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Our July 2010 Newsletter for Healthy Living

Omega-3's and Your Bones

Increased intake of omega-3 fats, and DHA (docosahexaenoic acid) in particular, increases bone mineral content and produces healthier, stronger bones -- at least according to the results of a study with rats. Researchers used dual-energy X-ray absorptiometry to assess bone mineral content in the rats. And while this study did not extend to the omega-3 fat EPA (eicosapentaenoic acid), NASA scientists, on the other hand, have also published a study recently in which they claim that EPA "may protect against bone loss during space flight."

According to NutraIngredients: *"Scientists from NASA recently reported in the Journal of Bone and Mineral Research that the omega-3 EPA may protect against bone loss during space flight"* According to this latest study published in the British Journal of Nutrition, the omega-3 fat DHA "appears to be a vital constituent of marrow and enhances bone mineral content."



Omega-3 deficiency was recently revealed as the sixth biggest killer of Americans, responsible for up to 96,000 premature deaths each year, so increasing your omega-3 intake could very well be a life-saving strategy for many. The results of three studies published in 2008 also mirrored these results, indicating that low concentrations of EPA and DHA resulted in an increased risk of death from ALL causes, and accelerated cognitive decline.

Animal-based omega-3 fats, which come largely from fish, fish oils and grass-fed beef, are not eaten in abundance in the United States. What IS eaten in abundance are damaged omega-6 fats (think trans-fats), which come from highly processed vegetable oils like corn, soy, and canola. For optimal health, the ratio between omega-6 and omega-3 fats should be close to 1:1; the

ing, etc.); **improves endothelial function:** a major factor in promoting the growth of new blood vessels; **lowers blood pressure;** and **lowers triglyceride concentrations.**

You can shift your ratio by consuming more high quality omega-3 fats, which promote the production of substances that fight inflammation, while also cutting down on unhealthy damaged

"Omega-3 deficiency is the sixth biggest killer of Americans, leading to 96,000 deaths annually."

typical American diet can be as high as 25:1 in unhealthy omega-6 fats. When damaged omega-6 fats predominate one's diet, an inflammatory response is encouraged. Since so many diseases have now been linked to chronic inflammation, this is one of the most important nutrition concerns. In fact, many scientists believe that one major reason for today's high incidence of heart disease, hypertension, diabetes, obesity, premature aging, and some forms of cancer is this profound imbalance between your intake of damaged omega-6 and omega-3 fats.

Here is just a sampling of omega-3's heart healthy benefits - **antiarrhythmic:** counteracting or preventing cardiac arrhythmia; **antithrombotic:** tending to prevent thrombosis (a blood clot within a blood vessel); **antiatherosclerotic:** preventing fatty deposits and fibrosis of the inner layer of your arteries from forming; **anti-inflammatory:** counteracting inflammation (heat, pain, swell-

ing, etc.). Unfortunately there is still plenty of confusion about omega-3 fats as many "experts" fail to appreciate the importance of *animal based* omega-3 fats, as opposed to just eating plant based omega-3 fats that contain ALA. While plant-based omega-3 fats are necessary, highly beneficial, and should be consumed as well, the evidence is very clear that they are not an acceptable *substitute* for animal based omega-3 fats. This is primarily related to the fact that the body does not easily convert the ALA in plant-based fats to the longer fats of EPA and DHA. And if you have diabetes, are overweight, have high blood pressure or high cholesterol, your body has even more difficulty converting these fats.

Animal-based omega-3 fats contain two fatty acids crucial to your health, DHA and EPA. These two fatty acids, not ALA, are the ones that are pivotal in preventing heart disease, cancer, and

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Cell Phones, Safety and Spin

People who use cell phones for at least 30 minutes a day over the course of 10 years have a greater risk of developing brain cancer, according to a landmark study from the World Health Organization. The chance of developing a malignant tumor is increased by more than a third with prolonged use. According to the Times Online: “The

create a barrier between the mobile phone industry and the scientists.

So what did the much-awaited results say? This is the question the Interphone study set out to answer, and indeed they did find a correlation. However, many media outlets have reported that Interphone found no correlation between cell phone use and cancer overall. What they

Spin and the Truth Behind Interphone.

