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JOINTS

Chondroitin, glucosamine, methylsulfonylmethane (MSM), and S-adenosyl-L-methionine (SAME) reduced pain and other symptoms of degenerative joint disease (osteoarthritis, or OA) in several new studies.

In an analysis of placebo-controlled studies published or performed between 1980 and 2002, the Archives of Internal Medicine reported that those who took oral chondroitin or glucosamine had significantly less knee pain, more range-of-motion, increased walking distance, and improved activities of daily life, without side effects. Those who took oral glucosamine had less narrowing of the space between the joints, suggesting that glucosamine protects the cartilage which cushions joints. Two reviewers analyzed the data independently, using a conservative approach to determine benefit, and did not know the sources or authors of the studies.

In a study of oral glucosamine and MSM in the Journal of Clinical Drug Investigation, researchers recruited 118 men and women with mild to moderate OA. For 12 weeks, participants took 500 mg of glucosamine three times per day, 500 mg of MSM three times per day, combined these two treatments, or took a placebo. Scientists measured participants at the start of the study and every two weeks and found that glucosamine and MSM, separately and combined, significantly reduced inflammation and pain compared to placebo. Those who took glucosamine and MSM together reported the greatest decrease in pain, had the most rapid relief from inflammation, and the quickest improvement in movement.

In a study of 50 men and women, aged 40 to 76, with OA of the knee, participants took a placebo or 3 grams of MSM twice per day. After 12 weeks, the MSM group reported significant decreases in pain, and improvements in performing daily functions.

In a 16-week study of 61 adults with OA of the knee in Musculoskeletal Disorders, participants took 1,200 mg of SAME per day, 200 mg of the prescription drug celecoxib (Celebrex®) per day, or a placebo and reported that, after two months, SAME reduced pain as effectively as Celebrex.

Reference: Osteoarthritis Cartilage: 2006; Vol. 14, No. 2, 286-94.

LONGER LIVES, BETTER MINDS

People with adequate levels of the essential trace mineral selenium live longer, healthier lives, and have better mental function compared to those with lower levels, according to three new findings from the Study of Aging Anatomy (Etude du Vieillissement ArtÉriel, or EVA). French researchers recruited 1,389 men and women, aged 59 to 71, from 1991 to 1993, and followed up for nine years, during which time 109 participants died.

In the first finding from the study, published in Clinical Chemistry, researchers measured selenium levels and found that those who survived the nine-year follow-up period had started the study with higher blood-fluid (plasma) levels of selenium than those who died. The researchers took into account diet, health, and lifestyle, and found that those with the lowest selenium levels were most likely to have died, and that cancer was more likely to be the cause of death than other causes.

In the second finding, published in the Journal of Nutritional Biochemistry, compared to all other participants, those who

were oldest, those who were obese, and those who had heart or blood-vessel disease during the nine-year follow-up period had lost the most selenium by the end of the study. Doctors found that other risk factors—such as gender, education, smoking, drinking alcohol, high cholesterol and other blood fats, diabetes, and high blood pressure—did not appear to decrease selenium levels, and suggested that nutrition and metabolism may affect selenium levels.

In the third finding, among those whose selenium levels decreased over the nine-year period, those with the largest decrease had more mental decline than those with the smallest decrease. Among those whose selenium levels increased during the study, those with the smallest increase had more mental decline than those with the largest increase.

The EVA scientists concluded that selenium levels decline with age, low selenium levels make it difficult to maintain optimum health, and selenium may protect against cardiovascular diseases and mental decline.

Reference: Epidemiology: 2007; Vol. 18, No. 1, 52-8.

STRONGER BODIES

Those with higher levels of vitamin D had better physical performance and muscle strength than those with lower levels, according to results from a new study. Researchers from Wake Forest University School of Medicine, Winston-Salem, North Carolina, recruited 976 people, aged 65 or older, average age 74.8, from two towns in the Chianti area of Italy. Scientists measured physical performance including walking speed, ability to stand up from a seated position, maintain balance in several increasingly difficult postures, and hand grip strength. Those who had low levels of vitamin D scored 5% to 10% lower in physical performance tests and hand grip strength than those with higher levels. Research does not show that low vitamin D levels cause poor physical performance, but doctors noted that muscles need vitamin D to function properly.

