

ASHBY ADVISOR

Seventy-first edition
Fall 2013

Quick office update: We are in our new location at 2011 N Collins Blvd. Suite 707, Richardson, 75080.

More space and nicer digs. We will be tweaking things for the next six months or so, but we are up and running well.

Let's start with a look at the saying "eat your fruits and veges. It's good for you." The American Journal of Clinical Nutrition 6/26/2013 people who did not eat fruits and veges had a 53% greater risk of dying over a 13 year period when compared to those who ate at least 5 servings per day. What a shock!! Eat those fruits and veges!

From the journal Trials 8/28/2013, post menopausal women with metabolic syndrome (obesity, high blood pressure, high fasting glucose insulin resistance and high triglycerides) were treated with a low calorie diet or a low calorie diet with supplemented alpha lipoic acid and inositol. They did this for six months. On recheck 89% of the supplemented group had reduced insulin and 67% had lowered insulin resistance. The diet alone group had only a small reduction. The supplemented group also had better HDL and lower triglycerides.

For you men- June 2013, The American Society of Clinical Oncology did a double blind study of a supplement Pomi-T (a proprietary blend of pomegranate, green tea, turmeric, and broccoli). 203 men were studied . All men had confirmed prostate cancer. PSA scores were used at baseline and at six months. Average scores in the placebo group went up 79% vs 15% in the Pomi-T group. These four nutrients have been known for some time to be helpful in certain cancer growth preventions. So eat the good stuff and maybe take a few supplements if you may be at risk.

And don't forget to do a little exercise during the holidays. If you can't find time to do physical exercise then at least exercise some self control. Hope you and your family have a great holiday season.

Quote: "It's nice to be important, but it's more important to be nice."

"In this world, Elwood, you must be oh so smart or oh so pleasant....I recommend pleasant."
Elwood P. Dowd