As Lloyd Morgan, lead author of the report and member of the Bioelectromagnetics Society says: “Exposure to cell phone radiation is the largest human health experiment ever undertaken, without informed consent, and has some 4 billion participants enrolled. Science has shown increased risk of brain tumors from use of cell phones, as well as increased risk of eye cancer, salivary gland tumors, testicular cancer, non-Hodgkin’s lymphoma and leukemia. The public must be informed.”

Now that the study has been released, however, its design flaws are rendering the results dangerously outdated and insufficient. If the wrong conclusions

are drawn from the Interphone studies, and this is the direction that many media outlets are taking right now, the resulting lack of public warnings could have disastrous consequences for the generations to come. As Camilla Rees stated: “The questionable circumstances surrounding the Interphone study, its 5-year delay, design flaws, reporting omissions, and conflicting published results is screaming for a societal response. The industry is using the study’s flaws as a basis to claim ‘no causal relationship’ could be stated, effectively spreading the message ‘round the globe that cell phones are not linked to brain cancer. Independent research on this subject tells us this is untrue, and the public has once again been misled on this ever so important emerging public health issue.” Here are some tips to help protect your family: Reduce your cell phone use: Turn your cell phone off more often. Remember that children are far more vulnerable to cell phone radiation than adults, so limit their exposure.



Reference: Times Online May 16, 2010
International Journal of Epidemiology May 17, 2010:
ElectromagneticHealth.org May 23, 2010

“Exposure to cell phone radiation is the largest human health experiment ever undertaken without consent.”

outcome of the 10-year Interphone study ---the largest of its kind, compiling research from 13 countries -- has been eagerly anticipated by both the phone industry, which contributed substantially to its funding, and campaigners who warn of radiation risks from handsets.”

The Interphone study, which was performed from 1999 to 2004, is THE study on cell phones that the world has been waiting for. It cost more than \$30 million (funded in part by the mobile phone industry) to carry out, and involved nearly 50 scientists from 13 countries, along with more than 14,000 people. The results were meant to finally give definitive evidence on the safety, or lack thereof, of cell phones, but now that the data is finally being released, there are more questions than answers, as the study is proving to be seriously flawed. Already, the Interphone study is lagging years behind its scheduled completion date.

Part of the delay in putting together the final report now appears to be internal strife, as scientists are reported to differ in their interpretation of the results. The GSM Association, a global trade organization of mobile operators, and the forum, which includes Nokia and about a dozen other manufacturers, contributed more than \$3.5 million to the \$30-plus million project. The European Commission also helped fund it with contributions passed through the International Union Against Cancer in an effort to

neglect to mention is that “heavy users” of cell phones were found to have an approximately doubled risk of glioma, a life-threatening and often-fatal brain tumor, after 10 years of cell phone use. Now remember, this study was conducted from 1999-2004, and at that time “heavy” use was defined as about two hours a month!

The results are clearly outdated, because in the decade that’s passed since the study was begun, cell phone use has grown exponentially and it is not at all unusual for people to use a cell phone for two hours or more a day! As Camilla Rees, founder of Electromagnetic-Health.org, wrote: “An extremely light user today might use the cell phone for two hours a month (a ‘heavy user’ at the time of the Interphone study), while many others use the cell phone for much of the day, making risk of brain tumor potentially far, far greater, and also of enormous unknown risk to children.”

The International EMF Collaborative has released a report detailing 11 serious design flaws of the Interphone study, including the exclusion of people who died or were ill from cancer, who used portable phones emitting the same microwave radiation, or who were young adults or children. They say these ‘systemic-skews’ in the study lead to a significant underestimation of brain tumor risk. You can read the full report by googling *Cell Phones and Brain Tumors: 15 Reasons for Concern, Science,*

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Green Tea Promotes Eye Health

Catechins in green tea could help protect you against glaucoma and other eye diseases. New research finds that the ingredients travel from your digestive system into the tissues of your eyes. Scientists analyzed eye tissue from rats that drank green tea. They found that eye tissues such as the lens and retina had absorbed green tea catechins.



