

My Top Recommended Supplements for 2008

Jim Golick CCN, LDN

There are many health-promoting foods and beverages which I recommend to those I counsel toward better health. Given practical realities, it is often times more convenient to consume these compounds in supplement form. The following are just a sampling of my favorite supplements, some you may know, and some may be new to you. For those concerned with living longer and healthier, I invite you to examine the evidence.

Red Wine, Resveratrol, Grape Seed and Green Tea --- A winning combination

What is resveratrol?

It is a type of polyphenol, which are the most potent plant antioxidants in nature. They are found in high concentrations in red wine, tea, grapes and a variety of other plants. These compounds are responsible for the brightly-colored pigments of many fruits and vegetables. Polyphenols protect plants from diseases and ultraviolet light. They are naturally produced in plants in response to injury or fungal infection. The richest known natural source is from the Japanese Knotweed plant (*Polygonum Cuspidatum*).

Resveratrol has potent cardio-protective effects. It inhibits LDL cholesterol oxidation and platelet aggregation, two of the most notorious villains in atherosclerosis, clots, and eventual strokes and heart attacks. This is a major reason for the “French Paradox”. Researchers have found the regular consumption of red wine helps the French manage their high fat and cigarette diet, thus helping them live longer than most anyone else. (Who needs statins when ya got Mother Nature)?

Researchers from the M.D. Andersen Cancer Center in Houston published an article on resveratrol in *Anti-Cancer Research*. It exhibited anti-cancer properties via its ability to suppress proliferation of a number of tumor cell types in several ways. It seems to interfere with the cell cycle of the cancer, inhibiting certain proteins and down-regulating gene products. These exciting results have lead to more research on resveratrol as a potential nutrient to prevent cancer from gaining a foothold. “An ounce of prevention.....”

A in vitro (test tube) study in the *American Journal of Physiology - Lung, Cellular and Molecular Physiology*, found that resveratrol had an **anti-inflammatory** effect and was a more effective anti-inflammatory agent than steroids!

Another related polyphenol with incredible benefits is **grape seed extract** which can curb the “rust” of oxidative stress, a major factor in the aging and disease processes.

Green tea also has incredible health benefits, not only as an anti-cancer nutrient, but also as a powerful antioxidant and a potential supplement for weight loss. Epigallocatechin gallate (EgCG), an antioxidant found in green tea, is at least 100 more times more effective than vitamin C and 25 times more effective than vitamin E at protecting cells and DNA from damage believed to be linked to cancer, heart disease and other illnesses.

A study on green tea catechins (the active ingredients of green tea) involved 62 men who had a pre-malignant form of prostate cancer. In those given 600 mg a day of green catechins for a year, only one man out of a group of 32 developed prostate cancer, as compared to nine out of 30 that were given placebo. To put this into perspective, 600 mg a day of green tea catechins would be equivalent to least 10 cups of green tea a day! Encapsulated extracts seem to be the way to go.

Drinking green tea regularly has been shown to

- **Repress angiotensin II**, which leads to high blood pressure.
- **Lower blood sugar**
- **Fight cancer.** Green tea catechins are effective at preventing cancer.
- **Boost the immune system**
- **Aid in cholesterol control**

- **Stimulate metabolism for increased calorie burning**

A product containing extracts of resveratrol, green tea, red wine and grape seed would make an extremely powerful weapon in the fight against the major diseases of aging and the “battle of the bulge”.

NOW a multiple choice question: Which would you rather do?

- a. Drink the **resveratrol** equivalent of 60 bottles of red wine
- b. Drink 10+ cups of green tea
- c. Chew 1 cup of grape seeds
- d. Take a capsule version of the above

Hmmmm...I wonder who has such a product?

Broccoli, Detoxification, and Cancer Prevention

Jim Golick CCN, LDN

A number of studies over the past 15 years have shown that a diet rich in cruciferous vegetables such as broccoli, Brussels Sprouts, cabbage and cauliflower can be beneficial to your health. Of these, it appears that broccoli stands out above the rest.

In 1992, scientists at Johns Hopkins Medical Center discovered that broccoli contained high levels of the powerful antioxidant, sulforaphane, a key component of broccoli. In 1997, they discovered that broccoli sprouts contained more than 20 times the concentration of SGS than mature broccoli. More than 350 scientific publications have pointed to sulforaphane and SGS from broccoli and broccoli sprouts and seeds as potent health protectors.

