

# Focus On Health

QUARTERLY NEWSLETTER

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## Two Studies: One Looks at Vitamin K, The Other DHEA

### VITAMIN K1 / VITAMIN K2

A study recently published by the [European Prospective Investigation into Cancer and Nutrition \(EPIC\)](#) has revealed that increased intake of Vitamin K2 may reduce the risk of [prostate cancer](#) by 35 percent. Vitamin K1 did not offer any prostate benefits.

The study also supports potential health benefits of Vitamin K2 for bone, cardiovascular, skin, brain, and now prostate health. The study was done in the Netherlands.

### DHEA

DHEA for Urogenital Atrophy and Sexual Function appears in North American Menopause Society (NAMS). Dr. Fernand Labrie and colleagues reported that vaginal application of DHEA decreased vaginal pH, improved vaginal cell maturation index and restored blood DHEA levels to the normal range and restored normal sexual function.



## Examining the Link Between Our Gut and Our Brain

Mounting research shows gut-brain connection according to researchers at the University of Colorado at Boulder, the University of Pennsylvania, and the California Institute of Technology. Over the past decade numerous studies have

linked the gut microbiome to a range of behaviors and body functions, such as appetite, cravings, mood, and emotion. The gut appears to help maintain brain function and has been increasingly proven to influence the risk of psychiatric

## How Wide Open Is Your Eating Window?

Eating only within a 12-hour period everyday could make a big diet difference according to a study which appeared in the journal [Cell Metabolism](#) in December. The study was done in adult male [mice](#). Caloric intake for all the mice was the same. Mice eating at all hours became generally obese and metabolically ill. Mice eating in the 9-12 hour window remained sleek and healthy.

## Hormones and Colon Cancer

High testosterone relative to estrogen level may contribute to colon cancer tumor growth. This article reported a study done using male rats at the Missouri University College of Veterinary Medicine.

## BHPT— Shh! It's A Secret!



BHPT (Bioidentical Hormone Pellet Therapy) is in great demand due to its obvious impact on the negative symptoms associated with aging as well as dramatic enhancement in sexual, cognitive, and athletic function. A book called [The Secret Female Hormone](#) by Dr. Kathy Maupin details many salient points.



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