



Access to hidden cures... powerful discoveries... breakthrough treatments...
and urgent advances in modern, underground medicine

Cutting-Edge Herb And Nutrient Combo Could Put An End To Your Prostate Problems

Regular prostate check-ups are crucial as men get older, to identify any problems at an early stage. There are several things that can go wrong with this walnut-sized organ, which secretes seminal fluid, but the most common problems are prostate cancer and benign prostate hyperplasia (BPH), or prostate enlargement.

One man in eight gets prostate cancer during his lifetime. But many die with the disease rather than from it, since most cancers start late in life and are slow-growing. And, while BPH won't kill you, if you're in your sixties, there's a 50:50 chance you already have some symptoms, which can make life miserable. For instance, you could find it difficult to start to pee, or to stop, and you may need to get up during the night to visit the toilet.

Understandably, men with prostate cancer might think removing the offending organ or zapping it with radiotherapy is their best option. But undergoing one of these procedures could easily leave you impotent and with no control over your bladder and bowels.¹

The outlook for men taking medication for BPH is no better. The commonly-prescribed drugs finasteride (Proscar) and dutasteride (Avodart) don't help around a quarter of the men taking them, according to a study from Boston University School of Medicine. But they could lead to type 2 diabetes, cardiovascular disease, osteoporosis, erectile dysfunction, depression, anxiety and cognitive problems.²

So, it makes good sense to focus on prevention rather than cure. And that's where Prostate Optimizer, from US company Jarrow Formulas, steps into the limelight. This complex of eight amazing herbs and nutrients provides comprehensive support for the prostate and could slash your risks of both BPH and prostate cancer.

Prostate Optimizer contains saw palmetto, pollen extract and stinging nettle, to support normal bladder function and urinary flow. In addition, omega-3 fatty acids and boswellia reduce inflammation, while phytosterols, vitamin D3 and lycopene help prevent cancerous changes.

Saw palmetto, pollen and nettle help reduce prostate size, improve urine flow and cut night-time toilet trips

Saw palmetto, a palm-like shrub, is a popular herbal remedy for BPH. Its berries are rich in fatty acids and compounds called phytosterols – and one of these, beta-sitosterol, has been shown in several clinical trials to improve the symptoms of BPH.³

Although the causes of BPH are still unclear, scientists believe it may be related to long-term exposure of the prostate to a strong form of testosterone called DHT. One action of saw palmetto is to block the conversion of testosterone to DHT.⁴ Saw palmetto is also anti-inflammatory and slows the multiplication of prostate cells by inhibiting the action of growth factors (compounds that stimulate cell division).⁵

The pollen extract used in Prostate Optimizer is called Cernitin. A 2012 review concluded it is safe and effective for the treatment of lower urinary tract symptoms resulting from prostate enlargement, particularly in terms of easier urine flow and fewer night-time bathroom trips.⁶ In addition, a German study found Cernitin pollen extract reduced pain and improved quality of life in men with chronic prostatitis, a condition in which the prostate becomes swollen, tender and inflamed.⁷

(Continued on page 3)

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INSIDE THIS ISSUE

Warning: The wrong kind of vitamin E could do you more harm than good Page 3
Combination of traditional herbs could put an end to distressing IBS symptoms Page 5

Dear Reader,

Shocking new data reveals that GPs, pharmacists, hospitals and care homes in England may be making a staggering 237 million medication errors a year – the equivalent of one mistake made for every five drugs handed out.

The researchers – from Manchester, Sheffield and York universities – estimate that drug errors cause 700 deaths a year and that up to 22,300 more deaths could be related to medication mistakes.

Mistakes include wrong medication being given, incorrect doses dispensed and delays in medication being administered. Alarming, a fifth of the mistakes related to hospital care, including errors made by doctors administering anaesthetic before surgery. The rest were pretty evenly split between drugs given in the community by GPs and pharmacists, and those handed out in care homes.

