



This Month

Naturopath News

Breakfast Booster

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melrose

Lignan
Life



Geoff's Letter

Dear Friends,

You will have noticed that Fish Oil is now being promoted very strongly for its anti-arthritis properties as well as heart health. This has raised a controversy between fish (EPA / DHA) v flax (ALA) and which is best. On the basis of world research there have been many more studies on fish than flax, however this is not to say that there has been insufficient studies on flax. As we have a foot in both camps and from our own studies of research papers, we can say that fish oil EPA/DHA and flax ALA each have a part to play in cardiovascular health. I liken fish oil consumption to shot gun therapy – a quick fix - usually over some weeks, whereas flax takes time, usually over a few months, but the end result is the same. Indeed, one of the most interesting studies on ALA took place in Lyons France and is called the Lyons Heart Study.

In this study, 600 people who had had one heart attack, were divided into two groups of 300. Group 1 were told to follow the American Heart Association Diet as a guide and Group 2 were each given every week a tub of spread, like our OmegaCare, containing ALA from Canola. No other spread was permitted. Where possible, fish, fruit and vegetables were to be increased. Both groups were to continue with their prescribed medication.

At 4 months into the trial, researchers noted that there were significantly fewer deaths in Group 2. At 24 months the trial was stopped as it was unethical to continue as there had been 24 deaths in Group 1 and only 6 deaths in Group 2, with most of these occurring in the first 4-5 months. The trial and results were published in the *Lancet* in 1994.

In our library, we have numerous studies on ALA, including heart health, anti-arthritis benefits, reducing the risk of stroke and improving skin condition. The end result could be a draw with both fish and flax providing health benefits to sufferers of cardio-vascular disease and arthritis.

Lignans and breast health. We are excited by the contribution RMIT PhD student Leah Williamson has made in her studies on lignans and breast health. Elsewhere in this Newsletter is a Press Release on the presentation of her research at several overseas and local conferences. The full context of her research will, we hope, appear in a peer review journal later this year. Meanwhile the press release is on the web and has already appeared on several scientific sites. We are hopeful that the Australian press and magazines will pick up the story and publicise the contribution Leah has made to women's health.

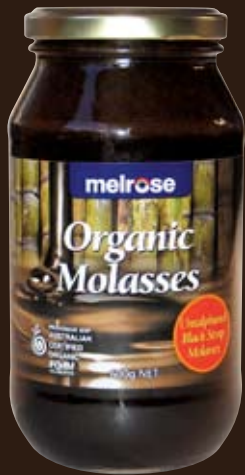
The CHC Expo at Darling Harbour. I must report that after visiting the recent CHC Expo, I see little future in continuing with this event. It is obvious that the trade do not support the event in its present form and it is difficult to see how it can recover the interest of earlier years. At the same time, several off-shoots have done remarkably well, including the Organic Expo and the Wheat Free- Gluten Free Expo.

Regards,



Melrose Organic Molasses

Unsulphured Black Strap Molasses



Black Strap Molasses is made from Sugarcane. The roots of the sugar cane are deep and therefore able to receive a broad spectrum of minerals and trace elements. Black Strap Molasses is the liquor left after the removal of the crystallised sugar.

Melrose Organic Molasses available in 600g

New Product

Organic Golden Flaxmeal Powder

Melrose Golden Flaxmeal is 100% organic Flaxseed meal from Australia. Flaxseed meal is high in omega 3 essential fatty acids, plant lignans and dietary fibre.

Suggested use: Melrose Golden Flaxmeal can be sprinkled over cereals, fruit and yoghurt or stirred into water or juice. Golden Flaxmeal can be taken daily. Always ensure it is taken with adequate fluids.



The high content of fibre in Melrose Golden Flaxmeal is known to support the gentle cleansing of the bowel and may be taken on a daily basis without the worry of dependency. Soluble and insoluble fibre and mucilage aids regular bowel movement without cramping or bloating. Golden Flaxmeal is a valuable source of Omega 3 fatty acids.

Golden Flaxmeal Org available in 500g

New Product

Aldo's Extra Virgin Olive Oil, an Australian Olive Oil made with Organic Olives

A lovely tasting olive oil from Aldo's farm
(He also supplies our delicious Black and Green Olives)

Aldo's Extra Virgin Olive Oil available in 500ml



Breakfast Booster

One thing that most diet regimes do agree with is the importance of breakfast. Breakfast powers up your body and your brain. With Melrose Breakfast Booster you can turn any breakfast cereal or juice into an energy boosting start to your day.

