

2007 Update Archive

January 2007

- Reduced selenium status linked with cognitive decline (01/06/2007)
- Increased folic acid intake linked with lower Alzheimer's disease risk (01/09/2007)
- Calcium and vitamin D supplementation improve weight loss effect on lipids (01/13/2007)
- Broccoli-tomato combo reduces prostate tumors (01/16/2007)
- Cancer deaths down again (01/23/2007)
- Selenium supplementation may suppress HIV progression (01/26/2007)
- Magnesium levels are reduced in diabetic minorities (01/30/2007)

February 2007

- New obesity weapon to be tested (02/02/2007)
- New meta-analyses point to strong colorectal and breast cancer preventive benefit for vitamin D (02/06/2007)
- Vegetables, beta-carotene, vitamin C associated with reduced risk of BPH (02/09/2007)
- Quercetin prevents viral illness (02/13/2007)
- Higher vitamin A intake cuts stomach cancer risk by half (02/16/2007)
- Alternate day calorie restriction improves asthma-related symptoms (02/20/2007)
- Vitamin D supplements reduce falls in older adults (02/23/2007)
- Plant-sourced food, vitamin intake associated with lower risk of endometrial cancer (02/27/2007)

March 2007

- Drug/tea combo reduces prostate cancer growth (03/02/2007)
- Calorie restriction mechanism proposed (03/06/2007)
- Greater intake of some flavonoids linked with reduced cardiovascular and all cause mortality among women over a 16 year period (03/09/2007)
- Choose your parents well (03/13/2007)
- Zinc supplements reduce childhood mortality (03/16/2007)
- Americans still don't get it (03/20/2007)
- NIH to try creatine in Parkinson's disease (03/23/2007)
- Aspirin use associated with reduction in women's deaths from any cause over 24 year period (03/27/2007)
- Nutrient combo helps prevent hearing loss (03/30/2007)

April 2007

- Better late than never (04/03/2007)
- Multivitamins reduce the risk of delivering low weight children (04/06/2007)
- Forskolin reduces urinary tract infections (04/10/2007)
- Pomegranate extract slows lung tumor growth (04/13/2007)
- Greater flavonol intake associated with reduced pancreatic cancer risk (04/17/2007)

Green tea may be protective against Sjögren's syndrome (04/20/2007)

Flavonoid compound kills leukemia cells (04/24/2007)

Large study finds aspirin use associated with reduced risk of dying from cancer (04/27/2007)

May 2007

Green tea compound may reduce inflammation in rheumatoid arthritis (05/01/2007)

Got nicotinamide riboside? (05/04/2007)

Supplement use could save U.S. \$24 billion (05/08/2007)

Topical nutrients improve common skin complaint (05/11/2007)

N-acetyl-glucosamine suppresses autoimmune attack (05/15/2007)

CoQ10 treatment improves statin-induced myopathy (05/18/2007)

Majority of Americans fail to meet calcium requirements (05/22/2007)

Choline "adequate intake" level could be inadequate for some (05/25/2007)

June 2007

Life Extension Foundation sponsors highly promising breast cancer trial (06/01/2007)

Long-lived plant yields longevity compound (06/05/2007)

Risk factor reduction and medical/surgical treatment cut heart disease deaths in half (06/08/2007)

Vitamin D and calcium reduce cancer risk in clinical trial (06/12/2007)

Greater omega-3 fatty acid intake associated with lower blood pressure (06/15/2007)

Diabetes lowers life expectancy by seven to eight years (06/19/2007)

Reduced plasma vitamin C levels linked with greater body mass index and waist circumference (06/22/2007)

Omega-3 fatty acids help prevent retinopathy (06/26/2007)

Meta-analysis finds echinacea effective for cold prevention and treatment (06/29/2007)

July 2007

Pomegranate juice improves ED symptoms (07/03/2007)

Cocoa polyphenols reduce blood pressure (07/06/2007)

Inadequate vitamin D levels prevalent among "healthy" children (07/10/2007)

Canadian folic acid fortification cuts neural-tube defects by nearly half (07/13/2007)

Probiotics help prevent antibiotic-associated diarrhea (07/17/2007)

New England Journal of Medicine review concludes vitamin D deficiency is common yet preventable (07/20/2007)

Broccoli and cauliflower reduce aggressive prostate cancer risk (07/27/2007)

Diet and exercise work (here's how) (07/31/2007)

August 2007

Low LDL cholesterol associated with increased cancer risk (08/03/2007)

Nutritional supplement users better nourished and informed (08/07/2007)

Better utilization of preventive services could save over 100,000 US lives per year (08/10/2007)

Study is first to show that green tea catechins detoxify cancerous compounds (08/14/2007)

Usual suspects rounded up in colon cancer recurrence (08/17/2007)

Pectin triggers self-destruction of prostate cancer cells (08/21/2007)

Higher vitamin D levels could prevent 600,000 cases of breast and colorectal cancer annually (08/24/2007)

Meta-analysis confirms calcium supplements reduce fracture risk (08/28/2007)

Mayo Clinic trial finds flaxseed reduces hot flashes (08/31/2007)

September 2007

Resveratrol reduces prostate cancer growth in mice (09/04/2007)

EPA increases adiponectin in animals and humans (09/07/2007)

AMA journal meta-analysis finds vitamin D supplements linked with reduced risk of dying over a six year period (09/11/2007)

Vitamin C works against cancer (but maybe not the way you thought) (09/14/2007)

Vitamin E supplementation helps prevent venous thromboembolism (09/18/2007)

The mitochondrial oasis (09/21/2007)

October 2007

Increased omega-3 fatty acid intake lowers type 1 diabetes risk (10/02/2007)

Creatine, CLA improve muscle strength and lower body fat in exercising seniors (10/05/2007)

Folic acid supplementation helps reduce arsenic levels (10/09/2007)

Red wine, resveratrol protect against food-borne illness (10/12/2007)

Drinking green tea associated with reduced risk of advanced prostate cancer (10/16/2007)

Vitamin D likely responsible for decreased risk of advanced breast cancer in women with greater sun exposure (10/19/2007)

Maintaining normal zinc levels helps protect against pneumonia (10/23/2007)

Animals on calorie restricted diets stay fit longer (10/26/2007)

DHEA helps prevent oxidative stress and AGE formation in diabetics (10/30/2007)

November 2007

Rosemary helps protect the brain (11/02/2007)

Inositol protects DNA from radiation (11/06/2007)

Higher vitamin D levels linked to reduced telomere shortening (11/09/2007)

Beta-carotene supplementation associated with reduced cognitive decline (11/13/2007)

Experimental research finds silibinin reduces the growth of liver cancer (11/16/2007)

Phosphatidylserine shows promise for ulcerative colitis treatment (11/20/2007)

High omega-3 fatty acid diet may lower Parkinson's disease risk (11/27/2007)

Studies find supplement users tend to weigh less and experience less hunger (11/30/2007)

December 2007

Low testosterone levels in men associated with greater mortality from all causes over seven year follow-up period (12/04/2007)

Rhodiola extends fruit fly life span (12/07/2007)

L-carnitine reduces physical and mental fatigue, improves cognitive function in centenarians (12/11/2007)

Green tea may protect the brain in Parkinson's disease (12/14/2007)

It's never too late (12/18/2007)

Wake up and smell the coffee (12/21/2007)

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