



The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

Volume 1

Issue # 08

Editorial

Aging Gracefully With Antioxidants - Start early

The problem with aging isn't getting older. With each passing year, an ever-larger assemblage of age-related diseases - heart disease, chronic infection, stroke, cancer, cataract, macular degeneration and Alzheimer's disease, seems to haunt the aging people.

There are only two answers to stay away from such ailments – good genes and healthy living. No one can control the former, but it is possible to affect the latter.

Living well includes getting enough relaxation, exercise and nutritious foods. An avalanche of research data suggests that high intake of antioxidant-rich fruits; vegetables and supplements lower the risk of old-age diseases.

As free radical levels rise, so does the need for additional antioxidants. Eventually, free radical production outpaces the body's natural supply of antioxidants. So, the greater the oxidative stress, the more antioxidants a person needs to add to his or her diet.

Oxidative damage by free radicals to low-density lipoprotein (LDL) cholesterol, for example, increases the risk of atherosclerosis and heart disease.

Oxidation of DNA can cause mutations that lead to cancer. If antioxidants don't mop up free radicals, the damage

accumulates and fast-forwards aging and disease. Add in stresses such as infection and air pollution, the body may not be able to supply enough antioxidants to prevent free radical damage.

A number of chemicals found in plants-phytochemicals such as carotenoids-protect against free radical damage, LDL cholesterol oxidation, blood vessel fragility, dementia, macular degeneration and cancer. Carotenoids are abundant in yellow, orange, red fruits and green vegetables.

Can we get all the antioxidants we need from food alone?

Well, that depends on each person's oxidative load. For many people, antioxidant supplements are an important part of an overall health program, along with eating antioxidant-rich foods and avoiding free radical generating stress.

As free radical damage accumulates with age, people should start supplementing with antioxidants early to achieve long-term benefits. Think of antioxidants as weapons for combating free radicals. By preventing free radical induced damage, people may live not just longer, but healthier lives.

Who knows, they may remain robust enough to blow out 100 birthday candles.

Dr. Deepika Chhabra
(Chief Editor)

LycoRed Bulletin Board

Dr. J. B. Sharma's research paper gets the most prestigious 'IJGO award'



This paper highlighted the key findings of the trial conducted by Dr. J. B. Sharma & his team. The study was titled as 'Effect of Lycopene on pre-eclampsia & IUGR in primigravidas'.

This prospective, randomized controlled study was based on a clinical trial in which 251 primigravida women were enrolled. 116 women were given oral lycopene in the dose of 2 mg twice daily (LycoRed 1 B.D) while 135 women were given a placebo until delivery.

Important findings

- 49.3% reduction in the incidence of IUGR
- 51.4% reduction in the incidence of pre-eclampsia
- Significant reduction in diastolic blood pressure
- Significant improvement in foetal weight

Conclusion

Lycopene reduces the development of pre-eclampsia and intrauterine growth retardation in primigravida women

Smoking, stress - the top heart stoppers

The Interheart study, one of the world's widest studies into the reasons for heart attacks has identified nine risk factors that account for nine out of ten of all cardiac arrests.

Smoking, stress and cholesterol tops the list.



Those with high lipid in the blood or smoke account for 60% of all heart attacks. Stress accounts for more than one fifth of all heart attacks.

Walk to keep diabetes away

Half an hour's walking a day, in little bursts, 10 minutes at a time can almost eradicate the risk of developing diabetes - say the researchers at Helsinki University.



It is important to understand that how small things matter. It takes 20 seconds to eat a biscuit and 20 minutes to walk it off.

Fish fat fights Alzheimer's disease

A diet rich in an omega-3-fatty acid called DHA found in salmon and other oily fish might help protect the brain from Alzheimer's.



The study done in genetically engineered mice showed that such a diet helped prevent loss of memory and brain damage.

Hike downhill to improve glucose tolerance

A completely new approach presented at European society of Cardiology, 2004, says that if healthy sedentary individuals hike downhill, their glucose tolerance improves more than when moving in the opposite direction.

While moving uphill, concentric muscle works, in which active shortening of muscles occurs and while moving downhill, eccentric muscle works during which active resistance to stretching occurs.



The finding is important because diabetic individuals are not able to perform concentric muscle exercise due to age or concomitant diseases hence eccentric muscle exercise should be considered as an alternative exercise modality for them.

An egg a day keeps blindness away

As per a US nutrition researcher, a compound in egg may help in keeping macular degeneration, one of the leading cause of blindness in the world, at bay.



Leutin, a carotenoid is found in leafy vegetables and egg yolk. It is the only carotenoid, which the body concentrates in the macular region of the eye.

