

Indian edition



# The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

Volume 2

Issue # 01

## Editorial

### Raw food diet

As the name implies, raw food diet is based on consuming unprocessed, preferably organic, whole plant-based foods, at least 75 percent of which should be uncooked.

Raw food diet consists of fresh fruits and vegetables, nuts, seeds, beans, sprouts, grains, legumes, dried fruits, sun-dried fruits, freshly made fruit and vegetable juice, as well as other organic or natural foods which have not been processed.

A raw food diet creates major improvement in health. The reasons are not known, but the experience is unmistakable. Raw food creates perfect nutrition without negative effects including fat production.

It is a scientifically proven fact that raw fruits and vegetables are extremely low in calories and fat yet extremely high in energy boosting enzymes.

There seems to be a major shift in physiology, which makes one feel highly energized from raw food.

An obvious improvement resulting from a raw food diet is in the digestive system.

Raw food digests marvelously well, so a person does not notice the acid, bile and residual effects of digestion that go with a cooked food diet.

### Merits of raw food diet

- Easiest way to remove fat from diet
- Easiest way to lose weight
- Probably the best way to approach eating disorders

A major problem with raw foods is that they are high in pesticide content.

Learning to eat a raw food diet is mostly trial and error. Whatever is available and one wants to eat is generally inadequate.

Plant proteins do not have the same balance of amino acids as animal protein, so a variety of sources are needed.

It is advised that people who are concerned about reducing fat intake should revert to a raw food diet overcoming the social inconvenience associated with such a diet.

It is believed that there are numerous benefits of a raw food diet, besides possible weight loss including a reduced risk of chronic diseases such as cardiovascular disease, diabetes, and some forms of cancer.

Other benefits include increased energy, improved digestion and an improved immune system.

Dr. Deepika Chhabra  
(Chief Editor)

## LycoRed Bulletin Board

### LycoRed in CSI 2004

1<sup>st</sup> - 3<sup>rd</sup> December 04, at Bangalore

**Dr. Krishnamani N.C presented a poster titled "Correlation of plasma Lycopene levels (anatomical) with obstructive coronary artery disease (CAD). The findings were published in Indian Heart Journal; 56: 381, 2004**

### CO-RELATION OF SERUM LYCOPENE AND OBSTRUCTIVE CORONARY ARTERY DISEASE

Dr. Krishnamani N.C.  
Department of Cardiology, RML Hospital, Delhi

INTRODUCTION		RESULTS																																																																																																
Coronary Artery Disease (CAD) is one of the primary causes of death all over the world. Conventional risk factors fail to explain all the manifestations of CAD. Oxidative stress induced by reactive oxygen species (ROS) is considered to play an important role in the aetiology of CAD. Lycopene is a carotenoid which is present in diet to prevent the oxidative stress. It also acts as a natural antioxidant. It is a hydrophilic and soluble in water. Lycopene has a capacity to prevent free radical damage to DNA caused by ROS. It is a potent antioxidant. Several epidemiological studies have shown inverse correlation of plasma and serum lycopene and atherosclerosis. Increased incidence of CAD has been noted in patients with low plasma levels of Lycopene. However, no direct correlation of coronary artery with serum Lycopene exists till now.		<p>n = 100 (50 males + 50 females) Age = 60.00 ± 11.00 (range 40-80) years</p> <p>TABLE - I</p> <table border="1"> <thead> <tr> <th>Sl. No.</th> <th>RISK FACTORS</th> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Diabetes</td> <td>10</td> <td>40</td> </tr> <tr> <td>2</td> <td>Hypertension</td> <td>15</td> <td>35</td> </tr> <tr> <td>3</td> <td>Hypercholesterolemia</td> <td>12</td> <td>38</td> </tr> <tr> <td>4</td> <td>Obesity</td> <td>18</td> <td>32</td> </tr> <tr> <td>5</td> <td>Smoking</td> <td>10</td> <td>40</td> </tr> </tbody> </table> <p>TABLE - II</p> <table border="1"> <thead> <tr> <th>Sl. No.</th> <th>CAD</th> <th>n</th> <th>Mean Lycopene</th> <th>SD</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Normal</td> <td>25</td> <td>101.0</td> <td>15.0</td> </tr> <tr> <td>2</td> <td>Mild</td> <td>25</td> <td>85.0</td> <td>12.0</td> </tr> <tr> <td>3</td> <td>Severe</td> <td>25</td> <td>65.0</td> <td>10.0</td> </tr> <tr> <td>4</td> <td>Very Severe</td> <td>25</td> <td>45.0</td> <td>8.0</td> </tr> </tbody> </table> <p>TABLE - III</p> <table border="1"> <thead> <tr> <th rowspan="2">Total No. of individuals</th> <th colspan="2">ANOVA TEST</th> <th rowspan="2">P value</th> </tr> <tr> <th>Between</th> <th>Within</th> </tr> </thead> <tbody> <tr> <td>100</td> <td>10.00</td> <td>10.00</td> <td>0.001</td> </tr> </tbody> </table>		Sl. No.	RISK FACTORS	Yes	No	1	Diabetes	10	40	2	Hypertension	15	35	3	Hypercholesterolemia	12	38	4	Obesity	18	32	5	Smoking	10	40	Sl. No.	CAD	n	Mean Lycopene	SD	1	Normal	25	101.0	15.0	2	Mild	25	85.0	12.0	3	Severe	25	65.0	10.0	4	Very Severe	25	45.0	8.0	Total No. of individuals	ANOVA TEST		P value	Between	Within	100	10.00	10.00	0.001	100	10.00	10.00	0.001	100	10.00	10.00	0.001	100	10.00	10.00	0.001	100	10.00	10.00	0.001	100	10.00	10.00	0.001	100	10.00	10.00	0.001	100	10.00	10.00	0.001	100	10.00	10.00	0.001	100	10.00	10.00	0.001
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**Methods:** 100 patients undergoing coronary angiography were analyzed for Lycopene levels using HPLC.

