

# SYNERGY TIMES

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## Lutein for Better Vision

37 healthy individuals (aged 22-30 years) who were exposed to computer display light for 10 hours a day during the previous 2 years were randomly assigned to receive, in double-blind fashion, lutein (6 or 12 mg/day) or placebo for 12 weeks. Contrast sensitivity increased in both lutein groups, and statistical significance was reached at most visual angles in the group receiving 12 mg per day. A growing body of evidence indicates that lutein, which is present in foods such as spinach, kale, and eggs, can prevent the development of age-related macular degeneration. This new study suggest lutein may also improve vision in healthy individuals.

## Natura World Imperfects

We have seen an increase in demand for great pricing on pillows and mattresses lately. Natura World offers imperfect bedding— from pillows, mattresses, and covers with great quality at unbelievable prices. Consumer satisfaction has been 100% with all Natura products. Call for pricing and availability

## The Statin Myth Part 2

A major study published in The Lancet offers the following conclusion.

“We have pooled the data from 8 randomized trials that compare statins with a placebo in primary prevention populations at increased risk. Our analysis suggests that lipid-lowering statins should not be prescribed for true primary prevention in women of any age or for men older than 69 years. High-risk men aged 30-69 should be advised that about 50 patients need to be treated for 5 years to prevent one event (heart attack). In our experience, many men presented with this evidence do not choose to take a statin.”

Also, the study finds that some cognitive deterioration can be found in most statin users. CoQ10 levels plummet when statins are initiated and neuro-peptide formation is damaged causing a variety of bodily ailments.



## Synergy News

- New fragrances of South of France soaps are now available. A wonderful scent for almost everyone!
- We now carry Almond Dream caragen free unsweetened almond milk for those looking for an alternative to other almond milks.
- Neuro Science and Sanesco products are always available for those interested.
- We still carry the worlds best blender at a great price. The Vita Mix Blender Turbo 4500
- And for those that would like a delicious, healthy snack, we have Grateful Harvest organic beef jerky with no hormones, artificial ingredients, or antibiotics.

Just another reminder that we offer consultations, diet plans, and workout plans for almost any condition that you would like to remedy. Please call to set up an appointment.

## Colostrum Outperforms Flu Vaccine

According to a 2007 Italian study colostrum, a substance produced in mammary glands within 48 to 72 hours after a female mammal gives birth, abounds with nutrients, growth factors, and immune-supporting compounds, including antibodies. Bovine colostrum has a similar composition to human colostrum. Researchers, compared the effectiveness of an oral colostrum tablet (900 mg, once in the morning) with anti-influenza vaccine in healthy subjects, ages 30 to 80. The researchers looked at the number of influenza episodes during the two-month treatment period plus the month after (three months total) and the total days of illness. Both colostrum-receiving groups experienced significantly fewer cases of flu than either the untreated or the vaccination-only group.