Dear Doctor,

Even though the average life expectancy has increased dramatically during this past century, our quality of life due to chronic degenerative disease has taken a major hit.

Most of us should expect to have one or more of the following: heart disease, cancer, stroke, diabetes, Alzheimer’s dementia, Parkinson’s disease, arthritis, macular degeneration and the list goes on and on, unless we literally attack the underlying cause of all of these - oxidative stress.

The studies appearing in medical journals like the New England Journal of Medicine, Journal of the American Medical Association, Lancet and Annals of Internal Medicine report beyond any doubt that root cause of over 70 chronic degenerative diseases is oxidative stress.

We are literally under attack from our polluted environment, stressful lifestyle, and over-medicated society. This ongoing attack is depriving us of our most precious gift - our health.

We must adopt a three-fold approach to health: eat well, practice a consistent exercise program and take antioxidants to prevent the oxidative damage caused due to free radicals.

Our diet has become significantly depleted in the content of antioxidants and supporting minerals as a result of poor food choices and consumption of foods that are highly processed.

A time when we are under the heaviest attack from the environment around us, our natural defense systems are becoming depleted. We must do all we can to rebuild our antioxidant systems with a healthy diet, coupled with antioxidant support like LycoRed, which contains lycopene - the world’s most powerful antioxidant.

(Sanjiv Dudeja)
General Manager
Not Me!

The Belgium news agency Belga reported that a man suspected of robbing a jewelry store in Liege said he couldn’t have done it because he was busy breaking into a school at the same time. Police then arrested him for breaking into the school.

Thanks, but no thanks

An ambulance was called to the aid of James Ritchie, who was lying injured on a road in Illinois. As it arrived on the scene, the ambulance skidded on the snow-covered roadway, then struck and killed Ritchie.

Man trapped in toilet when lock freezes

When a 58-year-old motorist nipped into a German highway rest stop public toilet to answer the call of nature, he had no idea how cruel nature could be. The man found himself trapped in the toilet stall after the lock froze while he was inside.

Unable to pry the door open, the man finally was able to explain his predicament when someone occupied the stall next to him and got them to call police on a cell phone.

Ocean view – as soon as the poison works

A Vancouver woman pleaded guilty to poisoning several trees that border the city’s downtown to improve the view of the ocean from her condominium.

She admitted to purchasing the herbicide in the United States and having applied it to five trees in an effort to kill them. Three trees later died, according to a court document.

Matheson, 72, agreed last month to pay $50,000 to the city to replace the dead trees and help plant others in Stanley Park, which is one of Canada’s most famous urban parks.

Cell phone lodged in woman’s throat

A woman was taken to a hospital emergency room early today after a cell phone became lodged in her throat.

The woman was in an argument with a boyfriend when the incident occurred.

Police were told that the woman tried to swallow the telephone because she didn’t want her boyfriend to have it.

Bathroom camera to catch pot smokers

Lawyer Larry Gold says he had a good reason to install a minicamera in the bathroom at his law office, where his three secretaries are women.

People were smoking on the pot in the office bathroom, he said and he wanted to catch the culprit.

His secretary spotted the camera and went to the police. Under cross-examination by the Attorney, Gold said he didn’t know the camera was illegal. He said that he should have looked for a better camera, one that would have shown the entire bathroom.

Boy in toy car takes night ride to Berlin

A 10-year-old boy found pedalling his toy car alongside a road in central Germany in the middle of the night said he was on his way to his grandmother’s in Berlin.

The boy had been pedalling for about an hour but still had more than 400km to go to reach Berlin.
Lycopene acts as antitumour agent

Park YC et al

The effect of lycopene on cell growth and oxidative DNA damage of Hep3B human hepatoma cells.

