



Combination of Calcium and Vitamin D May Help Cholesterol Levels During Weight Loss

In a recent trial from the University of Laval in Canada researchers found that a combination of calcium and vitamin D during weight loss intervention in overweight and obese women could improve blood cholesterol levels. The randomized, double-blind controlled study involved 63 women with daily calcium intakes less than 800 milligrams per day. The subjects were assigned to either the calcium/vitamin D group or placebo group, with both groups following a weight loss plan of 700 kcal per day. At the end of 15 weeks of supplementation it was determined that the calcium supplements had a significant positive impact on the total cholesterol ratio of the participants. HDL (so-called 'good' cholesterol) and LDL (so-called 'bad' cholesterol) also improved. The improvements in blood lipid levels were independent of changes in fat mass and in waist circumference. Although this is a positive sign for calcium and vitamin D supplementation, more research is needed to confirm these findings. For more information go to the *American Journal of Clinical Nutrition*, Volume 1, January 2007.

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Supplementing the Diet With Fruit, Vegetables, and Green Tea Can Prevent Oxidative Stress

A recent study where participants were asked to consume additional daily portions of fruit, vegetables, and 2-3 glasses of green tea concluded that an adequate supplement of antioxidants can prevent oxidative stress and correlated pathologies. For more information go to the journal *Clinica Terapeutica*, Volume 157, November 2006.

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Tomato and Broccoli Combo May Help Reduce Prostate Cancer

Researchers from the University of Illinois recently reported that in lab rats implanted with prostate cancer cells, the tumors shrank significantly more in those whose diet contained 10% broccoli powder and 10% tomato powder, than in those whose diet included only tomato or broccoli powder, or lycopene (the red carotenoid pigment found in tomatoes and some fruits) alone. The study showed that the 10:10 broccoli/tomato combination resulted in a 52% reduction in tumor weight. Tomatoes and broccoli are each known for their anti-cancer benefits and when put together may have powerful anti-prostate cancer effects. If the results from this study can be replicated in human subjects, eating both daily may increase their effects on prostate cancer in men. More research on a 10:10 broccoli/tomato

combination is needed to confirm their value for prostate cancer. For more information, go to *Cancer Research*, January 15, 2007.

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Yoga Benefits Weight Maintenance and Weight Loss

In a 2005 study, published in the *Alternative Therapies in Health Medicine*, researchers found that overweight people in their 50s who regularly practice yoga lost about five pounds over 10 years, while a group in the same age range gained about 13 ½ pounds over the same time period. The conclusion of the study stated that "Regular yoga practice was associated with attenuated weight gain, most strongly among individuals who were overweight. Although causal inference from this observational study is not possible, results are consistent with the hypothesis that regular yoga practice can benefit individuals who wish to maintain or lose weight." For more information go to the journal *Alternative Therapies in Health Medicine*, Volume 11, 2005.

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