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Chronic Fatigue: new light on the infection hypothesis



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PHYTOSTEROLS HELP CONTROL CHOLESTEROL

A new supplement from The Really Healthy Company contains a unique combination of phytosterols, which have been shown to help the body control blood cholesterol.

The Western diet contains considerably lower levels of natural plant phytosterols, approximately 200-300mg per day, than diets in other parts of the world such as Japan, where the level is 300-500mg. Phytosterols are similar in structure to cholesterol and interfere with the micellar solubilisation of cholesterol in the intestine, so reducing the efficiency of cholesterol absorption.

Cholesterol is a natural, vital substance, but excess levels contribute to the formation of plaque inside coronary arteries (arteriosclerosis), blocking the supply of oxygen to the heart causing a heart attack. Alternatively, cholesterol can be deposited in brain arteries, contributing to a stroke. Research shows that although increasing phytosterol intake leads to an increase in endogenous cholesterol synthesis, the result is a net reduction in serum LDL (1)

A review by the Linus Pauling Institute at Oregon State University reports that "In humans, the consumption of 1.5-1.8 g/d of plant sterols or stanols reduced cholesterol absorption by 30-40%. At higher doses (2.2

g/d of plant sterols), cholesterol absorption was reduced by 60%. (2)

The superior quality phytosterols used in AtheroStop have been extracted from soybeans and rapeseed oil. AtheroStop is manufactured in Japan and is backed by scientific research.

Each 250mg tablet of AtheroStop contains the following ingredients:

Phytost	105.5mg
d-a-tocopherol (Vit E)	17.0mg
Rice flour	47.5mg
Fermented Soybean Powder	27.5mg
Beet fiber	25.0mg
Quinoa	20.0mg
Soy lecithin	7.5mg

* Recommended dosage is 5 tablets per day. AtheroStop costs £40.35 for 150 tabs.

Available by mail order from The Really Healthy Company at www.healthy.co.uk, 020 8480 1000.

1. Jones PJ et al. Modulation of plasma lipid levels and cholesterol kinetics by phytosterol versus phytostanol esters. *J Lipid Res* 2000, 41(5): 697-705.

2. Phytosterols at <http://lpi.oregonstate.edu> quoting Jones et al (above), plus Normen L et al, Soy sterol esters and beta-sitostanol ester as inhibitors of cholesterol absorption in human small bowel. *Am J Clin Nutr* 2000, 71(4):908-13; and Richelle M et al, Both free and esterified plant sterols reduce cholesterol absorption and the bioavailability of beta-carotene and alpha-tocopherol in normocholesterolemic humans. *Am J Clin Nutr* 2004, 80(1):171-7.

SEAWEED GOOD FOR GUT HEALTH

Seaweed is recommended for natural digestive healing by among others, CAM Award winner Dr Natasha Campbell-McBride in her GAPS diet Foods to Choose and Dr Robert Gray in the venerable Colon Health Handbook.

Seagreens® Organic wrack seaweeds, or "kelps" as they are sometimes called, are known to assist the acid-alkaline balance, have a prebiotic effect on the gut flora, help protect the gut lining, stimulate the secretion of digestive enzymes and assist nutrient absorption and metabolism and thus strengthen immunity. Seagreens' website gives a high antioxidant tonic recipe to make with its Salad & Condiment product at www.seagreens.co.uk/tonic.

"Daily inclusion of Seagreens as capsules, granules and drinks in an

alkalizing diet of vegetables, fruits, sprouts, honey, millet and other non-mucoid forming foods is a sound foundation for colon health and nutrition", says Simon Ranger of Seagreens.

The company has just featured in a new book published by Research Councils UK. They selected Seagreens to represent Healthy Living in their "Big Ideas for the Future" publication – on the basis of Seagreens' 5-year food research on natural salt replacement.

In 2010 Seagreens first obesity research won an Alpro Foundation Masters Award and Seagreens set up the Seaweed Health Foundation. Practitioner Members gain access to accredited seminars, information, research and networking: join at www.seaweedhealthfoundation.org.uk.

NEW ICE COMPRESSION WRAPS FROM RECOVERICE

Catch 22 Travel Products, based in Wigan, has introduced a new wrap/bandage designed to simultaneously apply both cold and circumferential compression.

Ideal for sports injuries, the



Recoverice wrap is impregnated with arnica, and is as easy to apply as a traditional bandage, maintaining its position

without tape or clips. Activated by air, the wrap begins working as soon as the pouch is opened and provides deep cooling for up to two hours, with no subsequent discomfort or skin irritation or damage as may happen after using ice for similar durations.

It is available in medium (1m) and large (2m) sizes, with the medium typically used for injuries involving the ankles, knees, calves, wrists and elbows and the large designed for the upper leg and thigh, back and shoulders.

Additional Recoverice products include Muscle Rub, Muscle Balm, Foot Soak, Foot Powder and Spritzer.

Catch22 was started 20 years ago by Lincoln Yates, an outdoor pursuits instructor, to help fund his love of travel and the Great Outdoors. Having explored 66 countries ("so far!"), Lincoln has tried and tested all the kit he recommends.

* RRP 1m £3.99 Medium: ankles, knees, calves, wrists and elbows; RRP 2m £4.99 Large: legs, arms, back, and shoulders. Order by phone on 01942 215351/511820 or online: www.catch22products.co.uk email: RecoverIce@catch22products.co.uk