



Taking Cranberries to the Max for Effective UTI Prevention

By:
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"The Herbal Pharmacist"

Urinary tract infections (UTI) are responsible for more than 7 million doctor visits a year. Although UTIs can be treated in the short term with antibiotics, prevention is key since antibiotics are not a long-term solution and if left untreated, UTIs can lead to infection of the kidneys or worse.

Cranberries are known to be very effective with UTIs as they inhibits bacteria from attaching to the bladder wall, thereby preventing the spread of the infection. The source of the cranberry is important. If you are drinking cranberry juice it can be counterproductive to preventing UTIs because of high sugar content found in the juice. Supplements that contain concentrated forms of cranberry like the ingredient Cran-Max, are highly effective even in extreme UTI conditions.

A peer-reviewed study published in the Journal of Antimicrobial Chemotherapy compared the effects of a commonly prescribed antibiotic to Cran-Max in women with reoccurring UTIs and found that Cran-Max was comparable to the antibiotic for UTI prevention.

A study published this year shows that Cran-Max has a very high concentrate (55-60 mg) of Proanthocyanidins (PAC), the active component in cranberries that inhibits bacteria from attaching to the bladder wall. This means by taking one, 500 milligram dose of Cran-Max, the supplement will start working immediately on the UTI. In comparison, most cranberry supplements would take much longer to get into your system before you start to see a result.

Cran-Max is a concentrated form of raw cranberries that contains its fruit, seed, skin and juice. It is the most widely studied cranberry supplement and is the first to be supported by scientific studies. No negative side effects of Cran-Max have been reported (www.cran-maxinfo.com).

About the Expert:

David Foreman RPh, is a retired pharmacist, author and radio host of the syndicated show, "The Herbal Pharmacist." He is well-versed on the healing powers of herbs, vitamins and other natural supplements. Foreman is a graduate of the University of South Carolina College of Pharmacy and is author of, "4 Pillars of Health: Heart Disease." He is a frequent speaker at some of America's leading universities, medical groups and hospitals on the subject of natural health and healing. His shift from traditional pharmacist to herbal pharmacist was based on his belief that education is the key to understanding that natural health plays a vital roll in mainstream medicine; and he has dedicated his entire career to educating consumers about the benefits and power behind natural herbs and supplements. Follow him on Twitter: @herbalrph or facebook.com/TheHerbalPharmacist.



Eating for Eye Health

By:
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The eyes may be the window to the soul, but they are also the window to our overall health. Diabetes, high blood pressure and cholesterol can all be revealed during a basic eye exam, which medical experts recommend annually after age 40. Skipping key nutrients in the diet puts your eyes at risk potentially causing premature damage. However, it's easy to turn around if you exercise good eye nutrition.

Omega-3 rich seafood like salmon, sardines, tuna and anchovies, can decrease your risk of age-related macular degeneration (AMD) by 42 percent according to a published study in Archives of Ophthalmology. Fish-oil supplements are also loaded with antioxidants that help prevent the damage from free radicals that can cause diseases like AMD.

Carotenoids, found in green leafy vegetables, are critical to eye health. Research published this year by the National Institutes of Health National Eye Institute shows lutein and zeaxanthin are the real superstars of the carotenoids and are possibly more effective and safer than beta-carotene, which has been linked to heightened risk of lung cancer in smokers.

The study specifically researched a supplement combination using 10 mg of lutein, 2 mg of zeaxanthin, plus omega-3 fatty acids and zinc. The participants who took the combination supplement had an 18 percent lower risk of progressing to advanced AMD compared to those who took a beta-carotene supplement with no lutein or zeaxanthin.

Cooper Complete MVP (maximum vision and performance) is a unique supplement with the scientifically proven formula to deliver key nutrients for enhanced vision (2,000 IUs of vitamin D, 500 mg of EPA and 500 mg of DHA omega-3 fatty acids, 10 mg of FloraGLO Lutein and 2 mg of zeaxanthin, gluten-free, 60 softgels, \$34.95, www.coopercomplete.com).

About the Author:

Meridan Zerner, MS, RD, CSSD, LD, is a registered and licensed dietitian, board certified in sports nutrition and a board certified specialist in sports dietetics. She joined the Cooper Clinic Nutrition Department in 2007. She specializes in weight management, exercise and sports nutrition, cardiovascular health and nutrition through the life cycle. With more than 25 years of experience in the field of health and fitness, Meridan is a member of the American Dietetic Association and Sports and Cardiovascular Nutritionists, and was a continuing education provider for American Council on Exercise. A marathoner and a former national aerobic champion, Meridan is also a group exercise instructor at Cooper Fitness Center. She holds a Master of Science in nutritional science with an emphasis in health promotion from the University of Oklahoma and a Bachelor of Science from Syracuse University and is a Wellcoach® Certified Health Coach.