Leutin protects the eye against damage from ultraviolet rays as it absorbs the UV rays.

Older people eat more fruits

Contrary to the popular opinion, a study conducted by nutritionist at University of Newcastle has found that people tend to consume more of fruits and vegetables as adults do than they did as kids.



Adults eat around twice the amount of fruit and vegetables and less fat and sugar than they did as children.



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Diabetic? Try curry leaves

Researchers from the department of pharmacy at King's College, London, have found justification for the use of Indian curry leaves to control diabetes.



Scientists believe that the Indian curry leaf - an ingredient in many curry dishes and used in traditional healing may contain agents that slow down the rate of starch-to-glucose breakdown and thus could control the amount of glucose entering the bloodstream.

The findings are based on three years of research but the researchers have warned the people not to take the plant extract immediately.

Grain gain against cancer

Finnish researchers have reported that a high intake of linoleic acid found in walnuts, beans and wholegrains lowers the risk of prostate and other cancers.



Men with highest amounts of linoleic acid were 45% less likely to develop prostate cancer than those with lower levels.

It also reduced the risk of other cancers but magnitude was not as great as seen with prostate cancer.

Females, Fizz and Fat

A new study in Journal of American Medical Association says sugar-sweetened drinks and juices are linked to both rising obesity and female diabetes.

Cola calories

Cola consumption among the adults in US has increased by 61% during 1977-97. Weight gain was greatest among women whose consumption shifted from one soft drink in a week to one soft drink in a day.



Liquid isn't Lite

The human safety circuit has not yet adapted to register liquid calories. One soft drink can has 40 - 50 gm of sugar. One can a day, can add 7 kgs in a year.



Punch drunk

Sweetened fruit drinks and cordials also cause weight gain. They increase the risk of type-2 diabetes by 83% among women who drank one or more can of soft drinks / punch a day as compared to those who drank one or less a month.

Fitness Fundas

Exercise enhances the physical and mental health. So, don't shy away from that treadmill and jogger's park.

The benefits of a workout are:


- Improves blood circulation
- Boost the activity of mood enhancing neurotransmitters
- Increases the production of neurotrophic chemical that helps neuron multiply and form new connections
- Triggers the release of endorphins. 10 minutes of vigorous exercise can raise endorphin levels for an hour. Endorphin blunts the pain and foster relaxation



Angry people at higher risk of heart disease

Researchers at Ohio University in USA have shown that angry people have higher levels of a chemical called *Homocysteine*, which has proved harmful to the heart. Homocysteine can damage the walls of arteries, which contributes to build up of plaque.

Formula for healthy living



5

Eat 5 fruits a day



10000

Walk 10000 steps a day



23

Keep your BMI at less than 23

Food for thought



You are what you eat. Besides maintaining body structure and being intrinsically linked to mood, now studies indicate that food also affects your brain.

Foods that improve brain functions

Antioxidants

Combat the deteriorating effects of free radicals on brain cells by taking food rich in antioxidants-cherries, tomatoes, grapes, apples, raisins and spinach.

Omega-3 fatty acids

Omega 3 fatty acids help to restore memory loss. Rich sources of omega 3 fatty acids are fish like salmon, mackerel, and sardines. Apart from these, walnuts are also rich source of fatty acids.

Complex carbohydrates

Simple carbohydrates are rapidly digested resulting in a sharp rise in the blood sugar levels, which adversely affects the brain function.

So, the emphasis should be on increasing the intake of foods containing complex carbohydrates such as peanuts, dried beans, whole pulses, oat bran and whole-wheat flour.

Foods that adversely affect Polyunsaturated Fatty Acids (PUFA)

Oils rich in PUFA such as sunflower oil, safflower oil and corn oil can result in inflammation of brain tissue. These oils should be consumed in combination with other oils and ghee.

Simple carbohydrates

When taken in excess, simple carbohydrates can affect the brain function.

For a healthy brain eat a well balanced diet. In addition, avoid stress and exercise regularly.

Mustard Oil made healthier

Heart protective mustard oil has been made healthier by the researchers from the Genetics Department of Delhi University.



The modified oil has more of oleic acid and essential unsaturated fats, linoleic acid and omega-3. All of this push up good cholesterol levels in the blood.

It is comparable to olive oil in its oleic acid contents but it is overall superior as it also has omega-3, which is not found in olive oil.

Researchers have also completely removed the unwanted erucic acid, which weakens heart muscles.

Limited scale field trials are likely to begin by the end of this year.

