



The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

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Editorial

Take the first step towards a long, vital, healthy life. Today!

Today most of us live for forty years less than the maximum human life span.

Too often the quality of our later years is eroded by preventable chronic disease.

There is compelling scientific evidence that the deterioration in health we experience in the second half of life can be avoided. Much of this illness is not caused by inevitable, irreversible, gene mutations or failures, but by the accumulation of free radical damage and shifts in the activation thresholds of genes. This age related decline is potentially preventable and reversible. Good diet and the right antioxidants will slow the rate at which we age.

Antioxidants are important for all of us to strengthen and protect our immune systems and to help guard against disease. Antioxidants may even help us live longer. The theory is that if free radical damage causes aging, antioxidants in high enough quantities should be able to slow aging.

Our bodies have a natural defense system against these free radicals. Immune system comprises of antioxidants, which are able to neutralize free radicals and prevent much cellular damage. We also need antioxidants from other sources such as fruits, vegetables, nuts, grains, some meat, poultry and fish. The more common of these antioxidants include lycopene, vitamin E & C, -carotene, selenium and zinc. The highest concentrations of antioxidants are found in the most deeply or brightly colored fruits and vegetables such as red bell peppers, raspberries, carrots, apricots, pomegranates and tomatoes.

In a few decades we may choose not to age!

Doctors will grow replacement organs from stem cells, rejuvenating hormones will be commonplace. We may even be able to reset the genetic clocks that control the aging process.

But why wait for a few decades?

Let us take the first step towards a long, vital and healthy tomorrow today!

A handwritten signature in blue ink that reads 'Deepika'.

Dr. Deepika Chhabra
(Chief Editor)

LycoRed Bulletin Board

LycoRed at
bmj.com

Lower antioxidant levels may explain both pre-eclampsia and cancers

Rapid response posted on the website

Dr. J B Sharma MD, MRCOG

Asst. Prof., Dept. of Obstetrics & Gynaecology, AIIMS, New Delhi

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Recent studies from Israel have observed higher chances of various malignancies like carcinoma breast in later life of women who had preeclampsia in their pregnancies. This could be due to excess of oxidative stress markers and lack of antioxidants causing preeclampsia in younger age groups and various types of malignancies in their later life. It envisages a role of antioxidant therapy like lycopene, vitamin C and vitamin E as a public health measure to prevent pre-eclampsia during these pregnancies and to prevent malignancies in their later life.

Supplementation with LycoRed during pregnancy could be a good way to prevent malignancies later in life of women.

Rapid response to:

Cancer after pre-eclampsia: follow up of the Jerusalem perinatal study cohort.

BMJ; 919:328, Apr 2004

Study finds diet that doesn't promote colon cancer

According to a Japanese study in *International Journal of Cancer*, a western diet -- rich in meat, cheese, bread and butter doubled a woman's risk of colon cancer. So too did an eastern diet full of rice, miso soup and salty foods.



The only diet that didn't affect the development of colon cancer: one that was loaded with fruits, vegetables, soybeans and dairy.

Sleep-disordered breathing linked to learning problems

Children who snore, have learning problems or frequent daytime sleepiness are almost three times more likely to suffer from sleep-disordered breathing.



A new study from the University of Arizona examined 480 children between the ages of 6 and 11. Researchers found that behavioral and learning abnormalities were much more common in kids who had disturbed sleep because of breathing issues.

Drinking increases allergy risks

Drinking even small amounts of alcohol can cause even stronger allergic reactions, according to research from the University of Santiago in Spain.

The research found that regular alcohol intake higher than 70 grams per week (or more than one drink per day) was associated with increased total IgE levels in the patients studied.



From their research, the authors concluded:

- Subjects who had the genetic allergy to dust mites - and who had one drink or more every day - had higher levels of antibodies.
- Alcohol is a risk factor for developing allergies.
- Alcohol seems to interfere with the immune system - and even moderate amounts have a subtle effect on immunity.

When your mouth's on fire: drink a glass of milk

If you accidentally bite into a chili pepper, water won't quench the fire in your mouth, according to the University of California, Berkeley.

