



# The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

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Issue # 06

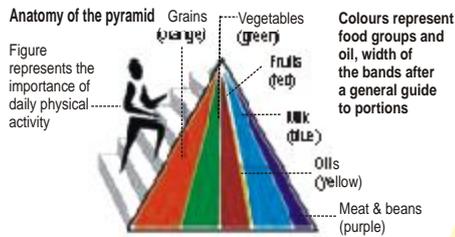
## Editorial

### The new food pyramid has a lot to offer - but it takes a little digging to find its hidden treasure

A new program called "My Pyramid: Steps to a Healthier You," was released by the US federal government last month. This is the Revised Version of the food pyramid of 1992.

#### Food pyramid gets a new look

The Department of Agriculture unveiled a new version of the food guide pyramid adding a colourful reminder to make healthy food choices and increase physical activity.



The food groups are no longer horizontal blocks of the pyramid as in the older version. Now, a rainbow of coloured, vertical stripes represents the five food groups, as well as fats and oils. Here's what the colours stand for:

- orange - grains
- green - vegetables
- red - fruits
- blue - milk and dairy products
- purple - meat, beans, fish, and nuts
- yellow - oils

The purple and the yellow bands are skinnier than the others. That's

because you need less of those kinds of foods than you do of fruits, vegetables, grains, and dairy foods.

The bands start out wider and get thinner as they approach the top. That's designed to show that not all foods are created equal, even within a healthy food group like fruit. For instance, apple pie might be in that thin part of the fruit band because it has a lot of added sugar and fat. A whole apple would be down in the wide part because you can eat more of those within a healthy diet.

The new pyramid also includes a figure walking up steps to remind us that exercise is an important component to health and nutrition.

You don't have to become a perfect eater overnight. Just remember those stairs climbing up the side of the new pyramid and take it one step at a time.

**Tip for the month:** The perfect time to increase physical activity!

- Replace a coffee break and ask a friend to go with you on a 10-minute walk.

Dr. Deepika Chhabra  
(Chief Editor)

## LycoRed Bulletin Board

### LycoRed Free Radical Vision 2005

15 May 2005

India International Center, New Delhi

Eminent speakers from various specialties addressed a well-attended session, which was inaugurated by Hon'ble Minister for Health & Family Welfare, Dr. Yoganand Shastri.



Dr. Naresh Trehan from Escorts Heart Institute presided over the seminar.

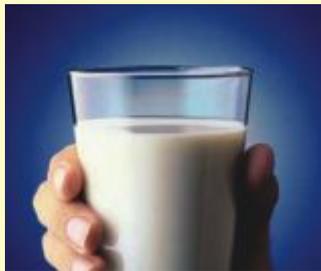
The esteemed speakers included:-

- Dr. P.K. Julka, Prof., AIIMS
- Dr. S.K. Aggarwal, Prof., MAMC
- Dr. N.P. Gupta, Prof., AIIMS
- Dr. J.B. Sharma, Asst. Prof., AIIMS
- Dr. Rajiv Kumar, Asst. Prof., AIIMS
- Dr. H.K. Chopra, President, IMA NDB
- Dr. Renu Mishra, Asst. Prof., AIIMS
- Dr. N.C. Krishnamani, Cons., Sanjeevan Hosp.
- Dr. M.S. Sachdeva, Director, Center for Sight
- Dr. P. Mukhopadhyay, Cons., Batra Hosp.
- Dr. Aru Handa, Cons., Moolchand Hosp.
- Dr. M. P. Singh, Asst. Prof., PDC, Udaipur

Another 'feather-in-the-cap' for LycoRed!

**Milk bacterium may cause 'Crohn's'**

A type of bacteria that is passed to humans through cow's milk may be the cause of Crohn's disease, say UK researchers.



The team, from St George's Hospital Medical School in London, found *Mycobacterium avium* subspecies paratuberculosis (MAP) bacteria in over 92% of patients suffering from Crohn's disease, but in less than 30% of people without the condition.

**Hemodialysis causes antioxidant loss**

A recent article published in *Hemodialysis International* has highlighted the role of oxidative stress (OS) in dialysis patients, which can result in long-term health problems.

Oxidative stress, an imbalance between toxic compounds and defense mechanisms and prevalent in the dialysis process, has been linked to numerous adverse complications in end-stage renal disease (ESRD) patients.