Back in business

You can now eat a few of your favorite things without a pang of guilt. Some foods have health benefits that outweigh the risks, so it is safe to eat them in recommended amounts.

Coffee

Lowers allergy and asthma symptoms, decrease heart risk



Nuts

Raise good cholesterol and protect the heart



Chocolate

Elevates depression, antioxidants fight cancer and aging



Eggs

High in protein, have large doses of vision-protecting lutein



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Series on living healthier will be continued in Vol.1 No. 9

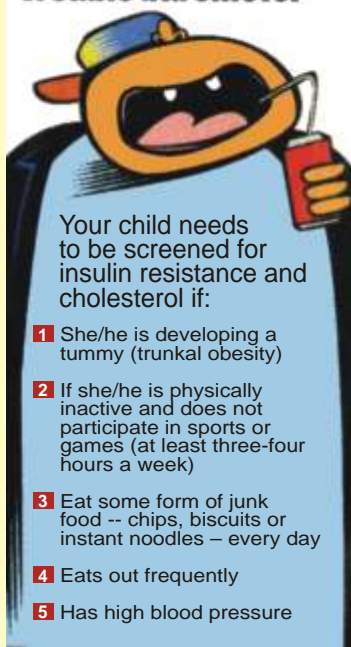
You may be saving or revolutionizing a few lives - for all you know!

GenX eating dangerously

"We are sitting on twin epidemics of diabetes and heart disease."

This is the observation made by Dr. Anoop Mishra, Department of Medicine, AIIMS.

Trouble barometer



Your child needs to be screened for insulin resistance and cholesterol if:

- 1 She/he is developing a tummy (trunkal obesity)
- 2 If she/he is physically inactive and does not participate in sports or games (at least three-four hours a week)
- 3 Eat some form of junk food -- chips, biscuits or instant noodles -- every day
- 4 Eats out frequently
- 5 Has high blood pressure

His observation emanates from a three-year study conducted on 2000 students between the age group of 14-24 yrs from the various schools and colleges of Delhi.

The study reveals:

- 1 in 4 suffers from insulin intolerance, a precursor to diabetes
- 1 in 8 has high levels of C-reactive protein, a strong indicator of heart disease in later life
- 1 in 10 is clinical obese
- 5% have high blood pressure

The reason for this is the current dietary trends combined with inactivity, over 80% are inactive.

The study found that children were consuming adequate calorie but the intake of heart-friendly fibre and healthy oils was very low. Less than 20% exercised in any form, like walking or participating in sports. Activity being the lowest among class X and XII.

Though the study is based on adolescents and young adults from Delhi but the alarming findings may apply to the people of this age group from other metro and big cities.

Lemons do a steroid, without penalty

If one goes by the paper published in the recent issue of Indian Journal of Medical Research, the Indian sportsmen should start drinking glasses of lemon juice before major events rather than popping steroids.

The study claims that sodium citrate - a chemical found in citrus fruits, enhances performance and decreases fatigue. The demand for oxygen, which invariably goes up with fatigue, also comes down.



Warning for body builders

Energy supplements taken by body builders and athletes may lead to stroke. The risks are greatest when the supplements are taken in combination.

Although cardiovascular problems have not been reported with creatine, it may have negative effects when combined with energy supplements, particularly those that affect the sympathetic nervous system. Creatine also leads to kidney problems.

Food for thought: Garlic

The Times of India carries a regular feature in its supplement, under the banner of 'Health Capsule'.

The information given is intended to advise the layperson on topical medical issues, based on scientific research.

HEALTH CAPSULE

CAN TAKING GARLIC HELP MY BLOOD PRESSURE?

HOW COME MY DOCTOR DIDN'T TELL ME ABOUT GARLIC?

HE PROBABLY DIDN'T KNOW.

NUMEROUS STUDIES CONFIRM GARLIC'S ABILITY TO LOWER BLOOD PRESSURE. IN ONE STUDY, SYSTOLIC BLOOD PRESSURE DROPPED 17%, FROM AN AVERAGE OF 145 TO 120. BE SURE TO CHECK WITH YOUR DOCTOR BEFORE REDUCING OR STOPPING BLOOD PRESSURE MEDICATIONS.

In the 'Health Capsule' of September 06, 2004, garlic rates a mention: "Numerous studies confirm garlic's ability to lower blood pressure. In one study, systolic blood pressure dropped 17%, from an average of 145 to 120."

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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



"LycoRed is giving good results in PIH, IUGR, male infertility - oligoasthenospermia and oligohydraminos"

Dr. G Manjulamma
MD
Bangalore (Kar)



"I have used LycoRed as an adjuvant therapy in hypertension."

