

Indian edition



The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

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Editorial

No enzymes - No life

Enzymes are powerful molecules of protein found in all living things. They virtually run our entire body.

Enzymes are catalysts that trigger and accelerate chemical reactions in the body - millions of biochemical reactions every minute.

There are hundreds of different types of enzymes in body cells - each acting a certain way in order to perform a specific function.

Metabolic enzymes also act as antioxidants. Two very important metabolic enzymes are Super oxide dismutase (SOD) and Catalase. SOD protects cells by attacking super oxide, a free radical. Catalase breaks down metabolic wastes and frees up oxygen for the body.

Free radicals are everywhere! We are bombarded every day by environmental factors such as chemicals, pesticides in food, gas fumes, smoke and pollution. Enzymes help prevent free radical damage to the cells.

An easy way to replenish enzyme levels is by eating foods in their natural raw state. It contains vital nutrients and enzymes - all in right amounts and proportions to sustain life. As soon as food is cooked in any manner - baked, fried or boiled, enzymes are destroyed.

After years of eating enzyme-deficient foods, the digestive system stops functioning optimally. Digestive complaints such as bloating, flatulence and indigestion are common. Poor digestion is one of the starting points of many illnesses.

When the immune system is busy with digestion, it has less time and energy for its regular function of protecting us from the harmful virus, bacteria and free radical damage. The constant overwork of the immune system is the foundation on which degenerative disease can thrive.

Incorporating a good percentage of raw food into the diet ensures complete digestion and taking a good antioxidant supplement supports the immune system.

Exercise, managing stress, adequate sleep, rest and a positive outlook in life, all contribute to help preserve the quality and quantity of enzymes.

Lifestyle choices will affect you on all levels. So beware of enzyme destroyers pesticides, chemicals, stress, too much cooked and processed food, over the counter and prescription drugs, alcohol, smoking and pollution.

The power of enzymes - yours for life.

Dr. Deepika Chhabra
(Chief Editor)

LycoRed Bulletin Board

LycoRed at HealthWorlds Asia 2004

2nd - 5th Sep, Putra World Trade Center, Kuala Lumpur, Malaysia

Dr. Mohit Pal Singh made a poster presentation on "Efficacy of Lycopene in Oral Leukoplakia."

The presentation made during the session on Alternative medicine invoked good response on 'lycopene - induced regression/prevention of oral leukoplakia.'



Recommended dose:

- In the treatment of Leukoplakia - 8mg Lycopene/day (2 BD LycoRed) for 3 months
- To prevent relapse - 2mg Lycopene/day (1 OD LycoRed) as a maintenance dose

10 ways to live longer

Life expectancy is on the rise. Women are living up to 79.9 years, on an average and men 75 years. So hold back the years - just follow these steps.

Get laughing

A good laugh is equal to a mini-workout. 100 to 200 laughs are equivalent to ten minutes of jogging or rowing.



It lowers the stress hormones and increases the body's natural defense.

Go to bed later

Sleeping more than eight hours a night may reduce the life expectancy. As per a study in the Archives of General Psychiatry, six to seven hours of sleep is ideal.



Look on the brighter side

Researchers at the Mayo Clinic in the US found that the optimistic people live 12 years longer than the pessimistic ones.

Make your marriage work

Being happily married for a long time leads to greater life expectancy.



Divorcing and then remarrying actually increases the risk of premature dying.

Watch your weight

Overeating is one the main causes of aging and increases the risk of heart disease and cancers.



Never smoke again

Earlier you give up, the better it is. Damage done by smoking is cumulative, the longer a person smokes, the greater is the risk of developing diseases such as lung cancer, heart disease and chronic obstructive pulmonary disease.



Enjoy chocolate

People who eat moderate amount of chocolate live longer than those who eat sweets three or more times in a week and those who never eat sweets. Chocolate contains phenols, said to protect against heart disease and cancer.



Have a healthy sex life

Couples with a healthy sex life can look seven years younger than those who don't, because sex leads to greater contentment and better sleep.

Walk, run, jump

Those who are fit and exercise regularly have a 40% lesser chances of developing coronary heart disease.



Enjoy a cuppa

As per the researchers at Harvard, drinking one cup of black tea a day cuts heart disease risk dramatically.



Are you a Netizen?

Log on to www.jagsonpal.com for viewing the current as well as all back issues of

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Obesity hikes risk for cancer

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

An overweight woman has twice the risk of developing endometrial cancer as compared to lean one. An obese individual has triple the risk for kidney and esophageal cancer.

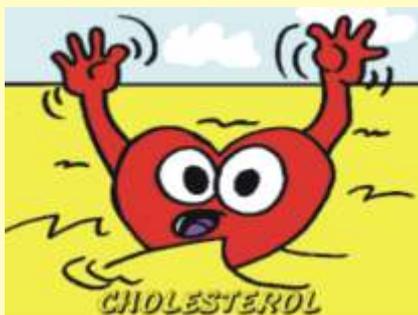
The American Society of Clinical Oncology advises people to watch their weight, exercise regularly and eat lot of fruits and vegetables.

Most heart attacks are predictable

90% of the global risk of heart disease is predictable, says the researcher from Medicine Department of McMaster University, Ontario, Canada.

The statement is based on a study involving 29000 people from 52 countries. Two factors alone were responsible for two-thirds of the global risk of heart attack:

- ◆ An abnormal ratio of bad to good cholesterol and
- ◆ Smoking



Other risk factors are high blood pressure, diabetes, abdominal obesity, stress, lack of daily consumption of fruits and vegetables and lack of daily exercise.

Toss the greens with fat

The study published in American Journal of Clinical Nutrition quotes "When people eat non-fat salads virtually no absorption of lycopene, alpha - carotene and beta - carotene takes place".

