

Board Certified Clinical Nutritionist

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Total Wellness Newsletter

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Vitamin K vs Osteoarthritis

Vitamin K
Food sources of vitamin K include cabbage, cauliflower, spinach and other green, leafy vegetables, as well as cereals



ADAM.

New research indicates that a deficiency of one vitamin may increase the severity of osteoarthritis. Low levels of vitamin K may trigger abnormalities in bone and cartilage, says Boston University School of Medicine researcher Tuhina Neogi in an interview that appeared in *Bostonia* (the BU alumni

Greetings!

Greetings and hope you are enjoying the summer weather we are having. I am looking forward to going to Omega Institute at the end of June for a Tai Chi training class.

Many of you know that I like to teach tai chi and chi gong exercises to help with stress reduction. I will be leading a formal class in the fall. Please let me know if you are interested and I will be sure to give you the dates and times when I have all of the information. I will also be going to Boulderfest in August in Boulder, Colorado. This is the best week of nutritional workshops that I have been to and I always come home with lots of new information to share with you.

I look forward to seeing some of you at my book discussion and signing at Borders in Mt. Kisco on June 10th at 2 PM. Enjoy your summer!

Yours in good health, Renee

UPCOMING EVENTS

Take Back Your Health Saturday, June 10th, 2 PM, Free Book Discussion and Signing For *Take Back Your Health, A Total Wellness Guide for You and Your Family*, Borders Books, Mount Kisco, NY. Learn A Simple 4 Step Program To Help You Take Better Care of

quarterly). Neogi noted this as the impetus behind her examination of vitamin K and osteoarthritis

Neogi and her team examined data collected from more than 670 subjects who participated in the Framingham Offspring Study. Blood samples revealed levels of phylloquinone (also known as vitamin K1), and x-rays were used to assess joint space narrowing and the presence of osteophytes, the bony growths that sometimes form in the joints of osteoarthritis patients

The study produced two key results: 1) Low vitamin K1 levels were associated with a greater severity of osteoarthritis, and 2) Subjects with lower K1 levels had a greater number of osteophytes than subjects with high levels of the vitamin.

Based on the outcome of this study (published in the current issue of Arthritis and Rheumatism), the BU team has already received Arthritis Foundation funding for a clinical trial in which osteoarthritis patients will receive either a vitamin K supplement or a placebo.

Neogi told Bostonia: "We don't know how much vitamin K is necessary for these bone and cartilage proteins to function optimally. Our preliminary observational results suggest that we probably need more vitamin K than the recommended daily allowance."

The current recommended daily allowance for vitamin K is 65 micrograms for women over the age of 25, and 80 micrograms for men in the same age group. But in his Nutrition and Healing newsletter, Jonathan V. Wright, M.D., recommends 5 to 15 MILLIGRAMS per day.

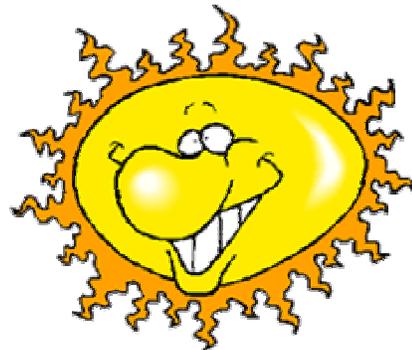
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Yourself & Your Family. Health Make-over Stories Will be Reviewed From The Book as Well as a Q & A Session to Answer Your Tough Nutrition Questions. Call (914) 241-8387 to Register.

• Vitamin D May Diminish Breast Cancer Risk Drastically



As we've reported in several articles over the past two years, vitamin D is emerging as the body's premier anti-cancer agent. So it's not surprising that research presented earlier this month suggests that vitamin D-which the body produces in response to sun exposure, and which occurs at high levels only in certain fish-protects strongly against breast cancer.