One 92-year-old patient living in a care home was given a host of wrong drugs for several weeks after her medication chart was inadvertently swapped. This resulted in her prescription being mixed up with another patient's. She stopped getting steroids for polymyalgia rheumatica, which causes pain, stiffness and inflammation in the muscles around the shoulder, neck and hips. This caused her to go into withdrawal, while she developed irritation around her eyes because several new medications she did not need – designed to treat glaucoma and other problems in an entirely different patient – were mistakenly administered to her.

If that wasn't bad enough, the mistake was only spotted when the lady's daughter questioned her mother's medication after noticing her condition deteriorating. Up until that point, the mistake had been missed by a GP, pharmacists and care-home staff. The woman's daughter sounding the alarm probably saved her life. Even though she ended up in hospital with pneumonia, she was one of the lucky ones as too many patients are dying because of medication blunders.

Health Secretary Jeremy Hunt admitted the findings show: "It is a far bigger problem than generally recognised, causing appalling levels of harm and death that are totally preventable."

However, he also added that the research showed this was a global problem and not one unique to the NHS. Does this somehow make this dire situation acceptable, that it's not just related to the NHS?

This simply isn't good enough. How many more 'preventable' deaths will it take before the government finally acts and starts addressing the escalating problems in the NHS, including inadequate funding and chronic staff shortages that are putting countless lives at risk?

As Royal College of Nursing chief executive Janet Davies says in relation to the findings: "There are real problems in preserving patient safety when you haven't got enough staff and when we've got the financial pressures we have."

She said human error is "one of the biggest risks" and that overstretched nursing staff and agency workers put "added risk in" the system, but certainly did not make errors inevitable.

Until the government starts putting proper safety measures in place, it's vital to be informed and take an active role in your care. Check everything, especially medications you are asked to take, and don't be afraid to question anything that doesn't seem right. If you require a hospital stay, ask staff to explain to you what medication you're being given and why; if you are not happy, insist on talking to a consultant or senior doctor.

Wishing you the best of health,



Rachael Linkie, Editor

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Stinging nettle root also contains several natural compounds that help prevent or treat BPH. In a large, placebo-controlled clinical trial in Iran, men taking nettle extract for six months saw significant improvements in their BPH symptoms.⁸ Urine flow rate increased by an average of 77 per cent, bladder emptying was improved and prostate size reduced. And these improvements were long lasting, for at least 12 months after the end of the treatment period.

The ability of saw palmetto, pollen extract and nettle root to relieve BPH symptoms is thought to be largely due to their content of phytosterols. These compounds are also natural prostate cancer fighters that improve the immune system's ability to recognise and destroy cancerous cells. They also help inhibit hormone-dependent tumour growth, induce cancer cell death and help prevent cancer spread (metastasis).⁹ In addition to the three herbal ingredients, Prostate Optimizer contains a potent complex of natural phytosterols.

Natural nutrients and herbs could slash your risk of prostate cancer

Each daily dose of Prostate Optimizer provides omega-3 fatty acids DHA and EPA, from fish oil. In animal studies, these fatty acids reduced inflammation, clinical symptoms and metabolic markers of BPH.¹⁰ And fish oil could also protect against prostate cancer. Research links higher consumption with a reduced risk of the disease, and shows omega-3 fatty acids can help sabotage the growth of prostate tumours in several ways.¹¹

Boswellia, also known as Indian frankincense, further boosts the anti-inflammatory effects of Prostate Optimizer for BPH and helps block prostate cancer proliferation, by causing cancerous cells to self-destruct.¹² Boswellia also inhibits new blood vessel growth (angiogenesis) around prostate tumours, depriving malignant tissues of the nutrients and oxygen they need.¹³ Prostate Optimizer uses a special boswellia extract called AprèsFlex, which is 52 per cent more bioavailable than others.

