

The Natural Pharmacy Newsletter

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In The News

Celiac Disease Becoming Increasingly Common, Research Indicates

Celiac disease is an autoimmune disease in which gluten triggers a response in the body due to a genetic disorder.

The response that occurs causes inflammation of the lining of the small intestine. This can cause diarrhea, bloating, vomiting and subsequently a decreased ability to absorb nutrients from food.

This disease is becoming so prominent that more than 3 million people in the US are afflicted with it.



A group of young adults at Warren Air Force Base was followed for 45 years after being tested for tissue antibodies found in Celiac Disease. It was discovered that undiagnosed celiac disease was quite prevalent and mortality was more than 4-fold higher in patients that had gone undiagnosed. Additionally, it was also discovered that more recent groups that were tested and followed actually had a higher rate of undiagnosed celiac disease.

This rise in occurrence of the celiac disease cannot be attributed simply to increased awareness and better testing being available. The prevalence of celiac disease appears to be on the rise, which begs the question if screening should become more common place for patients instead of

waiting for symptoms to occur.

In my opinion, due to the risk that is associated with undiagnosed celiac and the increased mortality risk for the undiagnosed disease, I believe that screening may very well be a positive step to take. The screening is non-invasive and could help prevent many problems in the long run. If you are interested in a simple stool test for gluten sensitivity, check out www.enterolab.com

[Complementary Prescriptions Medical: Celiac Disease Becoming Increasingly Common, Research Indicates. Retrieved on July 29, 2009. Retrieved from <http://www.cpmmedical.net/articles.>]

Fish Oil Enhances Cholesterol Excretion

For some time, fish oil has been known to improve different aspects of cardiovascular health. It has recently been found to play a part in lipid metabolism as well.

Fish oil is believed to affect macrophage reverse cholesterol transport. This is what allows excess cholesterol in the blood to be excreted from the body.

Increased cholesterol in macrophages, a type of white blood cell, causes what is called a foam cell. This is a cell that is often found at the beginning of



atherosclerotic plaque formation. Decreased cholesterol in macrophages would result in decreased plaque formation.

In a study conducted with mice, it was found that fish oil increased the amount of cholesterol from macrophages that was excreted from the body. This reverse cholesterol transport was mostly implemented through hepatic excretion of the macrophage-derived cholesterol.

[Complementary Prescriptions Medical: Fish Oil Enhances Cholesterol Excretion. Retrieved on July 29, 2009. Retrieved from <http://www.cpmedical.net/articles.>]

Herb May Support Healthy Blood Sugar

The number of individuals in the US with diabetes has dramatically increased in the last couple years to the point that more than 24 million Americans are afflicted with the disease. For everyone looking for a natural way to control diabetes, researchers in the US may have found the proverbial golden ticket.

In a new study, *Gymnema sylvestre* extract was used with mouse and human beta-cells. Beta-cells are the cells in the pancreas that make it secrete insulin. *Gymnema sylvestre* is a supplement that comes from an herb found in the tropical forests of India. In this study it was found that the extract actually increased insulin secretion. Additionally, the higher the dose of extract, the more insulin there was secreted.



The increase in insulin secreting activity was attributed to increased calcium levels inside the beta-cells. Studying how *Gymnema sylvestre* works could provide us with a lead for type 2 diabetes therapy. This extract is found in supplements such as DB-7 (Rx Vitamins) and Fenugreek Plus (Metagenics).

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Plant Extract May Support Weight Management

With two out of three adults in the U.S. overweight and one-third obese most of us could stand to lose a little weight. With an estimated 23.6 million people with diabetes and an additional 57 million people with pre-diabetes, it has never been more important for our long term health to lose that extra ten pounds (or more).



Amylase is an enzyme that breaks down starch to sugar. Salivary and pancreatic amylase aids in the breakdown and absorption of starch from the diet. Evidence indicates that an extract of kidney beans (*Phaseolus vulgaris*) inhibits both salivary and pancreatic amylase resulting in decreased absorption of glucose from test meals. These results show the kidney bean extract has the potential to benefit both blood sugar control and weight management. This kidney bean extract can be found in Healthy Curb by Nutritional Therapeutics.

Questions on Swine Flu (H1N1)

I just returned from a “traditional” immunization seminar this past weekend. In some ways it was helpful and in other ways very confusing. I’m still trying to decide how I feel about the two shot recommendation that will most likely emerge in response to the potential pandemic. I’ll try to have all of my ideas together on paper by October 1, 2009. I’ll try to give you tips on both prevention and treatment. Stay tuned, I’ll try to give it my best guess. I never want to take for granted or underestimate the weight that my recommendations may carry. Thank you for your confidence!

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