**Results:** Inverse correlation observed between serum Lycopene levels & severity of coronary lesions.

**Conclusion:** A strong inverse correlation of Lycopene with coronary artery disease reflects the paramount significance of Lycopene in patients of CAD.

**Study says fertility lies in the weight of a man**

Overweight men are likely to have poor sperm quality, research on 1,600 Danish men has found. Being too thin is a problem too.

Sperm parameters were measured along with testicle size & hormone levels. Sperm count & sperm concentration were 28% & 36% lower respectively in underweight men.

The same measures were 21% & 23% lower respectively in over-weight men.



Researchers say that men produce & need a certain amount of estrogen - a female hormone.

Fat cells produce estrogen, so too much or too little may be a problem.

The above findings were published in October issue of reproductive society journal, *Fertility & Sterility*.

**Miraculous salads**



Onions, garlic and a range of other salad foods may help reduce the risk of osteoporosis - the crippling bone disease that affects one in three women, usually after the menopause - reported researchers at the University of Bern in Switzerland.

They said that 1g of onion a day can help prevent the process that causes the condition - resorption, where calcium seeps from the bones making them brittle. And 500mg mixed with garlic, lettuce, tomato and cucumber has a similar result.

The next stage for the researchers is to identify which compounds in the onions have the positive effect and to see how well it works in humans.

Researchers also said that eating too much salt can raise the blood pressure and that this, in turn, speeds up the body's loss of calcium that could then lead to osteoporosis.

**All in the timing**

Our body's systems are governed by circadian rhythms that repeat in 24-hour cycles, which means we can time our behavior to ensure that our body is best primed to deal with what we are asking of it.

Morning is good for work because our short-term memory, logical reasoning & concentration peak then. Yoga is good in the afternoon because that's when our bodies are at their most flexible. Skin sensitivity & libido are highest at around 9 pm.

1-2 am	Urine production is at its best
3-4 am	Body at its lowest ebb, most likely to die
5-6 am	Growth hormones peak
7-8 am	Migraines most common; strokes most likely; sperm count highest
9-10 am	Peak time for heart attacks; short-term memory & reasoning at its best
11 am-12 noon	Concentration at its best
1-2 pm	Peak urine production
3-4 pm	Lung function at its best
5-6 pm	Body at its fittest, best time to exercise
7-8 pm	Liver function best; toothache peaks; digestive system at its best
9-10 pm	Menopausal flashes most common; skin sensitivity peaks; libido at its highest



**Are you a Netizen?**

Log on to [www.jagsonpal.com](http://www.jagsonpal.com) for viewing the current as well as all back issues of

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**Are you too tired?**

If fatigue is not due to an underlying illness or drug's side effect, lifestyle changes can make a difference.

