A Banana A Day?

Want to cut your risk of osteoporosis? Eat more bananas, melons, potatoes and other potassium-rich foods. That’s the conclusion of a study conducted by Deborah Sellmeyer, MD, an adjunct professor at the University of California at San Francisco. Sellmeyer, whose results appeared in the May 2002 issue of the Journal of Clinical Endocrinology and Metabolism, varied the diets of 60 post-menopausal women, putting them on low-salt and high-salt diets and then studied how much calcium their bones lost. Regardless of salt consumption, the women who were given potassium supplements lost less calcium—and those on high-salt diets who did not take the supplements lost the most of all. High-salt diets tend to leach calcium from the bones, Sellmeyer found, but potassium can help you mitigate the loss.

HOORAY FOR HAWTHORNE

Individuals taking an extract of hawthorne, a European herb used to treat circulatory and respiratory problems since the early 1800s, experienced “a promising reduction” in blood pressure in a study of 36 individuals conducted by the University of Reading’s School of Food Biosciences in England. The study, reported in the February 2002 issue of the journal Phytotherapy Research, seems to support traditional claims that hawthorne can lower blood pressure, though herbalists insist it should be taken only with a physician’s knowledge.


From adolescence on, our estrogen levels have a familiar cycle. However, at some point in every woman’s life they start to fluctuate and decline, causing symptoms associated with menopause such as hot flashes, night sweats and mood swings. But what nature takes away, it can also replace. Asian and Latin women consuming bean and soy-based diets have a fraction of the symptoms that American women describe. These diets contain plant estrogens, called isoflavones, that mimic a woman’s own estrogen in the body. Made from red clover isoflavones, a daily Promensil tablet adds 40mg of safe, natural plant estrogens to your diet. Relieving those annoying symptoms while also supporting bone health and without weight gain.

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