



# Health Bits & Pieces

By Dan Kenner, Ph.D., LAc



◆ **Prostate Cancer & Vitamin K.** A recent study of 250 prostate cancer patients taking Vitamin K2 and 494 matched controls demonstrated that Vitamin K2 consumption may reduce the risk of advanced-stage and high-grade prostate cancer. Vitamin K2 is also known as menaquinone. [Nimptisch K et al., “Serum Undercarboxylated Osteocalcin as Biomarker of Vitamin K Intake and Risk of Prostate Cancer: A Nested Case-Control Study in the Heidelberg Cohort of the European Prospective Investigation into Cancer and Nutrition,” *Cancer Epidemiol Biomarkers Prev.*, 1/09]

◆ **Green Tea and Exercise Reduce Belly Fat.** Many individuals have found abdominal fat to be the toughest to eliminate. Yet, a twelve-week-long study involving 132 adults showed that those study subjects who drank green tea catechins and engaged in moderate exercise lost more total abdominal fat and abdominal subcutaneous fat than did the control group that only drank the control beverage and engaged in moderate exercise. Green tea (*Camellia sinensis*) has long been known as a weight-loss aid, but the mechanism by which it acts is still not fully studied. [Maki KC et al, “Green Tea Catechin Consumption Enhances Exercise-Induced Abdominal Fat Loss in Overweight and Obese Adults,” *J. Nutrition*, 2/09]

◆ **Breast Health through Healthy Living.** Healthy weight and low stress are two key factors in maintaining good breast health. In a pilot study of 647 women having a sister with breast cancer, researchers analyzed telomere length (the shorter the telomeres the less life theoretically remains). The National Institute of Health conducted the study as a precursor to a much fuller study of 50,000 women to determine how environmental and genetic factors could influence the onset of breast cancer. What they found was that obesity and feeling stressed can shorten telomere length and thereby accelerate the aging process. [Kim S, Parks CG, DeRoo LA., Chen, H, Taylor JA, Cawthon RM, Sandler DP, “Obesity and Weight Gain in Adulthood and Telomere Length,” *Cancer Epidemiology Biomarkers & Prevention* 2009;18(3):816-20 March

2009; Parks CG, Miller DB, McCanlies EC, Cawthon RM, Andrew ME, DeRoo LA, Sandler, DP. “Telomere Length, Current Perceived Stress, and Urinary Stress Hormones in Women,” *Cancer Epidemiology Biomarkers & Prevention* 2009; 18(2): 551-560. February 2009]

◆ **Sunscreens Block Vitamin D Production in Skin.** Vitamin-D deficiency has garnered the attention of leading scientific and public health organizations. *The Archives of Internal Medicine* has reported that over 75% of Americans have Vitamin-D insufficiency. [*Archives of Internal Medicine*, 2009;169(6):626-632] And last Fall, the American Public Health Association called Vitamin-D deficiency/insufficiency “a major public health concern for both children and adults in the United States.” [See <http://www.apha.org/advocacy/policy/policysearch/default.htm?id=1367>] Yet, nearly 64% of Americans surveyed are unaware that sunscreen hinders the body’s ability to produce Vitamin D – a nutrient found to support the immune system, bone strength, and colon health, amongst many other things. [Wellesse survey 2009]

◆ **Metabolic Syndrome & Vitamin D.** Metabolic syndrome, also known as pre-diabetes, is more likely to occur in people with low serum levels of Vitamin D according to a recent study. The lower a person’s level of serum Vitamin D is, the higher the prevalence of developing metabolic syndrome according to a new study. Vitamin D, which is fat-soluble, can be stored in fatty tissue and thus made unavailable in the blood where it is physiologically active. [Maki KC, MR Rubin MR, LG Wong, JF McManus, CD Jensen, JW Marshall, A Lawless, “Serum 25-hydroxyvitamin D is independently associated with high-density lipoprotein cholesterol and the metabolic syndrome in men and women,” *Journal of Clinical Lipidology* , 21 July 2009 (10.1016/j.jacl.2009.07.003)]

◆ **Curcumin & Breast Tumors.** Curcumin, the active ingredient and pigment in the herb turmeric, decreases

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“The analogy I use is like my car’s not running very well, so I’m going to ignore the engine which is the Sun and I’m going to ignore the transmission which is the water vapor and I’m going to look at one nut on the right rear wheel which is the human produced CO<sub>2</sub>. The science is that bad.”

