

# The Natural Pharmacy Newsletter

*Wellspring Custom Pharmacy*

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## *In The News*

*by Brad Roseborough, R.Ph.*

### **Higher Intake of Folic Acid in Young Adulthood May Help Maintain Healthy Blood Pressure During Adulthood**

According to the CDC one of every three adults has an elevated blood pressure. Of those, about half do not know they have elevated blood pressure or do not have it under control. A new study in the *American Journal of Clinical Nutrition* indicates that a young adult's folic acid status may help determine their blood pressure in later life.

The study looked at 4,400 young adults ages 18-30 without elevated blood pressure. Over a 20 year period these individuals completed an initial questionnaire, one during the study, and one at the end of the study. 989 cases of high blood pressure were identified during this 20 year period. Subjects that had the highest intake of folic acid during this time had a 52% decrease in incidence of elevated blood pressure. When race was taken into account, white subjects were found to have a 67% decrease and African American patients were found to have a 46% decrease in developing high blood pressure than those with low folic acid intake.

Foods that are high in folic acid include: green leafy vegetables, citrus fruit, beans (legumes), and whole grains.

Another factor to be considered is that many patients cannot convert folic acid to its active form for use by the body. This is caused by a genetic issue in some individuals so it may be helpful to use folic acid in its active form as 5-methyltetrahydrofolate.

From this study we can draw the conclusion that adequate folic acid in young adulthood can be a predictor of lower blood pressure later in life.

[www.cpmedical.net/articles/blood-pressure-related-to-folic.....](http://www.cpmedical.net/articles/blood-pressure-related-to-folic.....)

### **Green Tea Extract Lowers Blood Lipids, Glucose and Body Mass Index (BMI) in Obese Individuals**

In a study of 46 obese individuals, a randomized, double-blind, placebo controlled study researchers assessed the impact of green tea on blood lipids (cholesterol), blood glucose, and body mass index. Patients were given 379 mg. of green tea extract or a placebo

daily for three months. During this time investigators assessed body mass index, waist circumference, blood pressure, total antioxidant status, plasma lipids, glucose, calcium, magnesium, iron, zinc, and copper.

After three months researchers found that those patients taking the green tea extract had decreased body mass index, waist circumference, total cholesterol, LDL cholesterol, and triglycerides. Green tea also increased overall antioxidant status and zinc compared to starting levels. The study also found decreased blood glucose, decreased iron levels, and increased HDL cholesterol and magnesium levels.

The authors concluded that, "The present findings demonstrate that green tea influences the body's mineral status. Moreover, the results of this study confirm the beneficial effects of green tea extract supplementation on body mass index, lipid profile, and total antioxidant status in patients with obesity."

[www.cpmedical.net/articles/green-tea-lowers-lipids-glucose-and-body.....](http://www.cpmedical.net/articles/green-tea-lowers-lipids-glucose-and-body.....)

### **Western Diet Increases the Risk of Inflammatory Bowel Disease**

A scientist from the University of Chicago has concluded that an increase in the prevalence of immune-related disorders such as inflammatory bowel disease (IBD) can be attributed to processed foods eaten in the modern Western diet.

Dr. Eugene Chang says that, even though there is a genetic component to IBD, concentrated milk fat consumption may cause high risk individuals to develop the

disease. He states that these milk fats alter the good bacteria found in the gut. The harmful bacteria that are then allowed to flourish can cause an immune response from the body.

In this study, mice genetically modified to be more susceptible to colitis were 60% more likely in six months to develop the disease when exposed to a diet high in saturated milk fat. Researchers noted that milk fats are more difficult to digest and require the liver to secrete bile rich in sulfur. When good the good bacteria are killed off and the harmful bacteria flourish, the immune system was then activated.

*Pharmacy Times*, page 76, July 2012

### *On The Lighter Side!*



*And finally Allen West commenting on, well I'll let you guess:*

**If you're feeding a person a crap sandwich with a smile, it's still a crap sandwich."  
Allen West, Congressman, Florida**

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