



The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

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Editorial

Healthy Snacks

Snacking has become a way of life for both adults and children. A recent study reported that over 95 percent of the women and children have at least one snack each day.

Many common snack foods are high in fat, sugar and sodium. If these foods are used for snacks frequently, they can affect our health.

Snacks can be good for us if we make good choices. Children especially may benefit from healthy snacks. They often cannot eat enough at three meals a day to satisfy their hunger. Snacks can provide the additional foods they need.

Snack Tips

- Plan snacks as a part of the day's food plan.
- When shopping, let children help pick out fruits, vegetables, and cheese for snacks. They will be more interested in eating these foods if they have been involved in selecting them.
- Set aside a 'snack spot' in the refrigerator and cupboard; keep it stocked with nutritious ready-to-eat snacks.
- Avoid high sugar, fatty and salty snacks.

Plan snacks to help meet the suggested number of servings per day from the Food Guide Pyramid:

- 6 to 11 servings from the breads, cereal and rice group
- 3 to 5 servings from the vegetable group
- 2 to 4 servings from the fruit group
- 2 to 3 servings from the milk, cheese and yogurt group
- 2 to 3 servings from meat, poultry, fish and nuts group

Simple Healthy Snack Ideas

- Raw vegetables, such as celery, carrots, cauliflower, broccoli, green pepper, green beans, cucumbers or mushrooms may be served with a low fat dip
- Fresh fruit such as apples, oranges, bananas, peaches, grapefruit, grapes, melons, pears, plums or strawberries
- Non-sugared cereals, snack mixes made with popcorn and whole grain cereal
- Low fat yogurt with fresh, frozen or canned fruit
- Shakes with low fat milk or yogurt and fruit
- Unsweetened fruit juices

Let us indulge in snacks the healthy way so as to benefit from snacks!

Dr. Deepika Chhabra
(Chief Editor)

LycoRed Bulletin Board

LycoRed Endorsed by FDA



LycoRed Natural Products Industries Ltd., manufacturer of the world's foremost natural tomato lycopene complex, has announced that FDA has responded to their GRAS submission covering Lyc-O-Mato® oleoresin.

LycoRed is GRAS

- GRAS (Generally Recognized as Safe) substances are substances for which there is consensus among the scientific community regarding their safety
- FDA allows the sale and consumption of the ingredients, which fall under GRAS classification

In a letter to the head of the expert team of scientists that conducted an independent safety evaluation of LycoRed's ingredients, it was stated "Based on the information provided by LycoRed, as well as other information available to FDA, the agency has no questions regarding LycoRed's conclusion that their tomato lycopene extract (6%) is GRAS under the intended conditions of use."

Fat thighs can help ward off heart disease

For all the women who look down on their ample thighs with loathing: Fret no more. For many people, mainly women, fat on legs, hips and buttocks may actually help ward off heart disease and diabetes, says a recent research.



Researchers said that being bottom-heavy was linked to better scores on several ominous markers in the blood, including triglycerides and high sugar levels.

Brain protein influences weight gain

A weight control protein called SH2-B that helps the brain monitor body fat may help scientists develop new treatments for obesity and type 2 diabetes, researchers report. The findings also suggest that certain variants of SH2-B may underlie obesity in humans.

The researchers found that SH2-B keeps the brain sensitive to the fat hormone leptin, which is produced by fat tissue and sends signals to the brain concerning body fat levels.

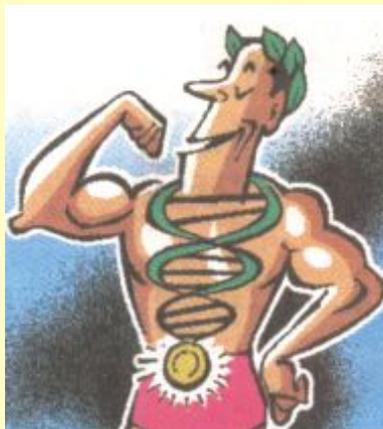
Winner by birth: champs have stronger genes, bigger hearts

Scientists have identified biological advantages that give the world's sporting champions a head start in life before they have even begun their rigorous training programmes.

