

oats for heart health

Already recognized by the government for their ability to lower cholesterol levels, oats may have additional cardiovascular benefits, according to new research published in the June 2004 issue of *Agricultural Research* magazine.

A substance in oats may keep blood cells from sticking to artery walls, helping prevent clogged arteries and atherosclerosis.

Scientists at Tufts University in Boston purified compounds called avenanthramides from oats and exposed them to human arterial wall cells for 24 hours. The number of adhesion molecules—the glue that binds blood cells to artery walls—was significantly reduced. Fewer blood cells stuck to arterial walls.

The study concludes that the oat-compound may prevent inflammation and the buildup of blood cells that normally leads to a narrowing of artery walls, which eventually leads to atherosclerosis.

Abundant previous research proved that fiber from oats helps reduce LDL, or “bad” cholesterol.



Natural Alternatives to Mass Meds

Each month, Amber D. Ackerson, ND, informs you about complementary and alternative choices to mass-produced over-the-counter (OTC) drugs.

CONDITION	OTC DRUG	ALTERNATIVE
Menstrual cramps (primary dysmenorrhea)	Advil, Motrin, Nuprin (ibuprofen); Aleve (naproxen); Tylenol (acetaminophen)	Throughout the month, take niacin (vitamin B₃) : 200mg/day; calcium : 1,000 mg/day; magnesium : 500 mg/day; vitamin C with bioflavonoids : 1–3 grams/day. When experiencing menstrual cramps, take niacin : 100 mg every 2–3 hours; corydalis (rhizome) : 10–20 ml of a 1:2 tincture (alcohol extract) or the equivalent, daily; cramp bark (Viburnum opulus) : 4–8 ml tincture three times daily.
Migraine headaches	Bayer, Ecotrin, Bufferin (aspirin); Advil, Motrin, Nuprin (ibuprofen); Aleve (naproxen); Tylenol (acetaminophen); Excedrin, Excedrin Migraine (acetaminophen with aspirin and caffeine)	Magnesium : 500mg/day. Riboflavin (vitamin B₂) : 400mg/day. Feverfew leaf (Tanacetum parthenium) : in capsules or tablets providing at least 250 mcg of parthenolide/day. Four to six weeks of continued usage of the above alternatives is necessary to reduce the frequency and severity of migraines. The following nutrients may also reduce the frequency and severity of migraines: CoQ10 (coenzyme Q10) : 150–300 mg/day; 5HTP (5-hydroxytryptophan) : 200–400 mg/day; and vitamin B₁₂ : 1 mg/day. Pregnant women, children, people on antidepressants or those who have reduced liver function, liver disease or autoimmune disease should not take 5HTP.
Premenstrual breast tenderness (cyclic mastalgia)	Bayer, Ecotrin, Bufferin (aspirin); Advil, Motrin, Nuprin (ibuprofen); Tylenol (acetaminophen)	Vitamin B₆ : 25–50 mg/day. Evening primrose oil (EPO) : 6 grams/day (providing about 540 mg GLA) for at least 6 months. Chaste tree berries (Vitex agnus-castus) in capsules or tablets: 30–40 mg of dried extract/day in the morning for at least 3 months. Reduce saturated fats and caffeine in your diet, and get regular aerobic exercise.
Premenstrual water retention (premenstrual edema)	Aqua-Ban	Standardized bilberry extract : 80–160 mg three times daily. Quercetin : 50 mg/day. Vitamin B₆ : 100 mg/day. Dandelion leaf (not root) tea or extract : Take as directed on label.

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