

ASHBY ADVISOR

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Spring has come and so has a new month.

Some interesting uses for garlic in your health:

- It helps the liver recover from the overuse of acetaminophen (Tylenol)
- It appears to reduce the risk of prostate cancer
- It sometimes helps lower blood pressure and cholesterol

And it's good thing garlic can help the liver since acetaminophen poisoning (causes acute liver failure) was 51% of cases in 2003, up from 28% in 1998.

3000 mg of garlic daily (Aged Kyolic Garlic) was the recommend dose from the study. Of course they recommend taking the least amount of acetaminophen as needed to relieve pain.

Adding amino acids and carbs to a normal diet during a period of extended bed confinement seems to stop muscle wasting and slowed strength loss. UT @ Galveston Medical Center did a study of healthy men, confining them to bed-rest for 28 days. The group that did the amino acid/carb drink, lost no muscle mass and had much less strength loss. So for injury/surgery recovery, additional supplements of a combo amino acid/carb drink three times daily may help you recover faster.

Second hand smoke exposure in childhood can increase the chances of contracting lung cancer later in life by up to 363%. The study out of England, examined 100,000 adults. Sounds like another good reason to keep up the antioxidants and maybe a good lung detoxification.

Happy Spring!

Quote of the advisor... "Life keeps going on – remember to go with it".