

# Natural Insights for Well Being

## Bonus Articles

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### Lower Glycemic Index

Doctors explained that carbohydrates with a high glycemic index (GI) turn rapidly to glucose in the bloodstream, raising chances for diabetes. In this study, researchers tried to lower the GI of white bread using white kidney-bean (*Phaseolus vulgaris*) extract (KBE). Doctors measured blood sugar in 13 participants who ate white bread with or without KBE and found that GI decreased by 34 percent in those who took 3,000 mg of KBE powder. Another study found that blood sugar increased less, and returned to starting levels faster, in those who took 1,500 mg of KBE with a small, high-GI meal compared to those who did not take KBE.

Reference: Nutrition Journal; 2009, Vol. 8, No. 52

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### Vitamin D and Calcium Reduce Bone Fractures

#### Doctors surprised that women and men of all ages benefit

New study shows the two nutrients must be taken together to reduce the chances of fracture.

Researchers reviewed seven major vitamin D bone fracture studies covering more than 68,500 participants, average age 70, who took vitamin D with or without calcium. Doctors found that overall, people who took vitamin D with calcium were 8 percent less likely to have a bone fracture, and 16 percent less likely to have a hip fracture, compared to those who did not take vitamin D with calcium. Scientists noted that the chances of fracture did not decline with vitamin D alone, but only when participants took vitamin D and calcium together.

Doctors were surprised to find that vitamin D with calcium benefited women and men of all ages and concluded that, "Calcium and vitamin D given together reduce hip fractures and total fractures, and probably vertebral fractures, irrespective of age, sex, or previous fractures."

Reference: British Medical Journal; 2010, Vol. 340, Electronic Prepublication