Medal winning mutations range from the outsize lungs to the giant feet; other stars sweat far less and have far bigger hearts than average.

Now researchers believe Britain's 2012 Olympic champions could be just a doctor's examination or shoe measurement away.

Scientists working for official athletic bodies have begun to examine hundreds of teenagers to see if they have any of the genetic traits associated with a range of Olympic sports.



Plant protein protects the gallbladder

Women who eat more plant protein may be less likely to develop gallstones that require surgical removal of the gallbladder, according to the *American Journal of Epidemiology*.

Rich sources of plant-derived protein include legumes (such as soybeans, peanuts, black beans, and peas, nuts and seeds).

Gallstones most commonly affect overweight women between the ages of 35 and 55.

Animal studies have demonstrated that diets high in plant-derived protein reduce gallstones formation. The new study gathered information from the Nurses' Health Study for 20 years.



During the 20-year study period, 7,831 women underwent surgery to remove their gallbladder. Women who ate the most plant-derived protein had a significantly lower risk of gallbladder removal than those who ate the least amount.

In two other reports from the Nurses' Health Study, women who ate diets high in fiber and frequently ate nuts were also found to be less likely to need gallbladder surgery.



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Weight loss cuts cancer gene risk

Young women who carry a breast cancer gene can reduce their risk of the disease by slimming, a study suggests.

An international team of scientists found losing at least 10 pounds between 18 and 30 years reduced the risk of cancer by up to 65%.



Antioxidant levels may be linked to autism

In a recent study by University of Arkansas researchers, autistic children were found to have significantly lower levels of an antioxidant called glutathione and its metabolic precursors.

The active form of glutathione is reduced in about 80 percent of the kids with autism.



Study shows antioxidants play vital role in protecting skin

Sun-worshippers beware: Most sunscreen products offer inadequate protection against the harmful effects of the sun's ultraviolet radiation.

But there is hope, says a University of Illinois researcher who developed a technique to peer into the skin and study how it is affected by ultraviolet radiation.



The residual light that penetrates the skin can create free radicals, which damage DNA, create age spots, wrinkles and depress the immune system, increasing the risk of skin cancer.

The addition of antioxidants such as lycopene, vitamins E or C can help prevent skin cancer and keep skin firm and young looking.

"Ultraviolet radiation is known to cause several forms of skin cancer, including basal cell carcinoma, squamous cell cancer and deadly melanoma," said Kerry Hanson, a postdoctoral research scientist in the UI's Laboratory for Fluorescence Dynamics.

Fish 'reduces premature birth risk'

Eating fish in pregnancy reduces the risk of having a premature birth, scientists have found.

Researchers in Denmark surveyed more than 8,000 pregnant women about how often they had eaten fish during their pregnancy.

Premature delivery fell from 7.1% in women who had never eaten fish to just 1.9% in those who ate fish at least once a week.

The study in the *British Medical Journal* says women who do not eat seafood should consider taking fish oil supplements.

The average birth weight and length of pregnancy both appeared to increase in direct relation to the amount of fish that women ate.

Oily fish examples

- Salmon
- Sardines
- Trout
- Herring
- Mackerel



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the
Protective power
of
LycoRed
to**



**Tobacco & alcohol
users**

1 od or 1bd daily

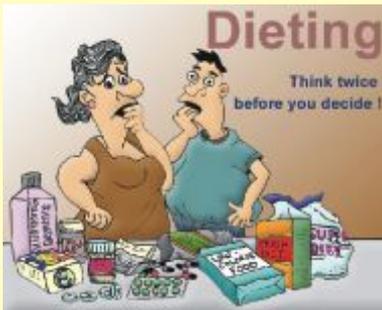
LycoRed softgels

DiETING may lead to brittle bones

Young girls in India are drastically cutting down on their eating in order to get a good figure.

What they don't know is that lack of enough of calcium intake will lead to osteoporosis - brittle bone disease characterized by low bone mass and an increased susceptibility to fractures, especially of the hip, spine and wrist.