Melrose Breakfast Booster is a unique combination of Flax and Soy, Barley Grass, Almond and Brazil nuts and herbs that are chosen to reflect the evidence of many years study of scientific evidence in the field of nutrition and wellbeing. Formulated from wholefoods and wholefood concentrates to provide optimum health.

This combination offers a balance of essential fatty acids Omega 3, 6 and 9 and an abundant source of antioxidants, minerals and phytoestrogens. Breakfast Booster is vital for your body's nutritional needs.

Breakfast Booster is:

- Wheat and Gluten free
- Cholesterol free
- Vegetarian

The most prominent ingredients are Flaxmeal, Soy flour, Barley Grass powder, Brazil and Almond meal and Sunflower meal.



Available in 450g black plastic tub

Flaxseed Meal

Flaxseed is unique among plants because of its exceptionally high lignan content. Plant lignans are precursors of the mammalian lignans, primarily enterodiol and enterolactone. A number of studies have reported links between increased dietary lignan intakes, and increased level of enterolactone and enterodiol and maintenance of breast health, prostate health, and reduced hair loss.

Flaxmeal has 11% soluble fibre and 22% insoluble fibre, which aid bowel movement and thereby contribute to colon health.

Flax meal also contains a significant percentage of Omega-3 ALA to provide a heart benefit through its ability to disperse platelet aggregates in the blood. Omega-3 ALA is also the precursor of the fatty acid EPA (Eicosapentanoic acid) which promotes anti-inflammatory pathways.

Soy flour

Soy is a recognized source of the isoflavonoids: diadzein and genistein. Our Soy Flour has been pre-cooked prior to inclusion. The phytoestrogens in soy help prevent osteoporosis by increasing bone density and may also alleviate the hot flushes associated with the female menopause.

Brazil Nuts

Brazil nuts are the richest natural source of the antioxidant selenium, containing up to 20 parts per million of this element. Selenium is an essential trace element in the body and is an important part of antioxidant enzymes that protect cells against the effects of free radicals that are produced during normal oxygen metabolism.

Barley Grass

Barley grass is a concentrated source of vegetable greens, for optimal health. It also contains Chlorophyll for natural cleansing of the blood and support of the immune system.

Sprinkle 1 heaped dessertspoon on breakfast cereal. Mix with juice, water or shakes.

Lignans likely to lessen breast cancer risk

A postgraduate researcher from RMIT University will present the findings of her study into the effects of flaxseed lignans on reducing breast cancer risk in postmenopausal women at a series of prestigious conferences in Europe and Australia.

Leah Williamson, of Food Science and Technology, said that the preliminary results show "that lignans from flaxseed were metabolised in such a way that the potential of cancer-causing estrogens to instigate breast cancer was reduced".

It is believed that the rapid production of breast cells through estrogen stimulation can lead to mutations in the breast cell and its DNA, which can then lead to the development of a tumour.

"Estrogen is like a key which fits the breast cell and stimulates the breast cells to reproduce. Lignans mimic estrogen enabling the cells to reproduce at a much slower rate and therefore reduce the risk of mutations", said Ms Williamson.

"Lignans occur naturally in plant foods and whole grains, but much of these have been eliminated in the highly processed and refined foods of the Western diet."

The study involved two trials with healthy postmenopausal women who were given 50mg or 100mg of purified Lignans (Melrose Lignan Life®) (Secoisolariciresinol diglucoside) or a placebo daily for three seven-week periods over nine months.

Purified Lignan supplements are widely available in Europe and the US, where they are prescribed to reduce postmenopausal systems.

Ms Williamson, whose research was funded by Melrose Health, will present her findings at the:

- International Conference on Lignans Alkylresorcinols and Health, Helsinki, Finland, June 7-9
- 40th Anniversary Australian Institute of Food Science Technology (AIFST) Convention, Melbourne, June 24-27
- 10th European Nutrition Conference, Paris, France, July 10-13.
- Nutrition Society Annual Summer Meeting 2007, University of Ulster at Coleraine, Northern Ireland, 16-19 July.



Melrose Lignan Life is available in 60 tablets

