



The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

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Editorial

Let food be your medicine

Did you know mankind's very first diet was plant-based food such as whole grains and vegetables? As one can read from Hindu Mythology, people who ate plant-based foods lived much longer and healthier lives.

Cooking although increases the taste and flavor of food, but it leads to the loss of significant nutrients during this process.

By eating high fat and high-calorie foods, our body's natural functions begin to deteriorate, which ultimately leads to many serious health ailments.

In recent times, there has been a major surge in the global prevalence of obesity. In India too, the number of overweight people has increased significantly over the last ten years.

Even by conservative estimates, five per cent of the total population in the country is believed to be overweight. It is widely acknowledged that obese persons are at a greater risk of having diabetes, high blood pressure, coronary artery disease and even arthritis.

You are what you eat

Good news is that most modern degenerative diseases are preventable if we feed our body the right fuel as in right meal.

Unrefined, unprocessed, plant-based foods such as vegetables, whole grains and sea-vegetables are the best way to maintain a strong healthy body.

Although we crave what is convenient, fast, tasty and appetizing at first sight, the food we consume to live could actually be hurting us.

Today, we live in a fast-paced world filled with pollution, chemical food additives, toxins and fast food joint in every corner that make it hard for us to lead healthy lives.

Pollution in air, water and food increase the amount of deadly free radicals in our body.

As noted above, even the diet can be a major source of free radical stressors with processed or highly heated oils being the main offenders.

There are a few lifestyle modifications, which need to be incorporated to combat this free radical damage. It is important to eat a variety of colorful fruits and vegetables on a daily basis.

Researchers advise consuming antioxidant-rich foods and antioxidant supplements. By taking a few small measures to protect against free-radical damage, we can keep healthier for longer.

Dr. Deepika Chhabra
(Chief Editor)

LycoRed Bulletin Board

LycoRed in convention of International Urology Society

3rd - 7th Oct, at Honolulu, Hawaii, USA

Dr. N. K. Mohanty presented a poster titled "Role of Lycopene as chemo-preventive in treatment of high-grade prostate intra-epithelial neoplasia (HGPIN)."

The findings were published in *BJU Int.* (S2) 94:92-93



Results: Lycopene can prevent HGPIN to develop into occult cancer prostate. There exists an inverse relationship between serum Lycopene & serum PSA levels.

Conclusion: Lycopene is an effective chemo-preventive agent in management of HGPIN with no toxicity & good patients' tolerance.

Recommended dose: 4mg Lycopene twice daily (2 B.D. LycoRed)

Obese kids risk iron deficiency

Overweight children are at double the risk of being iron-deficient, perhaps because of bad diet or lack of exercise.



A research carried out in Yale University on 10,000 children aged 2 to 16, nearly one in 10 overweight teenagers was iron deficient.

Iron deficiency can lead to learning & behavioral problems as well as pose limits on work & exercise.

White bread could give you diabetes

A study published in *Diabetes Care*, studied 36,000 people to find that participants who ate white bread more than 17 slices per week had the highest risk of type 2 diabetes.



White bread has a high glycemic index (GI), which can cause weight gain, raising the risk of diabetes.

A laugh a day - keeps the doctor away

Laughing has various physical & psychological effects & a typical laughing session should include pure laughing combined with breathing exercises. Various benefits of laughter therapy are:

- ◆ **Stress relief**
Laughter is considered as one of the best muscle relaxants - it expands blood vessels. It also reduces the level of stress hormones - epinephrine & cortisol
- ◆ **Strengthens immune system**
Laughter increases immunoglobulin A - protects against micro-organisms & immunoglobulin B - helps antibodies to attack dysfunctional cells
- ◆ **Good for heart**
Laughter helps control blood pressure by reducing the release of stress related hormones



Laugh to your heart's content

- ◆ **Pain killer**
Laughter increases the levels of endorphins in our body, helpful in reducing the intensity of pain in people suffering from arthritis & muscular spasms

- ◆ **Good for mental health**
People suffering from anxiety, depression, nervous breakdowns & sleeplessness have benefited from laughter therapy
- ◆ **Makes you younger**
Laughter helps in toning up the face muscles & increases the blood supply, which nourishes the facial skin

Vitamin E may raise the risk of dying

People who take high doses of Vitamin E to improve their health may not be getting any benefits & may be increasing their risk of dying earlier.