Biolabels; 23(3):129-39, 2005

Lycopene, the predominant carotenoid, is reported to protect against various cancers, especially prostate cancer. We investigated the effect of lycopene on DNA damage and cell growth inhibition in the Hep3B human hepatoma cell line. Lycopene was analyzed by HPLC, and cell proliferation was determined by 3-(4,5-dimethylthiazol-2)-2,5-diphenyltetrazolium bromide (MTT) assay. A final lycopene concentration of 0.1-50 μM was added to cells plated in 96-well plates. After a 24-hr incubation, cell viability was measured as absorbance at 570 nm after the MTT assay. The effects of lycopene on cell cycle progression were investigated with flow cytometry.

Lycopene induced G0/G1 arrest and S phase block. Oxidative DNA damage was determined by the Comet (single-cell gel electrophoresis) assay. Lycopene inhibited cell growth in a dose-dependent manner.

Cell growth was inhibited 20% at 0.2 μM lycopene and 40% at 50 μM lycopene after a 24-hr incubation. In the Comet assay, lycopene-treated cells showed less DNA damage than did placebo-treated cells. The inhibition of Hep3B cell growth in this study demonstrates the antitumor properties of lycopene.

Lycopene is effective for management and treatment of oral leukoplaikia

Zakrzewska JM

Oral lycopene—an efficacious treatment for oral leukoplaikia?

Evid Based Dent; 6(1):17-8, 2005

DESIGN: This was a randomised controlled trial (RCT) of the treatment of oral leukoplaikia with the carotenoid lycopene.

INTERVENTION: A total of 58 patients received either 8 mg oral lycopene in two doses daily (n=20), 4 mg oral lycopene in two doses daily (n=18) or placebo capsules (n=18), for a 3-month period. Progress of patients was followed for a further 2 months.

OUTCOME MEASURES: An objective clinical response, evaluated by bidimensional measurement of the lesion and colour photography, was classified as complete, partial, stable or progression. Histological status was categorised and ranked as normal (0), atypical hyperplasia (1), mild dysplasia (2), moderate dysplasia (3) or severe dysplasia (4). Histological response was then described by the change in rank, for example, from moderate dysplasia (3) to atypical hyperplasia (1) would indicate an improvement of 2 units.

RESULTS: There was no significant difference in the clinical response of people who took 8 mg lycopene compared with those taking 4 mg lycopene. The clinical responses measured in both these groups were significantly greater, however, than those in the control group (P<0.01). The response, assessed histologically, after the 8 mg lycopene treatment was significantly better than that form 4 mg lycopene (P<0.05) and than the response seen in the control group (P<0.001). Patients taking 4 mg lycopene also responded significantly better than those in the control group (P<0.05).

CONCLUSIONS: Oral lycopene appears, from this small RCT conducted over 5 months, to be effective in the treatment and management of oral leukoplaikia.

Lycopene reduces the development of pre-eclampsia and IUGR

Sharma JS et al

Effect of lycopene on pre-eclampsia and intra-uterine growth retardation in primigravidas.


OBJECTIVES: To observe the effect of the antioxidant lycopene on the occurrence of pre-eclampsia and intrauterine growth retardation in primigravida women.

METHODS: A total of 251 primigravida women were enrolled in this prospective, randomized controlled study in the second trimester. A total of 115 women were given oral lycopene (Group I) in a dose of 2 mg twice daily while 135 women were given a placebo (Group II) in the same dose until delivery. The criteria for recruitment included gestational age of 16-20 weeks, singleton pregnancy, absence of any medical complication and willingness on the part of the women to participate in the study. The women were followed-up until delivery for development of pre-eclampsia, mode of delivery and fetal outcome.

RESULTS: The two groups were comparable in their maternal characteristics. Pre-eclampsia developed in significantly less women in the lycopene group than in the placebo group (8.6% vs. 17.7%, P=0.043 by chi-square test). Mean diastolic blood pressure was significantly higher in the placebo group (92.2±5.5 mmHg vs. 86.7±3.3 mmHg, P=0.012). Mean fetal weight was significantly higher in the lycopene group (2751.17±315.76 g vs. 2657±444.30 g, P=0.049). The incidence of intrauterine growth retardation was significantly lower in the lycopene group than in the placebo group (12% vs. 23.7%, P=0.033).