Chili contains capsaicin, which irritates the pain receptors in the mouth, nose and stomach. And water won't work to neutralize the pain.



Instead, cool down your mouth with yogurt, milk, or ice cream. It's believed that casein, which is contained in dairy products, strips the capsaicin from the pain receptors.

Caution while using microwave oven

- People with pacemakers should not be near microwave ovens while they are in use.
- Some plastics or styrofoam containers may melt in microwave and give off harmful chemicals as a side effect. Glass containers are ideal.



**Extend
the
Protective power
of
LycoRed
to**



**Tobacco & alcohol
users**

1 od or 1bd daily

LycoRed softgels

Cancer risks from teflon downplayed

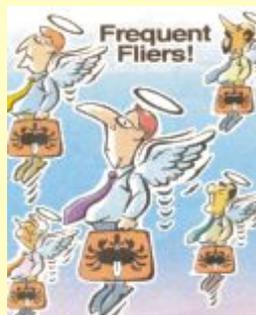
A controversial chemical used to make nonstick substance - Teflon poses more of a cancer risk than indicated. Teflon is the black coating used on nonstick cookware. Perfluorooctanoic acid (PFOA) is a chemical used to make teflon.



Based on animal studies, evidence of carcinogenesis has been found with PFOA. It is likely that human health risk assessments shall be conducted for liver, breast, pancreatic and testicular cancer as well as PFOA's potentially toxic effects on the immune system.

Frequent flyers face an increased risk of cancer

Scientists have warned that frequent flyers face an increased risk of cancer from cosmic radiation.



Cosmic radiation, produced by exploding stars and the sun, permeates the universe and is one of the most powerful forms of natural radiation.

The risk to most travellers, who fly only occasionally, is insignificant.

Eat all you want, lose weight too

US fitness guru Jorge Cruise reveals that it's not what you eat but simply a matter of timing. According to Cruise, a three-hour interval between meals without snacks does the trick.



Cruise, whose book *3-Hour Diet* is a US best seller, says the time limit allows your body to reset and revive its metabolism.

Those who meditate live transcendently longer

A new study appearing in *American Journal of Cardiology* found that in older people with mild high blood pressure, those practicing transcendental meditation had a 23% lower risk of death from all causes.



The transcendental meditation group has 30 per cent fewer deaths from heart disease and 49 per cent fewer from cancer.

Why diet? Study finds fat people live much longer

Researchers have found that overweight people who diet in the hope of improving their health die slightly younger than people who stay fat. The physiological and metabolic stresses associated with weight loss could be great as to outweigh the benefits of being thinner.



The research carried out in Finland, followed nearly 20,000 twins over a period of 24 years. A reason for higher mortality rate of those losing weight is that when people diet to lose weight, they lose fat-free tissue as well as fat.

Acupuncture proven to work

Controversy has raged for years over whether acupuncture has only a placebo effect. Researchers in Sweden have found that acupuncture is effective at relieving pelvic pain.

A clinical trial at Stanford University in the US showed that it could help alleviate depression in pregnant women.



Children with hay fever and nasal allergies had fewer sneezing bouts and congestion after acupuncture.



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Education can save your heart

The more educated you are, the lower is your risk of heart disease. These were the startling findings of a study done by the AIIMS. The study reports that the illiterate are the most at risk of heart disease, while graduates and professionals are best off.

The study - called the sentinel surveillance for CVD in Indian industrial population surveyed 34,000 industry employees since 2001.

Education is a better predictor of heart disease than income because awareness levels are higher among the educated, which makes them more likely to adopt healthy lifestyle and access healthcare than others.

The risk factors assessed were part of Syndrome X - metabolic disorders such as high BP, abdominal obesity, and high cholesterol - which also increase risk of diseases such as diabetes and stroke.



