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# Health Freedom Network Newsletter

ISSUE #371

[www.HealthFreedomNetwork.com](http://www.HealthFreedomNetwork.com)

## Two Tests for Early Heart Attack Warning

By now most people know that HDL is the “good” cholesterol and LDL is the “bad” cholesterol. But it turns out that there’s an even worse bad guy in your bloodstream: lipoprotein (a), which is a highly specialized form of LDL. When extra lipoprotein (a) cruises through your bloodstream, more plaque builds up along artery walls and clots are more likely to form. Furthermore, someone with higher lipoprotein (a) levels is less likely to survive a heart attack.

In short, lipoprotein (a) is one of the most dangerous risk factors for heart disease. Anyone with a family history of early heart attack or sudden death should get a lipoprotein (a) blood test. It’s probably a good idea for those with high cholesterol levels to get checked, as well. The blood test is not yet part of routine lipid panels; but you can ask your doctor to add it in.



Cholesterol-lowering drugs, such as statins, don’t lower lipoprotein (a) levels. However, supplements of niacin or fish oil can help people with elevated lipoprotein (a). Researchers have discovered that daily use of aspirin can lower lipoprotein (a) levels; as does moderate consumption of alcohol.

Here’s another heart danger: plaque that clogs or narrows the coronary arteries. This plaque is a contributing factor in heart attacks. What can you do about it? There are several coronary

plaque detection tests that can identify the presence of this dangerous coronary plaque by actually taking a peek inside the heart. Coronary plaque detection tests have a strong predictive value in identifying who is at high risk of a future heart attack.

The American Heart Association recommends that anyone at moderate risk of a heart attack or other cardiac event should get one of these scans, such as the Electron Beam Computerized Tomography (EBCT) scan or the 64-slice cardiac CT, to discover both soft plaque and hard calcified plaque. You should especially consider getting one of these coronary plaque detection tests if you have a family history of coronary artery disease, a positive stress test, or elevated levels of lipoprotein (a) or fibrinogen.

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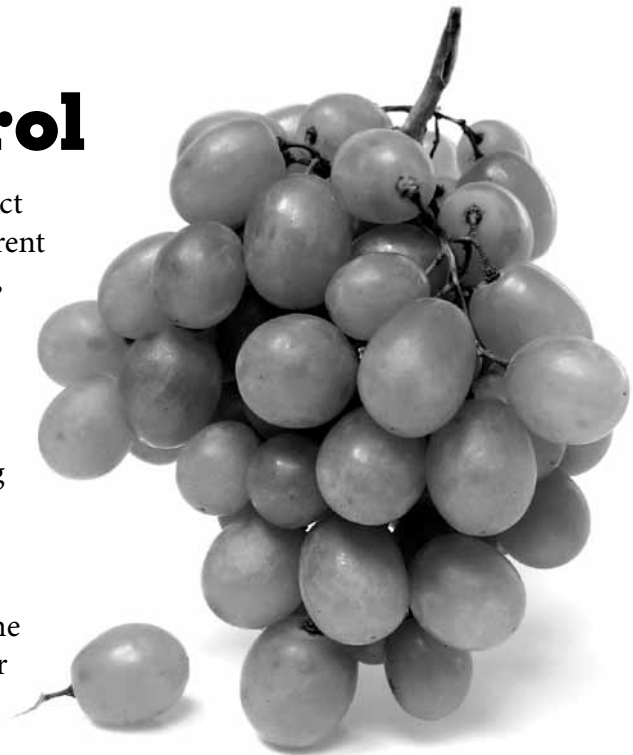
# Pterostilbene: The "Other" Resveratrol

An antioxidant very similar to resveratrol has been discovered that is even more powerful in many respects; it's called pterostilbene (pronounced "tero-STILL-bean"). Pterostilbene is found in several berries (including blueberries and cranberries) and grapes. Interestingly, although pterostilbene is present in grapes, it is not found in wine. Pterostilbene is many times more bioavailable than resveratrol, which means that less pterostilbene is required for therapeutic benefits.

Pterostilbene has significant antioxidant activity, which accounts, in part, for why cancer growth and spread is hampered by the presence of pterostilbene. Pterostilbene works in other ways, as well, to thwart cancer, including by blocking the action of carcinogens, inducing the death of cancer cells, and preventing tumor cells from growing in a new site. Even more exciting, pterostilbene accomplishes many of these chemopreventive actions even more powerfully than resveratrol.

