



Calcium and Vitamin D May Help Reduce Stress Fractures

A recent study conducted by researchers at Creighton University amongst Naval recruits showed that active women who took higher-than-recommended doses of calcium and vitamin D supplements for eight weeks had fewer stress fractures than the other female recruits who were taking a placebo. The study, funded by the Department of Defense, was recently presented at the Orthopedic Research Society's annual meeting in San Diego. The study, which took place at the Great Lakes Naval Training Center in Great Lakes, Ill., showed that approximately 1000 out of 3700 women recruits who took 2,000mg of Calcium (Recommended Dietary Allowance 1,000mg) and 800 IUs of Vitamin D (Recommended Dietary Allowance 200 IU's) had fewer fractures. It is a known fact that the human body uses calcium to build and repair bones while Vitamin D helps the body absorb it. More research is needed to confirm the findings of this study. For more information go to <http://www.newswise.com/articles/view/527217/>.

<http://www.virtualhealthinfo.com/links/68.html>

Compounds Found in Fruit and Vegetables Help Support Heart Health

In a recent Norwegian-US study, it was found that a diet rich in flavonoids could slash the risk associated with cardiovascular disease. Flavonoids are a class of nutritionally rich water-soluble pigments found in fruit,

vegetables, coffee, tea and chocolate. The prospective cohort study, involving 34,489 postmenopausal women, reports that a high dietary intake of several classes of flavonoids can reduce the risk of death from coronary heart disease and cardiovascular disease by between 10 and 22 percent. This study adds to the mounting body of science that supports the benefits of plant based nutrition. For more information go to the American Journal of Clinical Nutrition, Volume 85, March 2007.

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Folic Acid Supplements May Prevent Cleft Lip and Palate In Infants

Researchers at the National Institute of Environmental Health Science, part of the National Institutes of Health, conducted a study to show the role of folic acid supplements taken by women during early pregnancy in preventing facial clefts amongst newborns. The research was conducted in Norway, where researchers asked pregnant women to fill out a questionnaire about their general health information, smoking and drinking habits, as well as their vitamin intake. This study included 377 infants with cleft lip with or without cleft palate, 196 infants with cleft palate alone, as well as 763 control babies randomly selected from all live births in Norway. When all was said and done, researchers concluded that folic acid supplements during early pregnancy (400 micrograms) seem to reduce the risk of isolated cleft lip (with or without cleft palate) by about a third. Researchers also concluded that other vitamins and dietary factors

may provide additional benefit. Further research on the impact of women taking folic acid supplements early in their pregnancy would help bring strength to the findings of this study. For more information go to the British Medical Journal, March 2007.

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Component in Green Tea Found Helpful in Alzheimer's Disease Prevention

Alzheimer's disease is a brain disorder that gradually affects a person's memory as well as their ability to learn, communicate, and carry out daily activities. Alzheimer's also leads to dementia, which is the destruction of brain cells and is characterized by brain-clogging tangles of proteins called plaques. According to a University of South Florida study, a component of green tea called ECGC (epigallocatechin-3-gallate) may reduce or prevent the formation of the detrimental plaques. ECGC is a known antioxidant. It helps the body fight harmful free radicals and promotes cellular longevity. The study also shows that the process of aging tea leaves tends to decrease the amount of antioxidants and that is the reason why green tea is considered to be more powerful in fighting diseases than other teas; black tea is aged the most and green tea the least. Additional studies on ECGC and Alzheimer's would help to confirm the findings of this study. For more information go to the Journal of Neuroscience, September 2005.

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