

Newsletter October 2007 (Special Edition)



melrose

First in Flaxseed Oil

This Month

Naturopath News

Trans Fats

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Living Now - Flaxseed Oil

Expo's

Irritable Gluten Free
Wheat Free Show -
Melbourne Oct 20-21



Geoff's Letter

Dear Friends,

Our PhD student, Leah Williamson, is receiving great reviews on the results of her two and a half year's study of the beneficial effect of Lignan Life on the possible prevention of breast cancer. A press release sent out by RMIT University media headed "International recognition for breast cancer breakthrough" brought an early response from a radio station in Townsville requesting an interview. It was in Townsville that a high percentage of women at the Telstra exchange developed breast cancer and a possible natural preventative received immediate attention.

A copy of the RMIT University Press Release is available on our website <http://www.melrosehealth.com.au/news/>

The other beneficial effect of Lignans, reported in the literature, is to mitigate the 'hot flushes' experienced by many women. Although it was not officially part of the study, some of the participants in Leah's study noticed that their 'hot flushes' returned when they went from Lignan Life to the placebo, as part of the double blind trial. This provided some anecdotal evidence that Lignans were effective in reducing or eliminating 'hot flushes'. About six months ago a friend of mine became interested in these results and his wife phoned to order some Lignan Life tablets. She reported no improvement for two weeks, but then it 'clicked in', as she put it, and she has been taking a tablet a day ever since.

Recently I read about a small study at the Mayo Clinic (USA) involving 29 postmenopausal women who suffered from hot flushes and who chose not to use estrogen. The women were to receive 40 grams of crushed flaxseed daily for a period of six weeks. The participants completed questionnaires regarding the frequency and severity of their hot flushes before and after the trial. The lead researcher and co-workers reported that the frequency and severity decreased 50 percent over the six weeks. The researchers also reported improvements in mood, joint and muscle pain, chills and sweating among the participants. The researchers proposed that phyto-estrogen content in flaxseed – most notably lignans were behind the apparent benefits.

More research is needed but a double blind cross-over trial would seem warranted.

Regards,

Product information

Selected Melrose Prices will increase
from 1st October, 2007



Melrose Essential Greens puts it all together with Organic Barley, Wheat and Alfalfa Grasses with Spirulina and a taste of Lime.

- Energising
- Alkalising
- Detoxifies
- All in one convenient easy to take product

These natural superfoods are full of valuable vitamins, minerals, amino acids, phytonutrients and antioxidants

- Chlorophylls
- Carotenoids
- Omega-3 ALA
- GLA
- Folic Acid
- Superoxide Dismutase
- Soft celled protein
- Minerals
- Fibre
- Disperses in water and juices
- Certified Organic by ACO
- Available in 200g



Yarrah Organic Dog and Cat Food

- Imported from the Netherlands
- Products are environmentally friendly
- Does not contain genetically modified organisms
- Seaweed and Spirulina improve coat condition and resistance to illness



Cat chicken Chunks with Mackerel (foil) 100g
Cat Chicken Chunks with Salmon (foil) 100g
Cat chicken Chunks (can) 415g
Dog Chicken Chunks with Veg (foil) 150g
Dog Chicken Chunks (foil) 150g
Dog Chicken Chunks (can) 415g

Trans Fats the Evil Fat

Different foods contain varying types of fats. It was once thought that all fats were bad and to be avoided, but we now know this is not the case. Fats like Omega 3 polyunsaturated fats like flax and fish are essential for optimal health and actually reduce the risk of health problems. While other fats such as saturated fats increase our risk of heart disease and other conditions. We now also hear a lot about trans fatty acids the "evil fats".

Basically, *trans* fat is made when manufacturers add hydrogen to vegetable oil, a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats. *Trans* fat can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils. Unlike other fats, the majority of *trans* fat is formed when food manufacturers turn liquid oils into solid fats like shortening and hard margarine. A small amount of *trans* fat is found naturally, primarily in some animal-based foods.

