

PARKINSON'S DISEASE AND COQ₁₀

TO YOUR HEALTH

**REFLUX MEDS:
HELP OR HARM? 2**

**CAN DIET SODAS
MAKE YOU FAT? 4**

**HEALTH
QUESTIONNAIRE 5**

**BOWEL FLORA AND
ANTIOXIDANT
STATUS 6**

Parkinson's disease is a progressive, chronic neurologic disease that affects half a million Americans. A study that appeared in the *Archives of Neurology* (October 2002, Vol. 59, No. 10, pp. 1541-1550) looked at the effect supplementation with CoQ₁₀ (coenzyme Q₁₀) had on patients with Parkinson's disease. CoQ₁₀ is necessary for energy production in the cell, and it works as an antioxidant to protect cells from chemical damage.

Earlier studies have demonstrated that coenzyme Q₁₀ levels are reduced in the cells of patients with Parkinson's disease and that cellular energy production in these patients is impaired. Studies on animals have shown that CoQ₁₀ supplementation can protect the area of the brain that is affected by Parkinson's disease.

A separate study looked at 80 patients with early-stage Parkinson's disease. All of the subjects had classic symptoms, tremor, stiffness and slowed movement. The subjects

were divided into four groups. One group received a placebo (containing only vitamin E), with the other three groups getting vitamin E and either 300 mg/day, 600 mg/day or 1,200 mg/day of CoQ₁₀. The subjects were evaluated one month after the initiation of treatment and for every four months thereafter (for a total of 16 months).

Side effects from the CoQ₁₀ were mild, and all subjects were able to stay on the original dose. Also, the percentage of subjects reporting side effects were the same for both the treatment and the placebo groups. The groups receiving 300 mg/day and 600 mg/day of the CoQ₁₀ developed less disability than the placebo group. The subjects who received 1,200 mg/day of CoQ₁₀ had 44% less decline in motor function, mental decline and the ability to perform tasks necessary for daily living.

REFLUX MEDS: HELP OR HARM?

A study performed on mice showed that acid suppressing medications (proton pump inhibitors, like Prilosec and Prevacid) may actually aggravate the conditions that they are designed to treat. The stomachs of mice treated with these drugs developed more inflammatory changes and had greater bacterial infestation than those who were not treated (when the researchers treated normal mice with the proton pump inhibitor omeprazole for two months, they noticed that these mice also developed stomach inflammation that was due to bacterial overgrowth).

Bacteria cause an inflammatory response in the stomach, which in turn causes the over production of hydrochloric acid. The bacterial infestation causes the production of chemicals called cytokines. These cytokines causes the production of a hormone, called gastrin. The acid producing cells of the stomach, called parietal cells, produce hydrochloric acid in response to the gastrin production. The acid production is the body's defense mechanism designed to kill the invading microbes. Interfering with acid production by using omeprazole interferes with the body's defense against these bacteria.

The researchers compared responses in normal mice with mice genetically unable to produce gastrin. When treated with antacid drugs, both groups of mice showed increased inflammatory changes and increased bacteria. Antibiotic treatment resolved gastritis in mice being treated with antacid medication. Low hydrochloric acid and increased inflammation caused increases in G-cells (cells that produce gastrin) and in parietal cells (cells that produce hydrochloric acid). This elevation in the number of G-cells and parietal cells correlated with inflammation, and not with stomach acidity.

One of the researchers, Juanita L. Merchant is quoted as saying, "In treating patients with gastrointestinal disorders, physicians usually aim to increase the pH of the stomach, particularly in patients who are in the intensive care unit, to try to protect their stomach linings from ulceration, which physicians initially believed was due only to stomach acid. There is also the dogma that most ulcers are due to infections by *Helicobacter*. But one important take-home point from our papers is that you don't want to block acid

WholeHealthWeb.com

Whole Health Web is a site designed to teach people about the value of natural health care.

Our goal is to inform you and to help you to start a conversation with your doctor about natural health care.

Most of our articles are about scientific research. We will also provide opinion pieces provided by natural health practitioners.

Visit us often, as we are continually adding new content

secretion over the long term just to treat either the bacterial overgrowth or the *Helicobacter* infection, because that's going to potentially create other problems.”

Interestingly, the increase in acid does not inhibit *Helicobacter pylori*. A low-acid environment will inhibit *Helicobacter*. *Helicobacter* has been linked to gastritis, ulcers and cancer. The interest in suppressing acid is born of the idea that to do so is necessary to suppress *Helicobacter*. The researchers point out that other bacteria can also cause gastritis and cancer. “In general, the medical community needs to think more broadly about chronic infections in the stomach, colon, bladder and liver, because inflammation in all of these organs can lead to cancer,” Merchant said. “*Helicobacter* has quite correctly been labeled as a significant carcinogen, but our papers emphasize that other organisms can also cause chronic gastritis that may ultimately lead to cancer.” The research appears in the January 2002 issues of *Gastroenterology and the American Journal of Physiology – Gastrointestinal and Liver Physiology* by HHMI investigator Juanita L. Merchant and colleagues at the University of Michigan.

