



# ARBOR FARMS MARKET

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## Our August 2010 Newsletter for Healthy Living

### Probiotics and Your Weight

Daily supplements with the probiotic *Lactobacillus gasseri* SBT2055 may help weight loss in people with obese tendencies, according to new research. After twelve weeks of consuming a fermented milk product containing the *Lactobacillus* strain, study subjects averaged a 4.6 percent reduction in abdominal fat and a 3.3 percent reduction in subcutaneous fat. NutraIngredients reports: "Furthermore, body weight dropped by 1.4 percent and waist size decreased by 1.8 percent ... The study extends previous findings ... which showed LG2055 may reduce fat levels (adiposity) and fat cells in animals".

What does the bacteria in your gut have to do with your waistline? Multiple studies have shown that obese people have different intestinal bacteria than slim people, and regardless of weight most people do not have the optimal balance of good and bad bacteria in their intestines. This imbalance can wreak havoc on your health in many ways, and it may even contribute to being overweight and/or having difficulty shedding excess weight.

In this latest study, obese people were able to reduce their abdominal fat by nearly 5 percent, and their subcutaneous fat by over 3 percent, just by drinking a probiotic-rich fermented milk beverage for 12 weeks. Given that the control group experienced no significant fat reductions at all during the study period, this is one more gold star for probiotics.

Your body contains about 100 trillion

bacteria -- more than 10 TIMES the number of cells you have in your entire body. Ideally, the ratio between the bacteria in your gut is 85 percent "good" and 15 percent "bad." Ensuring that you're getting a regular supply of good bacteria in your digestive system is important because an estimated 80 percent of your immune system is located there; thus, supporting your digestive health is

babies are at a lower risk of obesity, as bifidobacteria flourish in the guts of breast-fed babies.) Two other studies found that obese people had about 20 percent more of a family of bacteria known as firmicutes, and almost 90% less of a bacteria called bacteroidetes than lean people. Firmicutes help your body to extract calories from complex sugars and deposit those calories in fat.

***"Obese people were able to reduce their abdominal fat by five per cent drinking a probiotic."***

essential to also supporting your immune system, which is your number one defense system against ALL disease. The probiotics in your gut also play a role in helping numerous bodily functions, such as digesting and absorbing certain carbohydrates, producing vitamins, absorbing minerals and eliminating toxins, keeping gut bacteria under control, and preventing allergies.

If you have an excess of unhealthy bacteria in your gut, it can manifest in many ways, such as gas and bloating, fatigue, sugar cravings, nausea, headaches, and constipation or diarrhea. Certain bacteria may cause low-grade inflammation in your body, contributing to obesity and difficulty in losing weight. A 2008 study found that the bifidobacteria counts taken from infants at the age of 6 months and 12 months were twice as high in healthy-weight children as in those who became overweight, while *S. Aureus* levels were lower. (Interestingly, this finding may explain why breast-fed

When these microbes were transplanted into normal-weight mice, those mice started to gain twice as much fat.

Your gut bacteria is also very sensitive to antibiotics, chlorinated water, antibacterial soap, agricultural chemicals and pollution. Because of these latter items, to which virtually all of us are exposed at least occasionally, it's generally a good idea to "reseed" the good bacteria in your gut by taking a high-quality probiotic supplement or eating fermented foods. In the past, people used fermented foods like yogurt and sauerkraut to support their digestive health, as these foods are rich in naturally beneficial bacteria.. If these foods do not make a regular appearance in your diet, or you've recently taken antibiotics, a high-quality probiotic supplement will help give your gut bacteria the healthy boost it needs.

Reference: *European Journal of Clinical Nutrition*, June 2010; 64(6):636-43 NutraIngredients June 11, 2019 *American Journal of Clinical Nutrition*, Vol. 87, No. 3, 534-538, March 2008 *Nature* Published online 20 December 2006; doi:10.1038/news061218-6

### What's Inside This Issue

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- Exercise Aids Metabolism
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## Vitamin K Reduces Cancer Risk

People who have the highest intakes of vitamin K2 may significantly lower their risk of cancer and cancer mortality, according to results from the European Prospective Investigation into Cancer and Nutrition (EPIC) study. After analyzing data from over 24,000 participants who were followed for over 10 years, those who had

like smoking, alcohol use, obesity, and eating lots of foods that are high in antioxidants. Vitamin K has also been found beneficial in the fight against other cancers, including liver, colon, stomach, nasopharynx, and oral cancers, and some studies have even suggested vitamin K may be used therapeutically in the treatment of patients with lung cancer, liver

of your bones, arteries and immune system as well.