Trans fats pose a higher risk of heart disease than saturated fats, which were once believed to be the worst kind of fats. While it is true that saturated fats, found in butter, cheese and beef, raise total cholesterol levels, trans fats go a step further. Trans fats not only raise total cholesterol levels, they also deplete good cholesterol (HDL), which helps protect against heart disease. Trans fat are of major concern because of their unhealthy effect on your cholesterol levels: increasing your LDL and decreasing your HDL cholesterol.

There are two main types of cholesterol: Low-**density lipoprotein (LDL)** or "bad," cholesterol transports cholesterol throughout your body. LDL cholesterol, when elevated, builds up in the walls of your arteries, making them hard and narrow. **High-**

density lipoprotein (HDL) or "good," cholesterol picks up excess cholesterol and takes it back to your liver. A high LDL cholesterol level is a major risk factor for heart disease. If your LDL is too high, over time, it can cause atherosclerosis, a dangerous accumulation of fatty deposits on the walls of your arteries. Recent studies have shown that even a 2% increase in energy intake from TFAs can lead to a 23% increase in the incidence of cardiovascular disease.

How do you know whether food contains trans fat? Look for the words "partially hydrogenated" vegetable oil. That's another term for trans fat. Shortening contains some trans fat.

Food manufacturers in Australia are currently only required to list the presence of trans fatty acids in the nutrition information panel on food labels if the product makes a nutrition claim such as 'no cholesterol' or 'low in saturated fat' on the food. Some companies voluntarily list trans fats on their labels.

Many countries, including the United States, Canada and some European countries, have either placed limits on the permissions for trans fat in processed foods, or, more commonly, mandated labeling requirements. The most notable is Denmark, where legislation restricts maximal industrially produced trans fats to less than 2%. Despite review of the "Australia New Zealand Food Standards Code", labeling of the trans-fat content of food has not been mandated, and consumers and health professionals wishing to reduce their trans-fats intake remain unable to make informed choices.

In Australia, our consumption of TFAs is much lower than in a lot of other countries. Our consumption of saturated fats are still the major contribution to the onset of cardiovascular disease.

Product Information & News



Congratulations to Leah Williamson on being presented with the "New Investigator Award" for presentation in the Scientific abstract stream at the "13th International Holistic Health Conference". Her presentation was judged the best by a panel of the Australian Integrative Medicine Association Board doctors who were present. Her presentation was on her study into the effects of flaxseed lignans on reducing breast cancer risk in post menopausal women.

A new press release was put out in September:

Discovery points to new understanding of breast cancer risk

'Good' estrogen levels can be raised by a dietary supplement

An Australian researcher has discovered that healthy menopausal women can increase their levels of the 'good' estrogen, 2-hydroxyestrone, by taking flaxseed lignan, a natural food supplement.

'There are actually many different types of Estrogen, rather than just one kind,' said Leah Williamson from Melbourne's RMIT University. 'And just like there are good fats and bad fats, and good cholesterol and bad cholesterol, scientists now realize there are good estrogens, that can reduce the risk of a woman developing breast cancer, and bad estrogens, that increase the risk.'

Ms Williamson's trial involved healthy postmenopausal women taking a daily food supplement of flaxseed lignans, then being tested to see if their proportion of good estrogen increased. The trial was randomized, double-blind and placebo-controlled.

'Our goal was to see if we can increase the ratio of good to bad oestrogen, which we achieved.' Ms Williamson said. 'This is a terrific breakthrough: to find a natural way that may reduce postmenopausal women's breast cancer risk.'

The trial has increased interest in the use of flaxseed lignans, which are also found naturally in whole grains, beans and legumes. Lignans, derived from flaxseed, are used in Europe, Canada and US to reduce menopausal symptoms. There are low levels of lignans in today's western diet. Currently there are no daily intake recommendations for lignans.

Ms Williamson's findings have been enthusiastically received in Europe, where she presented her results to a series of prestigious conferences. The British Journal of Nutrition will soon publish an extended abstract, and Ms Williamson was presented with an award for the Best Presentation of a Scientific Abstract at the recent Australian Integrative Medical Association conference.

Ms Williamson's research was funded by Melrose Health.

FOR FURTHER INFORMATION CONTACT:

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