India is among the countries worst affected by osteoporosis, with as many as 300 million people suffering from this debilitating disease. According to WHO, one out of every eight males and one out of every three females are patients of osteoporosis.



Experts believe that more young girls are now becoming obsessed with beauty at the expense of health. Osteoporosis will catch on and cripple them when they reach 40.

Eat high calcium foods, exercise regularly and do not smoke at young age to prevent osteoporosis.

LycoNews

From [LycoRed's official website \(www.lycored.com\)](http://www.lycored.com)

The Beaver Dam Eye Study (Journal of Nutrition, 1993) had surprised researchers with the discovery that lycopene, though found in the inner tissues within the eye in small amounts, was the only micronutrient examined whose serum concentrations were inversely related to the risk of age-related macular degeneration.

The researchers suggest that a diet rich in carotenoids may protect against cataract development. Plasma concentrations of lycopene were associated with the lowest risk of cortical cataract.



University of Maryland researchers suggest that carotenoids, particularly lycopene may protect the eye against oxidative damage and play a critical role in visual function.

Increased dietary intake of tomato products or addition of a natural tomato lycopene supplement, like **LycoRed**, helps protect against age-related cataracts.

Dark chocolate healthy for arteries

A new study reports that dark chocolates may have a protective effect on the cardiovascular system in healthy people.



Experts believe that the high flavonoid content of dark chocolate confers a benefit on cardiovascular outcome.

Dr. Charalambos, of Athens Medical School in Greece and colleagues write in the *American Journal of Hypertension* that the elasticity or stiffness of arteries "are important determinants of cardiovascular performance and are predictors of cardiovascular risk."

Chocolate consumption led to a significant 7-percent decrease in aortic stiffness.

Researchers suggest that the predominant mechanism appears to be dilation of small and medium-sized peripheral arteries and arterioles.



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

Breast cancer study finds French-fry link

A study examining the role childhood diet plays in breast cancer has found an association between eating French fries regularly during preschool years and developing breast cancer as an adult.



Each weekly serving of French fries consumed between ages 3 and 5 increased the risk of developing breast cancer as adults by 27 percent, according to researchers at Harvard School of Public Health.

French fries are prepared in fats that are high in harmful trans fatty acids and saturated fat.

Companies to limit school drinks

Some of the fizz will disappear from beverage vending machines in schools across the United States in a move aimed at attacking childhood obesity by limiting the kinds of drinks sold to children.

The American Beverage Association announced new guidelines aimed at reducing consumption of drinks believed to contribute to childhood obesity.



Green tea contraindicated in pregnancy

A recent article published in *Cancer Research* on green tea states that the mechanism by which green tea protects against cancer i.e, by blocking folic acid metabolism makes it potentially dangerous during pregnancy.



The benefits of green tea are generally attributed to a chemical called epigallocatechin gallate (EGCG).

It seems that EGCG blocks the enzyme dihydrofolate reductase, an enzyme essential for tumor cell growth. Without this enzyme, folic acid is unavailable in the cells. Folic acid is needed for cells to divide. Without folic acid cell division is slowed down.

It is well proven that low folic acid levels increase the risk for a mother to give birth to a child with spina bifida. A study published in 2,000 established a worrisome link between tea consumption and spina bifida.

Women who drank more than three cups of tea a day were almost three times as likely to give birth to a child with spina bifida as non tea drinkers.

Green tea should certainly be avoided during pregnancy and for several months prior to conception.

Raspberries: cancer protection that tastes good

Raspberries are the by far the best source of a chemical called ellagic acid. The other major source is the pomegranate; smaller amounts of ellagic acid are found in walnuts, apricots and watermelon.



Ellagic acid from any source has an anticancer effect and eating foods containing high amounts or taking extracts of these foods is useful in preventing or treating cancer.