CONCLUSIONS: The results of the present study suggest that the antioxidant lycopene reduces the development of pre-eclampsia and intrauterine growth retardation in primigravida women.
Passive smoking increases blindness risk

Passive smoking increases the risk of one of the most common causes of blindness, a study has found.

A Cambridge University team looked at the impact of smoking on age-related macular degeneration (AMD), the British Journal of Ophthalmology reported.

The researchers studied 435 people with AMD and 280 people without, looking at their smoking habits and the development of disease.

Living with a smoker for five years doubled the risk of the disease and regular smoking tripled it, they found.

Iron absorption mystery solved

Scientists say they have worked out how the gut absorbs iron from meat into the blood — a discovery they hope could lead to new treatments for anaemia.

Iron can come from plant sources or from animal tissues (haem iron).

Haem iron is absorbed around five times more efficiently than inorganic iron — this is why eating red meat is recommended for preventing anaemia.

But until now the way in which haem iron was taken up in the gut had been unknown.

Researchers have found that a transporter protein, called HCP1 is active in the first part of the intestine, the duodenum and that it shifted position within the intestinal cells in response to changes in the body’s iron stores, allowing cells to take up more, or less, haem as required.

Kids imitate smoking parents

Preschoolers were more likely to choose cigarettes if their parents smoked and wine or beer if their parents drank, a study found. The study suggests that prevention efforts should target younger children. The study was published in the September issue of Archives of Pediatrics & Adolescent Medicine.

Obesity raises risk of cancer relapse

After surgery to remove a cancerous prostate, the malignancy is more likely to recur among obese men than in those of normal weight, a study shows.

Tea, coffee protect against liver damage

Coffee and tea may reduce the risk of serious liver damage in people who drink alcohol too much, are overweight, or have too much iron in the blood, researchers said. The study showed that those who drank more than two cups of coffee or tea a day developed chronic liver disease at half the rate of those who drank less than one cup each day.

Blame hormones for weight problems

It’s something that most dieters will have experienced: shedding all those pounds only to pile them all back on later. Now doctors have discovered why it’s so hard to maintain weight loss. It’s all down to our hormones. Researchers say when we lose weight, our levels of leptin also fall, making it harder to burn the calories.

Caffeine addicts can’t stop when pregnant

A new study by Johns Hopkins researchers found that women with a serious caffeine habit and a family history of alcohol abuse are more likely to ignore advice to stop using caffeine during pregnancy and give all excuses like withdrawal symptoms, functional impairment and craving.

Chemical in food cans bad for brain

A new study has found that chemicals used in food containers disrupts brain development. The chemical, bisphenol A (BPA), widely used in products such as food cans, milk container linings, water pipes and even dental sealants, disrupts important effects of estrogen in the developing brain, said Dr. Scott Belcher from the University of Cincinnati.
Moderate drinkers are less likely to turn obese

The benefits of light to moderate drinking have been touted for years, but new research suggests it may also help you to stay slimmer. Drinkers who consume one or two drinks a few times a week are less likely to be obese compared with people who do not drink.

'Super' cancer-fighting broccoli developed

A super broccoli has been developed by scientists in the UK, who say the vegetable has enhanced cancer-fighting properties.

Cruciferous vegetables such as broccoli have high levels of glucosinolates, which when eaten are digested to produce isothiocyanates — potent dietary anticarcinogens.

Professor Richard Milhen, from the Institute of Food Research in Norwich, and colleagues have used traditional plant breeding techniques to produce broccoli that contains 3.4 times the amount of the isothiocyanate sulforaphane normally found in the vegetable.

