

The Natural Pharmacy Newsletter

Wellspring Custom Pharmacy

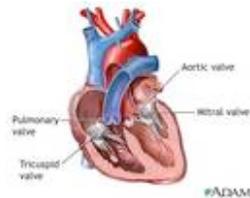
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In The News

Getting to the Heart of It With Appropriate Supplementation

The American Heart Association reports 27 % of American deaths are related to heart disease each year. These heart health issues come in many forms including high cholesterol and/or triglycerides, high blood pressure, stroke, and possibly heart attack if a person goes untreated. How do we stop this attack on such a vital organ? Of course pharmaceuticals can provide relief, but don't underestimate the use of supplements and diet and exercise to help reduce the risk of heart disease.



Who are the all stars in the lineup against heart disease? One of the players is known as Coenzyme Q10 (CoQ10). This supplement, produced naturally by the body, can help reduce blood pressure in patients taking traditional blood pressure lowering medications. Also, it has shown to reduce heart palpitations and rhythm abnormalities of the heart.

Plant sterols also provide a natural alternative to traditional statin medications used to lower low-density lipoproteins (LDL) the “bad” cholesterol that can lead to clogged arteries. These natural cholesterol reducers work by imitating cholesterol and blocking the real thing from being absorbed by the body. In fact, in 2000 the FDA approved the claim that consuming a total of 1.3 grams of

plant sterol esters as part of a low cholesterol and saturated fat diet may reduce heart disease risk. Plant sterols have also shown to be helpful as anti-cancer agents and antioxidants. How can you increase your plant sterol (a.k.a. phytosterols) intake? Plant sterols are found in vegetables, seeds, nuts and virtually all plants. Another available source are products being fortified with plant sterols such as orange juice and low-fat milk. Butter substitutes such as Smart Balance and Benecol also contain plant sterols. Of course, you can also purchase supplemental phytosterols to ensure your intake is adequate.

The AHA also recommends the intake of fatty fish such as salmon or supplementation that provides two acids, EPA and DHA (a.k.a. omega 3 fatty acids). These have been shown in studies to reduce the possibility of coronary heart disease and reduce mortality risk in patients diagnosed with this disease or who have suffered a heart attack. In addition, triglycerides, another component of the cholesterol panel, are reduced by taking fish oils. For those of you who aren't seafood lovers, try a new product called Salba, a vegetarian source of omega-3 fatty acids. Any fish oil product you choose should contain a combined total of 1,000mg of EPA and DHA and be mercury free.

Hawthorn berries are known for their ability to reduce blood pressure by improving heart pumping capabilities, increasing blood flow, and keeping blood vessels intact. Studies have shown that this berry may be beneficial to chronic heart failure patients.

Folic acid, niacin, and magnesium may also prove heart healthy and taking a multivitamin twice daily could be just what the doctor ordered to help decrease the risk for heart disease.

Natural Products Marketplace. Almendarez, Sandy. "The Heart of the Natural Products Industry." Virgo Publishing. November 2009. pp. 18-20.

Low Dose Naltrexone As A Treatment Option For Multiple Sclerosis

Naltrexone is an opioid antagonist. It blocks the effects of opiate medications, which are often referred to as pain killers. In addition, a promising new treatment for multiple sclerosis (MS) may be low dose naltrexone (LDN). A pilot study was completed in Milan, Italy. Neurological researchers headed the trial that involved patients from many northern Italian hospitals back in December of 2006. The study was complete after 40 Primary Progressive MS (PPMS) patients had received 6 months of LDN therapy. PPMS is a rare form of MS in which symptoms progress regardless of treatment measures and for which an appropriate treatment has yet to be discovered. This study was testing both safety and tolerability while investigating efficacy in symptoms including spasticity, fatigue, pain, depression, and quality of life (QOL). Two major adverse events occurred in patients but were not linked to the PPMS or to the LDN treatment. Neurological disability was increased in only 1 patient. Spasticity was seen to improve overall for the subjects. Also, beta-endorphins increased in patients during the trial.

Another study researching the use of LDN as treatment for MS was done at the University of California in San Francisco in 2007. This was a double-blind (neither patient nor researcher knew who received placebo vs. LDN) randomized, placebo controlled crossover-design study. The goal of the study was to quantify and record the improvement seen in quality of life for MS patients by using the Multiple Sclerosis Quality of Life Inventory. The patients were given either placebo or LDN for 8 weeks, then nothing for 1 week, then a final 8 weeks with the treatment opposite that

given to them the first 8 weeks. The results of the study were presented to the World Congress on Treatment and Research in Multiple Sclerosis in September 2008. The study found LDN improved QOL for the following areas: mental health, cognitive function per the patient, and pain. The only reported adverse event was vivid dreaming within the first week of treatment.

If low dose naltrexone is an option that you and your physician might consider, please contact our pharmacy to inquire how it might be custom made in our lab to suit your specific need.

[Clinical Trials for LDN. Retrieved on 10/13/2009. Retrieved from www.lowdosenaltrexone.org.ldn_trials.htm]

A Christmas Wish

I spent a great deal of time tonight looking for an article that would express my thoughts on the "political correctness" of wishing you a Merry Christmas. Most of the articles were too long, some were to "secular", and some were down right crude. So in the small space I have, let me be a little "politically incorrect".

Times have changed since I was a small boy growing up in the 1950's. We said the pledge of allegiance, we prayed prior to our studies, and we had Christmas programs, not holiday programs. Our Christmas programs had songs that mentioned the babe in a manger and the impact it was supposed to have on our lives. We learned that we were "One Nation Under God" and that our founding fathers believed in freedom from a government that imposed their religious beliefs on others not a government free of religion and morals. We had a sense of community and knew that if we did something wrong our parents would hear about it and take appropriate action.

We didn't get cell phones, video games, or 52" flat panel TV's for Christmas, but we did appreciate all that we received. As you can tell, I'm not a big fan of political correctness. But before I go any further and start sounding like my grandparents, let me wish you a very Merry Christmas and a blessed and healthy New Year.

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