



The future is here!

# The LycoRed Herald

Your mirror to the emerging world of 'Wellness'

Vol 3 # 4

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It's a mad, mad, mad world!

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### Dear Doctor,

A man begins his life without desire (as an infant), goes through life's tribulations and eventually, through spiritual evolution, once again becomes free of desires as a man of realization. Every now and then, new aspects of life are brought under the purview of 'management'.

The first aspect of life management is desire management. Desire *per se* is neither trouble nor a cause of bondage, but when it increases in quantity and decreases in quality to unmanageable levels, it can destroy us.

Our scriptures divide our life into four stages:

- **Brahmacharya ashrama** or student life - the foundation here is discipline.
- **Grihastha ashrama** or householder's life - is the cornerstone of service.
- **Vanprastha ashrama** or spiritual life signifies retirement from worldly things but commitment to deeper spiritual pursuits.
- **Sanyasa ashrama** or renunciation is the giving up of all likes, dislikes, desires and ego.

One can be totally free of desires only when one is full within. When the heart is full, so seems the stomach too. When people are very happy or thrilled about something, they do not notice hunger.

If each stage of life is lived by its founding principles, desire management will be spontaneous. We move through discipline, spirit of service and achieve the transcending of desire to reach the state of desirelessness.

Let us jointly propagate this message through 'Initiative Wellness'.

(Sanjiv Dudeja)  
General Manager

## Bulletin Board

### ACCLAMATION

March 15, 2006



### Reduction of Blood Pressure with LycoRed

American Botanical Council, an independent, nonprofit educational organization has reviewed the study where lycopene contained in LycoRed has been documented to lower hypertension!

Natural antioxidants from tomato extract reduce blood pressure in patients with Grade-1 hypertension, as per double-blind, placebo controlled pilot study.

The study reports reduction in both systolic and diastolic BP, when patients of Grade I hypertension were given 8-week LycoRed therapy.

*Am Heart J. 2006; 100:e1-e6.*

### Our comment

World acclaimed lycopene in LycoRed should form a vital part of 'Initiative Wellness' for newly diagnosed borderline hypertensives.



### Tiger poo works



Australian researchers have successfully tested pest repellent made of tiger excrement, which worked on goats, pigs, kangaroos and rabbits.

### Noises to annoy

A new device, Sonic Teenager Deterrent, emits an extremely high-pitched noise which sounds like a very angry insect or, alternatively, a very badly played violin. Those who can hear it find so uncomfortable that they have to leave the vicinity.



### Funeral wedding



A US couple got married at a funeral home in Ohio where they had met two years ago while mourning the death of a spouse.

### Beer on tap

A Norwegian woman thought she was in heaven when beer flowed from the taps in her apartment after a bar - two floors down got its pipe connections mixed up.



### Extra mileage



Three women in the Dubai Marathon had their prize money increased after running four kilometers further than others because they got wrong directions.

### Flying death

A Singaporean teenage guitarist got so carried away while bouncing up and down on his bed mimicking a rock star that he flew out of a third floor window to his death.



### Toilet fight



A Florida man has confessed to bludgeoning his roommate to death with a hammer after an argument started over an empty roll of toilet paper.

### Boxed alive

Masked burglars in Kazakhstan locked a funeral parlour employee in a coffin and kept him there unconscious while rummaging for cash in the shop.



### Armless driver



A New Zealand cop stopped a motorist for speeding at 121 kmph and found that he had no arms. He was using one foot to steer and the other to operate the pedals.

### Cell phone designed for dogs

A U.S. company has developed a mobile phone in a bid to reduce those feelings of despair, by inventing a cell phone so that dogs and their owners can communicate when they are away from each other.



The owner dials their pooch's number and after one ring, it automatically connects to the phone on the dog's collar, allowing the dog to hear its master's voice, transmitted out of a speaker built into the collar-piece.

