

The Natural Pharmacy Newsletter

Wellspring Custom Pharmacy
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October 2009

Volume 3, Issue 10

In The News

New Studies Show the Benefits of Tart Cherry Juice

Parade Magazine, in a September 27, 2009 article, states that tart cherry juice may help prevent post-workout pain. In a recent study at the Oregon Health and Science University, participants between the ages of 18 and 50 consumed 10.5 ounces of tart cherry juice or an artificial fruit drink two times daily for a week prior to their race. Those that drank the tart cherry juice had 23% less pain at the end of their race. The tart cherry group experienced less muscle pain after the race than those that took the placebo. The researchers believe that the benefit may be tied to flavanoids and anthocyanins (also found in blueberries and other purplish-red fruits and vegetables). that are anti-inflammatory and have high levels of antioxidants. The researchers also believe that tart cherry juice works like other common non-steroidal anti-inflammatory drugs (NSAID's). In a second study, it was found that women with fibromyalgia had better



muscle strength and less pain after drinking the juice for two weeks. It also has been found that tart cherry juice may reduce uric acid levels and thus decrease risk of developing gout pain.

In Support of Multivitamin Use

Recent data indicates that 35 percent of American adults regularly consume one or more types of multivitamin supplements. In a recent study published in the *American Journal of Epidemiology*, 77,719 patients aged 50-76 filled out a questionnaire regarding supplemental intake of multivitamins, vitamin C, and vitamin E over a 10-year period. The subjects were then followed to evaluate the 5-year mortality, cancer mortality, and cardiovascular disease mortality.

Melatonin Improves Age-Related Changes

Melatonin, a hormone made in the body from tryptophan, 5 hydroxy-tryptophan, and serotonin, plays an important role in the body's rhythm, is a potent antioxidant, and protects nuclear and mitochondrial DNA from oxidative damage. Mitochondria are

responsible for generating the majority of cellular energy. In a current study, melatonin was evaluated to determine the effect on the impairment of mitochondria in the brains of mice.



Melatonin was placed in the drinking water of mice bred for accelerated aging. Brain mitochondrial function was evaluated at 5 and 10 months of age. The study showed aging caused a significant decline in mitochondrial function. There was also an increase in oxygen and nitrogen free radical-induced stress. When the mice were supplemented with melatonin between 1 and 10 months of age, the mitochondrial impairment was completely prevented. Melatonin also increased production of cellular energy producing ATP. The finding shows that melatonin as a single therapy maintained fully functioning brain mitochondria during aging. (*Vitamin Research News*; Vol. 23, Number 9, September 2009)

Gluten Sensitivity Can Damage Your Health

Gluten sensitivity even without the presence of celiac disease can lead to higher mortality rates as compared to a control group. A study in the *Journal of the American Medical Association (JAMA)* that looked at over 30,000 patients showed an increased death rate of 2.9 per 1000 in patients with diagnosed celiac disease, 10.8 per 1000 increase in death rate in patients with intestinal inflammation, and an additional 1.7

deaths per 1000 in patients that had no typical symptoms of celiac disease but did show celiac “markers” in their blood. Celiac disease is a disease with severe intolerance to gluten marked by intestinal inflammation and damage to the intestinal wall. (*The Wall Street Journal*, September 22, 2009, pg. D3)

Fish Oil May Help Treat Heart Disease

A recent study in the *Journal of the American College of Cardiology* shows that fish oil can be used, not only to prevent heart disease, but may also be beneficial in treating heart disease. Dr. Carl Lavie reviewed four controlled trials of nearly 40,000 patients and concluded that omega-3 fatty acids have positive benefits in heart disease prevention, treatment of myocardial infarction, and heart failure. They also identified EPA and DHA as the most beneficial components. Dr. Lavie’s group recommends 500mg./day for patients without cardiovascular disease and 800-1000mg./day for patients with known coronary heart disease or failure. (*Pharmacy Today*, September 2009, pg 3)

Mark Your Calendars Upcoming Seminars

**Tuesday, October 20
ADD and ADHD
Practical Approaches**

**Tuesday, November 17
Hormone Replacement Therapy
Should I, or Shouldn’t I**

(Seating is limited, please phone ahead for reservations.)

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