This super broccoli could particularly benefit the half of the population that lack the glutathione S-transferase M1 (GSTM1) gene who derive less benefit from broccoli because they are unable to properly use sulforaphane, suggest the researchers in the latest issue of The American Journal of ClinicalNutrition.

Eating out bad for kids' hearts

Children who eat out frequently have higher blood pressure, cholesterol and other heart risk factors than children who eat home-cooked meals more often. The study of more than 600 school-age children found that those children with their peers who ate out less had higher BP, unhealthier cholesterol and worse blood sugar metabolism a precursor to type 2 diabetes, the researcher found.

Sleeping pills: more harm than good

Sleeping pills could be doing more harm than good, researchers have warned. The debilitating side effects of medicines commonly prescribed for insomnia in older patients outweigh the benefits in most cases, it is claimed. An analysis of 24 studies shows the adverse effects are so widespread that non-drug treatments are a better option for insomnia.

Money wasted on magnet therapy

Magnetic therapy has no proven health benefits and patients should be warned that any healing effect from magnets is small, say US researchers.

Each year, more than a billion US dollars are spent across the world on magnetic bracelets, insoles, knee bands, beds and pillows, in the hope that such equipment will provide pain relief from conditions including osteoarthritis, or even cure cancer.

But no evidence exists to support these claims, says Professor Leonard, a physicist, in an editorial in British Medical Journal.

Regular passive smoking is bad for breast cancer

The results of studies with thorough passive smoking exposure assessment indicate that passive smoking raises the risk of breast cancer, especially in women, to a similar degree as active smoking. Passive smoking was associated with 27% increased risk of breast cancer.

1 or 2 drinks a day better for women than none

Researchers at the University of Newcastle have found that women who never drink alcohol are in poorer health than those who have up to two drinks a day.

However drinking three or more drinks a day tips the health scales the other way.

The research is part of the Australian Longitudinal Study on Women's Health, a twenty-year study that began in 1996 and examines the health of 40,000 Australian women.

Low risk alcohol consumption is considered to be up to two drinks a day. Three or more per day is considered risky for women's health in the long term and five or more drinks in one sitting is risky for women's health in the short term.

Women are more susceptible to the impact of alcohol than men, because women generally have smaller bodies, smaller livers and a higher proportion of fat in their bodies.
**Cook your carrots for more antioxidants**

Cooked, pureed carrots do not lose their nutritional value and may contain more health-giving properties than crunchy raw carrots, according to University of Arkansas researchers.

The researchers found that antioxidant levels increased immediately after heat processing by 34.3 percent. The findings appear in the *Journal of Agricultural and Food Chemistry*.

**Junk food diet makes children badly behaved**

Diet high in processed foods is causing bad behavior and learning difficulties in children, scientists have warned.

Such foods not only lack the vitamins, minerals and essential fatty acids that boost brain power but actually reduce the body’s uptake of nutrients that improve concentration, a study has found.

The Oxford University study showed that giving children essential fats found in fish and nuts could improve their brainpower. Their ability to learn was increased and their behavior dramatically improved by supplementing their diets with such fats.

**Cranberries may help combat tooth decay**

Cranberries, known to have antibiotic qualities, may also prevent tooth decay. A compound in the fruit has been found to stop bacteria from clinging to teeth, blocking the formation of damaging deposits. The new research shows that the compound was about 80% effective in protecting teeth from plaque.

**Music soothes the heart**

Listening to music could be good for the heart, suggest research findings.

The tempo of music, be it classical or techno, can alter breathing rhythms and circulation, says Professor Peter Sleight, from Oxford University, who suggests that music could help patients with cardiovascular disease.

The study, which is published in an early online edition of the journal *Heart*, involved 12 musicians who had been playing the violin, piano, clarinet, trumpet or bass for at least seven years and 12 people without any musical training.

**Late weaning linked to iron deficiency**

Children who are bottle-fed beyond one year old may be at increased risk of developing iron deficiency and related cognitive impairment, suggest US research findings.

