

Natural Insights for Well Being Bonus Articles

Zinc Slowed AMD

MANY NUTRIENTS HELP SLOW VISION LOSS IN THE EARLY STAGES OF AGE-RELATED MACULAR DEGENERATION (AMD), WHERE SIGHT DECLINES IN THE CENTER FIELD OF VISION. THIS STUDY MEASURED ZINC IN THE DIETS OF 547 PEOPLE WITH LATE-STAGE, WET AMD, A MORE SERIOUS VERSION OF THE CONDITION, WHERE NEW, WEAK BLOOD VESSELS FORM UNDER THE MACULA, LEAK FLUIDS, AND MAKE THE MACULA BULGE OR LIFT.

THOSE WHO GOT LESS THAN 8.1 MG OF ZINC PER DAY WERE MORE LIKELY TO HAVE SUB-MACULAR FLUID AND GREATER CENTRAL-MACULAR THICKNESS. DOCTORS SAID THE ZINC FINDING IS PROMISING FOR THOSE WITH LATER STAGES OF AMD, PARTICULARLY THE WET VARIETY.

Reference: Clinical & Experimental Ophthalmology; 2019, ceo. 13644

Cognition and Language

COLLAGEN HYDROLYSATE IMPROVES BRAIN STRUCTURE

Increased brain nerve-signaling

THE GOOD NEWS IS, WE ARE LIVING LONGER. ALONG WITH LONGER LIVES, HOWEVER, MORE OF US WILL EXPERIENCE DECLINES IN COGNITIVE FUNCTION. EARLIER STUDIES FOUND THE BODY QUICKLY ABSORBS AND RETAINS COLLAGEN HYDROLYSATES IN CIRCULATION, AND THAT THE NUTRIENT HELPED SPEED RECOVERY FROM BRAIN INJURY BY PROMOTING NEW BLOOD VESSELS IN THE BRAIN.

IN THIS STUDY, 30 HEALTHY MEN AND WOMEN, AGED 49 TO 63, TOOK 5,000 MG OF COLLAGEN HYDROLYSATES PER DAY. THERE WAS NO PLACEBO GROUP. AFTER FOUR WEEKS, AN MRI REVEALED INCREASES IN BRAIN NERVE-SYNAPSE ACTIVITY, INDICATING IMPROVEMENTS IN BRAIN STRUCTURE.

PARTICIPANTS ALSO IMPROVED IN RECALLING WORDS FROM A MEMORIZED LIST, AND ORALLY PAIRING ONE WORD WITH ITS MATE FROM A LIST OF MEMORIZED PAIRS READ ALOUD BY THE RESEARCHERS. DOCTORS ALSO SAW A LINK BETWEEN INCREASES IN BRAIN NERVE-SYNAPSE ACTIVITY AND IMPROVEMENTS IN THE WORD MEMORY TESTS. THE HIGH ABSORBABILITY OF THE SMALL PROTEINS IN COLLAGEN HYDROLYSATE MAY BE RESPONSIBLE FOR THESE BRAIN BENEFITS.

Reference: Nutrients; 2020, Vol. 12, No. 1, 50