponential ways – money, air quality, health, and heartache.

- **DRINK MORE WATER, LESS SODA** This is an easy way to save big on calories and improve your health. And, try filtered tap water instead of bottled “spring” water. You will save money and the environment at the same time.



# healthy Economy

- **AVOID FAST FOOD** and eat at home more. Try oatmeal, it is inexpensive and highly recommended to help you lose weight and improve overall health. Create a small herb garden and add flavor to a recipe at a fraction of the cost of buying fresh at the market each time; it's easy and it's gratifying. Buy meat or chicken in bulk at a wholesale store, freeze and cook later, or cook now and freeze so you can just warm it up when you're short on time. Don't go food shopping when you're hungry and you will avoid temptation and buying in excess.
- **AVOID FAD DIETS AND DIET PILLS** They will cost you money and they will cost your health. Adopt a more healthful way of eating for life.
- **TAKE APPROPRIATE NUTRITIONAL SUPPLEMENTS** A good daily multivitamin with 100% of essential vitamins and minerals is a great foundation. Research shows 80 to 90% of the population does not achieve the recommended daily value (RDV) for each vitamin and mineral each day, nor do they even come close. And, keep in mind that the RDV levels for each nutrient are only intended to guard against severe nutrient deficiency diseases, but are not intended to serve as levels of vitamin and mineral intake that are optimal in regard to supporting biological functions, preventing degenerative diseases and maximizing our well-being and longevity. Take fish oils and boost your omega-3 intake; beyond the protective effects demonstrated in heart disease and cancers, scientific evidence strongly indicates that the omega-3 fatty acids, DHA + EPA, may have potential benefits in the prevention and/or treatment of myriad health conditions.



## Medical News & Events

**Omega-3s, Not Statins, Help Heart Failure Patients...** A major clinical trial (GISSI-HF) was recently presented at the European Society of Cardiology (ESC) 2008 Congress and published in *The Lancet* revealing that omega-3 supplementation improves morbidity and mortality in symptomatic heart failure (HF) patients, while statins failed to have any beneficial effect in this same group. The GISSI-HF, a randomized, double blind, placebo-controlled trial, included two studies. The first study looked at whether omega-3 fatty acids could improve morbidity and mortality in a large population of patients with symptomatic HF. The statistically significant findings revealed that supplementation with 1000 mg omega-3 fish oils, DHA/EPA, was associated with a reduction in all cause mortality and cardiovascular mortality and hospitalization.



## Red Lentil Soup

2 Tablespoons olive oil	½ teaspoon turmeric
1 large onion, coarsely chopped	¼ teaspoon cayenne pepper
2 cloves garlic, minced	2 cups red lentils
1 large russet potato, peeled, coarsely chopped	28-oz. can whole plum tomatoes, drained and chopped
3 carrots, peeled, chopped	7 cups water
1 Tablespoon ground cumin	1 1/2 teaspoons salt
2 teaspoons ground coriander	Fresh black pepper to taste



Heat oil in a large pot over medium-high heat. Add onion, garlic, potato, and carrots and sauté until vegetables begin to soften, about 5 minutes. Mix in cumin, coriander, turmeric, and cayenne pepper and stir until fragrant, about 30 seconds. Stir in lentils and then tomatoes, water, and salt and bring to a boil. Cover pot, reduce heat to low and simmer about 30 minutes.

## FYI

The **lentil** is a plant of the legume family, grown for its lens-shaped seeds. The plant originated in the Near East and has been part of the human diet since Neolithic times. Lentils exist in a variety of colors that range from yellow to red-orange to green, brown and black. Lentils have the third highest level of protein from any plant-based food after soybeans and hemp, and are an important part of the diet in many parts of the world, especially in India, which has a large vegetarian population. Apart from a high level of proteins, lentils also contain dietary fiber, Folate, vitamin B1, and minerals, and they are one of the best vegetable sources of iron.

**Turmeric**, a flowering plant in the ginger family, is widely used as a food coloring and is one of the principal ingredients in curry powder. Turmeric has long been used in both Ayurvedic and Chinese medicine as an anti-inflammatory, to treat digestive disorders and liver problems, and for the treatment of skin diseases and wound healing.

Dr. Luigi Tavazzi, who presented the omega-3 data, said the treatment is an “effective, safe, simple, and cheap” option for patients with chronic heart failure. Dr. Gregg Fonarow echoed the sentiment stating, “Supplementation with n-3 polyunsaturated fatty acids should join the short list of evidence-based life-prolonging therapies for heart failure.”

The second study looked at these same end points in patients treated with rosuvastatin vs. placebo and revealed no statistically significant difference. Although investigators noted that treatment with a statin decreased LDL cholesterol levels in these patients, they postulated, “Once heart failure is established, statins may not allow patients to escape the underlying heart disease process.” *The Lancet*, 2008 October; 372: 1223-1239.

## Kids Should Double Up on Vitamin D...

That’s the latest word from the American Academy of Pediatrics, which now says children

should get twice the daily recommended dose of Vitamin D because it may help reduce the risk of serious diseases, including diabetes and cancer.

For years many experts have been calling for an increase in the recommended daily intake of vitamin D. Many previous studies indicate that vitamin D deficiency plays a significant role in causing cancers, heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, birth defects, and periodontal disease.

According to a study of 380 children aged from 8 to 24 months, released earlier this year by researchers from Children’s Hospital Boston, 40% had less-than-optimal blood levels of vitamin D; 12% actually had vitamin D deficiency. About a third of these kids had bone demineralization, a sign of thinner bones when being X-rayed. Following this study, doctors are advising that newborns and teenagers alike get 400 IU vitamin D daily.

