



## Focus on You For a Healthy Change

Women are often juggling multiple balls in the air managing family, home and work. Unfortunately, they may shortchange themselves in the process. But good health is something that can't be pushed to the backburner. Women have special, complex health issues. Reliv addresses these issues on many fronts.

In Reliv's line of nutritional supplements, you will find both soluble and insoluble fiber, calcium, vitamins C and E and soy protein. All these ingredients work together to reduce menopausal and PMS symptoms, promote bone health, support the immune system and keep your body performing at its peak.

With the help of SlimSimply®, women can lose weight and manage blood sugar to reduce their risk of many diseases, including diabetes and breast cancer. And Reliv Now® and Reliv Classic® each provide a balanced blend of vitamins, minerals, antioxidants, proteins and select herbs to strengthen your immune system and help your body function at optimal levels.

Adding Reliv to your daily life is simple — but more importantly, Reliv can help you be your best, healthy self for those who depend on you.

To Your Health,



**Dr. Carl W. Hastings**  
Reliv Vice Chairman and Chief Scientific Officer

## Keep Your Bones Strong: Avoid Calcium Wasters

After menopause, osteoporosis, the thinning of bone tissue, becomes a real risk. Women should make sure they're getting 1200 mg of calcium daily. Surprisingly though, the cause of osteoporosis is not necessarily inadequate calcium. Instead it may be caused by calcium loss from five calcium wasters.

- 1 Animal protein.** A study shows a high ratio of animal protein to vegetable protein in the diet increases bone loss and risk of fracture in postmenopausal women. Replace animal protein with protein from sources such as beans, soy, grains and vegetables.
- 2 Sodium.** Salt increases calcium loss through the kidneys. Postmenopausal women should decrease sodium intake to 2 grams per day to improve skeletal health.
- 3 Caffeine.** Caffeine is a weak diuretic that causes calcium loss through the kidneys. Amounts over 300 mg accelerate bone loss, so keep your daily caffeine intake on the low side.
- 4 Tobacco.** Smoking, even second-hand smoke, reduces bone density by interfering with calcium absorption. Long-term smokers have 10 percent weaker bones.
- 5 Sedentary lifestyle.** Exercise helps keep calcium in your bones to maintain bone mass. Inactive people lose calcium and are at higher risk for bone fractures. Aim for 30 minutes of exercise a day that includes weight-bearing and strength-training exercises.

# Your Breast Health Guide

Although heart disease is the number one killer among women, breast cancer is a close second. And like heart disease, nutrition can affect breast cancer risk.



Your local Independent Reliv Distributor is:

## Fiber

A fiber-rich diet may reduce cancer risk. Fiber helps remove toxic compounds and carcinogens from the body. A high-fiber diet also reduces hormone levels that may play a role in cancer progression. Generally, fiber's protective effects were seen when women consumed at least 30 grams a day.

**Your goal:** *Consume 30 to 45 grams of fiber a day.*

## Soy

In the past year, new studies printed in the *Journal of Nutrition*, the *American Journal of Clinical Nutrition* and the *Journal of the American Medical Association (JAMA)* suggest that regular, moderate consumption of soy foods lowers the incidence of breast cancer and may lower the risk of dying from breast cancer. The study in *JAMA* showed women who had the highest intake of soy (11 grams a day) had a 29 percent reduced risk of death and a 32 percent decrease in the risk of cancer recurrence compared to those who ate less than 5.3 grams per day.

**Your goal:** *Consume at least 11 grams of soy per day.*

## Omega-3 Fatty Acids

Evidence continues to mount about the breast cancer risk reducing effects of the omega-3 fatty acids ALA, EPA and DHA. Omega-3s inhibit tumor growth while they enhance the immune system. One study reported women with the greatest EPA, DHA, and total omega-3 fatty acids in their red blood cell membranes had a 73%, 94%, and 89% lower risk of breast cancer, respectively.

**Your goal:** *Incorporate more healthy fats into your diet, such as cold-water fish, flaxseed, walnuts, soybeans, olive oil and avocados.*

## Antioxidants

Antioxidants prevent cell damage. Selenium is showing promise in decreasing the risk of breast cancer by inhibiting cancer cell growth and enhancing the immune system. In addition, beta carotene has been shown to hinder the development of breast cancer cells. Low levels of vitamin C and vitamin E have each been associated with a higher breast cancer risk. In addition, research shows for women who have had breast cancer, the risk of recurrence and death was reduced in those who consumed vitamin C supplements for more than three years.

**Your goal:** *Make antioxidants a dietary priority.*

## Vitamin D

Vitamin D regulates cell growth, cell death and other cell mechanisms that play a role in cancer development. In the Nurses' Health Study, women who had higher blood levels of vitamin D had a 30 percent reduced breast cancer risk. As a result, many scientists recommend vitamin D doses should be between 1,200 and 2,000 IU per day.

**Your goal:** *Get your daily dose of D.*

## Green Tea

Green tea contains flavonoids that provide antioxidant and anticancer properties. It has been shown to inhibit breast cancer cell growth and increase immunity.

**Your goal:** *Drink one to four cups of green tea daily.*

**For added nutritional support, turn to Reliv. Reliv's advanced formulas contain the nutrients listed here as well as additional ingredients proven to promote overall health in women — and men.**

## Sources:

For a complete list of references for this issue, please view the special addendum posted on the *Science & Health Today* web page, [www.reliv.com](http://www.reliv.com) >> The Products >> articles & research >> Science & Health Today.