The results were dramatic. The dosage of primary anti-hypertensive drugs were reduced"

Dr. O S Kapoor
MBBS
Dehradun (Uttar)



"A powerful antioxidant containing natural Lycopene. Most suitable for all degenerative diseases like hypertension, diabetes and infertility. Should be tried in more difficult to treat diseases"

Dr. Naresh Chawla
MBBS DNB
New Delhi



"LycoRed is a good product to be used in patients with oral lichen planus and oral submucosal fibrosis"

Dr. B K Biswas
MDS
Kolkata (WB)



"LycoRed will shine like moon among the stars of antioxidants."

I have used LycoRed as an adjuvant with NSAIDs in the treatment of rheumatoid arthritis and osteoarthritis.

The adjuvant therapy is very effective as compared to plain NSAID"

Dr. Surjit Singh
MS
Korba (Chattis)



"Am using LycoRed in BOH, infertility and PIH cases. So far, patient compliance and results are encouraging"

Dr. S Reshme
MBBS DGO
Gadag (Kar)



"LycoRed has given excellent results in diabetics and immuno-compromised patients"

Dr. P Yavalkar
MS
Pune (Mah)



"LycoRed is a wonderful cell protector. My patients of diabetic neuropathy, general debility, male infertility and pregnancy with IUGR got very good results"

Dr. H V Sudhamani
MD
Bangalore (Kar)



"Exemplary improvement seen in the patients of oligospermia with 1 bd dosage for 60 days."

In 30 patients with submucous fibrosis, aphthous stomatitis and lichen planus, the results were remarkable"

Dr. Lokesh Sharma
MBBS
Vikasnagar (Uttran)



"LycoRed is very effective in leukoplakia and mouth ulcers of chronic nature. It is very effective as an adjuvant to systemic therapy"

Dr. Rameshwaram Sharma
MD FUICC
Jaipur (Raj)



**Extend
the
Protective power
of
LycoRed
to**



Infertile couples

Males: 2bd daily
Females: 1bd daily

LycoRed softgels



"In my patients of malignant tumors, I have added LycoRed to other form of symptomatic treatment. It brings about a sense of general well - being and decreases suffering.

I am also prescribing LycoRed as a supplement in a variety of situations in my oncology practice with good results"

Dr. Joydeep Purkayastha
MD
Guwahati (Ass)



"LycoRed has given unexpectedly very good results in 7 out of 10 patients of IUGR and pre-eclampsia and also has good role in the treatment of infertility"

Dr. Kiran B Marathe
MD
Devagad (Mah)



"Used LycoRed for fibroadenoma of breast for one month. Excellent response, patients came back with no pain and lump"

Dr. Iqbal Kaur
DGO
Yamuna Nagar (Har)



"I have advised LycoRed in patients suffering from diabetes and hypertension. There is good acceptability.

The fact that patients want to continue with LycoRed has often surprised me"

Dr. M S Rajanna
MD
Bangalore (Kar)



"As a surgeon, LycoRed has proved to be an essential part of my prescriptions for the patients of pre-cancerous and suspicious oral mucosal lesions"

Dr. Nageshwar
MDS
Yamuna Nagar (Har)



"LycoRed has done wonders in my patients of Koch's chest and COPD. When used as an add on therapy, it improves their quality of life"

Dr. Sudesh Chaudhary
MD
Jalandhar (Pun)



"Personal experience with LycoRed has been extremely fruitful. Besides the patients of macular degeneration, surprising result was noticed in a young girl with optic neuritis"

Dr. Sandhya R
MS DNB
Bangalore (Kar)



"Thanks to LycoRed.

Follow-up with semen analysis in infertile males with oligospermia shows excellent increase in sperm count and motility"

Dr. Sanjay P Pawar
MD
Aurangabad (Mah)



"I am using LycoRed in BPH, degenerative joint diseases and fibroadenoma of breast.

The results are good and encouraging"

Dr. Nisar Ahmad Bhat
MD
Tral (Kash)



"LycoRed is very good for patients of oligospermia, oligoasthenospermia and in those with high risk of developing IUGR or PIH"

Dr. Punam Gupta
MBBS DGO
Panchkula (Har)



**Extend
the
Protective power
of
LycoRed
to**



**Tobacco & alcohol
users**

1 od or 1bd daily

LycoRed softgels

The second revolution

Jagsonpal proudly launches
'Initiative *Infertility*'



All infertile couples in your care need the *proven*

Protective Power of LycoRed

Dosage

Males: 2 bd daily
Females: 1 bd daily

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