

# ASHBY ADVISOR

Seventh edition  
April 2006

- 1) Just what we wanted to hear! Calorie restricted diets are healthy! A study by Heilbrown et al is the first to show a decline in DNA damage in response to calorie restriction in humans. Fasting insulin levels also went down.
- 2) Vitamin D is a hot topic again. The Journal of the National Cancer Institute, April 5<sup>th</sup>, 2006 reported that men with the highest Vitamin D intake had the lowest incidence of digestive tract cancers, i.e. Colorectal, pancreatic, esophageal and stomach. Several studies are concluding that Vitamin D levels should be raised to 1000 -> 1200 iu's per day from the current 400 iu's.

**NOTE:** People with certain immune disorders such as Sarcoidosis should not take Vitamin D supplements.

- 3) Raspberries are a great source of anti-oxidants with up to 10 times more than tomatoes or broccoli. EAT UP!
- 4) Beta Carotene and Vitamin E have been shown to protect against aging associated decline in lung function.
- 5) Ways to raise HDL (good cholesterol) levels
  - i. Regular exercise
  - ii. Quit smoking
  - iii. Control weight
  - iv. Mild alcohol intake
  - v. Diets with Omega 3 fatty acids
  - vi. Take Niacin (high doses of 100 mg or more can cause skin flushing)
- 6) Cardiovascular disease kills more women than cancer. While CVD death rates for men have declined over the past 25 years, they have increased for women. Hispanic and African American women face the greatest risks.
- 7) Heart attack signs for women:
  - Shortness of breath often without chest pains
  - Flu like symptoms with nausea, clamminess or cold sweats
  - Pain in the chest, upper back, shoulders, neck or jaw.
  - Feelings of anxiety, loss of appetite, or discomfort.

QUOTE OF THE MONTH...."Be kind, for everyone you meet is fighting a hard battle."