

The Secret Killer

Vital Choice Health Store owner Mike Ventresca reveals how diseases once thought to be caused by diet and family history may actually be linked to what some are calling “the secret killer.”

By **Mike Ventresca**
Owner, Vital Choice

Today’s column is likely to be one of—if not *the*—most important I write all year. Today we’ll discuss a common thread that weaves through nearly every disease you can think of. And now, new research shows that we can add bone loss to the list.



Mike Ventresca

In 2004, *Time Magazine* first called inflammation “the secret killer.” Since then, research has only confirmed this infamous nickname. Cancer, arthritis, diabetes, Alzheimer’s and heart disease are all inflammatory-related. For example, we often think of cholesterol when assessing heart health, but did you know that 50% of the people that suffer from heart attacks have normal cholesterol? Most experts now believe inflammation is to blame. In fact, some doctors now consider controlling inflammation (measured as C-Reactive Protein or CRP) to be more important than cholesterol in preventing heart disease.

Inflammation also plays a major role in the aging process. In his book “The Wrinkle Cure,” Dr. Nicholas Pericone outlines the negative impact inflammation plays on our physical appearance and discusses the importance of an anti-inflammatory diet.



HEALTH AND HEALING

Eating anti-inflammatory foods and spices can help reduce inflammation, risk of disease and even improve bone health.

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How can we combat this secret killer? One answer, which comes from respected author Andrew Weil, M.D., is to eat more anti-inflammatory foods, including ginger, turmeric, green tea and rosemary. Dr. Weil recommends eating these foods as often as possible to reduce inflammation and risk of disease.

If you’re like me, you probably find it difficult to eat these daily. In that case, an ideal supplement to try is Zyflamend® from New Chapter. Zyflamend combines ginger, turmeric and green tea with several other anti-inflammatory spices and herbs in a softgel. It has been clinically studied and proven effective by the Cleveland Clinic, Columbia University and the MD Anderson Cancer Center. I take it daily and am convinced I am healthier as a result.

And now, new research shows there’s yet another reason to take Zyflamend—bone health.

Inflammation has been linked to bone loss in both men and women. In short, we now know inflammation can increase

(over)

the production of cells that break down bone called osteoclasts. Normally, osteoclasts work in balance with osteoblasts (bone building cells), routinely breaking down and building new bone as needed.

In fact, the body grows the equivalent of an entirely new skeleton every seven years. But when this process begins to favor break down over bone formation, bone strength may be affected. A recent study published in the peer-reviewed journal Nutrition and Cancer showed Zyflamend actually reduces the production of osteoclasts—thereby reducing the breakdown of bone.

So now we've talked about reducing bone loss, but what about building new bone?

Many turn to calcium. That's a great start, but calcium alone is not enough. Studies show individuals who obtain their calcium from food have healthier bones than those who rely on calcium supplements. Why the difference? Most supplements contain a very ineffective form called calcium

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carbonate, otherwise known as chalk, and little else. To be strong, our bones need a host of nutrients beyond calcium. For example, without adequate vitamin K, calcium will not be deposited in the bones, but rather, in the arteries or kidneys potentially causing problems. Other important nutrients include vitamin D and trace minerals like silica, vanadium and strontium.

I know of only one formula that includes all of these in a whole-food complex. It's called Bone Strength™. How well

does it work? A recent preliminary analysis found women taking Bone Strength showed an annualized increase in bone density of over 2% per year!

An ideal bone health protocol would then combine a whole-food bone formula like Bone Strength with a formula that promoted a healthy inflammation response like Zyflamend.

For more information on either of these options, please stop in to Vital Choice Health Store.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. They are open Monday through Friday from 10 a.m. to 8p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5p.m.

These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. If you have any concerns about your own health, you should always consult with a healthcare professional.



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Learn. Shop...be healthy!

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