There are three types of vitamin K. Vitamin K1, or phylloquinone, is found naturally in plants and vitamin K2, also called menaquinone, is made by the bacteria that line your gastrointestinal tract. Vitamin K3, or menadione, is a synthetic form that is manmade and less effective. Both vitamin K1 and vitamin K2 should be included in your diet. K1 is found in dark green leafy vegetables, and makes up about 90 percent of the vitamin K in a typical Western diet. The best vegetable sources of K1 that you should consider eating frequently are collard greens, spinach, salad greens, kale, broccoli, brussels sprouts and cabbage. Other good sources are olive oil, asparagus, okra, green beans and lentils. A natural



source of vitamin K2 is derived from an ancient Japanese food called tempeh, which is made from fermented soybeans; significant amounts of vitamin K2 are produced during the fermentation process. Other fermented foods like cheese are also high in K2. Vitamin K is a fat-soluble vitamin which means that in order for your body to absorb it effectively, you need to eat some fat with it.

Reference: American Journal of Clinical Nutrition May 2010. International Journal of Oncology, 2003 Sept;23(3):627-32. American Journal of Clinical Nutrition, 2008 Apr;87(4):985-92. What We Eat In America. NHANES 2001-2002: Usual Nutrient Intakes from Food Compared to Dietary Reference Intakes. U.S. Dept. of Agriculture, Agricultural Research Service. 2005.

### ***“Subjects with the highest dietary intakes of Vitamin K had a 45% lower risk of developing cancer.”***

the highest intakes of vitamin K2 were 14 percent less likely to develop cancer and 28 percent less likely to die of cancer compared to those with the lowest intakes. A separate study by researchers at the Mayo Clinic also revealed impressive anti-cancer effects from vitamin K. Those with the highest dietary vitamin K intakes had a 45 percent lower risk of developing Non-Hodgkin lymphoma, a cancer of the immune system, than those with the lowest.

Vitamin K is sometimes referred to as the “forgotten” vitamin because it is often overshadowed by more well-known nutrients. However, these two new studies add to a growing arsenal of research highlighting vitamin K’s cancer-fighting potential. The Mayo Clinic study noted above found that the benefits of vitamin K held true even after accounting for other cancer influencers

cancer, and leukemia. One 2008 study by the European Prospective Investigation into Cancer and Nutrition (EPIC) also found that increased intake of vitamin K2 may reduce the risk of prostate cancer by 35%. The potential benefits of vitamin K2 were most pronounced for advanced prostate cancer.

Many people in the United States are not getting the currently recommended intakes, which are likely already too low to begin with. In fact, according to What We Eat In America NHANES 2001-2002, only one in four Americans are meeting the recommended levels of dietary vitamin K. Further, the Institute of Medicine’s recommended daily intake of 120 micrograms for men and 90 for women are based on levels that will ensure adequate blood coagulation. But vitamin K is important for more than just blood clotting; it impacts the health

## Exercise Aids Metabolism

Staying in shape may bolster the metabolic profiles of college students. In an epidemiological study, researchers found an association between physical fitness, body fat percentage and metabolic risk factors that are precursors to cardiovascular disease and Type 2 diabetes.

Researchers tracked four biomarkers of metabolic risk -- high-density lipoprotein (HDL), low-density lipoprotein (LDL), triglycerides and blood glucose levels. According to EurekAlert: “Physical fit-

ness appeared to have a greater impact on certain metabolic risk factors than body fat. Being fit correlated with lower triglycerides and higher HDL ... healthy cholesterol in women and lower blood glucose levels in men.”



Even though more Americans are exercising, rates of obesity and smoking have not changed. A survey by the U.S. Centers for Disease Control and Prevention found that obesity rates remained at around 28 percent of adults, the same as

in 2008. However, 34.7 percent claimed that they engaged in regular leisure physical activity, up from 31.9 percent in 2008.

Reuters reports: “Health experts and the U.S. government both recommend getting daily exercise -- about an hour a day of moderate exercise for most adults -- to keep weight off and prevent heart disease, diabetes and cancer.”

Reference: EurekAlert June 17, 2010. Reuters June 16, 2010. Medicine & Science in Sports & Exercise June, 2010;42

### ***Pain-Free Living:***

#### **Head & Neck Problems?**

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***We feature fresh, local  
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#### **Walk-around Wine Tasting @ Quarter Bistro**

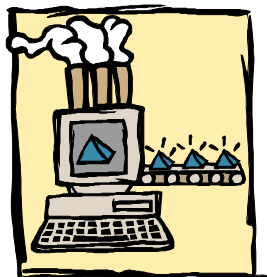
*If you love wine, don’t miss*

the opportunity to attend one of our Fall wine events held on Friday, Sept. 27 and Friday, Nov. 12 from 7-9PM.

Details on [arborfarms.com](http://arborfarms.com) soon!

## Chlorella and Mercury

A recent study shows that chlorella, a single-celled organism that has been used for many years as a nutritional supplement, can help flush methylmercury from your system. Mice fed methylmercury were given chlorella, and the amount of methylmercury ex-



creted in their urine and feces was approximately twice the amount excreted by mice not treated with chlorella. Methylmercury is

a neurotoxic compound widely used in industrial applications. It accumulates in fish, which has led to widespread advisories against fish consumption by pregnant women.

