

ASHBY ADVISOR

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Preventing joint space loss in knees: There have been several ongoing studies comparing Glucosamine Sulfate, Chondroitin Sulfate, Combining both, Celebrx and a placebo. The results have been somewhat difficult to pull apart since some study findings seem to conflict with others. Bottom line: Glucosamine Sulfate alone seems to give the best result. If you're happy with doing both or chondroitin sulfate, go ahead, won't hurt. 1500 mg of Glucosamine Sulfate seemed the best so far.

So we have talked at length about vitamin D deficiency in the US (Endemic studies show 80% of the population is low.) Life Extensions magazine had a great article on something I've been watching for about 18 months. Iodine deficiency. It appears that the general population is slowly becoming iodine deficient due to lack of salt use. Remember we are supposed to not use the salt shaker. It appears that's been happening a lot, or substituting with non iodized salt as well. (Sea salts and Himalayan salts, are not necessarily fortified with iodine. Check the label.) Plus, it appears that when exposed to air the iodine dissipates in about one month.

So how much iodine do we need? The RDA is 150mcg. This is the amount considered necessary to prevent goiter formation. The amount needed to maintain adequate levels is still being debated. Generally levels could range from 150mcg to well over 1000 mcg per day. If you have low thyroid symptoms (such as fatigue, intolerance to cold, lack of coordination, dry skin, thinning hair, constipation) you may be iodine deficient. The easiest way to increase iodine is supplementing. Really cheap stuff to do.

So what diseases are associated with low iodine levels? Breast cancer, hypothyroidism, fibrocystic breast disease, general weight gain, and low body temperature.

By the way people on a vegan diet were generally found to be lowest in iodine levels.

Quote of the email: Follow the grain in your own wood.