

Focus On Health

QUARTERLY NEWSLETTER

JULY – SEPT 2015

Consider Optimizing Your Vitamin K2 ...



Important reasons to optimize your Vitamin K2, according to Dr. Michael Holick at Beth Israel Hospital in Boston: Vitamin K2 positively impacts inflammation; Vitamins D and K2 work in tandem to slow arterial calcification. You need to take both together. Beware, statins such as Lipitor and Crestor deplete both

Vitamin D3 and Vitamin K2. Vitamin K2 is crucial for osteoporosis prevention, cancer prevention, and prevention of Type 2 diabetes.

PCOS & LETROZOLE



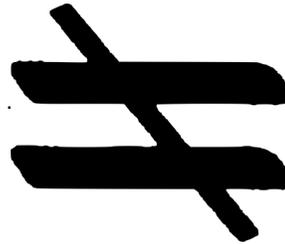
Letrozole bests clomiphene in women with polycystic ovary syndrome (PCOS). Pregnancy rate was 61.2% versus 48.8%. Live birth rate was 48.6% vs. 35.4%. Source: OBGYNNEWS.com August 2015.

Bruising, Horse Chestnut & Vitamin C...



As your skin becomes thinner from ageing and sun damage, you might find that you bruise more easily, particularly on your arms and legs. With less fat and connective tissue in your skin, there's less support around capillaries. They become more prone to injury – which shows up as black, blue or purple bruises. Some people with this type of bruising report benefit from taking an herbal product, horse chestnut tablets, twice daily. Others report some benefit from 500 mg Vitamin C taken twice daily.

Fat vs. Carbohydrates



From the journal *Nature Reviews Endocrinology*, August 2015: All calories are not equal – cutting fat is more effective than cutting carbohydrates.

70? How's Your Memory?



A world expert panel in ageing recommends that everyone 70 or older should have their memory and reasoning ability evaluated annually by a doctor or health care provider.

A Cup of Coffee or Tea?

The association between coffee intake, tea intake and cancer has been extensively studied, but associations are not established for many cancers. A study in the *British Journal of Cancer*, August 2015: Coffee intake was not associated with the risk of all cancers combined. Tea drinking was associated with a decrease risk of cancer overall.



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