




Folate Supplementation Still Inconsistent Among Women

Despite encouragement from federal agencies to do so, a majority of women are still not supplementing with folic acid. Of the women failing to intake folic acid the greatest number are obese and non-white. Folic acid is a water soluble vitamin that fights neural tube defects. Up to 70 percent of neural tube defects of the brain and spinal cord can be prevented by consumption of folic acid by women before and during early pregnancy. For more information go to the Journal of Obstetric Gynecology and Neonatal Nursing, Volume 36, Issue 4, 2007.

<http://www.virtualhealthinfo.com/links/81.html> 

Guarana Seed Extracts Possess Strong Antioxidant and Antimicrobial Activity

In a recent scientific research study conducted in Slovenia, extracts of guarana seed were analyzed by high performance chromatography and evaluated to determine their antioxidant and free radical-scavenging abilities. Guarana grows in Brazil and is known to boost energy levels, since its main ingredient is guaranine, a chemical identical to caffeine. Results of the study suggest that seed extracts of guarana possess strong antimicrobial and antioxidant properties, and they can therefore be considered for use in the food, cosmetic and pharmaceutical industries. For more information go to the journal Food Chemistry, Volume 104, Issue 3, pages 1258-1268, 2007.

<http://www.virtualhealthinfo.com/links/83.html> 


Tea Rich Catechins Leads to Reduction in Body Fat

A 12 week double-blind study was performed in which the subjects ingested varying levels of catechin-rich teas. It concluded that daily consumption of tea containing 690 mg catechins for 12 weeks reduced body fat, which suggests that the intake of catechins might be useful in the prevention and improvement of lifestyle-related diseases, mainly obesity. More research in this area would be helpful in confirming these findings. For more information go to the American Journal of Clinical Nutrition, Volume 81, 2005.

<http://www.virtualhealthinfo.com/links/82.html> 

Folic Acid May Reduce Stroke Risk

Folic acid supplementation is popularly known as a way of protecting against birth defects, but recent research suggests it could also be beneficial to adults by significantly reducing their risk of suffering a stroke. A meta analysis published in June concluded that people can cut their risk of a stroke by a fifth by increasing their intake of folic acid. Additional research is needed to confirm these findings. For more details go to the journal Lancet, June 2007.

<http://www.virtualhealthinfo.com/links/84.html> 

Vitamin D and Calcium Supplementation Reduces Cancer Risk

A four year double-blind, placebo-controlled trial set out to determine the efficacy of calcium alone and calcium plus vitamin D in reducing incident cancer risk of all types in humans. When all was said and done the study concluded that improving calcium and vitamin D nutritional status substantially reduces all-cancer risk in postmenopausal women. Additional research would help to confirm these findings. For more information go to the American Journal of Clinical Nutrition, Volume 85, Issue 6, June 2007.

<http://www.virtualhealthinfo.com/links/85.html> 

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.

<http://www.virtualhealthinfo.com/links/65.html> 