The last word goes to former environmentalist Paul Driessen, who observes that, “The theory of man-made global warming is now so firmly entrenched, the voices of opposition so effectively silenced, it seems invincible, untroubled by any contrary evidence, no matter how strong. The global warming alarm is now beyond reason.” He then adds that, “There will still be people who believe that this is the end of the World particularly when you have, for example, the chief scientist of the UK telling people that by the end of the Century the only habitable place on the Earth will be the Antarctic. And humanity may survive thanks to some breeding couples who moved to the Antarctic. I mean this is hilarious. It would be hilarious actually if it weren’t so sad. We imagine we live in an age of reason and the global warming alarm is dressed up as science but it’s not science, it’s propaganda.”

The problem, though, is not scientific. When apparently-authoritative scientists stand up and make claims, supported by a rent-seeking media, people tend to believe them. Moreover, because such claims invariably support the interventionist tendencies of governments and

politicians, there is a natural bias towards accepting that which legitimizes the intervention. This is what is known as the beneficial crisis. With no countervailing force, we get the build-up of a scare dynamic, which then dominates public policy even (or especially) where the scientific foundation is hopelessly flawed.

In the fullness of time, the scare will dissipate – scares always do – leaving a trail of wreckage behind it. Looking back, we will view the claims of pending Armageddon with amused puzzlement, wondering how people could have been so stupid as to have accepted such crazy alarms.

By then, of course, we will all have moved on to yet another scare, and another, each of which will have seemed every bit as plausible and rational as did global warming at the time. But each time we will have forgotten how easily we were gulled by that which we now deride, and each time Mankind emerges the poorer. 

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*Richard North is the co-editor of EU Referendum, watched this documentary, and has graciously shared this review with us that was originally written for Pajamas Media but also found on the Dutch libertarian website [www.vrijspreker.nl](http://www.vrijspreker.nl). See also <http://www.littlegreenfootballs.com/weblog/?entry=24760> *The Great Global Warming Swindle&only*. From <http://www.vrijspreker.nl/wp/2007/03/the-great-global-warming-swindle/>.*

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the risk of developing progestin-accelerated breast tumors in post menopausal women who have received hormone replacement therapy (HRT). Curcumin has shown that it can inhibit the secretion of VEGF (vascular endothelial growth factor), which helps create the blood vessels that supply tumors with nutrients, in breast cancer cells. This counteracts the effect of hormones such as progestin, used in HRT, which are known to increase production of VEGF. [Carroll CE, I Benakanakere, B Besch-Williford, MR Eilersieck, SM Hyder, “Curcumin delays development of medroxyprogesterone acetate-accelerated 7,12-dimethylbenz[a]anthracene-induced mammary tumors,” *Menopause*, 22 July 2009 doi: 10.1097/gme.0b013e3181afcce5]

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◆ **Vitamin D3 & Curcumin Remove Amyloid Proteins.** Vitamin D3 and curcumin in combination may also help eradicate amyloid protein plaques associated with Alzheimer’s disease. In Alzheimer’s Type 1 patients, who respond to curcuminoids, immune cells called macrophages are activated to clear out the amyloid proteins that are thought to cause the brain degeneration. [Masoumi A, B Goldenson,

S Ghirmai, H Avagyan, J Zaghi, K Abel, X Zheng, A Espinosa-Jeffrey, M Mahanian, PT Liu, M Hewison, M Mizwicki, J Cashman, M Fiala, “1,25-dihydroxyvitamin D<sub>3</sub> Interacts with Curcuminoids to Stimulate Amyloid Clearance by Macrophages of Alzheimer’s Disease Patients,” *Journal of Alzheimer’s Disease*, 2009 Volume 17(3): 703-717. 10.3233/JAD-2009-1080]

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◆ **Green Tea Reduces Blood & Lymph Cancers.** Green tea consumption may reduce the risk of blood and lymph-based cancers by about 50 per cent. Five cups of green tea a day appears to reduce blood-borne malignancies by 42% with a 48% reduction in risk of lymph-related cancers. EGCG, short for epigallocatechin gallate, is the antioxidant associated with its cancer preventive and immune-protection properties. [Naganuma T, Kuriyama S, Kakizaki M, Sone T, Nakaya N, Ohmori-Matsuda K, Hozawa A, Nishino Y, Tsuji I, “Green Tea Consumption and Hematologic Malignancies in Japan,” *American Journal of Epidemiology*, doi:10.1093/aje/kwp187. Advance Access published online on July 29, 2009] 