# News from VitalRemedyMD

## ConsumerLab.com APPROVES VitalOils 1000™

ConsumerLab.com, the nutritional supplement industry watchdog, recently analyzed and released their largest report ever completed on omega-3 fish oils. ConsumerLab.com conducted independent testing on 49 fish oil supplements; they selected 23 and 26 were tested under a voluntary certification program.

**VitalRemedyMD's VitalOils 1000** was one of the omega-3 fish oils selected by ConsumerLab.com for testing, and we are very proud to share that VitalOils 1000 was **APPROVED IN ALL CATEGORIES:**

- Content – Approved
- Purity – Approved
- Freshness – Approved
- Enteric Coating – Approved

VitalOils1000 was one of only two products that passed in the enteric group category. This news came as no surprise to us since we independently test each lot of all our supplements to make sure you are getting the quality and purity you expect from VitalRemedyMD.

## New Product

**VitalRenew™** is an anti-aging formula designed to support healthy mitochondrial function, protect cells against free radical damage and provide increased energy.\* VitalRenew contains the following ingredients:

- **L-carnitine** is an amino acid-derived compound whose central role in muscle function has drawn the attention of clinicians and researchers to clinical applications related to this role and its ability to increase energy.\* Studies have found feeding older animals L-carnitine results in a return of liver and heart mitochondria to a more youthful state.\*
- **Alpha lipoic acid** is a nutritional antioxidant highly effective in bolstering cellular and tissue levels of glutathione.\* As dihydrolipoic acid, alpha lipoic acid is one of very few antioxidant molecules small enough to penetrate the mitochondria directly and protect against age-related mitochondrial decay.\*
- **CoQ10** is an antioxidant essential for the conversion of the food we eat into energy. Organs that have tremendous energy requirements such as the brain, heart and kidneys, possess much greater numbers of the energy-producing mitochondria and thus need more CoQ10. With age, the level of CoQ10 has been found to decrease, affecting the body's energy production.\*
- **Resveratrol**, a polyphenol present in red wine, has been thought to be responsible for the cardiovascular benefits associated with moderate wine consumption.\* New research suggests that by regulating a gene associated with aging, resveratrol could promote longevity.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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## Take 50% OFF one item of your choice

**WE WILL BE GOING GREEN! BUT,** we need your help to make this happen...

As **THIS WILL BE THE LAST TIME OUR NEWSLETTER IS PRINTED** for distribution, **WE NEED YOUR EMAIL ADDRESS TO STAY IN TOUCH.** Simply call us toll-free **800-770-4360**, and as a thank you we will give you 50% off one item of your choice. Rest assured, we will not share your email address, but use it only to send you our future newsletters and special offers available to current VRMD customers.

# Did You Know?

## Our Mission

is to discover through  
scientific research  
and empower  
through education

**Four Out of Five Doctors Recommend Nutritional Supplements.** According to a recent survey by the Council for Responsible Nutrition (CRN), 79% of physicians and health care professionals recommend nutritional supplements to their patients. The top five conditions for which dietary supplements are recommended:

**Bone health:** calcium, vitamin D, magnesium, vitamins K and C

**Joint health:** glucosamine sulfate and chondroitin sulfate and omega-3s (DHA + EPA)

**Heart health:** omega-3s (DHA + EPA)

**Overall health and wellness:** daily multivitamin, omega-3s, and vitamin D (DHA + EPA)

**Maintain healthy cholesterol:** soluble fiber, soy protein, phytosterols and stanols.

A **multivitamin** "is king", said CRN consultant, Annette Dickinson. Of the 72% of physicians who say they use dietary supplements, 87% use a multivitamin. Most people do not consume optimal amounts of all vitamins through diet alone and *suboptimal* intake of some vitamins, above that level that would cause a classic deficiency, is a risk factor for chronic diseases.

Regarding joint health, "there is a strong body of human clinical trials that supports the safe use of **glucosamine and chondroitin sulfate** for significant and long-lasting decreases in joint pain and improvements in mobility," Dickinson said. Adequate intake of calcium, vitamin D, magnesium and vitamin K is essential to support bone health. About 21 million US adults have osteoporosis.

And finally, there is an impressive body of scientific evidence that supports increasing dietary intake of the healthful **omega-3** fatty acids, **DHA+EPA**, found in fish and fish oils. "They reduce inflammation, reduce the tendency to form clots, decrease the likelihood of developing cardiac arrhythmias, and at high levels lower triglycerides."

**The American Heart Association recommends** that patients with documented cardiovascular disease consume 1 gram (1000 mg) of the omega-3s **DHA+EPA** daily; and that patients who need to lower triglycerides supplement with 2 to 4 grams of DHA+EPA daily, under a physician's care.

We are proud to bring you this issue of **VitalRemedy**, the Quarterly Newsletter of the Foundation for Preventive and Integrative Medicine (FPIM). This newsletter is for informational purposes only and is not medical advice. Before taking any dietary supplement, ask your doctor if it is right for you.

Please share your questions, comments and suggestions by e-mail: [drlaura@fpim.org](mailto:drlaura@fpim.org).

FPIM takes seriously the issue of safeguarding your privacy. For more information on our privacy policy, visit our website at [www.fpim.org](http://www.fpim.org). If you or someone you know would like to be added to our mailing list, or if you do not wish to receive this newsletter, please contact us by e-mailing [info@fpim.org](mailto:info@fpim.org) or by calling us at 888.440.FPIM (3746)

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