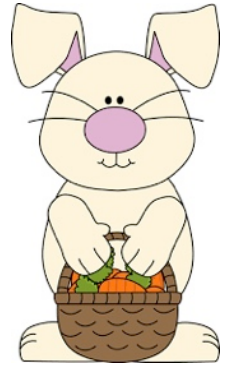


# FRACKSON HEALTH CARE

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**Please note our office will be closed in April for the following holidays: Good Friday April 14th and Easter Monday April 17th**

## Why We Need B Vitamins More Than Ever

The B vitamins are a class of eight water-soluble vitamins intimately involved in cell metabolic activity, and evidence points to the need for adequate B-vitamin intake now, more than ever. Why? Blame our environmental woes, suggests a recent study.

Researchers exposed volunteers to clean air and then heavily polluted air known to contain particulate matter (PM2.5), a type of air pollutant with particles less than 2.5 micrometers in size, allowing relatively easy access into the respiratory system / lungs, where they can do great damage. When researchers repeated the experiment, but also gave each participant a daily B supplement (2.5 mg vitamin B9 (Folic Acid), 50 mg vitamin B6, and 1 mg vitamin B12) for four weeks, they found less damage from PM2.5 exposure than before – up to 76 percent less damage.

While this is only a small study and the researchers themselves admit more studies need to be performed, their findings emphasize the potential of good nutrition / supplementation, in this case with B vitamins, to improve our health and ward off some of the unfortunate unhealthy realities of today's world. Talk to your doctor to learn more about the benefits of B vitamins and other vitamins / minerals. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=2361>

## Don't Drink and Deliver

Don't drink alcohol while pregnant - check. Don't drink artificially sweetened soft drinks while pregnant - check? The pregnancy checklist may have just gotten a little longer courtesy of a study published in the American Journal of Clinical Nutrition.

According to the study, expectant women who drink one or more artificially sweetened soft drinks per day have a 38 percent greater risk of preterm delivery compared to women who consume no artificially sweetened soft drinks during pregnancy. Risk of preterm delivery is 78 percent higher in women who consume four or more drinks daily versus none.

This was no small study: 59,334 women served as participants, and results applied to women who consumed carbonated and noncarbonated soft drinks containing artificial sweeteners. Moreover, no relationship was noted between soft-drink consumption and increased risk of preterm delivery in women who consumed sugar-sweetened soft drinks (either carbonated or noncarbonated).

Your doctor can tell you more about these particular findings and the potential health issues associated with artificial sweeteners, excess sugar and soft drinks in general. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1408>