A recent study by the British Institute of Food Research (IFR) found that many people fail to benefit from broccoli because they lack a specific gene (GSTM1) that helps retain the sulforaphane compound in the body.

“Some individuals, who lack a gene called GSTM1, appear to get less cancer protection from broccoli than those who have the gene. If you lack the gene you cannot retain any sulphoraphane inside your body - it is all excreted within a few hours.” said lead researcher Professor Richard Mithen. Consuming larger portions of broccoli, or broccoli with higher levels of sulphoraphane, such as broccoli sprouts, would allow those lacking this gene to retain as much sulphoraphane as those with the gene.

Research has repeatedly demonstrated the ability of broccoli compounds to inhibit carcinogens and reduce DNA damage, two well-known mechanisms in cancer induction. *In vitro*, animal, and human studies have been performed on skin, liver, breast, prostate, lung and other tissues.

Broccoli sprouts are available in the produce sections of most supermarkets. Broccoli supplements are available for those who do not like the taste of broccoli or broccoli sprouts or are unable to absorb its healthy compounds.

NOW[®] Broccology[™] contains sgs[™]-100 Broccoli Concentrate from seed. Sgs[™] (Sulforaphane Glucosinolate) is a patented, potent activator of the body's immune defense system through its effect on Phase 2 enzymes.* For more information on research related to sgs[™], visit www.yoursgsmed.com.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Glyconutrients---Sugar Nutrition at its Best

Jim Golick CCN, LDN

Cell-to-cell communication is critical to healthy immune system function. Of the 200 known saccharides ("good sugars", a.k.a. glyconutrients), eight are essential for cell-to-cell communication. Over 20,000 scientific articles have demonstrated their immune modulating effects. Six of these eight are not commonly found in our diets due to modern food growing, harvesting, and processing techniques. These eight sugars are glucose, fucose, mannose, galactose, xylose, N-acetylglucosamine, N-acetylgalactosamine and N-acetylneuraminic acid. Got that? Never mind, your body knows what they are, and what they do.

The body can make any of the other 6 sugars from glucose or galactose, the only 2 essential saccharides common in our diets, though it is a process requiring over a hundred enzymes and key nutrients. If there is interruption in this complex system, there will be breakdown and dysfunction.

These essential sugars are not digested as energy for the body, but attach to the protein surface of each cell, forming glycoproteins, which in turn foster proper communication.

Think of vowels as being necessary for proper communication. Just as we would be unable to clearly communicate without "a's" or "e's" or "i's", our intricate body systems are unable to communicate appropriately without these essential sugars. This is critical, as the majority of a cell's processes require these to help normalize excessive or depressed functions of the immune system, while leaving normal functions undisturbed. If not appropriately balanced, the resulting disturbance can range from colds to allergies to arthritis to auto-immune dysfunction to perhaps cancer. By restoring cellular communication, glyconutrients allow your body to repair itself.

Aloe Vera, Echinacea, Maitake mushroom, and bovine colostrum have several of the essential saccharides. Recently coffee berries (NOT coffee BEANS) and Larch-tree-derived Arabinogalactans have been found to be exceptionally rich sources of these compounds.

NOW® Glyconutrient Complex contains a blend of all eight saccharides, similar to a popular product sold by a major Multi Level Marketing company, but at a fraction of the cost. I take several a day, and more if my immune system seems to be weak. NOW® Glyconutrient Complex is high on my list of "essentials".

Rhodiola- Herbal Stress Buster

Rhodiola has been studied in the Soviet Union since the 1960's, although it is relatively new to Americans. Rhodiola reduces levels of the hormone cortisol, the major stress hormone, while also helping cells in the production of energy. Further studies have shown the extract of the root increases levels of serotonin, dopamine, and beta-endorphin, chemicals in the brain that regulate feelings of happiness and well-being, by up to 30 percent, with over half the patients in one study reporting their depression completely relieved.

Recent studies conducted in the West substantiate the early Russian studies. Dr. Richard Brown, a psychiatrist, professor and research physician at Columbia University, has reported dramatic benefits, without side effects, for 300 of his patients successfully treated with Rhodiola. For further info, get his book, **The Rhodiola Revolution**. Just a glance at the book cover will convince you to give Rhodiola a try.

I can vouch for Rhodiola's effectiveness when under stress. It works well and quickly. I take one 500 mg capsule (standardized for rosavins) daily. Some people do better with more or less, so find the dose that works for you.