Ellagic acid does more for cancer than simply preventing it as:

- It stimulates increased production of reduced glutathione
- It affects cancer cells directly. Even at low concentrations, it inhibits cancer cell growth and stimulates apoptosis (cell suicide)

The concentrations of ellagic acid required to halt cancer growth and cause apoptosis in a test tube can be achieved by eating about a cup of raspberries a day.



In pregnancy

LycoRed™

Reduces the risk of pre-eclampsia, IUGR & oligohydramnios



"I have been prescribing LycoRed in oral leukoplakia and sub-mucous fibrosis.

The results are very encouraging"

Dr. B Saikia
BDS
Sivasagar (Ass)



"LycoRed is one of the most useful drugs in my daily practice.

Getting good results in male & female infertility and IUGR cases"

Dr. Vinita J Khadse
DGO
Jalgaon (Mah)



"Excellent results with LycoRed in male infertility specially in oligospermia"

Dr. Sudhir Agarwal
MS
Sawai Madhopur (Raj)



"LycoRed is an excellent medicine as it gives good results in hypertension with dyslipidemia and post-menopausal syndrome"

Dr. S M Mohanty
MBBS
Bhubaneswar (Ori)



"LycoRed, an excellent product for curing leukoplakia & lichen planus.

Found it exceptionally beneficial in people habituated to tobacco & pan chewing"

Dr. S P Sahni
BDS
Hoshiarpur (Pun)



"Remarkable results in female infertility and oligospermia after prescribing LycoRed"

Dr. Madhu Bindra
DGO
Agra (UP)



"Wonderful results with LycoRed in TB & asthmatic patients"

Dr. S P Mayyar
MBBS, DTCD
Sriganganagar (Raj)



"My infertile patient conceived after 11 years.

LycoRed is the best medicine for infertility!"

Dr. Sarita Tayal
DGO
Ghaziabad (UP)



"LycoRed is not only a boon for the infertile but also miracle for the aged!"

Dr. Bharati Misra
MD
Berhampur (Ori)



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



"Found LycoRed to be profoundly useful in providing near normal outcome of foetus & mother in cases of IUGR, PIH diabetes mellitus with pregnancy."

LycoRed normalizes the blood flow through foeto-placental circulation and thus brings the expected foetal outcome"

Dr. Ashok B Patil
DGO
Shedbal (Kar)



"Obtaining better results with LycoRed in oral sub-mucous fibrosis and leukoplakia"

Dr. S B Agarwal
MS
Jaipur (Raj)



"LycoRed is a wonderful drug!

I have found very good results in IUGR & pre-eclampsia"

Dr. Parinita Bansal
MS
Agra (UP)



"LycoRed gives good results in male infertility & IUGR"

Dr. Pragya Ojha
MS
Bikaner (Raj)



"LycoRed... A treatment for psoriasis."

A diabetic patient, who was not getting any relief from psoriasis for the past 5 years, was given LycoRed 1 bd along with insulin.

To my utmost surprise, the patient showed drastic improvement in just 6 weeks.

The patient himself started assuring me that he will get cured.

Thanks to LycoRed"

Dr. G C Mohapatra
MD
Khurda (Ori)



"Getting significantly higher positive results after prescribing LycoRed to both partners in infertility"

Dr. Bhamini Bhag
MD
Jaipur (Raj)



"Used LycoRed in ten patients who were suffering from oral sub-mucous fibrosis (Gr I to III)."

Probably, the anti-carcinogenic property of lycopene that enhances the cell-mediated immune response within a relatively short duration of time was the reason behind the marked clinical improvement seen after administering LycoRed as 2 bd for 3 months"

Dr. Kabita Chatterjee
MDS
Kolkata (WB)



"LycoRed is a safe & effective treatment for unexplained male or female infertility"

Dr. Pushpa R Kodlikeri
MBBS
Aurangabad (Mah)



"LycoRed is very effective in arthritis, oligospermia and leukoplakia"

Dr. Manoj Soni
MD
Bhilai (Chatt)

**Extend
the
Protective power
of
LycoRed
to**



Infertile couples

Males: 2bd daily
Females: 1bd daily

LycoRed softgels

The second revolution

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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