Vitamin D3 has multiple health benefits and several studies have demonstrated its anti-cancer properties. Men who are deficient in this vitamin are at increased risk of prostate cancer and researchers have recently discovered that vitamin D3 helps block the progression of early-stage prostate tumours to more aggressive stages, in animal models, at least.¹⁴

Lycopene, the red pigment in tomatoes, can also help stop cancer in its tracks. A large study by Harvard University, involving more than 50,000 men, has

linked a higher intake of lycopene with lower incidence of prostate cancer, and a reduced risk of death from the disease.¹⁵ Like boswellia, lycopene starves cancer tumours by inhibiting angiogenesis.

What to take for best results

The recommended dose of Jarrow Formulas Prostate Optimizer is three softgel capsules a day, with food.

Prostate Optimizer is intended for use by adult men only. If you have a medical condition or are taking medication, you are advised to consult your doctor before taking it.

...CUTTING-EDGE HEALTH UPDATE

Warning: The Wrong Kind Of Vitamin E Could Do You More Harm Than Good

Looking after your heart health is crucial, especially as you get older. According to the British Heart Foundation, cardiovascular disease is still the leading cause of mortality, being responsible for one death every three minutes in the UK. The conventional solution is to take statin drugs – and 12 million of us, including almost all men over 60 and all women over 75, qualify for a prescription under current National Institute for Health and Care Excellence (NICE) guidelines.¹

Yet a slew of scientific studies show that statins are far from being a magic bullet. An independent review of major trials (by doctors with no links to drugs companies) revealed that, in people without existing heart disease, statins bring only a tiny reduction in the chances of a non-fatal heart attack or stroke, and do nothing to prevent cardiovascular deaths.²

Another major drawback is the long laundry list of side effects statins can cause. These include crippling joint and muscle pain, digestive problems, liver and kidney damage, memory loss, depression, premature ageing and higher risks of type 2 diabetes, Parkinson's disease and Alzheimer's disease.³

When is mainstream medicine going to start viewing statins as a last resort for the most serious cases, rather than a mass medication for healthy people?

Fortunately, there are safer ways to protect your heart. A low-carb diet containing sufficient essential vitamins, minerals and plant polyphenols can go a long

(Continued on page 4)

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way towards keeping your heart and arteries healthy. One nutrient with proven heart health benefits is natural vitamin E. Vitamin E is the most important antioxidant we get from food, and epidemiological studies have linked a high intake of vitamin E with a lower risk of coronary heart disease.⁴

But, not all vitamin E is the same and the type you take can make a big difference to the health benefits it gives you. Nutri Advanced Cardi-E is an innovative, liquid preparation of vitamin E that is nothing like the ordinary forms of the vitamin that you get in most high street supplements.

Natural vitamin E is heart protective, but the synthetic form could be harmful

Naturally-occurring vitamin E is not a single substance, but a mixture of eight separate plant compounds. Nutri Advanced Cardi-E contains three of the most biologically active forms, alpha-, gamma- and delta-tocopherols. The synthetic vitamin E found in cheap supplements, on the other hand, is a single chemical called dl-alpha-tocopherol.

The 'dl' bit at the front is important because it shows that, although this synthetic vitamin is chemically similar to natural alpha-tocopherol, its molecule has a different shape. And that means it won't do the same things in your body.

A clinical trial in Israel found that when middle-aged people with diabetes were given 400 IU of natural vitamin E a day, their risk of cardiovascular events such as stroke, heart attack and death fell by a whopping 50 per cent.⁵ But, the same benefits have not been seen in other trials, where synthetic vitamin E was used.

Taking high doses of synthetic vitamin E might even be harmful. A review of 19 separate studies, published in 2005, linked vitamin E supplements with an increased risk of death from all causes.⁶ This was widely reported at the time and a lot of people stopped taking vitamin E because of it. But almost all of these studies used the synthetic dl-alpha-tocopherol form of vitamin E.

Even if a vitamin E supplement says 'natural' on the label, it is likely to contain only alpha-tocopherol and not the gamma and delta kinds that are included in Nutri Advanced Cardi-E. Yet, recent research shows that these other kinds of tocopherols may be even more important in preventing atherosclerosis, the build-up of plaque in the arteries that is the major cause of cardiovascular disease.