The hemodialysis process can cause loss of these necessary antioxidants.

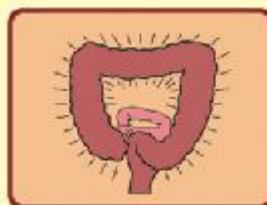
**Fish oil and antioxidants reduce need for traditional ulcerative colitis**

According to a study published in *Clinical Gastroenterology and Hepatology*, a nutritionally complete oral supplement enriched with fish oil and antioxidants reduces reliance on traditional therapies for people with ulcerative colitis. Moreover, people who took the oral supplement were less likely to start corticosteroid drug therapy, which has many long-term side effects.

Researchers at 'The Cleveland Clinic' conducted a randomized controlled clinical trial of patients 18 and older with mild to moderate active ulcerative colitis to assess the benefits of adding this oral supplement to standard medical therapy for the disease.



This study shows that patients on corticosteroid therapy who were given the oral supplement vs. a placebo had a significant reduction in the dose of corticosteroids needed to control clinical symptoms of ulcerative colitis.



**You'll live longer if you drink wine instead of beer**

A recent article in the *Journal of Thrombosis and Haemostasis* determined that drinkers of wine benefit from its cardio-protective effects, more so than those who drink beer and may also live longer.

The analysis further confirms agreement among researchers that any alcohol, in light to moderate intake, puts drinkers at lower risk for cardiovascular disease and death than non-drinkers.

According to the article, substances in wine have been shown to share the characteristics of ethanol, which can help prevent blood clotting, in addition to cardio-protective effects.



Additional data revealed benefits from wine over other alcoholic beverages. Further evidence show that the disease fighting antioxidants present in fruit and vegetables are also present in wine.



**Are you a Netizen?**

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**Swedish study shows link between environment and chromosomal changes**

Environmental factors may be affecting men's fertility, a new Scandinavian study contends.

Researchers from Lund University, Sweden, evaluated the effects of two types of persistent organochlorine pollutants (POPs) on the semen.



The researchers found that large amounts of pollutants in men's blood were associated with an increase in the proportion of Y chromosome-bearing sperm, which determines sex.

The findings were published in the April issue of *Human Reproduction*.

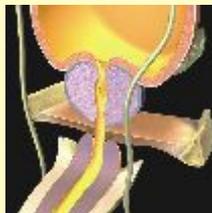
**Women prone to chronic fatigue**

It's the stress of multi-tasking and not the usual iron deficiency, that makes Indian women overly fatigued, says the first-ever research in the country on 'exhaustion epidemic' among women.

Roughly 17% of the women who were interviewed, were chronically fatigued because of their difficult personal life, says the study published in the latest issue of *British Medical Journal*.

**New prostate cancer test is 94% accurate**

Researchers in the US found that the test for a blood protein called EPCA (early prostate cancer antigen) can spot the disease with a 94 per cent accuracy rate. EPCA is said to show the true presence of the disease at its earliest stages.



In contrast, only a quarter of patients with elevated PSA - the blood marker now used for prostate cancer screening - actually have cancer.

**Working in shifts may cause damage to your health**

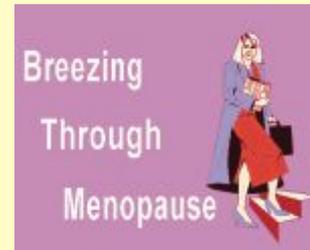
Researchers in UK have found out that working in shifts can be damaging to one's health.



When people work during nights, the levels of melatonin, or the sleep hormone, which is secreted during nights, do not coincide with the new sleep routines. Such workers remain fatigued and less attentive during the night shift.

**Menopause influenced by season of birth**

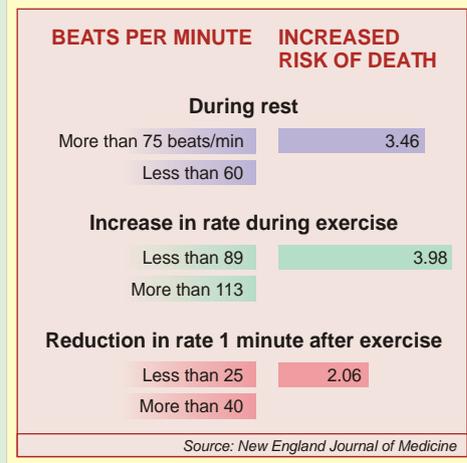
Women who were springtime babies may reach the menopause earlier than autumnal infants, claim Italian researchers.