### Lycopene possesses antimetastatic properties

Hwang ES et al

#### Inhibitory effects of lycopene on the adhesion, invasion and migration of SK-Hep1 human hepatoma cells.

*Exp Biol Med (Maywood); 231(3):322-7, Mar 2006*

Lycopene, which is the predominant carotenoid in tomatoes and tomato-based foods, may protect humans against various cancers. Effects of lycopene on the adhesion, invasion, migration, and growth of the SK-Hep1 human hepatoma cell line were investigated.

Lycopene inhibited cell growth in dose-dependent manners, with growth inhibition rates of 5% and 40% at 0.1 microM and 50 microM lycopene, respectively, after 24 hrs of incubation. Similarly, after 48 hrs of incubation, lycopene at 5 microM and 10 microM decreased the cell numbers by 30% and 40%, respectively.

Lycopene decreased the gelatinolytic activities of both matrix metalloproteinase (MMP)-2 and MMP-9, which were secreted from the SK-Hep1 cells. Incubation of SK-Hep1 cells with 110 microM of lycopene for 60 mins significantly inhibited cell adhesion to the Matrigel-coated substrate in a concentration-dependent manner. To study invasion, SK-Hep1 cells were grown either on Matrigel-coated Transwell membranes or in 24-well plates. The cells were treated sequentially for 24 hrs with lycopene before the start of the invasion assays. Cell growth and death were assessed under the same conditions. The invasion of SK-Hep1 cells treated with lycopene was significantly reduced to 28.3% and 61.9% of the control levels at 5 microM and 10 microM lycopene, respectively ( $P < 0.05$ ).

In the migration assay, lycopene-treated cells showed lower levels of migration than untreated cells. These results demonstrate the antimetastatic properties of lycopene in inhibiting the adhesion, invasion, and migration of SK-Hep1 human hepatoma cells.

### Lycopene prevents atherogenesis

Rissanen T et al

#### Lycopene, atherosclerosis and coronary heart disease

*Exp Biol Med (Maywood); 227(10):900-7, Nov 2002*

Interest particularly in lycopene is growing rapidly following the recent publication of epidemiological studies that have associated high lycopene levels with reductions in CVD incidence.

Two studies were conducted. In the first one, we examined the role of lycopene as a risk-lowering factor with regard to acute coronary events and stroke in the prospective Kuopio Ischemic Heart Disease Risk Factor (KIHD) Study. The subjects were 725 middle-aged men free of coronary heart disease and stroke at the study baseline.

In a Cox's proportional hazards' model adjusting for covariates, men in the lowest quartile of serum levels of lycopene had a 3.3-fold ( $P < 0.001$ ) risk of the acute coronary event or stroke as compared with others.

In the second study, we assessed the association between plasma concentration of lycopene and intima-media thickness of the common carotid artery wall (CCA-IMT) in a cross-sectional analysis of the Antioxidant Supplementation in the Atherosclerosis Prevention (ASAP) study data in 520 asymptomatic men and women. In a covariance analysis adjusting for common cardiovascular risk factors, low plasma levels of

lycopene were associated with an 18% increase of IMT in men as compared with men in whom plasma levels were higher than median ( $P = 0.003$  for difference). In women, the difference did not remain significant after the adjustments.

On the basis of these works, it is evident that the circulating levels of lycopene play some role with regard to cardiovascular health. We conclude that circulating levels of lycopene, play a role in early stages of atherogenesis and may have clinical and public health relevance.

### Lycopene recommended in breast cancer

Wane D et al

#### Integrative review of lycopene and breast cancer

*Oncol Nurs Forum; 33(1):127-37, Jan 2006*

**OBJECTIVES:** To perform an integrative research analysis of the literature regarding lycopene, its antioxidant capacity and its nutritive and physiologic effects on breast cancer.

**DATA SOURCES:** Articles published from 1990-2004 using PubMed as the primary retrieval base.

**DATA SYNTHESIS:** Forty articles were retrieved and a dimensional analysis was performed based on Fawcett's integrative review process that focused on the following categories: antioxidant, bioavailability, breast cancer risk, and dietary factors.

**CONCLUSIONS:** Nurses should include antioxidant therapy (lycopene) in their base of knowledge when caring for patients with breast cancer.

Wellness ...