The right kinds of tocopherols help keep your arteries free from deadly plaque

Atherosclerosis is an inflammatory disease that involves excessive deposition of oxidised cholesterol in the arteries – which is why conventional treatment focuses on reducing cholesterol levels. But cholesterol is important in the body; among other things, it is needed for making sex hormones and vitamin D. Blocking its production also means the body can't make co-enzyme Q10 (Co-Q10), which is vital for heart function.

The mixed tocopherols in Nutri Advanced Cardi-E tackle atherosclerosis in a different way. They help prevent the oxidation of LDL-cholesterol particles, block inflammation and stop blood platelets from clumping together to form clots. Scientific studies have revealed that all three of the tocopherols in Cardi-E work together to combat atherosclerosis and that this combination is much more effective than alpha-tocopherol on its own.

Researchers at the University of Uppsala, Sweden, incubated human red blood cells with different concentrations of alpha-tocopherol alone or a mix of alpha-, gamma- and delta- tocopherols (the same ingredients as in Cardi-E). They then exposed them to hydrogen peroxide, a strong oxidising compound. The tocopherol mixture protected the cells from oxidation much more strongly than alpha-tocopherol alone, due to higher uptake of gamma- and delta-tocopherols into the cells.⁷

The same Swedish researchers also showed that the alpha-, gamma- and delta- tocopherol mixture prevented human blood platelets from clumping together more effectively than alpha-tocopherol on its own.⁸ Platelet clumping can lead to a potentially dangerous blood clot, which could cause a heart attack or stroke.

While alpha-, gamma- and delta- tocopherols are all beneficial in preventing cardiovascular disease and work in slightly different ways in the body, they compete with one another for uptake into the cells. That means taking alpha-tocopherol alone, as in most 'natural' vitamin E supplements, could actually block the uptake of the more valuable gamma- and delta- tocopherols from your diet.⁹ And that's why each dose of Nutri Advanced Cardi-E contains the perfect balance of 50mg of gamma-tocopherol, 20mg of delta-tocopherol and 10mg of alpha-tocopherol.

What to take for best results

The recommended dose of Nutri Advanced Cardi-E is six drops, once or twice daily, with food. Shake

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the bottle before use and keep it vertical, collecting the drops on a teaspoon (the mixture is oil-based, so doesn't dissolve in water).

If you are pregnant, breastfeeding, taking medication or have a medical condition, you are advised to consult a healthcare practitioner before taking this product. Because vitamin E has anticoagulant properties, you should also talk to your doctor before using Cardi-E if you are currently taking blood-thinning drugs.

...CUTTING-EDGE HEALTH UPDATE

Combination Of Traditional Herbs Could Put An End To Distressing IBS Symptoms

There's a health problem that may affect as many as one in five people in the UK, yet just 30 per cent of those who suffer from its symptoms tell their doctor – and even fewer receive an accurate diagnosis.¹ We're talking about irritable bowel syndrome (IBS), the name given to a spectrum of digestive misery that includes abdominal pain, bloating, constipation and diarrhoea.

Unlike some bowel diseases, such as ulcerative colitis, there is currently no reliable test that can pinpoint IBS. Instead, it's often diagnosed by eliminating other, more easily identified conditions. Nor does it have a single, recognised cause. IBS might result from stress, a food intolerance, an infection, or the antibiotics used to treat one. Often, it involves disrupted gut bacteria, increased intestinal permeability (leaky gut syndrome), inflammation and changes in how the gut and brain communicate.²

Conventional IBS treatment often involves drugs, such as laxatives, anti-diarrhoea medicines and antispasmodics. Many IBS patients are even prescribed antidepressants, on the basis that these could reduce pain perception and make the condition easier to cope with. But antidepressants come with unpleasant side effects, including constipation or diarrhoea, nausea, dry mouth and eyes, drowsiness, weight gain, agitation and sexual dysfunction.

