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## NEWS, VIEWS & REVIEWS

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### 1. Barley grass: a nutrient-rich super food with many health benefits

Barley was one of the first major grains to be cultivated by man, and remains the fourth most cultivated cereal grain in the world. Matured barley is commonly used in beer production, and as animal feed. It is one of the grains often included in worshipping in many Indian traditions. Young barley shoots, however, are consumed almost exclusively as a health food, and for good reason: research suggests that these gluten-free shoots, which are called barley grass and are typically consumed in juiced or powdered form, contain a huge number of nutrients that are lost when the shoots enter the reproductive cycle.

#### Uses

- 1.) Reduces cholesterol -- A study published in the Journal of Chiropractic Medicine in 2008 found that subjects who were fed barley grass products as part of a 21-day nutritional program showed noticeably lower levels of total and LDL cholesterol than the control group. Researchers have also found that consuming whole barley grain foods and barley grass juice reduced LDL cholesterol and thus can directly boost our cardiovascular health.
- 2.) Rich in chlorophyll -- Barley grass is one of the world's finest sources of chlorophyll, a potent blood cleanser and builder, and helps us increase our hemoglobin levels so that our red blood cells can provide our cells with more oxygen. Barley grass contains a large number of antioxidants (including the extremely potent antioxidant, superoxide dismutase), and can play an important role in shielding us from serious diseases like cancer.
- 3.) Boosts digestive health -- Long-term consumption of barley grass has been shown to aid celiac disease, indigestion, Crohn's disease, gastroesophageal reflux disease (GERD) and a host of other digestion-related issues. High dietary fiber (6%) and important digestive enzymes such as cytochrome oxidase, lipase, protease and amylase flushes the colon of toxins and creates an environment conducive to good health.
- 4.) Dense in nutrients -- Barley grass contains all the vitamins apart from vitamin D, and is particularly high in vitamins C and A (it even contains small amounts of B12) and a large number of minerals such as calcium, copper, iron, magnesium, potassium, phosphorus, zinc and chromium. Lastly, barley grass is comprised of approximately 45 percent protein, which is twice as much as wheat germ. This protein is

extremely high-quality and contains all eight essential amino acids, which is why so many bodybuilders (especially vegetarian bodybuilders) add barley grass powder to their post-workout smoothies.

(Michael Ravensthorpe , Naturalnews.com ,April 14 2014)

## 2. Food for Brain

Most age-related mental conditions -- from minor irritations like forgetfulness to serious neurodegenerative diseases like Alzheimer's and dementia -- are the product of toxic environments, unhealthy lifestyles and poor nutrition. For this reason, there are many things that individuals of all ages can do to prevent age-related cognitive decline, including getting enough sleep and exercise, optimizing gut flora and eating foods that are rich in vitamin B12 and omega-3 fatty acids.

Another great way to guard ourselves from cognitive decline, however, is to supplement our diets with super foods that are scientifically proven to support brain health. Three such foods are: Coconut Oil ,Brahmi and Walnuts.

Raw, organic coconut oil is proven to treat a large number of medical conditions, including obesity, bad skin and hair, heart disease and more. According to Dr. Mary Newport, however, coconut oil can also prevent cognitive decline due to the high number of ketone bodies present in its medium-chain triglycerides (MCTs), which function as an alternative fuel source for our brain. Since inadequate supplies of our main fuel supply, glucose, is the leading cause of Alzheimer's and dementia, regularly consuming foods rich in these alternative fuel sources can help us maintain our mental health -- and few foods contain more of them than unprocessed coconut oil.

Brahmi (*Bacopa monnieri*) a reputed Ayurvedic medicine is now catching up with its ancient knowledge. One study presented at the International Brain Research Conference in 1996 proved that long-term consumption of Bacopa powder decreased the amount of time subjects needed to learn new tasks by a whopping 50 percent. A later study published in the *Neuropsychopharmacology* journal in 2002 showed that Bacopa had a "significant effect" on the subjects' ability to retain new information.