From a study of almost 3000 postmenopausal women, a pattern has emerged whereby women born in March begin to go through the menopause up to 18 months earlier than those born in October.

**Heart rate as a predictor of sudden death**

A fast heart rate at rest, or slow rate during exercise can help predict the risk of sudden cardiac death years later.



**Extend  
the  
Protective power  
of  
LycoRed  
to**



**Tobacco & alcohol users**

*1 od or 1bd daily*

**LycoRed softgels**

**Lifespan extended by cutting free radicals**

Earlier, the people used to only focus on the specific age-related diseases, because it was believed that the ageing process itself could not be affected.

However, controlling levels of free radicals in humans can extend lifespan, say researchers from the University of Washington.

The findings reported in the latest issue of *Science*, show the significance of free radicals, and of reactive oxygen species (ROS) in particular, in the ageing process.

If the technique proved applicable to humans, it could raise the expected life span from 75 years to 100 years of age.

**Obesity increases risk of dementia**

Rising rates of obesity could propel a future increase in dementia, say US researchers who report that carrying excess weight in middle age raises the risk of cognitive decline.



Writing in *BMJ*, researchers suggest that adiposity itself may influence neuronal degradation. Analysis showed that obese and overweight individuals were at particularly high risk of dementia, with the association especially strong for women.

**Oil supplements overcome attention deficit**

In a study, published in *Pediatrics*, children who struggled to stay focused at school came on leaps and bounds when given a daily mixture of omega-3 and omega-6 fatty acids.



Mounting evidence suggests that a relative lack of certain polyunsaturated fatty acids may contribute to related neurodevelopmental and neuropsychiatric disorders such as dyslexia and attention deficit hyperactivity disorder (ADHD).

**TV watching may turn your child into a bully**

A new study published in the *Archives of Pediatrics & Adolescent Medicine*, on child behavior has pointed out that excessive exposure to television at the early childhood age might make the child indulge in bullying behavior.



Parents who let their children watch television in an uncontrolled manner often unknowingly cause their children to become bullies.

**Peppermint or cinnamon smell can make drivers more alert**

A new study had said that the scents of peppermint or cinnamon could make the drivers of motor vehicles more alert and refreshed.

The study had monitored drivers who participated in the study under the conditions of three different types of odors of peppermint, cinnamon and non-odor control.

Both the cinnamon and peppermint smell increases the ratings of alertness in comparison to the control situation.



While peppermint remained the more effective one, as it decreases fatigue and frustration while driving, more than cinnamon, both of them seem to be equally effective in increasing alertness.



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



**LycoRed contains only 'All Natural Tomato Lycopene' along with phytonutrients as *Lyc-O-Mato* for a synergistic action**

**Antioxidant potency of *Lyc-O-Mato* is 3-times greater than that of lycopene**

### Ten best foods for women



When it comes to nutritional needs, men and women are not created equal. The right foods can help fight disease, ease pain and re-energize your life. Your best bet is to slowly cut down on less-healthy foods and gradually try to work in as many of the following 10 foods as you can:

1. The more **color** you get in your diet the better. Anything red, orange contains a lot of antioxidants like **lycopene** and other phytochemicals in them.



2. **Fish** contains heart-healthy omega three fatty acids, which have been shown to fight depression and even fight wrinkles, besides lowering the risk of heart attack.



3. Studies show **green leafy vegetables** help a woman's heart and prevent cancer. Zinc in some vegetables like spinach can add a little zip to your love life, as it can raise testosterone levels in women. Testosterone is responsible in women not only for sex drive, but also for energy levels.



4. **Sweet potatoes** contains magnesium, which can help stabilize moods associated with the menstrual cycle & even works on headaches.



5. **Soy products** like soymilk contain phytoestrogens that can alleviate some of the symptoms of menopause, plus it may lower the risk of breast cancer.



6. A cup a day of **yogurt** can decrease the incidence of infections.



7. A glass a day of **cranberry juice** can prevent urinary tract infections, but one has to be careful. Drinking too much can lead to stone formation in kidney.



8. **Meat**, as it contains iron and B-vitamins - particularly helpful for women who are menstruating.



9. **Whole wheat** gives fiber, which fills up longer, plus it has other benefits such as decreasing the risk of cancer and lowering cholesterol.



