

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Meow,

Magnesium: A Mighty Mineral Indeed!

Muscle contraction...glucose metabolism...electrical impulses of the heart...bone formation **all** rely on this mighty mineral to get the job done! If truth be told, the human body cannot function normally without magnesium.

Sometimes when mysterious health symptoms arise it can be time to ask, "Am I magnesium deficient?"

Magnesium occurs in foods like leafy green veggies, legumes, nuts, beans, unrefined grains - so why would people be deficient in magnesium? Here's why:

1. Growing veggies at warp speed to get them to market faster limits magnesium fixation in plants.
2. Magnesium-rich foods - broccoli, chard, tofu, peanuts, and pumpkin seeds, to name a few -- aren't considered so glamorous in this fast food nation.
3. Boiling water strips magnesium, as well as crunch, out of veggies.
4. High-fat diets, salt, coffee, alcohol and soft-drinks can reduce magnesium absorption.

Guilty of choosing potato chips over peanuts? Cheetos over chard? Tootsie Rolls over tofu?

Sigh. I hope there aren't too many guilty gasps out there. If you're even a little bit guilty, you might want to consider adding our [Magnesium Citrate](#) to your next order. It's cheap insurance.

Remember, [Dr. Rodier](#) advises taking 1000mg of magnesium each day (more than three times what is usually recommended).

For best absorption, take our [Magnesium Citrate](#) with a meal and add:

- Vitamin B6 (from our [B-50 Complex](#) or [Sublingual B Trio](#))
- Vitamin D (from our [Multi-Vites](#) or [Sam's Antioxidant Plus D](#))

Meanwhile, researchers at the School of Public Health at the University of Minnesota talk about how magnesium lowers the risk of colon cancer in an article in the February issue of the [American Journal of Epidemiology](#).

Metabolic Syndrome: Another Reason To Eat Whole Grains

Metabolic syndrome - sounds like doc-talk, doesn't it?

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Member Spotlight



"Hi Guido,

I've used [progesterone cream](#) for about 4 or 5 years. A friend recommended your site to me and I was overjoyed to discover your great prices and quality combination. As to the cream itself, it has a subtle calming effect, and I use it to help even out my transition through peri-menopause to menopause (that's pause, not paws). At 50 years of age, I am about a year and a half into noticeable symptoms.

Hey Guido, keep up the stellar job of patrolling the humans!"

Cat F. (Cat short for Catherine!)

Tell-A-Friend



Please "[Tell a Friend](#)"!

If your friends and family care about supplement quality *and* love a good deal, they will certainly thank you! ^..^



Contact Us

Phone: 800-667-0781 Mon-Fri 10am-4pm EDT

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That's because it is.

It's not like anyone goes around saying, "Poor Joe is sick in bed with metabolic syndrome."

FAST FACT: Metabolic syndrome is a condition marked by a combination of abdominal obesity, high blood pressure, poor blood sugar control, low HDL "good" cholesterol, and high blood fats.

What markers do you have? Did you know that if you have three or more of these health conditions, your risk of developing Type 2 diabetes and cardiovascular disease is increased?

A study among U.S. adults estimated that approximately 50 million people had metabolic syndrome in 1990 and 64 million people in 2000. The highest rate of increase was in women aged 20-39, nowhere near "senior" status!

Unfortunately, as you age, your risk of metabolic syndrome naturally increases. [Researchers found that 40% of men and 51% of women over age 60 were affected by metabolic syndrome.](#)

So what is the cause of metabolic syndrome? The jury is still out. It's no surprise, though, that diet is considered to be one of the clear culprits.

A recent study found a *direct* relationship between whole-grain consumption and metabolic syndrome in an older population (more whole grains equals less metabolic syndrome and vice versa).

You see, the process of refining grains strips away fiber, vitamins, minerals, phenolic compounds and phytoestrogens - all important compounds that have a favorable effect on the body, including supporting healthier blood cholesterol and blood glucose levels.

In fact, a University of Maryland study, published in the [American Journal of Clinical Nutrition](#), found that older folks with the highest intake of whole grains (3 or more servings a day) were half as likely to develop metabolic syndrome as those who ate less (less than a serving per day).

Statistically, the average older American consumes a *whopping five servings of refined grains and less than one serving of whole grains per day.*

Sigh. Please say it isn't so for you!

Adding 3+ Whole Grain Servings A Day to Your Diet

Okay, let's start with the obvious. What is the definition of "whole-grain?"

The [Whole Grains Council](#) states that:

"Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, lightly pearled and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed."