As with coconut oil, regularly consuming *Bacopa monnieri* can also guard us from more serious conditions. Brian M. Kairalla, a researcher at the Philadelphia College of Osteopathic Medicine, found that elderly volunteers who consumed 300 milligrams of Bacopa daily demonstrated significant improvements in verbal information processing compared to those who consumed the placebo. This result led Kairalla to conclude that Bacopa could help prevent Alzheimer's: "[L]ong term studies [into Bacopa] might be explored for its potential to play a role in protecting or delaying age related memory decline or delay Alzheimer's disease onset and/or progression."

Walnuts are the best food for the brain.

One study published in the *British Journal of Nutrition* found that subjects who ate just half a cup of walnuts daily over a two-month period demonstrated an 11 percent improvement in inferential

reasoning compared to the control group. Another study published in the Journal of Alzheimer's Disease showed that regularly consuming walnuts can improve cognitive function and memory scores. Alpha-linolenic acid (ALA), a plant-based omega-3 fatty acid that is known to shield brain cells from oxidative damage. Secondly, walnuts are also rich in vitamin E, an antioxidant that is well-known for preventing cognitive deterioration.

(Michael Ravensthorpe, Naturalnews.com, April 15 2014. Three super foods that can support brain function and prevent cognitive decline)

### 3. Wonder drug *Boswellia serrata*

*Boswellia* is the genus name of trees native to Africa and Asia (especially India) that are known in particular for their resins (Salai guggul), especially fragrant and powerful medicinal.

Of the 16 species of *Boswellia*, four produce true frankincense, including *B. sacra*, which is most likely the frankincense referred to in the Bible. However, when it comes to medicinal use, the most commonly used and studied species is *B. serrata*.

*B. serrata*'s claim to fame lies in its anti-inflammatory benefits. In fact, the plant has been used as a treatment for a wide variety of inflammation-related conditions, including memory problems, joint pain and even cancer.

#### How it Works

Boswellic acid, one of the chemical constituents of the gum, possesses anti-inflammatory activity at sites where chronic inflammation is present by switching off pro-inflammatory cytokines and mediators.

#### Brain Health

In animal studies, *Boswellia* gum has alleviated depression.

Additionally, it improved memory in rodent studies in part due to its interactions with inflammatory mediators and neurotransmitter signaling cascades.

*Boswellia* has also been shown to reduce swelling of the brain due to brain cancer. According to a double blind, randomized, placebo-controlled study published in 2011.

Six German researchers divided 44 patients, all of whom had either primary or secondary brain cancer accompanied by swelling of the brain, into two groups.

The first received 4,200 mg of *B. serrata* extract a day in conjunction with radiotherapy. The second group received the radiotherapy and a placebo. At the end of the study period, researchers found that

60 percent of those taking the Boswellia enjoyed more than 75 percent reduction in brain swelling, as compared to just 26 percent in the placebo group.

In one mouse study published in the International Journal of Cancer in 2012 found that Boswellia serrata is an extremely promising treatment for colorectal cancer.

Researchers gave an oral extract of B serrata (in 50 to 200 mg/kg dosages) to mice that had been implanted with colorectal tumors. They found that the Boswellia not only inhibited the growth of colorectal tumors, but also suppressed metastases to the liver, lungs and spleen. The extract also significantly suppressed several carcinogenic biomarkers.

The findings were so promising that the researchers concluded, "This boswellic acid analog can inhibit the growth and metastasis of human [colorectal cancer] in vivo [in the lab]."

### Diabetes

While most diabetes research tends to focus on type-2 diabetes, in this case, it is type-1 that seems to benefit from Boswellia, likely due to the fact that type-1 diabetes is an autoimmune disease where chronic inflammation causes beta-cell death and insulin deficiency.

In this animal study, researchers induced mice with a type-1 diabetic condition, then treated the mice with 150 mg/kg of B. serrata extract for 10 days.<sup>8</sup> They found that the Boswellia helped prevent an increase in blood glucose levels while also blocking destruction of pancreatic cells.

Researchers concluded, "Extracts from the gum resin of B. serrata prevent islet destruction and consequent hyperglycemia in an animal model of type 1 diabetes.

