



Berries' May Affect Cancer Cells

Various studies over the years have focused on the health benefits of antioxidants found in blackberries, black raspberries, blueberries, cranberries, red raspberries, and strawberries. Now, the extracts from the same fruits are believed to have anti-cancer effects. Research, conducted by UCLA researchers, identified and evaluated the main phenolic constituents of the berries using advanced detection methods. The major classes of berry phenolics were anthocyanins, flavonols, flavanols, ellagitannins, gallotannins, proanthocyanidins, and phenolic acids. They were evaluated to see how able they were to inhibit the growth of human oral, breast, colon, and prostate tumor cell lines using a wide range of concentrations. As the berry extract increased in concentration, increased inhibition of cell proliferation in all cell lines were observed, with differing degrees of potency between cell lines. A different evaluation method showed that black raspberry and strawberry extracts had a significant effect against a colon cancer line. The data in this study and in past studies warrants further investigation into the anti-cancer effects of berries in test tube models. For more information go to the *Journal of Agriculture and Food Chemistry*, Volume 54, December 2006.

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Vitamin D Intake May Reduce Breast Cancer

According to a recent epidemiological research study, scientists came to the conclusion

that an increase of Vitamin D from the diet and the sun may reduce the risk of breast cancer later in life by 30 per cent. The study, done by a Canadian Institute, collected data from 972 women with newly diagnosed invasive breast cancer and 1,135 healthy controls and questioned them to assess vitamin D-related variables, such as milk consumption, sunlight exposure from outdoor activity, and cod liver oil intake. Researchers believe that, during adolescence, these three variables may be linked to lowering breast cancer risks. Findings showed that drinking at least 10 glasses of milk per week was associated with a 38 per cent risk reduction. Increased exposure to sunlight during adolescence was associated with a 35 per cent risk reduction later in life and increased cod liver oil intake showed a 24 per cent risk reduction. This preliminary study suggests that an increase in Vitamin D during the breast development years will have a better impact in reducing the risk of breast cancer later in life. More research needs to take place to confirm the findings. For more detailed information go to *Cancer Epidemiology Biomarkers & Prevention*, March 1, 2007.

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Vitamin D During Pregnancy May Reduce Child Wheezing

A recent study by researchers from Harvard Medical School has found that taking vitamin D during pregnancy may reduce a child's risk of developing a wheezing illness during the first 5 years of their life. Doctors used food-frequency-questionnaire data to record the maternal vitamin D intake from a random sample of 2,000 pregnant

women. The average Vitamin D intake during pregnancy was 500 IU and women who increased their dosage by 100 IU, decreased their child's risk of developing a wheezing illness by 10%. Continued research is necessary to see if the wheezing risk remains the same as the children grow older. For more information go to *The American Journal of Clinical Nutrition*, Volume 85, March 2007.

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Calcium and Vitamin D May Limit Stress Fractures

According to a study presented at the 53rd annual Orthopaedic Research Society meeting in February of 2007, calcium and vitamin D supplementation, even for a short period of time, can significantly reduce stress fractures (overuse injuries to the bone). This randomized, double-blind placebo controlled study, funded by the U.S. Department of Defense, looked at two groups of female military recruits between the ages of 17 and 35. One group received daily pill supplements of 2,000 mg of calcium and 800 IU of vitamin D. The other group received placebo or "dummy" pills. During the course of the study, 170 recruits in the placebo group experienced about 25 per cent more stress fractures than the group taking the supplement. Calcium is known to support bone formation and repair, while vitamin D is known to help the body in its absorption. Additional studies would help to confirm these findings. For more information go to the following Creighton University webpage.

<http://www.virtualhealthinfo.com/links/75.html>