This emerged from the findings of 19 clinical trials involving 1,35, 967 participants. It was concluded that there were 39 additional deaths per 10,000 people who were taking vitamin E doses exceeding 400 I.U per day.



Vitamin E is found in corn, nuts, olives, green leafy vegetables, vegetable oils and wheat germ

The recommended daily amount of Vitamin E is about 20 I.U. a day.



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Night bingeing recognised as a disorder

Ever felt an uncontrollable urge to raid the fridge late at night? You could be suffering from a medical condition.



Raiding the fridge may be a sign of a medical disorder

Scientists believe that 1.5% of the general population might be suffering from a condition known as night-eating syndrome.

Dr Albert Stunkard, who first spotted the symptoms in 1955, said the condition was not merely a habit but a real clinical illness marked by changes in hormone levels.

Most people who suffer from this syndrome are prone to stress and to poor sleep, often waking three to four times a night.

This disorder is characterized by a lack of appetite in the morning & overeating at night with agitation & insomnia has been reported in a new study.

Research at the University of Pennsylvania School of Medicine has revealed that more than a 25% people who are

overweight have this eating disorder.

People with this syndrome may eat 700 to 800 of their 2,200 daily calories at night. The syndrome often seems to be triggered by a stressful or emotional event like pregnancy or loss of job.



Signs of Night-Eating Syndrome

- ◆ **Overeating in the evening**
May feel hungry & eat to relax before bedtime
- ◆ **Difficulty in falling asleep**
May need to eat something just before going to bed
- ◆ **Waking at night & eating at least three times a week**
After falling asleep, they often wake up & need to eat before being able to fall asleep again
- ◆ **Not feeling hungry in the morning**
Loss of appetite and will often go without food until lunchtime or later in the afternoon. May even feel nauseated in the morning.

Salt, smoking increase risk of reflux

Researchers have found that people who consume extra salt are 70 per cent more likely to develop reflux than people who never use extra salt.



Smokers are also at an increased risk for gastroesophageal reflux, which is a cause of heart-burn, but if untreated, it raises the risk of esophagus cancer.

Alcohol kills brain

A study conducted by scientists at University of North Carolina, USA, suggests that there is a burst in new brain cell development during abstinence from chronic alcohol consumption.

Alcoholics have a difficulty in ability to understand negative consequences.



When used in excess, alcohol damages brain structure & function.

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Encourages esteemed medical practitioners from all South-East Asian nations to share their success stories on spreading the message of *Initiative Wellness*, through the platform of 'The LycoRed Herald'. We shall be pleased to publish such initiatives. Please write to:

Jagsonpal Pharmaceuticals Limited, T-210J, Shahpur Jat, New Delhi – 110 049

Green tea constituents benefit human health

Studies have associated green tea drinking with a reduced risk of several diseases including cardiovascular diseases & cancer.

Green tea extract is a bioflavonoid rich potent extract that helps with thermogenesis and aids in the metabolism of fat.

Most nutritionists advise that weight loss can only be achieved through reducing food intake while increasing energy expenditure.

Research shows that green tea extract seems to perform the energy expenditure required in dieters to lose weight.



Health benefits including anti-obesity & anti-diabetic effects of green tea extracts are attributed to *catechins* - abundantly present in green tea.

An important ingredient, *Epigallocatechin Gallate (EGCG)*, protects against digestive and respiratory infections, helps to block cancer promoting actions of carcinogens & protects against high cholesterol levels.

Amla - the best among rejuvenative herbs

Amla (*Phyllanthus emblica*) or 'Indian Gooseberry' is a fruit highly prized both for its high natural vitamin C content and for the precious oil.

Amla is a wonderful cleansing agent for both skin and hair. It imparts luster to hair and protects scalp against infection, dandruff and helps prevent graying.

For skin, it improves complexion and removes wrinkles.

It is also a useful diuretic and carminative agent.

Individuals who have been eating 'junk' food for a while tend to have accumulated deposits of preservatives and additives in the liver.

Amla supports the liver in flushing out chemicals and additives from the body.



Antioxidant punch with tomatoes

Tomatoes in any form are a rich source of antioxidants like vitamin A, vitamin C & lycopene, which have been attributed to preventing cancer & other diseases.

Vitamin C lowers cholesterol levels & helps thin blood while Vitamin A is involved in formation of healthy skin & improves night vision.