### Digestive Health

In a 2007 study of 26 patients with chronic diarrhea and collagenous colitis, researchers found that B. serrata extract yielded higher rates of remission than placebo after six weeks of supplementation. At the conclusion of this initial phase, seven placebo group patients with persistent diarrhea supplemented with Boswellia for an additional six weeks—and of these patients, five achieved complete remission as well.

### Joint Pain

Given Boswellia's ability to fight inflammation, one of the herb's primary traditional uses is as a safe and effective oil for arthritis pain—and, as it turns out, an abundance of modern research shows that it works better than anything you'll find in the average medicine cabinet.

According to a report presented at the 2011 World Congress on Osteoarthritis, recent clinical research shows that a combo of Boswellia and curcumin might actually offer pain relief that's superior to the popular prescription NSAID celecoxib.

Results showed that 93 percent of the subjects in the Boswellia combo group could walk more than 1,000 meters upon the conclusion of the study, reporting either improvement or elimination of pain—while only 86 percent and 79 percent of the celecoxib group benefited from the same effects, respectively.

How to Use Boswellia serrata

If you are interested in trying Boswellia serrata, aim for 750 mg daily with meals, standardized to 60–65 percent boswellic acids.

(Boswellia serrata: Nutrient Spotlight—Boswellia

<http://www.wholehealthinsider.com/newsletter/nutrient-spotlight-09> April 2014 by VRP Staff in Phytonutrients Newsletter 2014 Newsletter 2014 April Newsletter –)

#### 4. Honey a powerful antibiotic

Doctors carelessly prescribe antibiotics for viral infections, which is useless since antibiotics are only effective for breaking up bacterial infections. To make matters worse, overprescription and overconsumption make future infections harder to fight, since antibiotics deplete the good bacteria in the gut.

In this medical travesty, antibiotic-resistant bacteria are rising up, adapting to the singular mode of action that the prescription antibiotics lean on. The CDC has recently identified 20 resistant strains of bacteria, thanks to reckless dependency on these prescriptions. A 2013 report by the CDC sounds the alarm, reporting that over 2 million people contract antibiotic-resistant infections each year. Conventional antibiotics are making users sicker in the long run, more vulnerable and more prone to infection.

Honey fights infections on multiple levels and doesn't promote resistant bacteria

Lead author Susan M. Meschwitz, Ph.D., presented the findings at the 247th National Meeting of the American Chemical Society. She reports, "The unique property of honey lies in its ability to fight infection on multiple levels, making it more difficult for bacteria to develop resistance."

Meschwitz said that honey uses a combination of weapons including polyphenols, hydrogen peroxide and an osmotic effect. Honey is practically an ambidextrous fighter, using multiple modalities to kill bacteria.

Honey breaks up bacteria by destroying its modes of communication

Meschwitz said that, by disrupting quorum sensing, the virulent behavior of bacteria is weakened, "rendering the bacteria more susceptible to conventional antibiotics."

Doctors should prescribe honey first, and antibiotics as a last resort

Honey is so powerful for destroying bacteria that it should be the first mode of treatment when treating a bacterial illness. Doctors should prescribe honey first, since it attacks bacteria from multiple angles. Prescribed antibiotics should be the "alternative" therapy, or the last resort. Honey is more powerful because it prevents the formation of antibiotic-resistant bacteria. Conventional antibiotics fail because they only target the essential growth processes of bacteria. This allows bacteria to build up resistance over time, while the user also destroys the good bacteria in their gut.

Honey is also antiviral, antifungal and full of antioxidants

Not only is honey antibacterial, but it is antiviral and antifungal. These properties alone make it more powerful than conventional antibiotics. Honey can target undetected fungal conditions that may be at the root cause of perpetual illness.

Various antioxidant polyphenol compounds have been isolated from honey and identified. Activity of honey's activity against E. coli, Staphylococcus aureus and Pseudomonas aeruginosa etc has been investigated.

While many commercial brands of honey are filtered and fake, the best place to look for delicious, medicinal, and unfiltered raw honey is at local honeybee farms.

(L.J. Devon, Scientists discover why honey is still the best antibiotic. Naturalnews.com ,April 11 2014)