

2006 Update Archive

January 2006

Higher carotenoid and selenium levels associated with reduced risk of dying over 5 year period (01/03/2006)

Elevated homocysteine linked with macular degeneration risk (01/07/2006)

Diet plus exercise reverses metabolic syndrome in three weeks (01/10/2006)

Calorie restriction keeps its followers young at heart (01/13/2006)

Curcumin and cruciferous vegetable compound help prevent, treat prostate cancer in vivo (01/17/2006)

Fish and omega 3s: sometimes more is more (01/21/2006)

Longitudinal study finds healthy diets associated with significantly fewer deaths over ten year period (01/24/2006)

Meta-analysis confirms vegetable/fruit benefit in stroke prevention (01/28/2006)

Genistein promotes weight loss in "menopausal" mice (01/31/2006)

February 2006

Selenium supplementation associated with reduced colorectal cancer risk (02/04/2006)

Resveratrol extends lifespan of vertebrate (02/07/2006)

Vitamin D antimetastasis mechanism reported (02/11/2006)

Older age associated with poor nutritional status (02/14/2006)

Study finds adherence to supplement regimen improves protection against fracture risk (02/18/2006)

Herbal combo improves menopausal symptoms (02/21/2006)

Ginkgo benefits more than the brain (02/25/2006)

Diabetes epidemic threatens cardiovascular disease gains (02/28/2006)

March 2006

More vitamin C means less inflammation (03/11/2006)

Polyphenols fight periodontal disease (03/14/2006)

Drop in US and Canadian stroke mortality rate coincides with folic acid fortification (03/18/2006)

Vitamin E succinate inhibits prostate tumor growth in laboratory studies (03/21/2006)

Beta-carotene may protect against aging-associated decline in lung function (03/25/2006)

Another look at high dose vitamin C cancer therapy (03/28/2006)

April 2006

Higher levels of vitamin E may protect against frailty among older individuals (04/01/2006)

Harvard study of professional men finds greater vitamin D levels protective against all cancers (04/04/2006)

Human calorie restriction study supports benefits demonstrated in other species (04/08/2006)

Vitamin C levels correlate with fat oxidation (04/11/2006)

Fish oil relieves neck and back pain (04/15/2006)

Higher folate and B12 intake associated with reduced breast cancer risk (04/18/2006)
Peripheral artery disease lower among those with greater vitamin E and plant oil intake (04/22/2006)
Calcium supplements don't work if you don't take them (04/25/2006)
Brain cocktail proposed by MIT team (04/29/2006)

May 2006

Melatonin improves SAD patients (05/02/2006)
American Heart Association issues stroke prevention guidelines (05/06/2006)
Vitamin E and melatonin help prevent cognitive deficits in diabetic rats (05/09/2006)
Prostate cancer grows more rapidly in selenoprotein deficient mice (05/13/2006)
Exercise and restricted diet reduce colorectal polyps and improve survival in animal study (05/16/2006)
Vegetable compound fights hereditary cancers (05/20/2006)
Cysteine recommended for digestive tract cancer prevention (05/23/2006)
Lifestyle changes improve cognitive function in just two weeks (05/31/2006)

June 2006

Encouraging news for couch potatoes (06/03/2006)
British journal warns that new American cholesterol recommendations are too low (06/06/2006)
Vegetable, lutein, zeaxanthin, and zinc intake linked with lower risk of non-Hodgkin lymphoma (06/10/2006)
Folic acid supplements shrink precancerous lesions (06/13/2006)
Mechanism defined for calorie restriction's preventive benefit in Alzheimer's disease (06/17/2006)
Melatonin found in grapes (06/20/2006)
Pilot study finds soy lowers PSA without reducing testosterone (06/24/2006)
Omega-3 fatty acids improve heart attack survival in rats (06/27/2006)

July 2006

Calcium from supplements helps slow middle-aged spread (07/01/2006)
American Heart Association journal concludes majority of coronary events in older men may be preventable (07/04/2006)
Review finds current vitamin D recommendations insufficient to achieve healthy blood levels (07/08/2006)
Studies associate omega-3 fatty acid intake with reduced risk of macular degeneration (07/11/2006)
Tocotrienol supplementation elevates blood levels sufficiently to help protect against neurologic damage (07/15/2006)
Study finds elevated homocysteine more than doubled heart attack risk in high risk patients (07/18/2006)
IOM estimates at least 1.5 million adverse drug events preventable (07/22/2006)
Study confirms CRP as strong predictor of death from coronary artery disease (07/25/2006)
Alpha-lipoic acid completely prevents atherosclerosis in diabetic mice (07/29/2006)

August 2006

Omega-3 fatty acids reduce prostate cancer growth (08/01/2006)
CLA treats diabetes in mice (08/05/2006)
Fibrinogen adds to value of CRP levels for predicting cardiovascular events (08/08/2006)
Review affirms evidence for protective effect of vitamin D and calcium against breast cancer (08/12/2006)
Low testosterone levels in older men increase the risk of death during 4 year average follow-up (08/15/2006)

Chilling out mentally could slow aging (08/19/2006)

Supercentenarians—who are they? (08/22/2006)

Benfotiamine prevents endothelial dysfunction after AGE-rich meal (08/26/2006)

Diseased arteries found to be prematurely aged (08/29/2006)

September 2006

Vitamin E deficient mothers likelier to have asthmatic children (09/02/2006)

Low vitamin D levels predict nursing home admission (09/09/2006)

Vitamin D slashes pancreatic cancer risk (09/12/2006)

Higher plasma vitamin C levels associated with reduced coronary artery disease risk (09/16/2006)

Calorie restriction reduces Alzheimer's disease neuropathology in monkeys (09/19/2006)

Fatty fish consumption associated with reduced kidney cancer risk (09/23/2006)

Meta-analysis finds soy protein improves lipids (09/26/2006)

Meta-analysis finds fruit, vegetable intake linked with a reduced risk of coronary heart disease (09/30/2006)

October 2006

Vitamin E compound fights breast cancer spread (10/03/2006)

Meta-analysis finds higher selenium levels linked with lower coronary artery disease risk (10/07/2006)

Omega-3 fatty acid supplements slow cognitive decline in early Alzheimer's disease (10/10/2006)

Latest macular degeneration study plans to add new nutritional supplements (10/14/2006)

Grapeseed extract blocks colorectal tumor growth in human cells and animals (10/24/2006)

Higher levels of vitamin C associated with reduced gastric cancer risk (10/28/2006)

Silymarin improves diabetic blood values (10/31/2006)

November 2006

Resveratrol protects overweight mice (11/04/2006)

Alpha-lipoic acid improves diabetic neuropathy symptoms (11/07/2006)

Higher vitamin E levels associated with lower mortality in men over 19 year period (11/11/2006)

Higher DHA levels associated with reduced risk of dementia (11/14/2006)

More exciting findings for resveratrol (11/18/2006)

Vitamin E protects male smokers (11/21/2006)

Meta-analysis justifies the use of folic acid to reduce heart disease and strokes (11/25/2006)

Another cancer linked with reduced vitamin D levels (11/28/2006)

December 2006

Women with reduced micronutrient levels have greater risk of disability (12/05/2006)

Vitamin B12 deficiency linked with reduced cognitive function scores (12/09/2006)

To your health! (12/12/2006)

Magnesium supplementation increases girls' bone mineral content (12/19/2006)

Mothers' intake of indole-3-carbinol could help protect children from cancer (12/23/2006)

Green tea helps prevent stroke-induced brain damage (12/30/2006)

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