Spread across the world



Initiative Wellness

Spreading across India



### 5 top tips to boost your spirits

5 easy-to-do tips to relieve stress and boost your spirits:

1. Take a relaxing bath. Add music, candles and a glass of your favourite drink: beer, tea, hot chocolate, wine or even champagne. Close the door and forget about everything else for an hour or so.



2. Comedy night: Spend an evening watching your favourite comedy film. Laughter raises our spirits and is a great antidote to the stresses and trials of modern living.



3. Get out of the firing line: Take off for some peace and quiet for a day or better still a weekend or a week. Take a journal, relax and gather your thoughts. Distance from problems can bring clarity and relieve tension.

4. Increase calmness and feel great by getting massage. Lavender oil is particularly relaxing.



5. Spend a week without watching any TV. Watching TV often gives a distorted view of reality by showing everything that's bad about the world. Disasters, rape, murders, violence and war - the list is endless news programmes and soap operas are full of such events. So give your mind a break from this assault on your senses.

The above ideas are very simple to implement but they are also very effective in helping to relieve stress and tension. Give them a try and watch your mood levels rise!

### Don't drop milk while dieting

New research published in *Obesity Research*, suggests that people shouldn't cut milk and other dairy products out of their diets when trying to lose weight. In a year-long clinical trial conducted at the University of Vermont, overweight and obese adults consuming 3-4 servings of dairy a day as part of a reduced-calorie diet lost a significant amount of weight and bodyfat.

This study confirms that one can consume up to four servings of dairy a day and still lose weight.



### Experts suggest foods to help bad breath

Mints and gum don't always get the job done when it comes to fighting bad breath. Health experts recently cited some foods that can help: crunchy fruits, vegetables such as apples, carrots.



Some naturally sweet foods, like berries, citrus fruits, and melons create an environment that stops the growth of bacteria. Likewise, the active culture in a serving of yogurt reduces the level of odor-causing hydrogen sulfide.

### Mobile phones reduce a man's fertility by 30%

According to researchers in Hungary, if you are a man and you walk around with a mobile phone, you could be reducing your fertility by one-third. The radiation emanating from the phone may reduce the sperm count by 30%.



Researchers examined 200 men. The evidence turned out to be quite stark as it was found that the males who walked around with their phones switched on all day had 30% less sperm than the men who had them switched off.

### Pepper kills prostate cancer cells

A new study published in the journal *Cancer Research* says that tumors treated with capsaicin, an ingredient found in pepper, shrank considerably in size. It was also found that this ingredient also killed prostate cancer cells.



"Capsaicin had a profound anti-proliferative effect on human prostate cancer cells in culture. It also dramatically slowed the development of prostate tumors," said Dr Soren Lehmann, who led the study.

### Colourful vegetables lower asthma risk

Colour is always pleasurable to the eye and so are coloured veggies for the body.

According to a Mexican study, it was found that women consuming plenty of tomatoes, carrots and leafy greens appear less likely to have asthma. This is as per a report published in the medical journal *Thorax*.



An analysis of data of nearly 69,000 French women, who were surveyed about diet and other health factors, was done. Overall, 3 percent reported having asthma, with women who ate the most tomatoes, carrots and leafy vegetables being less likely to have the lung disease.

### Potato powder to stop bleeding

Researchers from Mayo clinic found that a potato-based powder holds potential for the treatment of everything from minor cuts to surgical incisions and may even combat injuries. The potato-based hemostat also offers an alternative to collagen-based and other animal-derived hemostats, which can cause mild to severe allergic reactions in some patients.



