

holistic healing

## Chromium and type 2 diabetes

One of the contributing causes of insulin-resistant diabetes, commonly referred to as type 2 or adult onset diabetes, is excess fat—particularly around the abdomen. Unfortunately, many older—as well as newer—diabetic medications inhibit weight loss and may actually contribute to weight gain.

To address this problem, researchers at the University of Vermont investigated the effects of combining chromium picolinate and a sulfonylurea medication (an older but commonly prescribed class of diabetic medication known for its tendency to contribute to weight gain). In a double-blind, placebo-controlled study, 17 out of 29 participants were assigned to a test group. They received 1,000 mcg of chromium picolinate daily in conjunction with their medication. At the conclusion of the study the test subjects using chromium picolinate gained less than half the amount of weight as those in the placebo group.

Many diabetics use chromium supplements to assist in regulating blood sugar levels—this study indicates that there may be additional benefits for those concerned with weight control. —Graham Butler, CNPA, RH



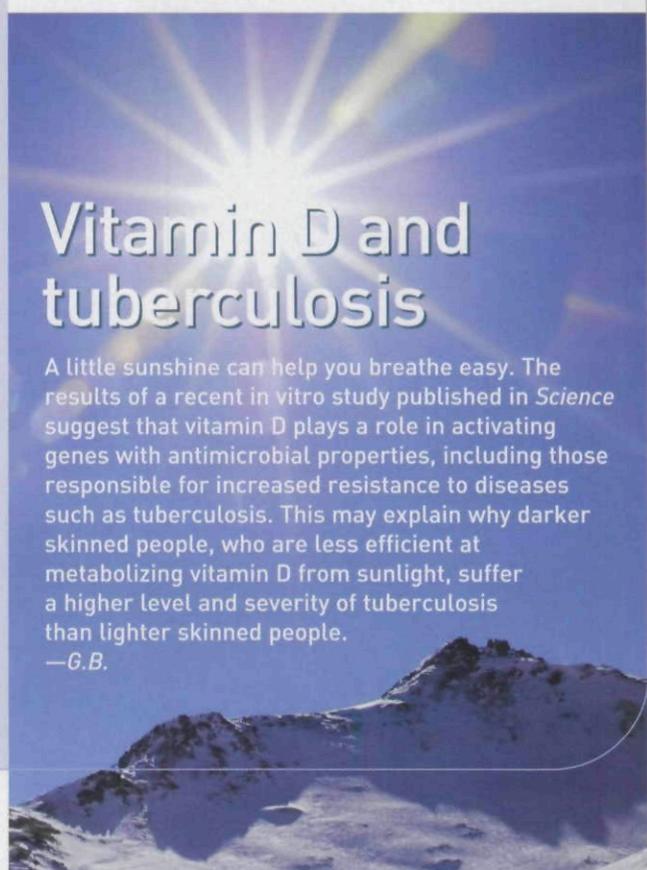
## Asthma— is your teen at risk?

Teenagers who have low dietary intakes of fruit, vitamin E, and omega-3 fatty acids are at greater risk of having asthma.

This is the consensus of scientists from Health Canada, the Harvard School of Public Health, Brigham and Women's Hospital, and the Environmental Protection Agency (EPA), who participated in a recent study of over 2,000 grade 12 students in both Canada and the United States.

Low intakes of vitamins C and E, as well as insufficient omega-3 fatty acids, corresponded to a greater risk of asthma. Risks were highest among those who also smoked. Interestingly, even relatively small increases in the intake of omega-3 fatty acids significantly reduced the risk of developing asthma.

Make sure your teens aren't at risk. A diet rich in fruit and essential fatty acids will help your teen grow into a healthy adult. —G.B.



## Vitamin D and tuberculosis

A little sunshine can help you breathe easy. The results of a recent *in vitro* study published in *Science* suggest that vitamin D plays a role in activating genes with antimicrobial properties, including those responsible for increased resistance to diseases such as tuberculosis. This may explain why darker skinned people, who are less efficient at metabolizing vitamin D from sunlight, suffer a higher level and severity of tuberculosis than lighter skinned people.

—G.B.

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