



In this Issue

- **New look blog**
- **Inflammatory bowel disease help - new findings**
- **The many new faces of vitamin B12**
- **Smart Q10 - the Smart-Choice with 21 studies to prove why!**

Hi again, yes it's TAV number 4! I am so pleased that the TAV following is growing and I know that it's being passed around and doing its job of spreading the word... This issue heralds the launch of our new look blog which will complement the TAV newsletter and act as a point of reference for additional information. In this issue I return to the subject of vitamin B12. We touched on this an issue or so ago and with the news of its effectiveness in treating recurrent mouth ulcers I felt it time to look at B12 again. However, the bulk of this issue is devoted to some interesting work involving lignans, CLA and inflammatory bowel disease. If this delivers what the studies suggest it should we could have a very handy and safe supplement for those suffering the ill effects of Crohn's disease and maybe ulcerative colitis. Finally, I would like to extend a special offer on Smart-Q10 to TAV readers, read on ...^{MW}



I have been reliably informed, by those who know, that our Blog should be hosted by WordPress not Blogger... with this in mind I have made the move and invested in a new look Blog that reflects the feel of our clinic's web site. I must admit it's rather cool and I am pleased to have made the move. All the archive features and notes have now been transferred over and it's up and running; if you have a few minutes take a look around and feel free to leave some comments:www.hadleywoodhealthcare.wordpress.com For those of you who use Facebook any Blog articles will be featured with a short introduction on our fan page along with a link to the featured Blog article. Also, for those who Twitter a "Tweet" will be automatically sent out as well... so there is no escape! Communication is the life blood of our society now and getting the level of information right and variety of articles balanced is a challenge. Please get involved. It's only with your input and comments that we know things are on track and what we are posting and writing is hitting the spot. Thanks...

Inflammatory bowel disease update

Sometimes there is no easy way to get to grips with new research, you just have to get over the jargon and see the light at the end of the technical tunnel... this is what we are going to have to do with this update because it involves some potentially beneficial advice for Crohn's and ulcerative colitis sufferers.

The work involves the activity of a cell based receptor (**receptors are rather like ears on a cell but these ears only hear specific words and only react to these words. In more biological terms these 'words' represent hormones or chemicals and the reactions involve the production or suspension of production of other hormones or chemicals by the cell**). In this case, the research revolves around a specific cell receptor called peroxisome proliferator activated receptor-gamma or PPAR- γ for short! This receptor is found on many cells throughout the body especially those cells that form the adipose tissue (body fat), muscular tissue and the tissue that forms the colon and small intestines. Now, this is where it gets interesting; recent work has identified these receptors, when activated, play a key role in the regulation of 1) the inflammatory process 2) the cell renewal process 3) cancer cell activity. To activate the PPAR- γ receptor substances called lignans are required to become attached. Once

attached the PPAR- γ receptor starts doing its thing. (**Lignans are natural substances commonly derived from polyunsaturated fatty acids, for example, flax seeds are an abundant source of dietary lignans.**) So far, activation of this receptor is associated with anti-proliferative effects (**Anti-proliferative; inhibits cell growth, in this case cancer cells**) in a number of cancers such as thyroid, pancreatic, breast, prostate and colon. In addition to the action, new research has shown that mice with an absence of these receptors in the gut were less able to fight off bacterial infections in the colon compared to normal mice.

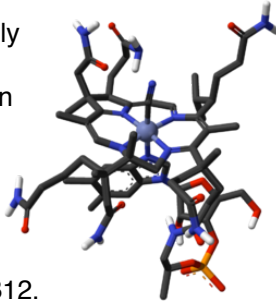
Once the study was extended to include an analysis of human colon tissue it was discovered that those with Crohn's disease also had reduced numbers of PPAR- γ receptors. The research team suggested that agents with known PPAR- γ activating effects could help these patients regain aspects of immune control and improve the subsequent inflammatory issues associated with inflammatory bowel disease. The lead scientist pointed out that dietary sources of

The Alternative View

conjugated linoleic acid (CLA) can also boost PPAR- γ activity and have shown promise in improving colitis and colitis associated cancer. Sadly, dietary CLA is found in milk products and meats; the very foods that most Crohn's and inflammatory bowel patients can't tolerate well. Thankfully, a pure supplement form is available in powder form making it very suitable for those wishing to try it. Powdered CLA is commonly used by fitness enthusiasts to help improve fat metabolism and muscle development. These new research findings may find many more people benefiting from CLA supplements. We would recommend using the powdered form for ease of intake and ease of dose adjustment. Mixing 2.5g (half a teaspoon) into hot or cold drinks or sprinkled over food twice a day would be the best starting point. I have posted this story on the Hadley Wood Blog along with a few internet links that are worth a look.