A study looking into the effect of pterostilbene on five different cancer cell lines (skin, colon, liver, breast, and prostate), found that pterostilbene inhibited all five cancer lines in a concentration-dependent manner, meaning that the greater the level of pterostilbene, the greater the protection. Researchers hypothesize that pterostilbene may interfere with molecular signaling during cell division, which then interferes with cancer growth. Gap junctions between cells allow for communication among adjacent cells, including messages about regulating cell growth. Cancer cells usually down-regulate these gap junctions, thus limiting intercellular communication and setting the stage for carcinogenesis. Pterostilbene has been shown to prevent this down-regulation, thus working in yet another way to prevent cancer.

Another valuable tool in pterostilbene's chemopreventive toolkit appears to be inhibiting enzymes that would



otherwise activate chemical carcinogens. An enzyme called cytochrome P450 participates in a complex chain of events that can turn substances such as tobacco smoke and pesticides into carcinogens. By inhibiting a form of the cytochrome P450 enzyme, pterostilbene lessens this risk of cancer.

There are no safety concerns with the use of pterostilbene. Future research with human populations is underway and those results will hopefully verify the great potential of this "other" resveratrol already seen in laboratory and animal studies.

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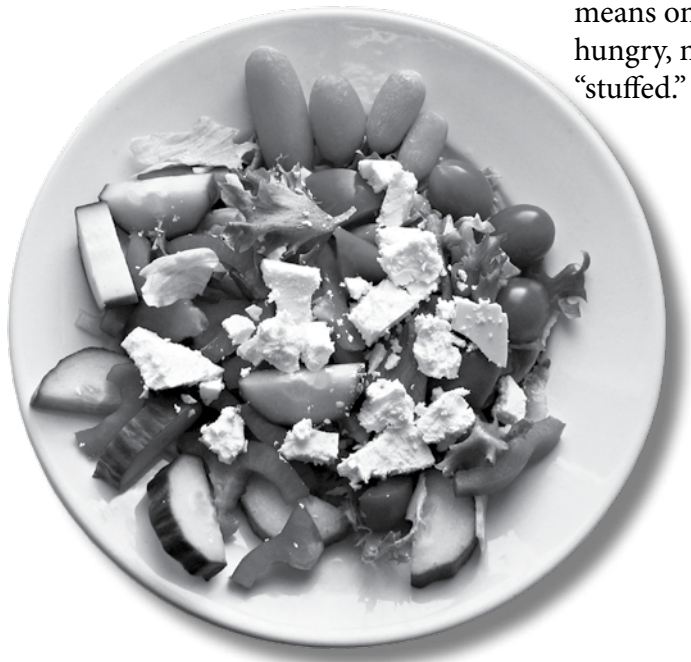
Yours in Health,  
Sandra Oshiro, Editor

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# Cleansing

## for Weight Loss

Looking to ditch a few extra pounds? Consider trying a detoxification diet. When you flush toxins out of your body, it's amazing how quickly the scale lightens. The human body is constantly engaged in the process of detoxification (through the colon, liver, kidneys, lungs, lymph, and skin), but this natural process can't always keep up with the toxins of modern life. A water or juice only fast is one way to go, but there are more gentle (and just as effective) ways to cleanse the body. A one-week detox cleanse gives your body a chance to "catch up" with the need for toxic housecleaning.



### Here's how:

1. Replace one meal each day with vegetable soup, vegetable juice, or a fruit smoothie.
2. Get rid of all processed foods, including high fructose corn syrup, hydrogenated oils, refined grains, and artificial sweeteners, preservatives, and colors.
3. For the other two meals each day, include only organic, wholesome "real food" ingredients, such as fruits, vegetables, nuts, legumes, beans, whole grains, lean meats and seafood, and non-fat or low-fat dairy products.
4. Eat lightly at meals, which means only until you aren't hungry, not until you are "stuffed."

5. Drink 6-8 eight-ounce glasses of filtered water each day (if you are urinating every 1-2 hours, then you know you're drinking enough water).

6. At the end of this one-week detox, transition back into regular eating, but continue to limit processed foods.



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# Could the Common Cold Cause Childhood Obesity?

Late-breaking research suggests that some cases of childhood obesity might originate with the common cold. It could be that the epidemic of childhood obesity is actually infectious. This alarming new research was published in *Pediatrics*, the official journal of the American Academy of Pediatrics; it shows that youngsters infected by

a certain strain of the cold virus (adenovirus 36) were an average of 50 pounds heavier than children who hadn't been infected by this particular strain.

