



## In this Issue

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Welcome to issue 3 of TAV. With growing numbers of TAV's being mailed out and mounting interest in the alternative ideas surrounding healthcare we have taken the bold step and moved into the Social Networking scene. This will not replace but rather complement the ongoing TAV project. In effect, the use of Facebook and Twitter actually provides a community discussion forum for readers to have their say and help others with their own personal experiences. Newsletters are only as good as the readers and feedback. If you have access to the net take a look at our pages. This issue of TAV has a couple of interesting articles on fatigue and stamina. One low tech approach, Beetroot, and one slightly more modern angle. The use of D-ribose is gaining ground in America as a natural energy booster especially good for those suffering from the debilitating condition Fibromyalgia - read on... *MW*



**It has happened**, we've joined the Social Networking scene! With so much hype surrounding Facebook and Twitter we felt it best to jump on board and get involved.



The internet has impacted upon our life so much it appears that using this media for social chit chat is a logical progression. We are very chatty animals and love to know what is happening in the daily lives of those we know. **The Hadley Wood Healthcare Facebook page** was launched this year and so far has a humble 28 fans. We post interesting news items, stuff that's going on in the clinic and special offers on health products. The added benefit of Facebook is its ability for followers / fans to have their say and interact with all of those who follow the pages. All our posts get Tweeted; we now have well over 300 followers on Twitter! Feel free to get involved and post on Facebook or Tweet on Twitter.



The previous issue of TAV featured some key health tips from **Prof Robert Sapolsky**. His book, *Why Zebras don't get Ulcers*, is available from the clinic and well worth a read. One thing we did not cover last issue was the poser; is there such a thing as good stress? I offered this question to Robert;

**Q. Do you feel that stress and the 'drive to thrive' is a human trait but when does it become a damaging stimulus?**

**A.** *Ah -- well, in answer to that, it's highly idiosyncratic. The general rule is that "good" stress is moderate in intensity, transient in nature, and occurs within an overall setting of safety (i.e., I've just defined "play" in some ways). But amazing variability from one person to another, how long "transient" is, how severe "moderate" is, etc.*

I like this answer... it paints the scene well for us as an animal that can manage stress in a 'natural' context very effectively. By the term natural I mean original. It's important to keep in mind that the way we live today is very different from how we lived even 500 years ago. Go back a few thousand years and things are almost unrecognizable. Take a trip back tens of thousands of years and we start to see that we lived far more in tune with the seasons along with the light-dark cycle of day and night. We ate foods that were in season and in the winter slept for 12 hours or more simply because we could not see for the darkness. This was our original environment and it stretched back some 250,000 years as far as we know. Our modern culture and society has blown this out of the water. We have 24/7 lighting, TV and music to stimulate us when we should be resting, and stresses jumping out at us from all corners; TV news, 24-hour radio news, newspapers, magazines - all of which tend to run on a diet of anxiety driven stressful stories. Take this in context of our original environment where

# The Alternative View

stresses would be more, as Robert put it, “*transient in nature*” and we can soon see why stress related illness is becoming the number one issue of the 21st century. True enough, we can't really avoid stress but we do need to bolster our defenses against its adverse effects. Busy people don't tend to like taking pills but even the most stressed busy person can take Stress End™, the unique one-per-day formula designed to replenish all the key nutrients lost due to a physically or emotionally stressful existence! Use Stress End™ as your daily multivitamin supplement; it boasts the full range of B-vitamins combined with plant extracts that help create a more calm outlook to life. It's gluten free and supplied in a vegetarian, cellulose capsule. Well worth a thought if you are feeling stressed out!



backbone of our genetic material, DNA and RNA, certain vitamins and other important cellular compounds. If the cellular energy pool is depleted by disease, overwork, or exercise it must be replaced. Supplemental ribose can be viewed as jump-starting the energy manufacturing mechanisms and accelerating the process of energy production. To date D-ribose has been shown to be a safe supplement. Only two side effects have been noted; in very large doses, in excess of 10grams, loose stools (diarrhoea) has been reported and in similar doses a transient dip in blood sugar levels. However, when using any supplement that contains or influences the blood sugar levels or energy levels it is always recommended that a diabetic patient consults a health professional beforehand. To reduce both of these potential but rare side effects, sensitive individuals should take D-ribose with a carbohydrate meal. Taking D-ribose at the recommended intake of between 2-5 grams per dose is not normally associated with any side effects.



## Is there anything to the Beetroot craze?

Beetroots have formed the cornerstone to many natural health plans and detox programmes. They are an acquired taste and making a juice from them turns everything in the kitchen purple but those who follow the beetroot juice lifestyle claim they feel significantly better for doing so. One mechanism behind this 'tonic' effect appears to lie in the now scientifically established fact that beetroot juice boosts the more efficient use of oxygen by the body. Work at the University of Exeter is throwing light on the effects of nitrates found in beetroots. These compounds help the body to preserve its oxygen reserves allowing beetroot juice drinkers to exercise for longer and feel less tired as a result.

However, drinking half a litre (500ml) of beetroot juice is not everyone's idea of a nice way to start the day. For those who feel that they could do with a pep up but don't want to turn their juicer purple or simply don't like the taste of beetroot we have the solution... a pure freeze dried supplement delivering 1000mg of Beetroot along with 25mg of potassium that naturally comes from the beetroot in just 2 capsules. Taking 2 - 4 capsules daily will boost your intake of this energy boosting root vegetable. Who would ever think that beetroots could hold the secret for fatigue and improve stamina!

## A new way forward for fatigue and fibromyalgia?

Exciting work coming out of America is throwing new light on the issue. The latest in a number of small scale studies confirms what has been observed clinically. A simple sugar-like substance, known as ProRibose (contains pure D-ribose), can be of help. The study in question involved 41 sufferers and was set up to investigate the effects of D-ribose on two key end points; improvements in pain relief and easing of fatigue. The average age of the study group was 48 years old and 78% were female. This is in keeping with the typical profile of a fibromyalgia and fatigue sufferer. As with many studies, some people dropped out before the test month was finished but of the 36 who completed the trial 69% reported significant improvements in both of the symptoms being investigated and a 25% improvement in quality of life, as assessed by a special questionnaire.

The mechanism behind this exciting set of results is not clear. What is known, however, is that fibromyalgia sufferers have lower levels of the energy molecule called adenosine triphosphate (ATP) and a reduced capacity to make ATP in their muscles. It is also known from previous studies that D-ribose can fuel ATP production. This may, in part, be responsible for the effects of D-ribose supplementation which appears to reduce muscle pain and enhance the quality of life for those suffering with fibromyalgia and / or chronic fatigue. D-Ribose, also known simply as ribose, is a simple sugar. Technically known as a 5-carbon monosaccharide, or pentose sugar it is used by all the cells of the body and is an essential compound in energy metabolism. Ribose also provides the structural

