**In the NEWS**

**Silymarin Lowers Glucose, Lipid Levels in Diabetics**

Silymarin, a milk thistle seed extract, helps lower elevated blood sugar and lipid levels in diabetics, according to new findings.1

Scientists administered 200 mg of silymarin three times daily for four months to 25 type II diabetes patients, while 26 diabetics received a placebo. Blood levels of fasting glucose, hemoglobin A1c (HbA1c, which reflects long-term glucose control), insulin, total cholesterol, high-density lipoprotein (HDL), low-density lipoprotein (LDL), and triglycerides were measured before the trial and at its conclusion.

Subjects who received silymarin experienced significant reductions in fasting blood glucose, HbA1c, total cholesterol, LDL, and triglycerides, while fasting blood glucose, total cholesterol, triglycerides, and HbA1c increased in the placebo group.

By decreasing glucose and lipid levels, silymarin may thus play an important role in the management of type II diabetes.

---Dayna Dye

**Green Tea Delays Memory Loss in Aged Mice**

Since oxidative stress is implicated in brain senescence, scientists investigated the effects of green tea polyphenols, a potent antioxidant, in senescence-accelerated mice. The mice served as a model of brain senescence, with short life span, cerebral atrophy, and cognitive dysfunction. They were fed water containing 0.02% green tea polyphenol (equivalent to a mean daily dose of about 35 mg per kilogram of body weight) from the age of 1 month to 15 months.

Daily consumption of green tea polyphenols prevented memory regression and DNA oxidative damage in the mice, suggesting that regular intake of green tea polyphenols may promote healthy aging of the brain in older persons.2

---Dayna Dye

**Grape Seed Blocks Colon Cancer Cell Growth**

Grape seed extract inhibits the growth of human colorectal tumor cells in the lab and in mice, researchers recently reported.3

Administration of three concentrations of grape seed extract to human colorectal cancer cell lines in culture produced an inhibition of cell growth that increased with the concentration and time exposed to grape seed extract. There was also an increase in programmed cancer cell death (apoptosis). Grape seed increased the availability of a protein that halts cancer cell replication, while decreasing several proteins that encourage cell division.

When the extract was given to mice implanted with human colorectal tumor cells, tumor volume was reduced 44% after eight weeks compared to mice that did not receive the extract. Levels of a protein associated with cancer cell self-destruction doubled in the tumor cells.

---Dayna Dye