According to NutraIngredients: *“The [study’s] authors said that oxidative stress causes biological disturbances such as DNA damage and activation of proteolytic enzymes that can lead to tissue cell damage or dysfunction and eventually many ophthalmic diseases.”*

Antioxidants are known to have a wide variety of health benefits, and now researchers have linked them to eye health as well, by evaluating the antioxidant content distributed in the eyes following the consumption of green tea. They discovered that the catechins found in green tea were absorbed into various parts of the eyes anywhere from 30 minutes to 12 hours after rats were given the tea.

Catechins, a class of polyphenolic antioxidants, have been reported to have

locatechin, while the aqueous humor (the fluid in the chambers of your eye) soaked up the highest amounts of epigallocatechin (EGCG).

There are certain compounds and nutrients that seem to have near limitless health potential, and catechins are part of that group. Fortunately, green tea is an excellent source of these antioxidants, making them easily available to anyone with the good sense to pay attention. Aside from potentially saving your eyesight, green tea catechins have also been found to: protect your heart and cardiovascular system; hinder progression of cancer; ease inflammation and pain associated with rheumatoid arthritis; reduce risk of Alzheimer’s disease; promote healthy gums, and improve digestion.

Epigallocatechin gallate (EGCG), specifically, is one of the most powerful antioxidants known, and the health benefits of EGCG include the prevention of high blood lipids, arteriosclerosis, cerebral thrombus, heart attack and stroke. Several studies have also found that EGCG can improve exercise performance, increase fat oxidation, and may help prevent obesity, as it’s known to have a regulatory effect on fat metabolism.

color indicating some oxidation and depletion of its valuable properties. Matcha green tea is particularly high quality because it contains the entire ground tea leaf, and can contain over 100 times the EGCG provided from regular brewed green tea. Another delicious, healthy tea option is Indian tulsi tea, also very high in antioxidants.

While there is no clear-cut evidence of

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exactly how much is best, it is a general misconception that it would take pot upon pot of green tea to add up to any significant benefits. In reality, much of the research on green tea has been based on about *three cups daily*. One cup of green tea will provide you with 20-35 mg of EGCG, so three in a day will supply you with about 60-105 mg, with the actual amount depending on the quality of the tea. Since green tea is the number one source of EGCG, simply add a few cups of green tea to your day if you enjoy it. As always, listen to your body. If green tea doesn’t appeal to you, then it’s probably not the best thing for you.

Reference: Nutraingredients April 26 2010;
Journal of Agricultural and Food Chemistry February 10, 2010;58
(3): 1523-34

“The catechins in green tea were absorbed into the eye within 30 minutes to 12 hours.”

various physiological and pharmacological properties, and can be divided into several sub types, including Epigallocatechin gallate (EGCG), Epigallocatechin (EGC), Epicatechin gallate (ECG), Epicatechin (EC) and Gallocatechin gallate (GCG). In this study, researchers were able to discern the types and amounts of green tea catechins absorbed by the various parts of the eyes. The retina absorbed the highest levels of gal-

The polyphenols in green tea may constitute up to 30 percent of the dry leaf weight, so, when you drink a cup of green tea, you’re drinking a fairly potent solution of healthy tea polyphenols. Green tea is the least processed kind of tea, so it also contains the highest amounts of EGCG of all tea varieties. There are quality differences, as many green teas have been oxidized; a tea’s color will indicate quality, with a brown

Omega-3’s and Your Bones continued from page one

and many other diseases. Over 50 percent of your brain is also made up of DHA, which explains why it’s so essential for proper brain function and development. Ideally you would receive all the animal based omega-3s you’d need from eating grass-fed beef and sea food, but fish oil supplements are beneficial.

Omega-3s certainly are not the only nutrients that have been linked to strong

healthy bones. Other helpful strategies and nutrients for optimizing bone health

bones are fluoride, birth control pills, sugar and soda.

“Over 50% of your brain is made up of DHA.”

are exercise, Vitamin D, eating plenty of vegetables, Vitamin B12, Vitamin K and animal-based protein. Some of the substances found to be harmful to your

Reference: Nutraingredients September 17, 2009;
American Journal of Clinical Nutrition September, 2008; 88(3):
595-96;
American Journal of Clinical Nutrition September, 2008; 88(3):
706-713;
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