The study in the *Journal of Toxicological Sciences* reports: "These results suggest that the intake of [chlorella] may induce the excretion of Hg [mercury] both in feces and urine ... The effect of [chlorella] on the tissue mercury accumulation may become evident in a long-term experiment."

Chlorella, a single-celled fresh water algae, is often referred to as a near-

perfect food, as its range of health benefits are truly astounding. Chlorella acts as an efficient detoxification agent by binding to toxins, such as mercury, in your body and carrying them out of your system. It is the chlorophyll in chlorella that makes it so powerful, as chlorophyll helps you process more oxygen, cleanses your blood and promotes the growth and repair of your tissues.

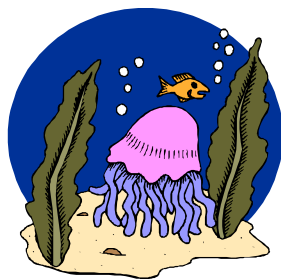
***"The results suggest that the intake of chlorella may induce the excretion of mercury."***

waterways once it rains. Mercury is also released from cement kilns and certain types of mining activities. Once in the air, the toxic mercury rains down into bodies of water. From there it is converted by bacteria into a particularly dangerous form called methylmercury, where it finds its way into fish, accumulating especially in fish that are higher up the food chain.

Dental amalgam fillings are also made from about 50 percent mercury and the rest is an amalgam of silver, tin, copper, zinc and other metals. It's an ironic fact that the metallic mercury used by dentists to manufacture dental amalgam is shipped as a hazardous material to the dental office. Any amalgam leftover is also treated as hazardous and requires special precautions to dispose of. These metals build up in your body over time, leading to chronic symptoms that you may never equate with the dental filling you got five years ago.

Symptoms of toxic build-up due to chronic metal exposure include fatigue, digestive distress, aching joints, depression, impaired blood sugar regulation and female reproductive problems. Mercury is also a potent toxin in its own right that can damage your brain, central nervous system and kidneys, and is es-

pecially dangerous for children, fetuses and pregnant and nursing women. It makes sense for virtually everyone to take steps to proactively remove metals from their body before they are plagued by symptoms, and if you have any of the symptoms above ridding your body of metals may help them resolve.



If you've received a vaccine, had or have silver (mercury) fillings in your mouth, or eaten fish, it's highly likely you have some level of mercury poisoning that may be compromising your health. Heavy metal toxicity, just like chemical toxicity, has become one of the most pressing health hazards of our day. Your body is assailed by chemicals and heavy metals on a daily basis.

The primary source of mercury in the environment is the generation of electricity from burning coal, which releases the mercury into the air and then into the

majority of mercury is rid through your stool. Once the mercury burden is lowered from your intestines, mercury from other body tissues will more readily migrate into your intestines -- where chlorella will work to remove it. The herb cilantro may be a synergistic detoxification aid when used with the chlorella, as it possesses similar properties.

Chlorella's cleansing action on your

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bowel and other elimination channels, as well as its protection of your liver, also helps promote clean blood, which helps assure metabolic waste gets efficiently carried away from your tissues. Chlorella is such a powerful detoxifier because it is rich in chlorophyll, which is known to: aid in processing oxygen; cleanse elimination systems like the bowels, liver and blood; help purify blood and clear toxins; aid in promoting optimal blood pressure; support elimination of molds in your body; help neutralize bad air, and promote growth and repair of tissues.

Chlorella is actually useful even beyond detoxification, and its range of health benefits includes boosting the immune system, improving digestion, enhancing the ability to concentrate, increasing energy levels, balancing the body's pH, normalizing blood sugar and blood pressure, reducing cancer risk and freshening the breath. As with any supplement, different brands of chlorella will vary widely with regard to overall quality, potency and purity, so purchase it from a reputable source.

Reference: *Journal of Toxicological Sciences* 2010; 95(1): 101-05  
*International Academy of Oral Medicine & Toxicology Position Paper on Dental Amalgam* August 2009



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- Organic Seedless Grapes, Red or White..... \$2.49/lb
- Organic Red Raspberries, 6 oz pkg..... \$2.99
- Miller Amish Chicken Breasts, boneless skinless. \$2.99/lb
- Michigan Grass-fed T-Bone Steaks..... \$8.99/lb
- Grass-fed N.Y. Strip Steaks..... \$8.99/lb
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- Honest Teas, assorted varieties 12 oz.....10/\$10
- Nature's Path Eco-Pac Cereals, assorted 26-32 oz... \$5.99
- Annie's Macaroni 'n Cheese, natural varieties 8 oz.....3/\$5
- Stonyfield Organic Yogurt, Low-fat, Non-fat, Soy 6 oz.. \$.79
- Organic Valley Milk, assorted gallons.....\$5.99
- Natural Choice Fruit Bars, frozen varieties 18 oz..... \$3.99
- Good Health Olive Oil Potato Chips, assorted 5 oz.. 2/\$3
- Sam Adams Boston Lager & assorted varieties 6/12 oz. \$7.99
- Santa Ema Sauvignon Blanc & assorted 750 ml..... \$7.99
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