Got Health Questions? We've Got Answers!

Now more than ever before, it's important to take an active role in our own health care. But with the masses of information out there, how do you know what you can trust?

Whole Health Web offers free, reliable, scientific-based answers to the top health questions facing Americans today. Our articles and information are based on years of clinical research, experience and the most trusted sources for health information.

So, if you've got questions about your health, then look no further. Whole Health Web is your complete resource for reliable, accurate information.

[Click here](#) to visit [Whole Health Web](#) now to get access to a variety of free resources and information.



CAN DIET SODA MAKE YOU FAT?

Dieters, in their quest to consume fewer calories, often opt to drink diet soda instead of sodas with sugar in them. Is this a good strategy? It turns out that drinking diet soda may not be a very good strategy for losing weight. Research was performed at the University of Texas Health Science Center San Antonio (and presented at the June 25, 2011 American Diabetes Association's Scientific Sessions) found a connection between diet soda consumption and girth.

The researchers monitored 474 subjects between the ages of 65 to 74 years for nearly a decade. They measured the weight, height, and waist circumference of the subjects every 3.6 years. They also kept track of diet soft drink intake.

They found that the weight and waist circumference of the subjects increased proportionally to the amount of diet soda consumed. "On average, for each diet soft drink our participants drank per day, they were 65 percent more likely to become overweight during the next seven to eight years, and 41 percent more likely to become obese," said Sharon Fowler, who was a faculty associate in the division of clinical epidemiology in the Health Science Center's department of medicine at the time.

The fact that something that does not have any calories can actually cause weight gain may change how we think about calories and weight loss. Another study, presented at the same meeting by Sharon Parten Fowler, Ganesh V. Halade, and Gabriel Fernandes showed a connection between aspartame consumption and weight gain in mice. Mice fed food that was high in aspartame (an artificial sweetener sold under the brand name Nutrasweet) actually had higher blood sugar levels than mice not fed aspartame. Fowler postulated that aspartame could trigger an increase in appetite, but it does nothing to satisfy it. It can also interfere with the body's ability to feel full and can cause overeating.

The taste buds may perceive that the drink is sweet, but the brain knows the difference. One study found that women could not tell the difference between sugar and Splenda in taste tests. When the brain was viewed with functional MRI scans, it was determined that the brain's reward center responded more completely to sugar than to artificial sweetener. "Your senses tell you there's something sweet that you're tasting, but your brain tells you, 'actually, it's not as much of a reward as I expected,'" stated Dr. Martin P. Paulus, a professor of psychiatry at the University of California San Diego and one of the authors of the study.

"Education is what remains after one has forgotten everything he learned in school."

Einstein

HOW HEALTHY ARE YOU?

FINDING OUT IS EASY AS 1, 2, 3!

Right Now, You Can Take Advantage Of Our Free Online Health Assessment Tool.

JUST FOLLOW 1, 2, 3!

1. Visit our website to take the **FREE** online health assessment.
2. Print the results.
3. Bring your results to your natural health practitioner.

TAKE OUR FREE ONLINE HEALTH ASSESSMENT NOW!

Visit: www.WholeHealthWeb.com
And Take Your Free Health Assessment Now!



WholeHealthWeb.com

Visit often as we are continually adding new content

Disclaimer

All content found in this newsletter and on the WholeHealthWeb.com website, including: text, images, audio, or other formats were created for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this website. Links to educational content not created by WholeHealthWeb.com are taken at your own risk.

We are not responsible for the claims of external websites and education companies.

BOWEL FLORA IMPROVE ANTIOXIDANT STATUS

According to research appearing in the *Proceedings of the Nutrition Society* (2007, Volume 66) supplementing with prebiotics and probiotics can improve antioxidant status. Prebiotics are supplements that feed normal bowel flora, like fructo-oligosaccharides. Probiotics are supplements that actually contain the desirable flora.

Improving antioxidant status protects the body against oxidative stress. Oxidative stress is a threat to health. It can be at the root of serious diseases like heart disease and cancer, or simply make you fatigued. Oxidative stress is caused by chemicals in both the diet and the environment. Many of these chemicals produce free radicals,

which are electrons that are not tightly bound to the molecule. These electrons interact with the body. Think of the chemicals as electronic “bullets”. Antioxidants are the body’s “bullet-proof vests”. Free electrons cause damage to tissue and inflammation. This can seriously undermine your health. Oxidative stress can be measured by looking at certain biomarkers

In a double-blind, placebo controlled study, one group received maltodextrin as a placebo, while the other group received a combination of probiotics and prebiotics for three weeks. The group receiving the pre- and probiotics enjoyed improvement in the biomarkers or oxidative stress.