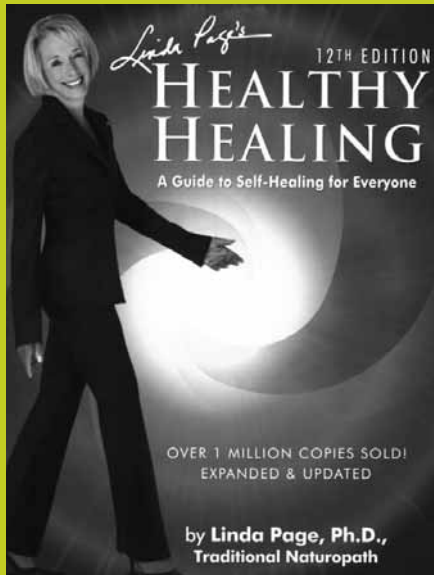
Separately, medical experts from Harvard Medical School, Boston, have recently concluded

that the optimal level for vitamin D begins at 75 nanomoles per liter of blood (nmol/L). In the Chianti study, nearly 75% of women and 51% of men had insufficient levels of vitamin D, meaning 50 nmol/L or less. Approximately 29% of women and 14% of men were deficient in vitamin D, which doctors classified as 25 nmol/L or less. Harvard researchers stated that the average adult would require 560 IU of vitamin D per day to raise the level by 10 nmol/L.

The U.S. Department of Agriculture currently recommends 200 IU of vitamin D per day for those under 50, 400 IU per day for those 50 to 70, and 600 IU per day for those over 70. There is a growing consensus in the medical community that vitamin D is safe at higher levels, that many people are deficient or insufficient in vitamin D, and that the government should raise its recommendations.

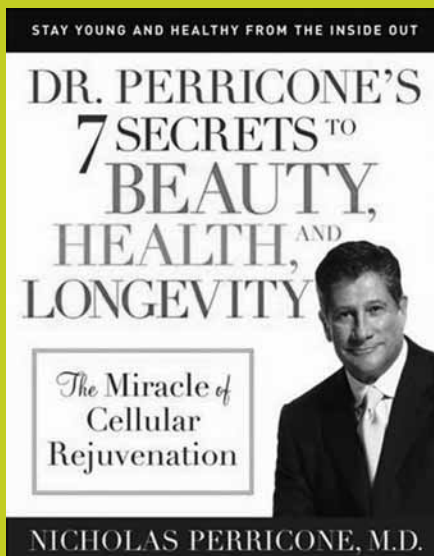
Reference: Journal of Gerontology: 2007; Vol. 62, 440-6.

BOOKS OF-THE-MONTH



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A Guide to Self-Healing for Everyone
by Linda Page, Ph.D.

The ultimate resource for those interested in improving their health naturally. Updated and expanded, this 664-page, illustrated twelfth edition of the best-selling natural health reference book explains traditional and alternative health care options as well as providing specific, easy to use natural solutions for more than 350 ailments.
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LOSING WEIGHT, PROTECTING BONE

Calcium and vitamin D maintained and strengthened bones in women in two recent new studies. Researchers from Rutgers University, New Brunswick, New Jersey, recruited 44 overweight premenopausal women, average age 38, to take calcium while dieting or while maintaining weight, for six months. The dieters took a normal amount of calcium—1,000 mg per day—or a high dose of 1,800 mg per day, while non-dieters took 1,000 mg of calcium per day. Scientists noted that people typically lose bone when losing weight, but that no bone studies exist on overweight premenopausal women who diet.

Women in the normal and high calcium diet groups lost an average of 7.2% of body weight with no significant decrease in bone mineral density (BMD, a measure of bone strength), and researchers found no signs in the blood that the dieters were losing bone. Doctors also found that the dieters were able to absorb an adequate total amount of calcium from diet and supplements, and concluded that taking calcium while losing weight helps maintain healthy bones.

In research funded by the U.S. Department of Defense, doctors studied bone stress-fractures in 5,201 female Navy recruits, aged 17 to 35, from 2002 through 2006. Recruits took 2,000 mg of calcium plus 800 IU of vitamin D per day, or a placebo, during the eight-week basic training period. Over the study period, 170 recruits in the placebo group suffered stress fractures compared to 136 recruits in the calcium/vitamin D group, meaning that calcium and vitamin D reduced risk for stress fractures by 20%.

Researchers noted that recruits who had a history of regular exercise had lower risk for fractures than did those who had not exercised regularly, and that those who smoked had higher fracture risk than non-smokers. Doctors were not expecting to find such a significant bone benefit in such a short period of time and concluded that calcium and vitamin D reduced risk for stress fractures.

Reference: American Journal of Clinical Nutrition: 2007; Vol. 85, No. 4, 972-80.

