

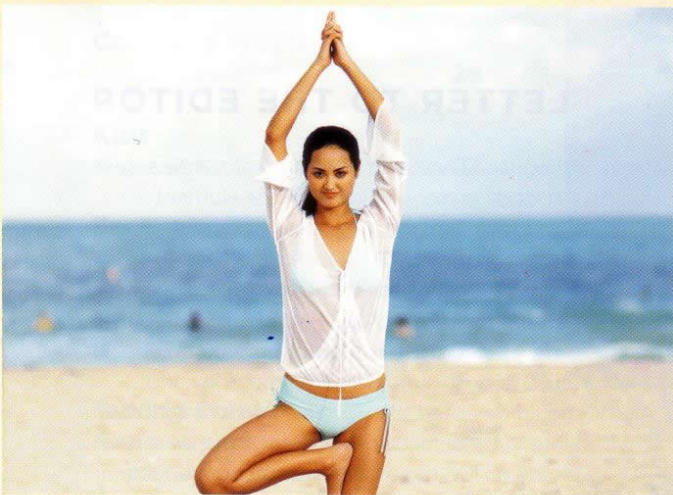
Soy sauce is good for the heart

Researchers from the National University of Singapore have discovered that dark soy sauce can reduce the risk factors for cardiovascular disease (CVD).

Dark soy sauce has anti-oxidant levels much higher than vitamin C, E and red wine. The recent study found that dark soy sauce also reduced levels of the compounds F2-isoprostanes, a product of free-radical oxidation that is related to smoking, CVD, obesity and diabetes. The study randomly assigned 24 healthy volunteers with an average age of 23 to eat 30 ml of dark soy sauce with a 200 g serving of plain boiled rice. After four hours the volunteers in the non-placebo group had 16 per cent lower levels of F2-isoprostanes, and diastolic blood pressure was also lowered.

Nutritional supplements for arthritis

Research from the Southwest College of Naturopathic Medicine and Health Sciences in Arizona has strengthened the evidence that methylsulfonylmethane (MSM), an ingredient commonly used in nutritional supplements, improves pain and other symptoms associated with knee osteoarthritis (OA). Fifty subjects who met the American College of Rheumatology criteria for knee OA took part in a 12-week randomised, double-blind placebo-controlled trial. The group who took MSM supplements, starting off at 2 g/day and building up to 6 g/day, had significantly improved physical function and less pain compared to the placebo group.



Relieve stress with yoga

Women experiencing high levels of stress would benefit from starting a regular Iyengar yoga practice. Twenty four volunteers who reported experiencing emotional distress on more than half the days over a three-month period took part in a non-randomised, controlled trial carried out by various European and American research centres. The women, who were from Germany with an average age of 38, were divided into two groups. The first group attended two 90-minute yoga classes every week for 12 weeks, whereas the control group maintained their routine activities without starting any exercise or stress-reduction program. Compared to the control group, the women in the first group reported significant improvements in perceived anxiety, vigour, fatigue and depression. Physical well-being also improved.

Olive leaf extract may prevent inflammation

Researchers from Southern Cross University have discovered that olive leaf extract can produce inhibitory activity against key factors in the inflammatory process. These findings suggest that olive leaf extract has future potential in fighting diseases that involve inflammation, for example, arthritis. More additional laboratory work is required to confirm the findings, which will be followed by extensive clinical trials. The findings follow previous research that confirmed olive leaf extract had a 400 per cent higher anti-oxidant capacity than vitamin C and almost double that of green tea and grape seed extract.