Study #1 Higher vitamin D levels reduce breast cancer risk Brothers Cedric Garland, DPH and Frank Garland, PhD., both from the University of California at San Diego, have been at the forefront of vitamin D and sun exposure research for 25 years.

Their published research began with an influential paper titled "Do sunlight and vitamin D reduce the likelihood of colon cancer?". The answer to that question was "yes", and this finding led them to

probe this topic more thoroughly than any other group of scientists.

The Garland brothers' University of California team presented the encouraging results of their latest research at the recent American Association for Cancer Research meeting (Garland CF, 2006). science being used by those who market statin drugs?

They conducted a statistical analysis of data collected from 1,760 women who'd participated in prior studies at Harvard University and Saint George's Hospital Medical School in London, including blood levels of vitamin D and the women's overall incidence of breast cancer.

And, the results indicate that a woman's risk of breast cancer falls as her vitamin D levels rise. Specifically, they found a vitamin D blood level of 52 nanograms per milliliter cut women's breast cancer risk in half.

[Read on...](#)

• **Secondhand Smoke Linked to Diabetes Risk**

The long-term study of more than 4,500 American men



and women found the incidence of glucose intolerance -- a precursor to diabetes in which the pancreas can no longer produce enough insulin to regulate blood sugar -- was directly related to exposure

to tobacco smoke

After 15 years of follow-up, the researchers found smokers had the highest risk of glucose intolerance, with 22 percent of them developing the condition. But 17 percent of those who never smoked but were exposed to secondhand smoke developed the condition, a rate higher than the 14 percent found in smokers who gave up the habit. Only 12 percent of people who never smoked developed glucose intolerance.

The researchers also found that whites were more susceptible to this effect than blacks. The findings appear in the April 8 issue of the British Medical Journal

Exposure to secondhand smoke was measured in two ways, said study author Dr. Thomas Houston, an assistant professor of medicine at the University of Alabama and a researcher at the Birmingham Veterans Affairs Medical Center. "One was self reports of being around secondhand smoke," he said. "The second was measurements of blood levels of cotinine, a breakdown product of nicotine."

For smokers, there was a direct relationship between the number of cigarettes smoked and the incidence of glucose intolerance. "For every increase of 10 pack years of smoking, the risk of developing glucose intolerance increased by 18 percent," the report said.

[Read on...](#)

• **VITAMIN C HAS BEEN KNOWN**

TO CURE OVER 30 MAJOR DISEASES FOR OVER 50 YEARS

If so, why haven't you heard more about it? Why haven't more doctors used Vitamin C as medicine?



Progress takes time, unfortunately. Fresh fruit was known to cure scurvy by 1753, yet governments ignored the fact for nearly 100 years. Countless thousands died in the meantime. The 19th century doctor who first advocated washing one's hands between patients died ignored and in disgrace with the medical profession. Toxic mercury was used as medicine into the twentieth century. And so it has been.

The first physician to aggressively use Vitamin C to cure diseases was Frederick R. Klenner, M.D. beginning back in the early 1940's. Dr. Klenner consistently cured chicken pox, measles, mumps, tetanus and polio with huge doses of the vitamin. While vaccines are now available for these illnesses, please remember this was not the case in the 1940's.

The following is a list of the conditions that Dr. Klenner successfully treated with aggressive Vitamin C therapy....

[Read on...](#)

• **Recipe of the Month: TRITONE SALAD**

Steam the following until tender:

- 16 oz. pkg. frozen brussels sprouts
- 1 c. carrot circles

Cut brussels sprouts in half. Mix in:

- 1 15 oz. can garbanzos

-Dressing- Mix together well:

- 2 T tahini
- 3 T lemon juice

Then mix in:

- 1 T water
- 1/2 t salt
- 1 t dill weed

Pour dressing over vegetables. Mix well. Serve hot or cold. by Julianne Pickle, author of "100% Vegetarian," the cookbook in which every ingredient is available at your local grocery store.

Available at:

[Julianne Pickle Website](#)