That's why *JNHS* has rushed to bring you this report on a new supplement, formulated by leading UK nutritionist Dr. Marilyn Glenville, which is designed to provide safe and effective relief from IBS. It contains a unique combination of nine tried-and-tested herbal extracts for digestive health including peppermint

oil, marshmallow, slippery elm, ginger, chamomile, artichoke, fennel, turmeric and liquorice.

Peppermint oil proven to significantly reduce abdominal pain and cramping

Peppermint oil is a well-known natural antispasmodic that can help relieve the cramping suffered by many people with IBS. A recent review of scientific studies found that peppermint oil acts in several ways.³ It not only relaxes the muscles in the wall of the gut, it also reduces 'visceral hypersensitivity' (when nerves in the gut over-react), calms inflammation and has anti-microbial properties.

Clinical trials involving people with IBS have shown that peppermint oil offers a safe and effective treatment. A meta-analysis of nine such placebo-controlled trials concluded that peppermint oil significantly reduced abdominal pain and improved total IBS symptoms. The only side effect noted was mild heartburn in some patients.⁴

Together with peppermint, marshmallow and slippery elm are traditionally used for their ability to soothe the digestive system. Marshmallow root contains mucilaginous compounds that form a protective coating on the gut lining, soothing local irritation and inflammation. In animal studies, one such compound isolated from marshmallow (hypolaetin 8-glucoside) has been shown to have anti-inflammatory, analgesic and anti-ulcer activity.⁵

The inner bark of the slippery elm tree also contains mucilage that can soothe gut inflammation. In modern herbal medicine, it is used to treat inflamed mucous membranes of the throat and gastrointestinal tract, gastric and duodenal ulcers and other inflammatory conditions.⁶ As well as coating and soothing the mouth, throat, stomach and intestines, slippery elm mucilage stimulates nerve endings in the gut lining, promoting mucus secretion. This extra mucus is thought to protect the digestive tract and help prevent ulcers from developing.

Ginger root is another herb that has been used since antiquity for the treatment of gastrointestinal disorders. Modern research has discovered that components in ginger have a balancing effect in the bowel, speeding up transit if necessary, while inhibiting the muscle spasms that cause abdominal cramps.⁷ In laboratory studies, ginger was also found to be anti-inflammatory and to help maintain the gut's barrier function, so combating leaky gut syndrome.⁸

(Continued on page 6)

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Soothing herbs help relieve bloating and get bowel movements back to normal

The other herbal ingredients in IB Support are chamomile, artichoke, fennel, turmeric and liquorice. Chamomile is one of the most ancient medicinal herbs known to mankind and is commonly used to soothe a stomach upset and relax an irritated gut. A four-week clinical trial carried out with IBS patients in Iran found that chamomile extract significantly reduced their symptoms after just two weeks. Symptom relief also continued for a further two weeks after the end of the study.⁹

Artichoke is best known for its ability to aid liver function and stimulate the flow of bile, but is also a valuable herb for people with IBS. A study at the University of Reading gave artichoke extract to 208 volunteers suffering from IBS and chronic indigestion, for a period of two months. The results showed a 41 per cent drop in IBS symptoms and a significant shift from alternating constipation and diarrhoea to normal bowel movements.¹⁰

The anti-inflammatory property of turmeric and the antispasmodic and wind-relieving effects of fennel further add to IB Support's effectiveness in easing the distressing symptoms of IBS. A combination of fennel and curcumin (the main active ingredient in turmeric) has been used with success in a placebo-controlled trial involving patients with mild to moderate IBS. One month of treatment with these herbs resulted in a significant reduction in abdominal pain and improvement in quality of life.¹¹

Liquorice, the final ingredient in IB Support, is a natural antacid, helping relieve heartburn, indigestion, stomach ulcers and acid reflux. Glycyrrhizinic acid, a major component of liquorice, promotes mucus secretion in the stomach, which protects the stomach lining. Liquorice compounds are also active against the bacterium *Helicobacter pylori*, the main cause of stomach ulcers.¹²

What to take for best results

The recommended dose of Natural Health Practice IB Support is one or two capsules daily, 30 minutes before food, with a glass of water. IB Support is free from yeast, dairy, gluten, artificial flavours, colours and preservatives. It is suitable for vegetarians and vegans and is Kosher certified.

