

[IMAGE]

Don't Forget about Vitamin E

How important is vitamin E? It helps fight cardiovascular disease and cancer, it can improve circulation, relax leg cramps, aid normal blood clotting and healing, and it promotes healthy hair and skin. And if that isn't enough, a study published in the *American Journal of* suggests that vitamin E might also be able to prevent memory loss.

The authors examined the relationship between antioxidants (vitamins A,C,E, the carotenoids, and selenium) and memory performance by evaluating 4,809 seniors who visited a specific examination center over a six-year period. Memory was assessed using delayed recall of six points and three specific words from a story, and antioxidant status, including vitamin E, was measured at entrance to the study and again six years later.

Results showed a consistent association between low levels of vitamin E and poor memory, but no such association with the other antioxidants studied. This association was evident even after considering age, education, income, vascular risk factors, and the contribution of other vitamins and trace elements.

Good sources of vitamin E include leafy green vegetables, nuts, seeds, brown rice, eggs, soybeans and whole grains. Your doctor of chiropractic can outline nutritional guidelines specific to your needs and tell you more about how to maintain health and wellness with age.

Reference:

Perkins A, Hendrie HC, Callahan CM, et al. Association of antioxidants with memory in a multiethnic elderly sample using the Third National Health and Nutrition Examination Survey. *American Journal of Epidemiology* 1999; Vol. 150, No. 1, pp37-44.

For more information on anti-aging issues, go to <http://www.chiroweb.com/find/tellmeabout/aging.html>

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