

## Omega Me Healthful

More than 20 million Americans have diabetes and billions of dollars are spent on medication, care and complications each year. The total economic cost for diabetes during 2007 is estimated at \$174 billion. It's clear how devastating this disease can be and yet experts believe the number of people affected will only increase in the coming decades.

In an effort to find ways to improve the lives and health of those with diabetes, a French study was conducted on the effects of omega-3 supplementation in women with type-2 diabetes. Recently published in the American Journal of Clinical Nutrition, the two-month study resulted in a considerable reduction in total fat mass as well as the diameter of fat cells beneath the skin for the women who were given three grams of fish oil daily. The results were not the same for the group given the placebo (paraffin oil).

In addition, risk factors for plaque formation in the arteries were also significantly lowered as a result of the omega-3 supplementation. Not only do omega-3 fatty acids seem to have cardiovascular – among others – benefits for women, but researchers from the University of Colorado at Denver report that children at high risk for developing type-1 diabetes can protect themselves by consuming omega-3 fatty acids from fish.



**Fortify Your Health.** For older adults (ages 51-70), warding off depression may be as simple as consuming enough vitamin D, a recent study purports. The results of the study seem to suggest that lower levels of the vitamin coincide with an increased rate of depression. The best ways to get vitamin D include 15 minutes in the sun every day, a high quality supplement, foods that are fortified with vitamin D such as milk and from natural sources such as salmon, cod liver oil and tuna. It is suggested that this age group get 400 IU of vitamin D every day.

## Muscle Benefits of CoQ10

Adding to recent excitement about the potential benefits of co-enzyme Q10 (CoQ10), research from Japan unveils that consumption of the coenzyme may help to reduce muscle wear and tear in athletes. A group of elite Japanese kendo athletes were utilized for the study. Those who consumed the CoQ10 for 20 days showed a significantly lower amount of creatine kinase and lipid peroxide, both of which are signs of muscle damage, than those who were given a placebo.

CoQ10 has been compared to vitamins because of its properties, but is actually naturally created within the body. So, why would anybody need to take it? Well, after age 20, your body begins to produce less of the coenzyme. Since the vast majority of energy – adenosine triphosphate or ATP – your body requires is converted with the help of CoQ10, it's very important to keep levels of the coenzyme up. In addition to helping keep those energy levels high, CoQ10 is also a powerful antioxidant and helps maintain levels of vitamins E and C.