You should seek medical advice if gastrointestinal symptoms or abdominal discomfort persist for more than two weeks. You are advised to consult your doctor before using IB Support if you're taking prescription medication or receiving treatment for a medical condition.

A 3-Pronged Attack Against Wrinkles, Heart Disease, Diabetes And Eye Problems

Nothing gives your age away quicker than the appearance of your skin. But with factors like sunlight and pollution to contend with, trying to keep your skin youthful-looking and line free is no easy task.

Fortunately, help is at hand in the form of a brand-new organic health drink, which draws on traditional natural remedies for promoting healthy, radiant-looking skin and warding off wrinkles.

But that's not all...

Nordic Forest Pine Bark and Berry – which combines pine bark extract, wild lingonberries and bilberries in powder form to create a delicious daily health drink when added to water or juice – also helps guard against cardiovascular disease, diabetes and eyesight problems.

Pine bark helps prevent wrinkles, high cholesterol and hypertension

Pine bark is a rich source of natural chemicals known as proanthocyanidins. These flavonoids make up the pigments that provide flavour, colour and aroma to many plants and fruits. They have been found to rejuvenate and protect the skin; improve cardiovascular health (by lowering levels of low-density lipoprotein (LDL) 'bad' cholesterol, increasing levels of high-density lipoprotein (HDL) 'good' cholesterol, and reducing high blood pressure); and lower fasting glucose levels.¹

When it comes to pine bark's skin-protective properties, research has shown that it can significantly reduce ultraviolet radiation (UVR)-induced reddening of the skin², prevent UVR damage to the skin, reduce photo-ageing and lessen the pigmentation in age spots.³

In addition, the proanthocyanidins found in pine bark benefit skin health by reinforcing the collagen matrix of connective tissue, protecting against free radical damage, and inhibiting collagen damage caused by inflammation and infection. They also help hydrate and oxygenate the skin, assist with toxin removal, and enhance the generation of nitric oxide, which encourages the dilation of blood vessels for optimal blood flow and healthy-looking skin.⁴

Better still, proanthocyanidins also stimulate the body to produce hyaluronic acid (HA), which plays an

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important role in water retention, wound healing and smoothing out wrinkled skin.

In one study, skin samples that were treated with pine bark extract showed a remarkable 44 per cent increase in HA and a similarly large increase in mRNA – which is necessary for collagen synthesis. As a result, skin hydration was enhanced and dry skin showed an average increase in hydration of 21 per cent. In addition, a significant beneficial result was seen in skin elasticity, and there was a 3 per cent reduction in wrinkles and an increase in skin smoothness.⁵

Research has shown that pine bark can also be beneficial for those with type 2 diabetes and high blood pressure.¹ In a randomised, double-blind, placebo-controlled trial, 48 individuals with type 2 diabetes and hypertension took pine bark or a placebo for 12 weeks. Fifty-eight per cent of those taking pine bark found their blood pressure stabilised.⁶ LDL cholesterol also improved significantly in the treatment group.

Taking pine bark had a glucose-lowering effect too. It's thought this could be a result of its inhibition of enzyme activity, resulting in reduced absorption of glucose in the intestines. Fasting glucose levels declined by four times as much in the pine bark group as they did in the control group.

Berry duo packs a powerful punch against blood sugar, heart and eye problems

Bilberry and lingonberry are considered the most important wild berry plants in the forests of Nordic countries. Both berries have traditionally been used as herbal medicines for their anti-bacterial, anti-inflammatory, hypoglycaemic and retina-protective properties.⁷ Emerging research suggests they could also play a role in cardiovascular, gut and nerve health.

They're a major dietary source of anthocyanins. Like proanthocyanidins, anthocyanins are flavonoids with numerous beneficial health properties, helping to prevent everything from cardiovascular disease and diabetes to degenerative conditions.