Almost one in four (22 percent) obese children tested positive for adenovirus 36 compared to just 7 percent of the non-obese children. Other research,

in Korean children and in American and Italian adults, indicates that obese people are more likely to have antibodies against this virus (a sign of a prior infection) compared to people of normal weight. If this association proves true, the lead researcher of the *Pediatrics* study suggests that a vaccine could be developed against adenovirus 36 that might help prevent obesity, although that's still a long way off.

Bottomline? Don't panic if a child in your family develops a cold and remember that hundreds of different viruses can cause the common cold, so the chances of a child getting this particular one is low.



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# Attack of the Back:

## 4 Ways to Prevent Back Pain



About 80% of Americans will suffer from back pain at some time in their lives. In fact, low-back pain is the second most common reason for visits to a primary care physician, outnumbered only by the common cold. You don't have to wait until you become another back pain statistic; practice these four tips to keep your back healthy and pain-free.

### 1. Exercise

A sedentary lifestyle contributes to the development of back

pain, while keeping active helps maintain a healthy back. Walking prevents (and can sometimes help treat) back pain. You should walk with erect posture, your head level and feet shoulder-width apart. Aim for 10,000 steps – this is about 30 minutes of walking – every day.

### 2. Sleep

The position you sleep in can affect how you feel when you get up in the morning. Side-lying sleeping posture is recommended. Place a pillow

under your head just high enough to keep the head level, and firm enough that it is the same height when you turn over. And try a second pillow, for between your knees. This keeps the body straight and the spine aligned while you sleep.

### 3. Ergonomics

Adjusting your computer workspace with the health of your back in mind by making sure your computer set up has your wrists straight (they should not bend), your shoulders relaxed (not raised), your legs parallel to the floor, view the monitor straight on (don't tip your head up), and use a chair that gives back support and allows for a natural curve in your back.

### 4. Foot Care

With the wrong shoes, your back could pay the consequences. (This tends to be a bigger issue for women than men.) High heels, especially when worn over a period of years, can cause significant changes in the structure of the foot and the arches that in turn change the curves of the lumbar spine and increases wear on the feet, knees, and sacroiliac joints. All of this puts your back in danger. Instead, the obvious back-friendly choice is comfortable, low-heeled shoes.

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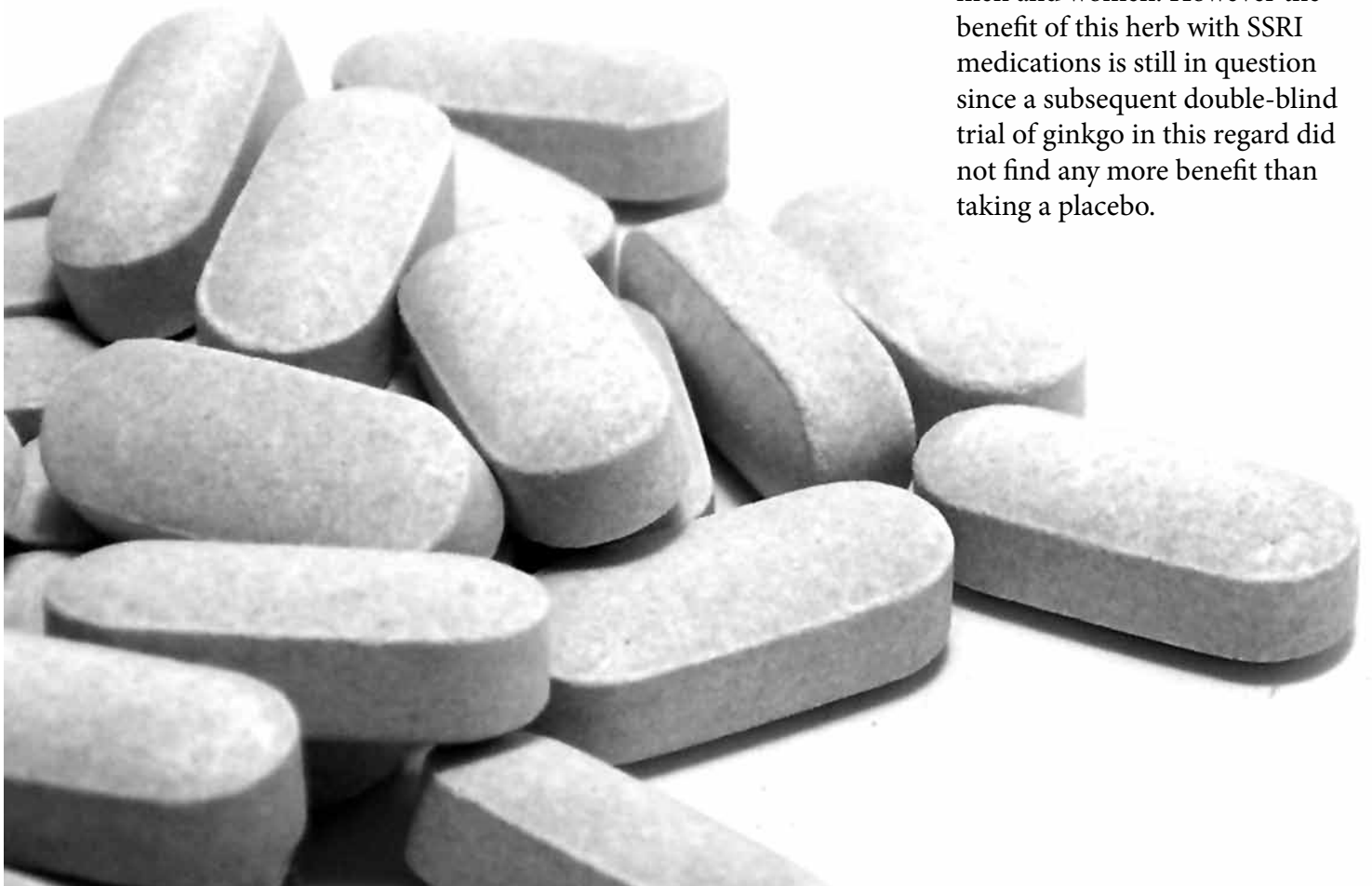
# Why