Iron deficiency in early childhood has previously been linked to cognitive delays and behavioral disturbances that can extend into adolescence.

In the study, the prevalence of iron-deficiency was highest among children who were bottle-fed for the longest, sometimes up to four years of age, as reported in *Archives of Pediatrics and Adolescent Medicine*.

Drinking so much milk leaves the children too full to get iron from other dietary sources such as eggs, beans, fortified cereals and green leafy vegetables, she said. Additionally, drinking large volumes of cow’s milk has been linked to loss of blood from the gastrointestinal tract, increasing the risk of iron-deficiency anaemia.

**Vegetable protein ‘lowers blood pressure’**

Including plenty of vegetable protein in the diet could protect against hypertension, report UK researchers.

But while the latest study has shown an inverse relationship between high vegetable protein intake and blood pressure, it has revealed no significant relationship between consumption of animal protein and hypertension.

In the latest issue of the *Archives of Internal Medicine*, the researchers suggest that if a causal relationship does exist between vegetable protein intake and blood pressure, it may be due to constituent amino acids and other components of vegetable protein such as magnesium.
LycoRed has been extremely beneficial for my patients of leukoplakia & sub-mucous fibrosis. Majority of the patients reported significant relief from the troublesome symptoms.

Dr. B Niranjan Naik
MS Delhi

“LycoRed is extremely useful in patients of diabetes and male infertility.”

Dr. Rajani Ashok
MD
Hyderabad (AP)

“LycoRed supplementation during pregnancy significantly reduces the risk of IU5R and oligohydramnios. LycoRed helps increase sperm count.”

Dr. Anuradha Shevale
MD
Aurangabad (Mah)

Dr. C R Ghosh
DO
Dumka (Jhar)

“Gratitude to LycoRed! More than 85 patients of macular degeneration and cataract have been successfully treated with LycoRed.”

Dr. Dinesh K Sharma
MD
Ludhiana (Pun)

“LycoRed is a wonderful drug, especially in erectile dysfunction”

Dr. Asmita Gupta
MD
Pune (Mah)

“Found excellent results with LycoRed in my female patients with unexplained infertility and in cases of IU5R”

Dr. Kusum Oli
MBBS
Haldwani (Utt)

“Using LycoRed for the past 2 years and have got amazing results in my patients of infertility, IU5R and PIH”

Dr. Mamta Sharma
MS
Singhania (Raj)

“Unbelievable results with LycoRed in patients of oligohydramnios & infertility.”

Dr. Kusum Jain
MS
Jabalpur (MP)

“Excellent results with LycoRed in infertility, PIH & IU5R”

Dr. N S K Padmini
MD
Chennai (TN)

“LycoRed satisfies me, as it gives excellent results in menopause and infertility”

Dr. Lilly Soloman
MS
Jaipur (Raj)

“Getting very good results with LycoRed in patients of male infertility and IU5R”

Dr. Rajeev Tyagi
DM
Dehradun (Utt)

“LycoRed is extremely useful in cases of oligospermia and asthenospermia as it gives excellent results.”

Dr. Rajeev Dubey
MD
Jhansi (UP)

“I found that 3 months’ therapy with LycoRed gives excellent results in atherosclerosis, cardiomyopathy & diabetic nephropathy. Also found it effective in improving the complexion of youngsters.”

Dr. Kusum Singh
MBBS
Gorakhpur (UP)

“LycoRed gives miraculous results in oligospermia and leukoplakia”

Dr. Navneet Maini
MD
Amritsar (Pun)

“Found LycoRed to be extremely useful in patients of diabetes mellitus and coronary artery disease, as an adjuvant therapy”

Dr. S Barua
MD, DVD
Jabalpur (MP)

“LycoRed is very effective in the treatment of oligospermia”
A good product needs no advertising!

LycoRed - a good product!!