• **Get a complex diet**

Complex carbohydrates as well as fruits & vegetables provide lasting energy because they take a longer time to digest



• **Eat like a sheep**

Eating multiple meals throughout the day helps stabilize blood-sugar levels

• **Make fitness a habit**

Exercise increases the amount of oxygen-rich blood reaching your brain & muscles and also makes your sleep better

• **Get enough magnesium**

Good food sources include whole grains, green vegetables, bananas, legumes, nuts and seeds

• **Energize with antioxidants**

Consider taking an antioxidant supplement (**LycoRed**), which reduces free radical damage

• **Quit nicotine**

Smoking lowers the oxygen levels in your blood

**Folic acid linked to breast cancer**

Taking folic acid supplements late into pregnancy may increase a mother's risk of breast cancer, research suggests.

However, the finding in no way questions the benefit of taking the supplements before and during the first trimester of pregnancy. The research, by the University of Bristol, is published in the British Medical Journal.



The researchers focused on 2,928 pregnant women who took part in a trial of folic acid supplementation in the 1960s. The overall death rate in women was around 20% higher who took the high dose supplements and they were twice as likely to have died from breast cancer.

It was advised that women should be advised to stop taking their supplements later on in their pregnancy and continue to eat foods rich in folic acid, such as green leafy vegetables, citrus fruits and fortified cereals. More research is needed into the long-term effects of folate intake on breast cancer risk.

**Stressed out? Have some vegetable soup**



Volunteers who consumed vegetable soup consistently for two weeks as part of a nutrition study showed a significant increase in blood levels of vitamin C and a decrease in key stress molecules associated with health impairment.

**Laptops - detrimental for reproductive health**

US fertility experts have warned teenage boys and young men to consider limiting the time they use laptop computers positioned on their laps, as long-term use may affect their fertility.



There is strong evidence that using a laptop on the lap increases the scrotal temperature leading to sperm damage. The findings are reported in reproductive medicine journal *Human Reproduction*.

**Extend  
the  
Protective power  
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LycoRed  
to**



**Tobacco & alcohol  
users**

*1 od or 1bd daily*

**LycoRed softgels**

**Obesity hikes risk for cancer**

Heart disease & diabetes apart, expanding waistlines increase the risk for at least nine types of cancer: colon, breast, uterus, kidney, esophagus, pancreas, gallbladder, liver & top of the stomach.

**Lost sleep equals gained weight**

Losing sleep can raise levels of hormones linked with appetite and eating behavior. In one study, people who slept only four hours at a stretch for two nights had 18% reduction in leptin hormone that inhibits the craving for more food and 28 % increase in ghrelin, which triggers hunger.

A second study using body mass index found that lesser the people sleep the more they weigh.

**Apple juice prevents heart disease**

Drink apple juice with your meal as this will help prevent damage from fatty foods.



Apple juice also helps prevent against heart disease, as it helps stop fat turning into cholesterol.

**Food for thought**

According to studies, the right diet can help prevent memory loss.

As the brain ages, it loses the ability to protect itself from inflammation & oxidation - a process which leads to greater free radical damage.

Scientists have found that diet rich in antioxidants may help minimize the brain's sensitivity to oxidation & improve brain cells' ability to communicate with each other.

**The neuron diet**

Many fruits & vegetables, primarily valued for antioxidants, provide multiple benefits for the aging brain. Not only do they slow oxidation, they also act as anti-inflammatory agents, improving communication between neurons & allowing the brain to regenerate.

Scientists believe that curcumin - a spice used in our cuisine may prevent memory loss.



Research has also shown that B vitamins, such as niacin & folic acid are vitally important to brain function and help keep the mind sharp.

**Fructose stimulates eating**

A study involving 12 women found that their insulin & leptin levels dropped after they drank fructose-sweetened beverage.



Low leptin & insulin levels increase a person's appetite & promote weight gain.

**Weight loss operations carry risk of damaging nerves**

According to researchers, patients who have stomach surgery to lose weight develop peripheral nerve damage & complain of pain, tingling and numbness.

Researchers believe that the damage is caused by malnutrition as the body's capacity to absorb nutrients deteriorates after the surgery.

However, patients who are part of nutritional programs before & after the surgery do not develop such problems.