Cardiac risk factors	Graduate / Professionals	Illiterate
Tobacco use	12.5%	56.6%
Hypertension	22.7%	33.8%
Diabetes	7%	9.7%
Metabolic Syndrome	15.6%	19.4%
Dyslipidemia (High cholesterol and glycerides)	39.5%	27.1%

Brushing your teeth reduces risk of heart attack

A new study shows that good dental care can also reduce heart disease and stroke risk.

Evidence shows that bacteria in the mouth that cause periodontal disease may make their way to the bloodstream and cause changes that narrow arteries. The bacteria stimulate the immune system and can lead to atherosclerosis.



Regular tooth care can help prevent the progression of periodontal disease and also lower the risk of heart attack and stroke.

A handshake can give you a cold

People with an infectious disease may cover their mouth or nose when sneezing. When they later shake your hand they may then be spreading that infection to you through the handshake. You then infect yourself by rubbing your eyes, nose or mouth.



So it's always a good idea to wash your hands after this kind of contact, especially if the well-wisher has a cough or cold.

Toxic levels of lead found in some ayurvedic medicines

Ayurvedic herbal medicine products (HMPs) are used to treat a wide range of diseases from arthritis to cancer. However, since there are no federal regulations on herbal medicines, it is hard to be sure of about the contents of herbal remedies.



While the FDA is yet to confirm the results, a recent study has shown that some HMPs contain toxic lead levels. Ingested lead can cause high blood pressure, abdominal pain, seizures and slow growth or impaired IQ in children.

Frozen vegetables are as nutritious as fresh vegetables

Experts say that frozen vegetables can have the same nutritional value as fresh vegetables.



That's because many fresh vegetables are shipped long distances in the heat and cold, where they can lose vitamins and minerals before they make it to the market.



Would your patients eat a **synthetic** tomato?

LycoRed contains only 'All Natural Tomato Lycopene' along with phytonutrients as **Lyc-O-Mato** for a synergistic action

Antioxidant potency of **Lyc-O-Mato** is 3-times greater than that of lycopene

Top 10 dieting myths

• **The more drastic your calorie cutting, the sooner you will lose weight**

When you drastically reduce calorie intake, your body goes into starvation mode and your metabolism slows down and you may not lose weight.

• **The stricter the diet, the better it will work**

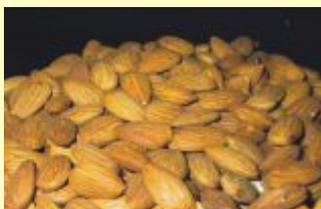
Strict diets have nothing to do with successful weight loss programmes. By completely eliminating entire food groups - eating just one food - the diet will just be less effective.

• **Time to bid my favourite unhealthy food good-bye**

By treating yourself to your old favourites, you will stay motivated. Moderation is the key to successful, long-term weight loss.

• **One shouldn't eat between meals**

In fact, eating a small, healthy snack between meals will help your blood sugar level. Choosing fiber-rich foods may make you feel fuller for a longer period of time.



Nuts like almonds are high protein and will give you energy burst.

• **Fat is bad**

Fat is an indispensable part of your meal. A recent study points out that people who included 15 per cent more fat in a diet than their study counterparts got the same weight loss results as those eating less fat.



Fat makes food more satisfying

• **Skipping meals will help you lose weight**

On the contrary, skipping meals may actually lead to weight gain. You may also be under-shooting your daily calorie requirement, which will backfire on you.

• **Dairy is a don't**

Research has shown that eating enough calcium can give your weight loss efforts a boost. In a study, women who took in 1000mg of calcium everyday weighed nearly 9 kg less than the women in control group.



• **It all boils down to willpower**

Willpower may be a factor when it comes to how you respond to cravings but other factors, which have an impact on weight, are genetics, culture, home environment, activity level and health.



• **Water is a weight buster**

Drinking water will not lead to weight loss. Of course, water is key to a healthy lifestyle and drinking enough has tons of benefits; but when people lose weight due to drinking water, it's because they substitute it for high calorie juices and sodas.



Drinking enough water helps prevent many medical ailments: chronic fatigue, allergies, depression, digestive problems, urinary tract problems, constipation and more. It also prevents water retention and improves muscle tone.