The many new faces of vitamin B12

Vitamin B12 is a very complex nutrient with an equally complex chemical structure. Its history of use is relatively recent since it was discovered that a certain type of historically fatal anaemia (pernicious anaemia) was effectively cured by feeding the subject enormous amounts of liver. The scientists soon caught on that the liver must contain the magic compound and over a few years determined that it was a soluble vitamin now known as vitamin B12.



In 1934 the team was awarded the Nobel Prize for Physiology or Medicine! Despite the prize being awarded in 1934 it was not until 1948 that the vitamin was finally isolated from liver, purified and made available as an injection for those suffering from pernicious anaemia. Eventually the highly complex structure of B12 was worked out in 1956.

Even though we need very little B12 to keep well, it's not that easy to find if you are avoiding animal products such as meat and fish. It's not available from vegetables or fruits. Despite some claims that seaweed and gut bacteria can make it, the amounts are unreliable.

In recent years research has started to focus on the many other important aspects of B12's actions within the body. With such a strong link with pernicious anaemia the vitamin was rather 'type-cast' for many years but its wide ranging health effects are now being realised. Deficiencies in older age groups and in those taking regular doses of certain drugs like proton pump inhibitors (PPI's) for gastric acid problems or metformin for type-II diabetes are at greater risk of B12 deficiency since increasing age is associated with poor absorption and these drugs in particular actually block its absorption. I am sure in future TAV's we will focus on some of these problems in more detail but for now its worth noting that low B12 has been associated with cognitive decline, osteoporosis, age related macular degeneration, muscle wasting and most recently recurrent mouth ulcers. In the mouth ulcer study, a supplement containing 1,000mcg of B12 was used and shown to be effective in cases of recurrent mouth ulcers regardless of the sufferers blood B12 levels. The authors concluded that using B12 appeared to be a simple, inexpensive and low-risk treatment for a normally untreatable and aggravating condition. If you want to try this call the clinic and ask for our suckable B12 tablets - suck one a day and try to keep the suckable tablet close to or on the ulcer for extra effect. Once the ulcer has cleared I would suggest sucking one tablet twice a month to keep your B12 levels topped up.

Smart Q10 - definitely the Smart choice for readers of TAV

As far as co-enzyme Q10 products go, Vitaline Smart-Q10 must be the most researched and well studied product on the market! To date, this specific product has been the focus of 21 medical and scientific studies. In a nut shell, CoQ10, also referred to as coenzyme Q10 or ubiquinone, is a natural fat-soluble nutrient present in virtually all living cells in the body. CoQ10 has a crucial role as a cofactor in the mitochondrial synthesis of cellular energy.

Although it is produced by the body and exists in some dietary sources, these levels may be insufficient to meet the body's requirement. A deficiency can result from impaired synthesis due to nutritional deficiencies, increasing age, or increased tissue demands.

Numerous diseases may exhibit CoQ10 depletion. CoQ10 also functions as a potent antioxidant. However, all CoQ10 products are not equal. They vary greatly in quality and absorbability. Serum level determination of CoQ10 in the bloodstream is not necessarily the most important measure of efficacy. In order for it to be fully effective, it must cross the cellular barrier and raise the intracellular levels. The only reliable indicator of CoQ10 supplementation is its presence in cell mitochondria. In central nervous system applications, CoQ10 must pass the blood brain barrier, resulting in increased brain intracellular levels to exert its effects. Vitaline Smart Q10 is currently the only coenzyme Q10 supplement supported by studies that show increased serum levels, increased intracellular levels, and demonstrated ability to cross the blood brain barrier!

For a limited time we are offering all TAV readers a special buy 1 and get 1 FREE offer on this product. Just call the clinic to take full advantage of this while we have this limited supply of promotional stock.

For a list of the 21 studies see Hadley Wood's blog that can be found at hadleywoodhealthcare.wordpress.com

Clinic contact number 0208 441 8352