10. **Juices** fortified with folate can help prevent birth defects, but don't water down the importance of good old water. Hydration will help you absorb all these fabulous female foods.



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*"LycoRed is indeed a wonder product!*

*Just by prescribing LycoRed, the need for writing 3 or 4 products is compensated"*

Dr. Shivani Chaturvedi  
MD  
Agra (UP)



*"A patient of mine was not conceiving for the past 6 years, prescribed LycoRed to the asthenospermic male partner, she conceived within 2 months of therapy"*

Dr. Hemlata Patel  
MD, DGO  
Bhavnagar (Guj)



*"LycoRed is very effective for the prevention of toxemia of pregnancy"*

Dr. Shrikant Deshmukh  
MD, DGO  
Ahmednagar (Mah)



*"LycoRed, even in a lower dose of 1 bd, significantly improves the sperm count and motility in cases of oligoasthenospermia"*

Dr. M V R Chandrasekhar  
MS  
Eluru (AP)



*"Found amazing results after using LycoRed as 1bd along with antibiotics for a week, in patients with non-healing diabetic leg ulcers"*

Dr. R Rakesh  
MD  
Kaduthuruthy (Ker)



*"Splendid results in just 3 months of LycoRed therapy in sub-mucous fibrosis, leukoplakia and lichen planus.*

*Even the patients feel very assured from the response"*

Dr. Nitin A Vaidya  
MDS  
Durg (Chatt)



*"Besides a promising role of LycoRed in infertility and pregnancy, I have observed excellent results in a patient suffering from repeated mouth ulcers treated with LycoRed in a dose of 1 tds for a week"*

Dr. Dipti Chaturvedi  
MS  
Gorakhpur (UP)



*"LycoRed is the best medicine for male and female infertility"*

Dr. Itti Mathur  
MS  
Bikaner (Raj)



*"LycoRed in a dose of 1 bd gives excellent results in patients suffering from leukoplakia and sub-mucosal fibrosis"*

Dr. A. R. Gupta  
MD  
Kota (Raj)



## The LycoRed Herald

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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



"With LycoRed, majority of my patients conceived within 1 month of therapy"

Dr. Suman Biswas  
MD  
Gurgoan (Har)



"Good results with LycoRed in multiple indications such as infertility especially due to oligospermia and in IUGR"

Dr. Parvinder Kaur Khaira  
MD, DGO  
Ludhiana (Pun)



"In SMF, LycoRed is the best treatment. The recommended dose of LycoRed in SMF is 2 soft gels bd for 3 months"

Dr. Mahesh Pipliwal  
BDS  
Jhalawar (Raj)



"Using LycoRed in unexplained infertility, BOH, IUGR & PIH.

Satisfied with the outcome and patients' compliance"

Dr. Manju Maheshwari  
MS  
Jaipur (Raj)



"I strongly recommend the usage of LycoRed in oligospermia.

In my patients, the sperm analysis revealed an increase of sperm count from 12-15 million/cc to 180-195 million/cc and the motility increased from 15-20% to 80-85%, after 60 days of LycoRed therapy"

Dr. Jivanbhai R Shah  
MD, DGO  
Godhra (Guj)



"In a dose of 1bd, LycoRed gives excellent results in recurrent mouth ulcers"

Dr. K K Bose  
MBBS  
Durgapur (WB)



"LycoRed offers promising results in oligospermic cases, where sperm count increased considerably"

Dr. S K Basu  
MBBS, DGO  
Raniganj (WB)



"Excellent results with LycoRed in rheumatoid arthritis, when used as an adjuvant with pain relieving drugs"

Dr M M Ludhwani  
MBBS  
Ahmedabad (Guj)



"LycoRed is giving excellent results in buccal mucosal lesions such as leukoplakia, stomatitis and is an excellent antioxidant for diabetics and in hypertensive patients"

Dr. K C Dash  
MD  
Bhubaneswar (Ori)



Extend  
the  
Protective power  
of  
LycoRed  
to



Infertile couples

Males: 2bd daily  
Females: 1bd daily

LycoRed softgels

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Endorsed by countless doctors  
across India

*Thank you... We are honoured*



All infertile couples in your care need the *proven*

**Protective Power of LycoRed**

### **Dosage**

*Males: 2 bd daily*  
*Females: 1 bd daily*

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