The berries are also chock full of polyphenols – plant chemicals that have antioxidant properties and are linked to preventing cardiovascular problems and type 2 diabetes.^{8,9,10} Lingonberries contain a particularly high level of antioxidants compared with most commonly consumed berries.¹¹

It is the berries' potent antioxidant action that is thought to be largely responsible for their ability to improve vision and ward off serious eye-related problems such as cataracts, diabetic retinopathy and glaucoma.

A recent laboratory study investigated the protective effects of bilberry and lingonberry extracts against UV-induced retinal photoreceptor cell damage, through free radical activity. Cells treated with the berry extracts showed a significant resistance to UV damage. Bilberry extract was also found to bring about significant improvements in patients suffering from dry eye syndrome, a chronic condition that can adversely affect vision.¹²

The berries could also provide crucial cardiovascular protection by counteracting free radical generation, reducing inflammation and boosting the production of blood pressure-lowering nitric oxide.

A 2016 study found that men and women consuming 150g of frozen bilberries three times a week, for six weeks, experienced reductions in a number of cardiovascular risk factors.¹³ Consumption of bilberries has been found to result in a significant decrease in total cholesterol, LDL cholesterol, and circulating glucose, and a positive increase in HDL cholesterol.¹⁴

What to take for best results

Stir one level teaspoon (1.5g) of Nordic Forest Pine Bark and Berry powder into water or juice for a delicious-tasting, daily, health-boosting drink. Each 30g jar contains 20 servings.

Contraindications: There are no known side effects, but Nordic Forest Pine Bark and Berry should not be used during pregnancy or breastfeeding; and you are advised to seek medical advice if you're taking an anticoagulant such as warfarin.

...CUTTING-EDGE HEALTH UPDATE

Vitamin D Linked To Mood- And Libido-Boosting Benefits In Women

The amazing research findings on vitamin D's numerous health benefits keep coming in thick and fast. A recent study has revealed how supplementation with vitamin D resulted in significant improvements in female sexual desire, orgasm and satisfaction, as well as mood.

JNHS is delighted to bring you news of these exciting findings – even if it does mean yet another vitamin D update! – as we're constantly being asked by our female readers for tips on how to boost libido. While there is plenty of advice out there on natural

(Continued on page 8)

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The Journal of Natural Health Solutions

Editorial Panel

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A qualified naturopath and osteopath with over 20 years' experience in the field of complementary medicine. Marcus is a Member of the General Osteopathic Council, General Council and Register of Naturopaths, British Medical Acupuncture Society, Chartered Member of Institute of Biology, and Fellow of the Royal Society of Medicine. He has written numerous health books including *The Herbal Companion*, *The Herbal Bible* and *Healing Touch*.

Dr. Marios Kyriazis (MD, MSc, MIBiol, CBIol, DGM)

One of the UK's leading anti-ageing experts. Dr. Kyriazis works in private practice and has postgraduate qualifications in the science of ageing from the University of London and the Royal College of Physicians. He is using both conventional and complementary therapies.

Martin Hum (PhD, DHD)

Qualified nutritional therapist and health journalist with 20 years' experience in the field of nutritional medicine. He is a past Chairman of the Institute for Optimum Nutrition, an independent educational charity and the UK's leading training institute for nutritional therapists.

Nigel Summerley, LLSCB

Nigel is a health writer, alternative health expert and qualified homeopath.

Dr. Patrick Kingsley (MB, BS, MRCS, LRCP, FAAEM, DA, D.Obst R.C.O.G.)

A specialist in nutritional and environmental medicine for 25 years. He was a founder member of the British Society of Environmental Medicine, the British Society of Nutritional Medicine, the British Society of Integrated Medicine and is a Fellow of the American Academy of Environmental Medicine. In his private medical practice his basic approach was always to try to identify and eliminate the causes of a person's problems and treat any nutritional deficiencies, rather than simply find the best way of suppressing any symptoms. Now retired, he has written numerous books including *The New Medicine* and has a website www.thenewmedicine.info

Dr. Michael Perring (MB BChir FCP(SA) DPM UKCP Registered Psychotherapist)

Dr. Michael Perring is a General Practitioner with a special interest in nutrition, sexual medicine and healthy ageing. He is currently Medical Director of the Optimal Health of Harley Street Clinic and is co-author of *Get Fit Feel Fantastic*.