## Top ten super foods that can help to avoid cancer

It is believed that almost one-third of all cancers are preventable by changes in our life style and food habits. The list of top 10 fruits and vegetables is as follows:

- 1) **Tomatoes:** They are a rich source of lycopene, which has been linked to lower risk of prostate, ovarian and cervical cancer



- 2) **Garlic:** It stimulates the body's anti-oxidant network. Protective against stomach, esophageal and breast cancers



- 3) **Berries:** They are rich in anthocyanins that repair and protect DNA. Includes blueberries, cranberries, cherries, raspberries, strawberries and grapes



- 4) **Broccoli & sprouts:** These contain sulforaphane and indole-3-carbinol, which protect against prostate, bladder, colon, pancreatic, gastric, breast and other hormone-related cancers



- 5) **Soybeans:** Contain isoflavones that help reduce breast cancer risk



- 6) **Tea:** Both black and green contain powerful antioxidants and shown in numerous studies to be useful in lowering risk of many cancers of the body



- 7) **Pumpkin:** It contains carotenoids called beta-carotene and alpha-carotene, which protect against lung and ovarian cancers



- 8) **Spinach:** It has an antioxidant called lutein. Prevents cancers of liver, ovaries, colon and prostate



- 9) **Apple:** It has quercetin and pectin. Quercetin helps to reduce the risk of lung cancer. Also helps in preventing colon and liver cancer cell replication



- 10) **Pineapple:** It contains bromelain and phenolic compounds, which protect against lung and breast cancer



## Low fat milk prevents high blood pressure

Published in the *American Journal of Clinical Nutrition*, a study found that people who drink low fat milk might be at a lower risk of developing hypertension, which is a key risk factor for heart disease and stroke.



## Diet, sunlight connected to breast cancer risk

A study proposes that sunlight exposure is protective against breast cancer by elevating the body's vitamin D supply.

Also the diet marked by a higher fraction of animal products such as meat is associated with a higher risk of breast cancer. Diet rich in vegetables, fruits, grains and fish, on the other hand, was correlated with a decreased breast cancer risk. The findings are published in the journal - *Cancer*.



## Pop that pill with grapefruit juice

A group of Canadian researchers studying a blood pressure drug felodipine, were astonished to discover that drinking a glass of grapefruit juice with this calcium channel antagonist, dangerously increased the drug's potency.

The answer, it turned out, lay in a family of enzymes called the cytochrome P-450 system, in particular one known as CYP-3A4. This enzyme metabolises many drugs, and toxins as well, into substances that are less potent or more easily excreted or both.



### Sleep loss harms route memory

Losing sleep can interfere with the part of the brain responsible for finding your way round, a study says.

US researchers found that this may be significant in human learning as well and implies that it may be possible to optimize the way information is presented to rested versus fatigued individuals to take advantage of the specific neural substrates that are unaffected by sleep loss.

Researchers added that further research could be carried out to see if sleep loss affected other brain and memory functions in a similar way.



### Caffeine found to worsen diabetes

Researchers in UK conducted a study to determine how caffeine impacts blood sugar control and insulin levels. Their findings suggested that drinking two cups of instant coffee a day significantly impaired glucose tolerance in men with type 2 diabetes.



Results showed caffeine alone had no effect on blood sugar or insulin when compared with the placebo capsule. However, when taken with food, caffeine significantly raised blood sugar and had detrimental effects on insulin.

These results raise concerns about the potential hazards of caffeine for patients with type 2 diabetes and possibly for individuals who are glucose intolerant or 'pre-diabetic.'

### Red cabbage for Alzheimer's disease

The findings of a study appearing in the journal *LWT-Food Science and Technology*, say that consumption of red cabbage can reduce the risk of Alzheimer's disease.

Researchers found that red cabbage extract could significantly reduce build-up of plaques from amyloid deposits that scientists attribute to the development of Alzheimer's. The destructive action of amyloid deposits is to increase brain cell damage and death from oxidative stress.

The mechanism by which red cabbage helps is through anthocyanins, proven to be protective against oxidative stress.

### Initiative Wellness Spreading across India



### LycoRed Proven efficacy in oral leukoplakia

**Dose**  
4 softgels per day  
**Duration of treatment**  
3 months

The study tested red and white cabbage and its polyphenol content. Red cabbage contains approx. 190 mg of polyphenols and 23 mg of anthocyanins per 100 grams of fresh weight, compared with 45 mg of polyphenols and 0.01 mg of anthocyanins per 100 grams in white cabbage.



The antioxidant activity of the extracts of red cabbage is about six to eight times higher than that of the extracts from white cabbage.