Some examples of whole grain ingredients:

Amaranth, Barley (lightly pearled), Brown and Colored Rice, Buckwheat, Bulgur, Corn and Whole Cornmeal, Emmer, Farro, Grano (lightly pearled wheat), Kamut® grain, Millet, Oatmeal and Whole Oats, Popcorn, Quinoa, Sorghum, Spelt, Triticale, Whole Rye, Whole or Cracked Wheat, Wheat Berries, and Wild Rice.

Ingredients that are **not** whole grain include wheat flour, enriched flour, unbleached flour, semolina, durum wheat, de-germinated cornmeal and "multigrain" anything.

- For example, bread that's 100% whole grain means just that -- it contains no refined flour.
- Cereal "made with whole grain" may have a little or a lot of whole grains.
- And, crackers labeled multigrain may not have whole grains at all.

Peter Jaret, a health writer for *Prevention Magazine* states, "To be sure you're getting the grains you want, check the ingredients panel. Whole grains should be the first or second ingredient listed."

Additionally, products that are legitimately "whole grain" are not necessarily healthy.

Some foods contain whole grains with lots of added sugar, fat, and even artery-clogging trans-fat, which is known to raise LDL cholesterol ("bad" cholesterol) and reduce HDL cholesterol ("good" cholesterol).

Another good example: US sales of "whole grain" cookies have skyrocketed 1,364 percent in the past year as consumers have tried to have their cookies and eat 'em too!

Folks, there are far better ways. Try some of these simple ideas from the Whole Grains Council:

- **Steel-cut oats:** Also called Irish or Scottish oats. Steel-cut oats consist of the entire oat kernel sliced once or twice into smaller pieces to help water penetrate and cook the grain. Steel-cut oats create a breakfast porridge that delights many people who didn't realize they love oatmeal!

Teri's Tip: "Harley and I love steel-cut oats! I add dried blueberries, cranberries or raisins for sweetness just before the oats are done cooking. Harley likes them with real maple syrup. I recommend cooking the oats the evening prior. Before going to bed, boil four cups of water in a pot, add one cup of steel-cut oats simmer for 30 minutes. Cool and refrigerate overnight. In the morning warm and eat! Delicious!"

- **Popcorn:** Around 2 cups of popped popcorn is equivalent to one whole grain serving.
- **Quinoa (keen-wah):** This ancient grain comes from the Andes, where it was cultivated by the Incas. Botanically it's a relative of Swiss chard and beets rather than a "true" grain. Quinoa is a small, light-colored round grain, and it looks like sesame seeds. Quinoa is also available in other colors, including red, purple and black. Quinoa cooks in about 10-12 minutes, creating a light, fluffy side dish -- a good potato substitute.
- **Wild rice:** Wild rice is not technically rice at all, but the seed of an aquatic grass originally grown by indigenous tribes around the Great Lakes. The strong flavor and high price of wild rice means that it's most often consumed in a blend with other grains. Wild rice has twice the protein and fiber of brown rice, but less iron and calcium -- making these two rice types a perfect blend.

For more information on whole grains, check out these websites:

- [The Whole Grain](#)
- [The Scoop on Grains](#)
- [The Whole Grain Guide](#)

Besides Whole Grains, What Else Combats Metabolic Syndrome?

Yawn. It's back to basics again. Don't forget to take your multivitamins because magnesium, selenium, copper, zinc, vitamin C and vitamin E are all important for improving glucose tolerance.

Other supplements include:

- **Guggul extract**, which may prevent metabolic

syndrome by reducing blood glucose and insulin and reducing blood pressure - all according to an article in [Family Practice News](#).

- **Fish oil**, which provides the essential fatty acids that have been shown to reduce levels of triglycerides and lower high blood pressure. Fish oil also helps reduce inflammation associated with metabolic syndrome.
- **Conjugated linoleic acid (CLA)**, which may normalize impaired glucose tolerance and improve hyperinsulinemia (too much insulin).
- **Alpha lipoic acid (ALA)**, which is a powerful antioxidant and helps maintain normal sugar metabolism.
- **Co-enzyme Q10**, which may improve the function of insulin-producing cells in the pancreas.
- **B vitamins**, which reduce blood homocysteine levels.

For Co-op products related to supplements listed above (i.e. [Guggul Plus](#), [Multi-Vites](#), [Fish Oil](#), [CLA](#), [CoQ-10](#), [B-50 Complex](#) or [Sublingual B Trio](#), and [ALA](#)) check out our [product catalog](#).

Still purringly yours,

Guido

Guido Housemouser
Chief Kat and Community Manager
Our Health Co-op

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<http://store.ourhealthcoop.com>

DO NOT write to Guido about orders, as your order inquiry will only be delayed!!! The "kat" is happy to receive and respond to other types of notes though!

For all questions related to orders, or for email orders, PLEASE USE: orders@ourhealthcoop.com

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