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Blueberries And Cutting Your Cancer Risk

A study published this year in Clinical Cancer Research, by Rutgers University in conjunction with the USDA, suggests that dietary intake of blueberries interferes with a mechanism thought responsible for the development of tumors. Over the years studies have suggested that intake of fruits and vegetables cuts your cancer risk. This is another piece of information that supports that view. Ask our office about the "ORAC" supplement. ORAC stands for Oxygen Radical Absorption Capacity. This is a measure of the degree of antioxidant strength of substance. ORAC is a supplement made up of extracts blueberry, cranberry, pomegranate and other fruits whose antioxidant capacity taken together is higher than any supplement I know.

One Soda A Day May Boost Risk For Heart Disease

Drinking just one soft drink a day — whether diet or regular — may boost your risk of getting heart disease, a new study shows. That is because a soda habit increases the risk of developing a condition called metabolic syndrome, according to the new research, and that in turn boosts the chance of getting both heart disease and diabetes.

"Even one soda per day increases your risk of developing metabolic syndrome," says Ramachandran Vasan, MD, professor of medicine at Boston University School of Medicine and the senior author of the study, published in the July 31 issue of the American Heart Association's journal Circulation.

To be diagnosed with metabolic syndrome, three of five criteria must be met: a large waistline, elevated blood pressure, elevated fasting blood sugar, elevated fasting triglycerides, or reduced HDL or "good" cholesterol. All of these problems can be alleviated by natural means without resorting to medications.

Clinical Research: Statins And Toxicity

Ever since their introduction into clinical medicine, the use of the cholesterol lowering drugs called statins, have been under a cloud of suspicion. That suspicion is the possibility that the interference in the body's metabolism which results in a lowering of cholesterol levels may have a very negative side effect- the development of cancer. A study published in the early 1990s in the prestigious medical journal The New England journal of Medicine documented the development of tumors in rats provided with statin compounds. This study in the literature has never been refuted, however, the use of statins in clinical medicine has grown substantially since that time. Now, more fuel has been added to this fire with a study published this year.

Effect of the Magnitude of Lipid Lowering on Risk of Elevated Liver Enzymes, Rhabdomyolysis, and Cancer

Insights From Large Randomized Statin Trials

Molecular Cardiology Research Institute and Division of Cardiology, Department of Medicine, Tufts-New England Medical Center and Tufts University School of Medicine, Boston, Massachusetts. February 21, 2007.

The authors of this study conclude, "The risk of cancer is significantly associated with lower achieved LDL-C levels". And that "the cardiovascular benefits of low achieved levels of LDL-C may in part be offset by an increased risk of cancer."

For more information on how to use non-drug methods to lower cholesterol and reduce the risk of cardiovascular disease, call our office.

Dr. Sobo is a Medical Doctor practicing Holistic/ Nutritional Medicine in Stamford, CT. More information about natural hormones and about Dr. Sobo's practice can be found on the Internet at <http://drsobo.com>. Dr. Sobo's office phone number is 203-348-8805.

We welcome you to pass this information on to a friend and invite anyone to e-mail us at optimalhealth@optonline.net with their address to be on our e-mail newsletter mailing list.

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