## Your Antidepressant Isn't Working

Fluoxetine (Prozac) is an antidepressant in the selective serotonin reuptake inhibitor (SSRI) family of drugs. Not everyone feels better when taking fluoxetine for depression. Experts have discovered that people who have low levels of the B vitamin folic acid in their bodies are more likely to be in this non-responder group. Simply taking folic acid (200-

500 mcg per day) along with the antidepressant leads to significantly greater response to the drug. This amount of folic acid is how much is present in most daily multi-vitamins. Experts also believe that folic acid supplements will probably improve the mood-lifting of other antidepressant drugs, as well, although it has not yet been examined by research.

Another potential area of concern reported by people taking SSRI antidepressants is sexual side effects. There is some evidence that taking the herb ginkgo while on SSRI drugs can alleviate sexual dysfunction. An open trial of ginkgo (60-120 mg of ginkgo extract) showed an 84 percent success rate in treating antidepressant-induced sexual dysfunction in both men and women. However the benefit of this herb with SSRI medications is still in question since a subsequent double-blind trial of ginkgo in this regard did not find any more benefit than taking a placebo.



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# On The Bright Side

Seeing the glass as half full pays off: optimists live longer (and healthier!) lives than pessimists, according to new research presented at the annual meeting of the American Psychosomatic Society.

Optimistic thinking delays death and reduces the risk of chronic health problems such as high blood pressure and diabetes, say the researchers

who tracked the health of more than 100,000 women for eight years. Women who expect good things rather than bad things to happen were 30 percent less likely to die from heart disease during this study. Women who are mistrustful of people were 16 percent more likely to die of any cause and 23 percent more likely to die from cancer during the study's follow-up period compared to more trusting women.

What's so bad about negative thinking and expecting the worse? When you worry, your mind focuses on what could go wrong in your life and this unconsciously sets yourself up for failure. By directing your mental imagery towards visualizing success, your body relaxes, you feel better, and your unconscious mind works to reach these positive goals

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# What Rhymes With Orange?

Good health. Orange foods such as carrots, oranges, cantaloupe, apricots, sweet potatoes, and squash are packed with antioxidant nutrients such as beta carotene and vitamins C and E that might prevent heart disease, cancer, and slow the aging process. Include at least two servings of these fiber-rich and nutrient-packed fruits and vegetables into your day.



## 5 Favorites

MinuteCancerCure.com

CancerCureBottle.com

VitalVelvet.com

PacificRimShop.com

CoralReefRemedy.com

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