**Would your patients eat a *synthetic* tomato?**



**LycoRed contains only 'All Natural Tomato Lycopene' along with phytonutrients as *Lyc-O-Mato* for a synergistic action**

**Antioxidant potency of *Lyc-O-Mato* is 3-times greater than Lycopene**

**Weight loss tips**

• **Eat slowly**

Stretch your meals to at least 20 minutes or longer. Your stomach, mouth and brain are all connected and it takes 20 minutes of chewing before your stomach signals the brain that you are full. To feel full and successfully lose weight, you need to eat slowly for 20 minutes or longer.

• **Drink plenty of water**

Drinking 8 glasses of water a day is important to your health and to help lose weight. Water is necessary for metabolism of the stored fat.

• **Add spices to your diet**

When you go fat free or low fat, you also cut out much of the taste of the foods you eat. Add the flavor back with herbs and spices. Strong flavors such as vinegar, garlic, chili powder, curry powder and rosemary can be used to modify the taste.



• **Stay positive**

The more positive your self-esteem, the better you feel about yourself, the faster and easier it will be for you to lose weight.



• **Step up fiber intake**

Increase your intake of fiber rich foods. Foods rich in fiber are low in calories & fat. They will fill you up faster and will help all the food you eat pass through your alimentary canal more easily.



• **Learn to manage stress**

Overeating often accompanies negative emotions such as depression, anxiety, fear, guilt and anger. If this is true for you, begin a stress management program including some exercise and relaxation exercises.

• **Cut down on caffeine**

To lose weight faster, reduce your intake of caffeine. Caffeine leads to an increase of insulin in your body, which retards the burning of your stored fat. Reduce your caffeine intake by 50% and see what happens.



• **Exercise to burn off fat**

Exercise is probably the most important key to increasing your metabolism and burning off excess fat.

- Research has shown that you burn more stored fat for energy while doing aerobic exercises on an empty stomach than on a full stomach.
- Research also shows that you burn more stored fat when you exercise late in the day rather than in the morning.

Put together, the best time to exercise to lose weight by burning your stored fat is in the late afternoon/early evening before dinner.

• **Never skip a meal**

To lose weight quickly, never skip a meal. Your first meal after waking-up starts your metabolism.

Weight loss through the burning of stored fat is all about eating enough of the right kind of foods so that your metabolism stays as high as possible.



Stay full with healthy, non-fattening foods and your metabolism will continue to burn the stored fat as fast as your body will allow.

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Take our word and retain this article

You may be saving or revolutionizing a few lives - for all you know!

*"Given in a dose of 2 softgels bd LycoRed is an excellent drug for the treatment of oral submucous fibrosis and leukoplakia"*

Dr. V K Prajapati  
MDS  
Jamshedpur (Jhar)



*"In cases of male infertility, particularly oligospermia with decreased motility, LycoRed is very effective"*

Dr. Ritu Mago  
MS  
Yamuna Nagar (Har)



*"I have successfully treated 3 out of 5 cases of infertile males."*

*Patients with diabetes and hypertension also respond very well to LycoRed"*

Dr. A Yadagiri Reddy  
Director, ADRM Hospital  
Hyderabad (AP)



*"Results are encouraging with LycoRed in cases of hair fall in young females."*

Dr. Minati Pattnaik  
MD  
Khurda (Ori)



*"Achieved excellent results with LycoRed in oral SMF & Leukoplakia"*

Dr. Ashok Narain  
BDS  
Jaipur (Raj)



*"I have found better results in cancer prostate with LycoRed 2 bd."*

*Also prescribing in patients of CVD and BPH with good results"*

Dr. Yogesh Mishra  
MS  
Lucknow (UP)



*"I am quite satisfied with LycoRed in unexplained male and female infertility"*

Dr. Promila Jindal  
Prof., DMC & Hosp  
Ludhiana (Pun)



*"I have used LycoRed, 2 bd for 3 months in severe and mild to moderate cases of submucous fibrosis, lichen planus and leukoplakia."*

*The patients' report of satisfactory response in the very first week of therapy. The overall outcome of the treatment is excellent"*

Dr. A K Mishra  
BDS  
Rewa (MP)



*"LycoRed has shown good results in the patients of diabetes mellitus, general weakness & hypertension."*

Dr. K Kishan Rao  
MBBS  
Hyderabad (AP)



*"LycoRed increases the potency of lycopene by many folds."*

*Successfully treated more than 50 cases of IUGR with excellent results"*

Dr. Benudhar Pande  
MD  
Bolangir (Ori)