### Drink recommendation says cut out calories

A new panel at the University of North Carolina Chapel Hill recommends cutting down on high calorie drinks for a healthier diet.

Researchers said that there are choices people can make when looking for refreshment.

On the top is water, then unsweetened coffee and tea, low fat milk or milk substitute and, after diet drinks and juice, are soft drinks. The panel's first ever Healthy Beverage Guidelines will be published in the March issue of the *American Journal of Clinical Nutrition*.



### Eat fish at least twice a week, say nutritionists

Not only is fish packed with healthful vitamins and minerals, it is also a major source of omega-3 fatty acids, which a veritable flood of recent studies shows lowers the chance of heart attack, makes babies smarter, wards off dementia and stroke in the elderly and even seems to guard against dry-eye syndrome.



### Onions help fight osteoporosis

Besides adding flavor to food, onions also may be good for your bones. Researchers at the University of Bern in Switzerland have identified a compound in the onions that appears to decrease bone loss.

The current study suggests that eating onions might help prevent bone loss and osteoporosis, a disease which predominately affects older women.





**Dr. R K Agarwal**  
MBBS, DLO  
Budaun (UP)

"Using LycoRed in sub-mucous fibrosis, leukoplakia and recurrent aphthous ulcers with satisfactory results"

**Dr. Vishal Malik**  
BDS  
Bikaner (Raj)

"Patients of sub-mucous fibrosis treated with LycoRed show immense satisfaction. Results are simply excellent"



**Dr. Ajay Jain**  
MBBS  
Pandurna (MP)

"LycoRed is very effective in arthritic conditions"



**Dr. R C Sharma**  
MS, DLO  
Dewas (MP)

"In just 2-3 months patients of OSMF & leukoplakia return with excellent response"



**Dr. Sushil Kumar Jain**  
MBBS  
Delhi

"Very enthusiastic response with LycoRed in patients of tuberculosis"



**Dr. G A Gaikwad**  
MS  
Degloor (Mah)

"Excellent results with LycoRed in infertility & BPH"

**Dr. Arjun Diwakar**  
BDS  
Bhilwara (Raj)

"Satisfactory results with LycoRed in OSMF & leukoplakia"



**Dr. Ravi Kankane**  
BDS  
Jhansi (UP)

"LycoRed is the real answer to leukoplakia & sub-mucous fibrosis"



**Dr. Suneeta Singh**  
MS  
Kanpur (UP)

"LycoRed is a drug with immense utility, as it assures promising results in infertility & PID"

**Dr. Sneha Yadav**  
MS  
Alwar (Raj)

"LycoRed is very effective in cases of IUGR, PIH & infertility"



**Dr. S P Agrawal**  
MBBS  
Delhi

"LycoRed assures good results in stomatitis, non healing mouth ulcers and leukoplakia"



**Dr. K P Singh**  
MBBS  
Rishikesh (Utt)

"LycoRed is fabulous.

The benefits of LycoRed are multifold in patients of diabetes, CAD & leukoplakia"



**Dr. Anuj Jaukar**  
MS  
Shrirampur (Mah)

"LycoRed is wonderful!"

Got tremendous response in resistant cases of re-current stomatitis and sub-mucous fibrosis, where other antioxidants failed"



**Dr. Abhay Gupta**  
MD  
Jhansi (UP)

"LycoRed is very effective in patients suffering from CAD, hypertension, diabetes, male & female infertility"



**Dr. Kuljit Singh**  
MD  
Batala (Pun)

"LycoRed is the new hope for infertile couples.

Also effective in cases of IUGR"

**Dr. N Sallatha**  
MBBS  
Hyderabad (AP)

"LycoRed is very effective in oligohydramnios"



**Dr. P P Sehgal**  
MD  
Delhi

"LycoRed has been found to improve feeling of well-being & helps in normalising appetite"

**Dr. Neena Agrawal**  
MS  
Patna (Bih)

"LycoRed is a boon to modern medical science.

Used LycoRed in 30 patients of IUGR, with excellent results"

A good product needs no advertising!



*LycoRed - a good product !!*

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