

alive files

holistic healing



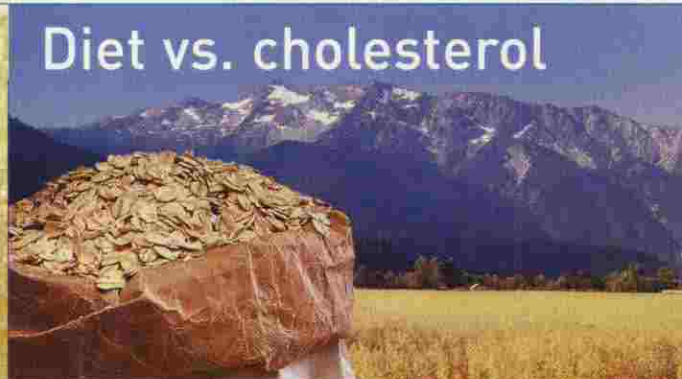
Vitamin C: ulcer protection

Your favourite antioxidant can hold its head up even higher thanks to new research showing vitamin C helps protect against ulcer-causing bacteria. *H. pylori* are commonly responsible for peptic ulcers (painful sores in the stomach's lining) and, eventually, stomach cancer. These bacteria damage the gastrointestinal lining and interfere with digestion.

An estimated one in 10 people will develop an ulcer at some point during their lifetime. Those who don't get enough vitamin C are more at risk of infection, say researchers at the San Francisco VA Medical Center in the August 2003 issue of *Journal of the American College of Nutrition*. Out of 6,746 participants, those with lowest vitamin C levels were most likely to become infected.

Based on results, key researcher Dr. Joel A. Simon says it's prudent for people who test positive for *H. pylori* infection to increase vitamin C intake. To promote healing and combat infection, a daily dose of 1,000 to 3,000 milligrams of buffered or esterified vitamin C is typically recommended.

Diet vs. cholesterol



A new study on diet and cholesterol may raise the blood pressure of drug makers. University of Toronto researchers recently concluded that a diet high in soluble fibre and low in refined saturated fats lowers bad cholesterol as effectively as some medications.

After one month, participants with high cholesterol who followed a vegetarian diet containing foods such as okra, oatmeal, almonds, barley, soy proteins, and eggplant had a 28.6-per-cent reduction in "bad" LDL cholesterol. Participants who followed the diet and also took a daily 20-milligram dose of lovastatin, a common cholesterol-lowering drug, saw a 30.9-per-cent drop.

LDL (low density lipoprotein) cholesterol causes fat deposits on blood vessel walls in layers, resulting in heart disease and atherosclerosis (hardening of the arteries). According to Dr. James Anderson of the University of Kentucky, the cholesterol drop achieved by the high-fibre, low-fat diet will lower risk of heart attack by about 60 per cent.

The results were published July 23, 2003, in the *Journal of the American Medical Association*.



Surgery prep: immune-boosting nutrients

There's a new tool in the surgeon's kit: immune-boosting nutrients. Supplementing with *immunonutrients*, as they are called, may reduce complication risk and shorten your hospital stay, says an article in the July 13, 2003 issue of *British Medical Journal*.

After surgery, the body's immune system is depressed, which increases risk of life-threatening infection. However, professor of nutritional immunology Philip C. Calder points out that certain nutrients, including omega-3 essential fatty acids and

amino acids, such as arginine and glutamine, have been used successfully to enhance cellular function and modify the body's inflammatory response.

In one study, omega-3s (from fish oil) decreased the need for supplemental oxygen and time on ventilation support, as well as time spent in intensive care for patients with severe acute respiratory distress syndrome. Other studies with omega-3s show immune benefits and anti-inflammatory effects.

If you have surgery planned, consult your naturopathic physician or qualified health professional for immune-strengthening advice.

More holistic healing information on page 44

Copyright of Alive: Canadian Journal of Health & Nutrition is the property of Canadian Health Reform Products Ltd. and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.