

# The Natural Pharmacy Newsletter

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*Wellspring Custom Pharmacy*  
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## *In The News*

### **Don't Skip Those Vacations-They are Important to Your Health**

According to a recent Travel Industry Association, taking a vacation can significantly improve health in the following ways:

- An annual vacation can cut a person's risk of heart attack by 50 percent.

- Middle aged men who have a high risk of coronary artery disease (CAD) who take frequent annual vacations cut there risk of dying from CAD by 32% and dying from any cause by 21%



- Homemakers that take two or more vacations per year are half as likely to have a myocardial infarction death than those that vacation every six years or less.

- Blood pressure, heart rate, and levels of epinephrine (a stress hormone) decline on short holidays of one or two days.

- Vacationers reporting higher work stress levels showed improvement from exhaustion with free time for oneself, vacationing in warmer, sunnier locations, exercising during vacation, good sleep, and making new acquaintances.

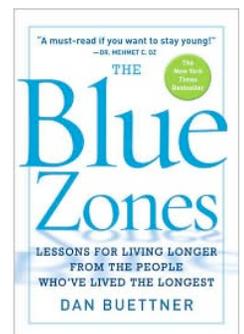
- Vacationers rate overall health one point higher (on a scale of 1 to 5) while on vacation. They also get three times more deep sleep after vacation and sleep almost 20 minutes longer.

- A study of almost 20,000 Canadians showed that physically active leisure directly contributes to physical and mental health-especially during stressful times.

With the average hospital stay lasting 4.8 days ([www.cdc.gov](http://www.cdc.gov)) and costing \$7346. ([www.census.gov](http://www.census.gov)) I'm thinking that vacations are better for my health and a whole lot more fun. So, don't take guilt with you on vacation-it's a great investment in your health. ([www.tia.org/pressmedia/benefits/index.html](http://www.tia.org/pressmedia/benefits/index.html))

### **What's Brad Reading?**

I just finished a fascinating National Geographic book entitled *The Blue Zones* Dan Buettner. Buettner examines the places in the world where a higher percentage of the population lives and thrives to a much older age. He examines the commonalities as well as the differences in four distinct geographic areas. The book is definitely worth reading as he describes specific individuals



that he interviewed in such a way that they spring to life.

Buettner sites nine strategies for increasing longevity:

1. Move naturally-be active without having to think about it.
2. *Hara Hachi Bu-painlessly cut calories by 20 percent.*
3. *Plant Slant-avoid meat and processed foods.*
4. *Grapes of Life-drink red wine in moderation.*
5. *Purpose Now-take time to see the big picture.*
6. *Down Shift-take time to relieve stress.*
7. *Belong-participate in a spiritual community.*
8. *Loved Ones First-make family a priority.*
9. *Right Tribe-be surrounded by those who share Blue Zone values.*

*In view of the lack of good programing on television, a good book like The Blue Zones is a much better choice. Let's all make it a priority to start working on incorporating these ideas into our daily lives.*

## Link Between Low GI Meals and Satiety Found

Recent research from the King's College in London show why dieters often choose low glycemic foods to shed extra pounds. Twelve subjects ate medium glycemic index (GI) dinners and one of two breakfasts: either a low GI choice or a high GI choice. The low GI meals led to a feeling of fullness because of increased levels of GLP-1 (a hormone that is produced in the gut that causes satiety). In fact those that ate the low GI breakfast had 20% higher blood plasma levels of GLP-1 and 38% lower insulin levels. As if we didn't need more reasons to stick to low GI meals.



## Fish and Walnuts Help Heart Health Differently

We've known that omega-3's benefit heart health but recent research indicate that dietary sources work in different ways. The research looked at 25 individuals eating either 42.5 g of walnuts or 113 g of salmon two times per week for a month.



The group eating walnuts decreased both total and LDL cholesterol levels. The group eating the salmon showed no drop in cholesterol but did show a drop in triglycerides. Both walnuts and salmon increased HDL levels. All levels were compared to a control group. Overall, "the ratio of total cholesterol to HDL was lower in the walnut group. This ratio is important when determining risk factors for cardiovascular disease.



Results were published in the *American Journal of Clinical Nutrition*.

**Thanks!**

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