

The Natural Pharmacy Newsletter

Wellspring Custom Pharmacy

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In The News

Splenda *USED* To Be My Sweetener of Choice

A new, soon to be published article in the *Journal of Toxicology and Environmental Health* concludes that Splenda can reduce good bacteria in the intestines by 50 percent, increase the intestinal pH, contribute to weight gain, and affect P-glycoprotein (P-gp). The P-gp effect could result in certain medications (particularly medications used in chemotherapy and AIDS treatment) to be shunted back into the intestines, rather than being absorbed into the body.

Splenda's chemical name is sucralose. The chlorinated artificial sweetener was approved by the FDA in 1998 as a "tabletop sweetener". Prior to approving Splenda the FDA reviewed 110 animal and human studies. However, according to Mercola.com, only two of these studies included humans. These two studies included 36 TOTAL human subjects and only 23 were actually given sucralose. If that isn't enough to make you wonder about safety, the actual absorption of sucralose into the body was studied on a grand total of 6 men.

I certainly am not a fan of sugar, but it would appear that we are most likely better off using small amounts of sugar rather than artificial sweeteners. The natural sweetener stevia may be a viable choice for some. I'll try to have some viable alternatives for you in an upcoming newsletter.



Natural Help for Osteopenia and Osteoporosis

With new information coming out almost monthly on side effects associated with the bisphosphonates (Fosamax, Actonel, Boniva, etc.), there may be a new supplement to consider for those that can't or won't take these traditional pharmaceuticals. Ostera (Metagenics) has been shown to promote healthy bone remodeling in post menopausal women.

Bone is a complex and dynamic tissue. It is significantly influenced by other body systems and the environment. Like any other living tissue, bone depends on nourishment and healthy lifestyle choices to stay long and resilient throughout life. Bone continually renews itself. Osteoclast cells remove old and damaged tissue while osteoblasts and osteocytes create a new web-like architecture called the bone matrix. Menopause disrupts this remodeling process and bone begins to gradually decline.



Ostera promotes healthy bone remodeling which helps maintain a healthy bone matrix. Unlike the bisphosphonates that may cause jaw bone erosion, stomach upset, and esophageal burns, Ostera is an all natural product without serious side effects. We would also recommend the use of a quality calcium

product (Cal Apatite, Menopause Formula, or Biodelivery Calcium Citrate), regular aerobic exercise, and a diet similar to a Mediterranean-style, low glycemic load diet. The usual dose of Ostera is one tablet two times daily.

Acai, The Wonder Supplement!?!

We've been fielding many questions on the supplement Acai. People are questioning its use for everything from detoxification, weight loss, anti-aging, and as an antioxidant. All of the companies that make an Acai product are very good at marketing and know our "hot" buttons. The product we've chosen to carry is made by Nature's Plus and comes as a liquid or in capsules. Here's what I feel comfortable in saying about this product: I think it is an excellent antioxidant. It has ten times the antioxidant activity of grapes and two times the activity of blueberries. It is most likely very heart friendly but beyond that, we'll let you be the judge.



Is It Possible for One Product to Stop Cancer, Alzheimer's, and Arthritis?

A yellow-orange spice that has been used for 5,000 years may hold the secret to vastly improved long term health. Turmeric, a spice with a warm, peppery flavor comes from Indonesia and Southern India. According to Mercola.com it can strengthen and improve digestion, support liver function, fight cancer, arthritis, and Alzheimer's.

With respect to digestion, it reduces gas and bloating, and assists in digestion of protein, rice and beans. It also helps digest fats, promotes proper metabolism, and helps maintain intestinal flora.

Turmeric increases bile flow and helps the liver become more efficient. It also helps prevent certain substance (like alcohol) from becoming toxic to the liver. It stimulates formation of new blood tissue and reduces inflammation.

Turmeric contains curcuminoids that are potent plant based nutrients that are powerful antioxidants. This antioxidant can counteract the damage caused by free radicals on the body. Laboratory data indicates that curcumin can inhibit tumor initiation, promotion, invasion, and metastasis. As an antioxidant it may also help prevent the oxidation of cholesterol and thus help prevent heart disease.

Because of its anti-inflammatory properties, turmeric is effective for arthritis pain and stiffness and is being studied at UCLA as a treatment for Alzheimer's.

The potential benefits of turmeric seem unlimited. Evidence suggests that the spice may also be beneficial for the treatment of cystic fibrosis, type 2 diabetes, Crohn's disease, psoriasis, rheumatoid arthritis, cataracts, gallstones, and inflammatory bowel disease.

If you decide to try this product, we would recommend considering Inflammation Intensive Care (Metagenics) or Turmeric Force (New Chapter). Either would be an exceptional choice to add to your supplement regimen.

Look for our new updated web site debuting in March 2009. We've made it easier to buy supplements on line. If we don't have your email address, please let us enter your information and add www.wellstore.com to your address list. We will be having "email only" specials in the very near future.