# The LycoRed Herald

Your mirror to the emerging world of 'Wellness'

Encourages esteemed medical practitioners from all South-East Asian nations to share their success stories on spreading the message of *Initiative Wellness*, through the platform of 'The LycoRed Herald'. We shall be pleased to publish such initiatives. Please write to:

Jagsonpal Pharmaceuticals Limited, T-210J, Shahpur Jat, New Delhi – 110 049



*"Found LycoRed highly effective in the treatment of male infertility.*

*A good antioxidant"*

Dr. Abhay Kumar Jain  
MD  
Jaipur (Raj)



*"I am using LycoRed to enhance the immunity in pre-malignant lesions like leukoplakia, as an adjuvant after curative treatment and in early cancers"*

Dr. C. Khandelwal  
Prof. Mahavir Cancer Sansthan  
Patna (Bih)



*"LycoRed is extremely useful in the treatment of photosensitivity, skin ageing and pigmentation disorders"*

Dr. Satish S Gokhale  
MBBS DVD  
Belgaum (Kar)



*"Promising results with LycoRed in tuberculosis, coronary artery disease and in geriatric patients"*

Dr. T K Mohanty  
MD  
Singhbhum (Jhar)



*"Got very good results with LycoRed in primary & secondary cases of sterility"*

Dr. Kiran Soni  
MD  
Doraha (Pun)



*"LycoRed is an excellent antioxidant, gives good results in osteoarthritis"*

Dr. Dinesh Ku Shetty  
D. Ortho  
Kundapura (Kar)



*"Good response with LycoRed after 3 months of treatment in cases of unexplained male infertility"*

Dr. Suman Puri  
MD  
Prof., DMC & Hosp, Ludhiana (Pun)



*"LycoRed is the best and effective treatment for IUGR and oligohydramnios"*

Dr. Santosh Jain  
MS  
Jaipur (Raj)



*"I am getting very good results with LycoRed in cardiac & diabetic patients.*

*Also used successfully in the treatment of sexual problems"*

Dr. Sanjoy Guha  
MBBS  
Kalimpong (WB)



*"I have been using LycoRed in general debility and in male infertility with very good results"*

Dr. S S Sidhu  
MD  
Bathinda (Pun)



*"Excellent results!"*

*LycoRed works wonders in unexplained infertility and in expecting mothers with diabetes"*

Dr. Purna Jain  
MS  
Indore (MP)



**Extend  
the  
Protective power  
of  
LycoRed  
to**



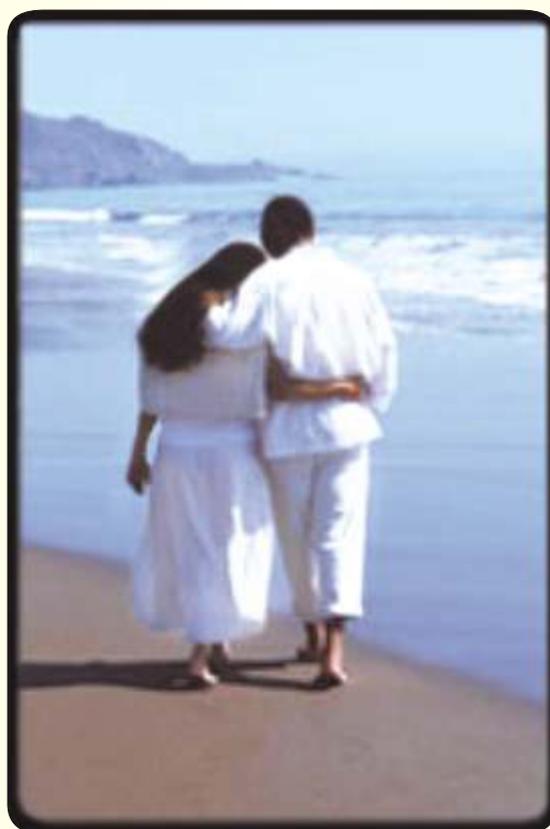
**Infertile couples**

Males: 2bd daily  
Females: 1bd daily

**LycoRed softgels**

# The second revolution

*Jagsonpal proudly launches*  
**'Initiative *Infertility*'**



All infertile couples in your care need the *proven*

**Protective Power of LycoRed**

### **Dosage**

*Males: 2 bd daily*  
*Females: 1 bd daily*

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