Lycopene is the most potent of all antioxidants & reduces the risk of cancer, heart disease, stroke & diabetes.



Studies have reported that heat processed tomato products can deliver over 6-times more lycopene than the equivalent of fresh tomatoes.

Heat used during processing breaks tomato cell walls, allowing lycopene to be better absorbed into the digestive tract. As lycopene is fat soluble, its absorption increases if eaten with fat.

Our comment: LycoRed offers natural lycopene along with other phytonutrients, in lipophilic extract for maximum health benefits.



Would your patients eat a **synthetic** tomato?

LycoRed contains only 'All Natural Tomato Lycopene' Imported from Israel

Brought to you as LycoRed softgels by Jagsonpal - your partner in 'Initiative Wellness'

Weight loss with negative calorie foods

Negative calorie foods are said to use more calories to digest than the calorie content of the foods themselves, resulting in a negative calorie balance. It is therefore natural to consider a diet containing these foods for weight loss.

A diet with negative calorie foods as main ingredients can include foods that are loaded with carbohydrates, proteins, vitamins, minerals and dietary fibers necessary for keeping you fit.

The diet with negative calorie foods can be tailored for fast or gradual weight loss.

Negative Calorie Foods:

Vegetables
Asparagus
Beet
Broccoli
Green Cabbage
Carrot
Cauliflower
Chili Peppers
Cucumber
Dandelion
Garlic
Green Beans
Lettuce
Onion
Papaya
Radish
Spinach
Turnip
Gourd



A 25 calorie (100 gram) piece of broccoli requires 80 calories to digest, resulting in a net loss of 55 calories from the body fat.

Fruits
Apple
Blueberry
Grape Fruit
Honey Dew Melon
Lemon
Mango
Orange
Peach
Pineapple
Raspberry
Strawberry
Watermelon
Apricot

Remember, negative calorie foods are to be eaten in their natural state, if you cook or add butter, the caloric makeup of the food gets changed. In addition, this diet plan is very restrictive to just fruits and vegetables.

Some useful dietary tips

1. Do not skip meals (eliminate starvation tactics). Balance your intake of fats, carbohydrates, and protein. If you get hungry, try eating a little low fat food source.
2. Eat only healthy snacks based around negative calorie foods
3. Drink plenty of water (8 to 10 glasses daily)
4. Consume smaller meals (eat 5 to 6 times a day)
5. Engage in some exercise or aerobic activity daily
6. Get plenty of rest
7. Do not eat a full meal before bedtime



Substitute activity for eating junk food. When the cravings hit, walk around the block, do some work or read anything just to take your mind off.

Cut & Preserve



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Take our word and retain this article

You may be saving or revolutionizing a few lives - for all you know!



"LycoRed has helped me to treat female patients having physiological stress of pregnancy and males with oligoasthenospermia"

Dr. Anju Mishra
MS
Gorakhpur(UP)



"LycoRed is proving very beneficial to my patients suffering from oral submucous fibrosis. In fact I prescribe it as an adjunct along with all therapies as it helps in attaining faster results"

Dr. Deepali (Gulati) Bakliwal
BDS
Bhilai (Chattis)



"I have used LycoRed, 1 od for 15 days in patients of diabetic neuropathy and got good results. I expect to try the brand in other indications also."

Dr. M Aslam Jahan
MS
Bharuch (Guj)



"LycoRed is a unique product with successful outcome in multiple indications like male and female infertility, IUGR, prevention of PIH"

Dr. Kamal Nawani
MBBS, DGO
Dehradun (UP)



"LycoRed definitely helps to improve the sperm motility and sperm count in the patients of oligospermia. There has been 75% increase in the sperm count with 2 softgels bd for four months."

Dr. Ravindra Vaidya
MD
Gadag (Kar)



"One of my patients suffering from hypertension since last 10 years is on antihypertensive drug but her BP keeps on fluctuating."

For the last 3 months she has been put on LycoRed 1 bd along with antihypertensive. Her BP is stable since then"

Dr. L N Vadnere
MBBS
Barwani (MP)



"LycoRed has been a very useful product in the management of infertility - both male and female with unexplained reason."

