

The Natural Pharmacy Newsletter

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In The News

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Is B-Complex Effective in Relieving Work Related Stress?

In a recently completed double-blind placebo controlled study, 60 patients were supplemented with either a B-complex multivitamin or a placebo for 90 days. The patients were assessed for work demands, personality traits, mood and work strain at the beginning of the study and again after 90 days.

The study results showed that patients receiving the B-complex supplement reported enhanced mood and less personal strain compared to the placebo group even after adjustments for individual differences in personality and work demands. B-complex vitamins can enhance mood and modulate psychological strain related to work stress.

The researchers concluded that B-complex vitamins are a cost-effective way to support mood and reduce psychological strain of occupational stress. B-complex vitamins may be important for personal health, organizational and societal outcomes given the rising cost and incidence of workplace stress.



Stough C, Scholey A, Lloyd J, Spong J, Myers S, Downey LA. The effect of 90 day administration of a high dose vitamin B-complex on work stress. *Hum Psychopharmacol.* 2011 Sep 8. Published Online Ahead of Print.

Dense Breasts May Need More Screening

Dr. Roshni Rao, assistant professor of surgery at the University of Texas Southwestern Medical Center in Dallas says that women with dense or non-fatty breast tissue may need additional breast cancer screening. A Texas law requires that women be informed about their breast tissue density and the limitations of mammography in some cases.

Radiologists use a grading system based on the amount of fat (non-dense) and connective (dense) tissue. As women age, their breasts become more fatty. Breast tissue that appears white on a mammogram are more dense making it more difficult to identify cancer. Many times cancer appears as white spots making the differentiation more difficult. Other factors to consider include: age at onset of menstruation, age at which a woman had her first child, and family history of cancer.

Rao stated that digital mammography was best at identifying cancer but that ultrasound, MRI, or thermography may also be helpful in addition to mammography.

www.lef.org/news/LefDailyNews.htm?NewsID=11839

Lutein Supports Cardiovascular Health

Lutein, an antioxidant, occurs in the macula of the eye and is a major component of the macular pigment. It negates free radicals and helps keep the eye healthy.

According to a recently published study, lutein may also play a role in cardiovascular health. 125 patients with suboptimal cardiovascular health and 107 healthy individuals, between the ages of 45 and 68 were studied to determine the flexibility and thickness of their carotid arteries. The study found that those individuals with suboptimal cardiovascular health had lower levels of lutein than the control group. Additionally it was noted that as lutein levels increased, carotid artery thickness was decreased. It was also noted that as zeaxanthin and beta-carotene levels were lower, carotid artery flexibility was decreased as was vessel elasticity.

The researchers concluded that lutein may play a beneficial role in supporting optimal cardiovascular health.

http://www.cpmedical.net/articles/lutein-supports-cardiovascular-health?utm_content=lutein-supports-cardiovascular-health&utm_source=bn20111129m&utm_campaign=bn&utm_medium=email&utm_term=ctype-M

CoEnzyme CoQ10 Studied for Brain Health

Recently published research indicates that Coenzyme Q10 reduces oxidative stress and protein deposition in the brain, which impacts cognitive function. CoQ10 is an antioxidant required for the synthesis of cellular energy.

In the study, mice genetically predisposed to develop abnormal protein deposition in the brain were treated with CoQ10. These abnormal protein deposits for

tangles of fibers and disrupt normal nerve cell communication. The mice were evaluated for cognitive performance, protein carbonyl in the brain, protein deposition in the brain, and A-beta-42 peptide, which affect nerve cell communication and viability.

The study showed that CoQ10 administration reduced protein carbonyls, A-beta-42 peptide, and amyloid-beta protein precursors. The mice also showed enhanced performance on cognitive tests.

The study authors concluded that CoQ10 supports cognitive function and reduces abnormal protein deposits in mice.

Note: Amyloid protein has been studied as a possible cause of Alzheimer's disease. The decrease in CoEnzyme CoQ10 levels associated with the cholesterol lowering statin drugs may also be the cause of decreased cognitive function in some individuals. For certain, more studies need to be conducted to see if a true correlation exists.

http://www.cpmedical.net/articles/coq10-studied-for-brain-health?utm_content=coq10-studied-for-brain-health&utm_source=bn20111018m&utm_campaign=bn&utm_medium=email&utm_term=ctype-M

A Christmas Note

As we enter this very special season, I'd like to take this opportunity to wish you and your family a very Merry Christmas and the happiest and healthiest of New Years. I encourage you to set aside time this year to reflect on how truly blessed we are in this country. We should never take for granted the rights that God has given us or the brave men and women that have fought to keep us safe and free. Have a wonderful Christmas season.



Brad

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