

## Industry cooperation

# Asthma Clinical Research Results

Are the nutritional products you are taking supported by scientific research? New Health products are backed by scientific evidence, help you feel better and provide confidence that you are taking the most cost effective and beneficial approach to maintaining and improving your health.

New Health, led by Dr. Simon Hsia, passionately advocates the Nutraceutical approach. He has held many medical conferences and begun a cooperative program with Hungkuang University in Taiwan. The academic acceptance of the clinical scientific evidence will soon provide global acceptance of the Nutraceutical approach resulting in the promotion of Nutraceutical medicine.

Asthma, a chronic inflammatory reaction of the respiratory tract, has clinical symptoms including chronic cough, wheezing, chest pain, shortness of breath and can even result in death. Asthma, therefore, must be taken very seriously. In the past 20 years, the prevalence of asthma in 7-15 years old students increased by 8 times. This dramatic increase reveals the negative, significant impact of the progress of civilization, western life and industrialization on the asthma ratio. In stark contrast, scientific evidence has shown the positive effects of nutritional supplementation on the prevention and improvement of asthma symptoms. Related nutraceutical research includes the intake of a balanced daily diet, avoiding allergy inducing foods and taking more vegetables, fruit, and **green barley**, which can neutralize the blood pH and reduce allergic symptoms. Drink at least 2 liters of water every day and supply the appropriate nutrients to help improve allergy and asthma. For example, **natural multi-vitamin, mineral and antioxidants** can help the body resist air pollution, protect the cell membrane and DNA, avoid oxidative cell damage, strengthen respiratory function and enhance hepatic (liver) health. **CoQ10** can elevate the cellular capacity for oxygen utilization and alleviate discomfort resulting from respiratory diseases. In addition, **fish oil** rich in omega-3 fatty acids reduce cellular inflammatory reaction and are good for disease alleviation. This evidence has motivated Dr. Simon Hsia to proceed with clinical research in Taiwan, and educate academic and medical professionals in the Nutraceutical approach.

The experimental results, (**The observation for applying nutritional supplements in clinical symptoms, oxidative stress and inflammation for asthmatic patients**) of the cooperative research between New Health, Hungkuang Nutraceutical Graduate School and Po-Jen Liu, MD (Director of ENT, Cheng Ching Hospital) are announced in the fourth Nutraceutical Academic Colloquium.

This research studied the interference of a nutraceutical regimen on asthma patients by focusing on the change of cytokines, oxidative stress, micro-nutritional status, hepatic functions and quality of life [including general life quality (SF-36) and the Asthma Control Test (ACTTM)]. In September 2006, 30 diagnosed asthmatic patients and 30 healthy controls were studied to compare the difference between their blood biochemical related indices. After signing the consent form, subjects were given New Health nutraceutical supplements for 2 months, were not allowed to take any other nutritional supplements, were revisited, and consulted with nutritionists once every month. New Health nutraceutical supplements used in this experiment include **Joy for life, Prime Shield**, (contains natural  $\beta$ -carotene and selenium), **Prime C Complex, Co Q10, Green barley and fish oil** (TG-form). Subjects were administered the hepatic functional test before and after the experiment respectively and took the asthmatic related survey to assess the improvement of hepatic function. Also a blood draw implemented before, during and after this experiment (three times), was tested for the blood biochemical index (for example: IgE, CD3, CD19, MDA,  $\beta$ -carotene, vitamin C, vitamin E, selenium and etc.). These blood samples were analyzed by the Nutraceutical Graduate School at Hungkuang University.

### Research results showed :

1. All subjects'  $\beta$ -carotene, vitamin C, E and selenium levels were significantly elevated after taking nutritional supplements.
2. IgE concentration in asthmatic patients was higher than the healthy controls. IgE is the main substance inducing allergic reactions. High IgE in the body can cause a series of inflammatory reactions and exacerbate the allergic symptoms. Subject IgE was significantly reduced after supplement addition demonstrating that the inflammatory phenomenon had been controlled.
3. The index of oxidative stress (MDA) in asthmatic patients was significantly higher than that in healthy people, but antioxidant ability in the body (CAT activity, GPx active parameters) was significantly lower than in healthy people. After cutting in with nutritional supplements, we found that asthmatic patients' MDA was reduced and the activity of CAT and GPx increased. This result also showed that taking supplements could strengthen cellular anti-oxidative ability.

The experimental outcome proved that asthmatic patients need therapeutic levels of high quality nutrients, because they have a lower cellular nutrient concentration before supplementation compared with healthy people. After taking New Health nutraceuticals, nutrient absorption resulted in elevated body vitamin concentration and controlled the inflammatory and allergic problem in asthmatic patients. Therefore, this study proves that nutraceutical intervention improves the symptoms and the quality of life of asthmatic patients.