It is also a drug of choice in the management of menopausal syndrome, pre-eclamptic toxemia, pregnancy induced hypertension"

Dr. B Charan Panda
MD
Bhubaneswar(Orri)



"LycoRed has done wonders not only in cases of male infertility but also in couples with unexplained infertility"

Dr. Shweta Gupta
MD
Ludhiana (Pun)



"I am convinced about the benefits of LycoRed in the patients of osteoarthritis and rheumatoid arthritis"

Dr. Ronald Menezes
MS
Asst. Prof., Dept. of Ortho., KMC, Mangalore



**Extend
the
Protective power
of
LycoRed
to**



**Tobacco & alcohol
users**

1 od or 1bd daily

LycoRed softgels



I have used LycoRed in 100 patients with good results in variety of conditions like IUGR, male infertility - to improve the quality of sperm and as an adjuvant in diabetes.

Dr. Ramani Pooraneson
MBBS, DGO
Bangalore (Kar)



"LycoRed is a wonderful drug for infertile females and it is also helpful in females with threatened and habitual abortion"

Dr. SG Sethi
MS
Dehradun (Uttar)



"I have used LycoRed in diabetic and geriatric patients with excellent results"

Dr. Nirmal Kumar Dey
MBBS
Durgapur (WB)



"I have found LycoRed very useful in patients of rheumatoid arthritis, soft tissue rheumatism and in some cases of early osteoarthritis"

Dr. Ishtyaque Ansari
MS
Bharuch (Guj)



"LycoRed in dose of 2 bd for 60 days gives excellent response in oral sub-mucous fibrosis and lichen planus"

Dr. A. Ahmed
BDS
Chaibasa (Jhar)



"I have found encouraging results with LycoRed od/bd in dermatoheliosis, sexual dysfunction and vitiligo"

Dr. Gurcharan Singh
MD
Prof. & HOD, SDUMC, Bangalore (Kar)



"When given post-operatively with other medication, LycoRed in dose of 1 bd helps in faster recovery. I have also found good response in patients of polyarthralgia"

Dr. C V Kumar
MS
Bangalore (Kar)



"LycoRed is giving encouraging results in cases of IUGR, male infertility - oligoasthenospermia and general debility"

Dr. Ratna Shihurkar
MBBS, DGO
Dewas (MP)



"I have been using LycoRed successfully for the last 1 year in diabetics, hypertensives, and infertility cases (both male and female)"

Dr. N Kashyap
MBBS
Jalandhar Cantt. (Pun)



"LycoRed is very effective in leukoplakia, submucous fibrosis and in gingivitis associated with dental infection. It is also a good supplemental therapy for geriatric patients"

Dr. Satyendra Gupta
BDS
Bhopal (MP)



**Extend
the
Protective power
of
LycoRed
to**



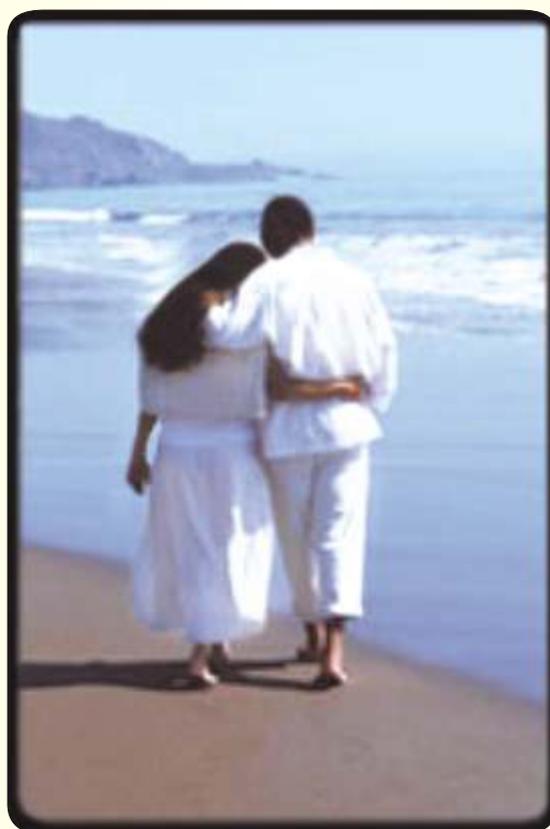
Infertile couples

Males: 2bd daily
Females: 1bd daily

LycoRed softgels

The second revolution

Jagsonpal proudly launches
'Initiative *Infertility*'



All infertile couples in your care need the *proven*

Protective Power of LycoRed

Dosage

Males: 2 bd daily
Females: 1 bd daily

Jagsonpal Pharmaceuticals Limited
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