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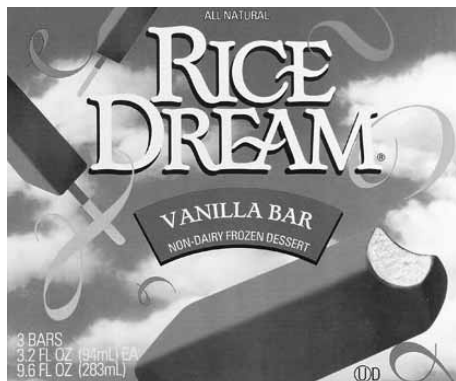


TUBI'S

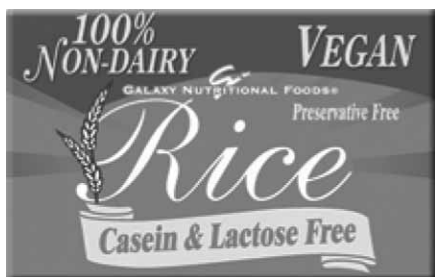
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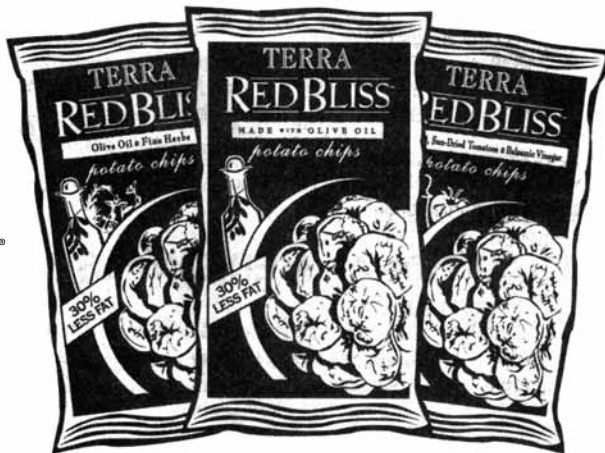
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RECIPE-OF-THE-MONTH

STIR-FRY VEGETABLES WITH TOFU

- 4 medium carrots
- 2 zucchini (6" long)
- 4 green onions
- 2 stalks celery
- 1 1/2 cans vegetable broth (13 3/4 oz. size)
- 2 tsp. arrowroot powder (or cornstarch)

- Safflower oil
- Garlic powder
- Ground ginger

- 1 pkg. firm tofu (cut in 1/2" cubes)
- 2 c. cooked brown rice
- 1 pkg. chow mein noodles (optional)

Wash zucchini, celery and onions, dry thoroughly. Peel carrots and cut into very thin strips (3" x 1/8"). Cut celery into 1/4" thick pieces. Cut zucchini into half lengthwise, then into 1/8" slices. Slice green onions into 1/4" pieces.

In a large wok, heat 2 teaspoons oil until very hot but not smoking. Add carrots and celery; stir fry with wooden spatula for 3 minutes. Add zucchini and onions. Cover pan, lower heat to medium-high, cook 1 minute. Uncover, stir a little, cover and cook 1 1/2 minutes more. Remove from heat.

In small saucepan add vegetable broth. Sprinkle in arrowroot powder (or cornstarch) and about 1/8 teaspoon each garlic and ginger. With wire whisk, stir to dissolve. Thicken over medium heat. When slightly thick, add the cubed tofu. Stir gently to continue thickening and heating through the tofu. Combine with the vegetables. Serve over chow mein noodles (optional) and cooked brown rice.

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12oz \$1.00

16oz \$1.50

Organic Yerba Matte - Hot or Cold

12oz \$1.25

16oz \$1.75

24oz \$2.50

E3 Live \$1.99oz

DON'T FORGET THE PEANUT BUTTER!

Freshly Ground, Dry roasted, no salt \$2.99lb

SAY GOOD MORNING WITH GRANOLA!

Blueberry, Wild Berry, Coconut Almond, Maple Almond, French Vanilla

Almond, Rainforest, Strawberry Vanilla Hemp or Flax Plus . . \$2.99lb



ORGANIC OATS & GRAINS

Oatmeal89¢lb

Quick Oats \$1.19lb

Quinoa \$1.99lb

Millet \$1.29lb

Whole Grain Spelt \$1.99lb

Kamut Berries \$1.99lb

NUTRITIONAL SUPPLEMENTS FOR LIFE!

Please note: Nutritional supplements are taxable items.

NEW! Hemp Protein Powder \$9.99lb

Vanilla Soy Protein Powder \$8.49lb

Soy Lecithin \$5.99lb

Psyllium Husk \$5.99lb

Bee Pollen \$7.89lb

Organic Flax Seed \$1.89lb

Organic Golden Flax Seed \$2.99lb

THE ORGANIC COFFEE COMPANY

Breakfast Blend, French Roast, French Vanilla, Java Love, Zen Blend, Stellar

Brew, Hurricane Espresso, French Roast Decaf & Gorilla Decaf

All Mix & Match \$8.99lb

BULK BIN HOT NEW ITEMS!

Organic Lolly Pops - Vegan \$14.99lb

All Natural Mini Peanut Butter Cups \$9.99lb

Dried Strawberries \$15.99lb

All Natural Thai Curry Cashews Hot! . . . \$12.99lb

HOT! Baja Fiesta Trail Mix \$6.99lb

NEW! NEW! NEW!

Pure Spice Concentrated Extracts

Ginger, Cinnamon, Peppermint or Chai \$15.99+