In pregnancy

LycoRed™

Reduces the risk of pre-eclampsia, IUGR & oligohydramnios



"Found LycoRed very good & effective in the management of **fibroadenosis**"

Dr. Anil Nair
MBBS
Jaipur (Raj)



"LycoRed is an excellent antioxidant and gives excellent results in CAD"

Dr. Ashutosh Gupta
MD
Jaipur (Raj)



"Excellent results with LycoRed in patients of male infertility especially those with low sperm motility"

Dr. Savita Agarwal
MS
Meerut (UP)



"LycoRed is a fantastic drug for the improvement of sperm count & motility, pre-eclampsia & IUGR with very positive results"

Dr. Veena Minocha
DGO
Dehradun (Uttra)



"LycoRed gives excellent results in some cases of early lenticular changes and immature cataract.

The improvement in vision is both subjective and objective.

Also observed beneficial effects of LycoRed in ARMD"

Dr. Madan Deshpande
MS
Bilaspur (Chatt)



"In high risk pregnancy and infertility, LycoRed is not only effective but also safe"

Dr. Ritu Gupta
MS
Jaipur (Raj)



"LycoRed has done miracles as a preventive therapy in patients of IUGR and pregnancy induced hypertension"

Dr. Sunanda Jain
MS
Indore (MP)



"Observed improvement in 95% oligospermic cases with LycoRed therapy.

Dr. Gulbir Kaur
MBBS
Faridkot (Pun)



"LycoRed is indeed a unique drug for patients of recurrent abortions with unexplained causes"

Dr. Ritu Prasad
MS
Rishikesh (Uttra)



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Encourages esteemed medical practitioners from all South-East Asian nations to share their success stories on spreading the message of *Initiative Wellness*, through the platform of 'The LycoRed Herald'. We shall be pleased to publish such initiatives. Please write to:

Jagsonpal Pharmaceuticals Limited, T-210J, Shahpur Jat, New Delhi – 110 049



"Surprisingly got very good results in just 1 month of LycoRed therapy in cases of oligospermia and asthenospermia"

Dr. Sunita Lalwani
MD
Pune (Mah)



"LycoRed is very helpful in TB and chronic lung disease, as it increases body's resistance"

Dr. Satish Aggarwal
MBBS
Hoshiarpur (Pun)



"LycoRed is a fantastic drug for male infertility.

I have found good results in patients of oligospermia"

Dr. Somesh Gupta
MD
Jaipur (Raj)



"Very good results in diabetic and hypertensive patents with LycoRed.

Also seen improvement in sexual problems of diabetics"

Dr. Gurinder Pal
MBBS
Jalandhar (Pun)



"Used LycoRed in three patients who had oligohydramnios at 30th week of pregnancy.

To my surprise not only the liquor quantity improved but all the three patients delivered healthy babies at term.

Thanks to LycoRed"

Dr. Vijay A Darji
DGO
Mansa (Guj)



"In PIH, IUGR & infertility, getting excellent results with LycoRed"

Dr. Nirmla Yadav
MS
Jaipur (Raj)



"Using LycoRed in male infertility and fibroadenosis in female patients with very satisfactory results"

Dr. I D Tarani
MS
Jaipur (Raj)



"Clinically I have found that LycoRed has good antioxidant properties and is especially useful in elderly patients with eye diseases like cataract"

Dr. Ashok Jain
MS
Raipur (Chatt)



"Got excellent results!

Treated more than 70 patients of sub-mucous fibrosis with LycoRed"

Dr. Subrata Jash
BDAS
Dumka (Jha)



Extend
the
Protective power
of
LycoRed
to



Infertile couples

Males: 2bd daily
Females: 1bd daily

LycoRed softgels

The second revolution

Endorsed by countless doctors
across India

Thank you... *We are honoured*



All infertile couples in your care need the *proven*

Protective Power of LycoRed

Dosage

Males: 2 bd daily
Females: 1 bd daily

Jagsonpal Pharmaceuticals Limited
T-210J, Shahpur Jat, New Delhi - 110 049