Dr. Brian Mowll, DC

The founder and medical director of SweetLife® Diabetes Health Centers. Since 1998, Dr. Mowll has been helping people with all forms of diabetes properly manage their complex health conditions. He treats clients locally in the greater Philadelphia area, in the US, and worldwide through his acclaimed Diabetes Coach™ program. He was one of the first doctors to be certified to practise functional medicine by the prestigious Institute for Functional Medicine. He is the host of the popular Diabetes World Summit, as well as a prolific writer, blogger, and speaker.

Chanchal Cabrera (MNIHM, AHG)

Medical herbalist, clinical aromatherapist and nutritional counsellor in Vancouver, BC, Canada. Publishes widely in professional journals and lectures internationally on medical herbalism.

Dr. Tony Coope (M.B; Ch.B; D.Obst. R.C.O.G.)

Has 25 years' experience in General Practice, prior to which he spent four years as a hospital doctor, covering the specialities of medicine, surgery, paediatrics, geriatrics and emergency/trauma medicine. Dr. Coope has a career-long interest in psychology, philosophy and complementary medicine. Since leaving General Practice in 1994 he has been working in women's health and regularly writes on hormone health and the use of bioidentical hormones for Bio-Hormone-Health.com

Michael van Straten (DO, ND, DipAc.)

Qualified osteopath, naturopath and acupuncturist, with a special interest in nutritional therapy, women's problems, hypertension, heart disease and ME. He has written 40 books including the international bestsellers *Super Juice* and *Super Herbs*. He also appears regularly on television.

ways to help men improve their sex lives, frustratingly there's very little information available for women.

Based on researchers Robert Krysiak and colleagues' previous finding of an association between deficient vitamin D levels and abnormal female sexual function, a trial that examined the effects of six months of oral vitamin D supplementation was conducted among 47 women with deficient or insufficient vitamin D levels.

Women with vitamin D deficiency, defined as blood 25-hydroxyvitamin D levels that were lower than 2 nanograms per millilitre (ng/mL), were given 4,000 international units (IU) of vitamin D per day, and participants with insufficient levels of 20-30 ng/mL were given 2,000 IU daily or no vitamin D. Questionnaires that evaluated female sexual function and depressive symptoms were completed before and after the treatment period.

At the beginning of the study, female sexual function questionnaire scores were significantly lower (indicating increased impairment of sexual function) and depression scores were higher (indicating a greater level of depression) in women with deficient vitamin D levels, as compared to women with insufficient levels.

Supplementation with vitamin D was associated with improved sexual desire in both deficient and insufficient women. Among participants with vitamin D deficiency, vitamin D improved total sexual function scores and scores for sexual satisfaction and orgasm, while decreasing total depression scores.

Commenting on the findings, the researchers said: "It is possible that genital blood flow, as well as hormonal and neural regulations of sexual function are disturbed in women with hypovitaminosis D [vitamin D deficiency] and correlate with its severity. The obtained results indicate that vitamin D supplementation improves female sexual functioning and mood in women with low vitamin D status."

In addition to exposing your skin when the sun's out, you can up your levels by taking 2,000 IU of vitamin D3... for best absorption take your supplement with a meal that contains some fat. And be sure to include plenty of vitamin D-rich oily fish in your diet.

Source: *Endokrynologia Polska*, 14 February 2018.

JNHS product availability update

We are aware that there's no information provided in the issue regarding where to purchase the products featured. This is intentional because government regulations don't allow us to provide you with this information. This means that readers will need to research the availability of these products for themselves at local health food stores or from online sources. We apologise for any inconvenience this may cause you.

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