

VITAMIN D NEWS

High PSA and Low Vitamin D

A recent study published in the Journal of Clinical Oncology, indicates that vitamin D levels can be a biomarker for spotting aggressive prostate cancer.

“Now we have evidence that suggests that people who have aggressive prostate cancer have lower levels of vitamin D. Vitamin D deficiency is common in men with aggressive prostate cancer... Men with dark skin, low vitamin D intake, or low sun exposure should be tested for vitamin D deficiency when they are diagnosed with an elevated prostate specific antigen (PSA) level or prostate cancer.” said the lead author of this study, Adam Murphy, MD. (Murphy Adam, et al. “Associations between serum vitamin D and adverse pathology in men undergoing radical prostatectomy.” J Clin Oncol)

<http://jco.ascopubs.org/content/early/2016/02/17/JCO.2015.65.1463.abstract>

Vitamin D and Diabetic Neuropathy

Many professions still like to warn us that self-medicating with Vitamin D can be dangerous, and most doctors will only recommend that adults take 1,000IU daily. But, this study shows that some researchers certainly don't have the same fear of overdosing people on vitamin D. This study sought to find out if high levels of vitamin D could be of benefit to those suffering with painful diabetic neuropathy (nerve damage due to insulin resistance).

Researchers tested 143 adults (average age 52), with either type 1 or type 2 diabetes who were all suffering pain due to neuropathy. At the beginning of the study all of the subjects received a single intramuscular dose of 600,000IU of vitamin D, and then they were evaluated every 5 weeks over the course of 20 weeks. About 40% of the subjects were considered to be deficient in vitamin D (less than 20 ng/ml), while the rest had levels considered to be within the normal range at 32 ng/ml, though my research indicates that 50 ng/ml is more likely a normal/healthy range to be in.

The study concluded that subjects received a “significant decrease in the symptoms of painful diabetic neuropathy”. And yes, you read that right: 600,000IU of vitamin D, in one shot. (Abdul Basit, et al. “Vitamin D for the treatment of painful diabetic neuropathy.” BMJ Open Diab Res Care 2016;4) <http://drc.bmj.com/content/4/1/e000148.abstract>

Turmeric Recipe

Thanks to Carole for sending me this recipe for how to effectively use turmeric powder for full benefit. Most people are unaware that the active properties of turmeric are fat soluble, and in India, where it has been used as a spice/medicine for centuries, it is commonly boiled in whole milk to bring out those properties. Supplemental forms of turmeric usually get around this by standardizing the curcumin content, and eliminating the fiber from the plant, making it easier for the body to absorb.

This simple recipe is a way to make turmeric therapeutically effective and easy to incorporate into the diet.

In a saucepan add ½ cup of organic turmeric powder to 1 cup of water (filtered or spring), and gently stir and heat (for 5 – 10 minutes) until you get a thick paste. You can add more water or turmeric to get the right consistency. Next add ½ to 1 teaspoon of fresh ground black pepper, and ¼ cup of either extra virgin olive oil or coconut oil (either refined or virgin will work). Continue stirring until all ingredients are well mixed, then set aside to cool. Keep in a glass jar in the fridge for up to 2 weeks.

A serving is from ¼ to ½ teaspoon, which should ideally be taken 3 or more times daily, if trying to control inflammation or treat a health condition. Otherwise, one may take as much as is palatable in any manner chosen. The turmeric paste can be taken directly off the spoon into the mouth, or mixed with honey, to improve the taste, and eaten this way. Or it can be mixed into hot water, or added to herbal teas, hot milk, or almond milk, with a bit of natural sweetener. It can also be mixed into grains, pasta, soup, or savory dishes, either during the cooking process, or at the table. Also can be blended into smoothies or protein shakes.

Yet Another Reason to Use Turmeric

It is now believed that mycotoxins infect about 25% of the world's cereal crops. Mycotoxins are toxic compounds that form when molds or fungi infect cereal crops, either while they are still growing, or in storage, after harvesting. Mycotoxins are not fully removed by cleaning the grains and cereals, nor are they killed by cooking or processing, so they are common in modern food products. According to a study done in 2014, 41% of breakfast cereal samples were found to be contaminated with one of the worst mycotoxins: aflatoxin. (Iqbal SZ et al, Assessment of aflatoxins, ochratoxin A and zearalenone in breakfast cereals. Journal Food Chem. 2014 Aug 15;157:257-62.) <http://www.ncbi.nlm.nih.gov/m/pubmed/24679779>

Aflatoxins are commonly found in cereals and nuts, and it was a big news story a few years ago when it was revealed that most peanut butter was contaminated with it (organic being no safer than commercial peanut butter). Aflatoxins are linked to causing liver disease and liver cancer in animals and humans.

But, a previous study, from 1997, offered some hope. This study determined that certain foods stuffs could protect the body from damage from aflatoxins, and they included ellagic acid (from pomegranate), garlic, **turmeric** and curcumin (the isolate from turmeric). (K.B. Soni et al, Protective effect of food additives on aflatoxin-induced mutagenicity and hepatocarcinogenicity, Cancer Letters Volume 115, Issue 2 , Pages 129-133, 19 May 1997) [http://www.cancerletters.info/article/S0304-3835\(97\)00471-1/abstract](http://www.cancerletters.info/article/S0304-3835(97)00471-1/abstract)

Hmmm, makes me think that a combination of peanut butter and turmeric paste would be a good idea. Any entrepreneurs out there are welcome to use my idea.

For an interesting take on mold, fungus, and mycotoxins check out my latest series of blogs titled “The Real Cause of Alzheimer’s Disease.” <http://nutristart.com/the-real-cause-of-alzheimers-disease/>

Reading and Viewing

Dr. David Perlmutter is a neurologist, and the author of **Grain Brain**, about how damaging refined carbs, grains, and especially gluten, are to our general health, but especially how they affect our brains. His new book is called **Brain Maker**, subtitled “The Power of Gut Microbes to Heal and Protect Your Brain for Life.” Since NutriStart has just released our own product to support good gut microbes (Lactospore Microflora), I thought I would include some material from an expert in the field.

Research has clearly shown that the health of our brain is intimately tied to the state of our microbiome. In this video Dr. Perlmutter, author of Brain-Maker, talks to Steve Paikin about the link between the stomach and the brain. www.youtube.com/watch?v=ClcENEEqn3A

For more information from Dr. Perlmutter, and a more detailed look at his books, visit his website. <http://www.drperlmutter.com/>