Carotenoids, as we know act as antioxidants, which protect the body from the damaging effect of free radicals. Since carotenoids are fat soluble, they are absorbed by the body only with the aid of fat.



The investigators recommend that to get most out of the veggies people should include small amount of cheese, meat or other sources of fat in their salads. However they have cautioned that since fat intake is a balancing act, people should not use full - fat dressing,

Treat fat as a part of a healthy diet. The key is moderation.

Eggs - Girls, better be cautious



Researchers in Japan found out that women who consume one or more eggs a day have a higher risk of dying than other women of their age.

Women who ate an egg a day were 22% more likely to die of any cause compared to those who ate only a couple of eggs per week - regardless of the factors such as age, smoking habits and body weight.

In men, there was no connection between egg consumption and the risk of death from any cause.

Petrol: Cancer fuel?

A study done by French scientists, suggests that living near a petrol pump may quadruple the risk of acute leukemia in children.



Longer a child lived nearby, the higher is the risk. The risk appeared to be even greater for acute non-lymphoblastic leukemia, which was 7-times more common in the children living nearby.

High Calorie treats



330 cal
1 Ice cream bar



329 cal
1 slice Cheese pizza



389 cal
1 slice Pizza
(non-veg topping)



140 cal
11 Potato chips



370 cal
French fries
(medium order)

How high do you tip the scales?



To have an effective and consistent weight loss program in place, the daily calorie intake for an obese person is to be restricted to around 1500 kcals.

This will lead to around 1.25 kgs loss in about 10 days - *anything more will not be advisable to begin with!*

It becomes extremely difficult for any person, especially the overweight ones, to keep an eye on the calorie count of every morsel they take in.

Coupled with this onus, the feeling of deprivation in denying the favorite foods makes the person feel miserable.



The trick is in not to fall prey to this feeling of deprivation and to allow an occasional indulgence - *may be just once a week!*

As a ready reckoner, you will find the tabulated data, giving the calorie count in common foods, very handy to plan the requisite intake.

All calorie values are given for 100 grams of the food items, unless specified otherwise.

Remember that almost all high-calorie food additives have substitutes available, with a fraction of the calorie values.

It is just the matter of finding the same - we will, of course, help you do so.

Fruits



Item	Kcals
Pomegranate	80
Apple	60
Apricot	55
Banana	100
Cherry	40
Coconut	443
Dates	240
Grapefruits	32
Litchi	30
Mango	120
Melon	40
Orange	65
Pear	84
Pineapple	40
Plum	30
Strawberry	28
Raspberry	29

Veggies



Item	Kcals
Beans	49
Beetroot	45
Brinjal	29
Broccoli	19
Carrots	21
Cucumber	10
Green leafy	29
Lady finger	29
Mushroom	13
Onions	24
Sweet potato	180
Tomato	14

Base



Item	Kcals
Atta	320
Butter	727
Cheese	330
Cream	209
Curd	67
Fats & Oil	900
Maida	348
Paneer	224
Rice	336
Suji	352



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Continuing our series on living healthier
 Take our word and retain the earlier parts of this article also
 You may be saving or revolutionizing a few lives - for all you know!

Snacks



Item	Kcals
Burger	580
Cake	354
Choco biscuits	524
Cornflakes	375
Kachodi	300
Macroni	348
Mathi	400
Pakoda	517
Papad	297
Papadi chat	210
Pastry	374
Patty	260
Samosa	240
Vada	138
Wafers	546

Beverages



Item	Kcals
Beer	32
Buffalo milk	121
Butter milk	15
Coffee infusion	2
Cold drink	250
Cow milk	69
Lemon juice	7
Tea Infusion	1

Desserts



Item	Kcals
Chikki	500
Chocolate	473
Gajar halwa	650
Gulab jamun	350
Halwa	322
Honey	294
Ice Cream	277
Jam	352
Kheer	221
Khoya	432
Rasgulla	200
Srikhand	382

Non-vegetarian foods



Item	Kcals
Chicken	113
Egg	78
Fish	109
Lamb chops	352
Mutton	220
Pork	330
Sausage	317

Pulses



Item	Kcals
Bengal gram	300
Dry peas	340
Rajmah	400
Yellow dal	310

Dry fruits



Item	Kcals
Almond	655
Apricot	28
Brazil nut	608
Cashew nut	596
Raisin	308
Walnut	620

We plan to give you a detailed rundown on many other food items consumed daily, without a thought on the high calorie content they provide.

You will be surely able to help someone plan his / her dietary intake with this help!

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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

"60% patients of idiopathic infertility conceive when given a combination of LycoRed with folic acid and Vit B₆. Excellent drug to treat primary infertility"

Dr. Harbhajan Kaur
Asst. Prof GMC
Amritsar (Pun)



"Congratulations! Achieved excellent results with LycoRed in cases of SMF"

Dr. J M Dalal
MBBS
Ahmedabad (Guj)



"I am happy using LycoRed for infertility cases. Many of my patients are blessed in 2-3 months with 1 to 2 bd dosage."

Patients of varicocele also show improvement in sperm count when given along with calcium dobesilate. Lets hope it may replace the need of surgery"

Dr. Manju Pandey
MBBS
Shahdol (MP)



"I have seen lot of improvement in 50 patients of SMF and lichen planus with LycoRed at a dosage of 1 bd"

Dr. M S Jamal
BDS
Malda (WB)



"Excellent results with LycoRed in IUGR, PIH and oligohydramnios"

Dr. Shymala
MD, DGO
Bangalore (Kar)



"Splendid results with LycoRed in Pre-eclampsia, IUGR and Male infertility. 5 out of 10 patients conceived within 2 months"

Dr. Jatinder Chadha
MD
Yamunanagar (Har)



"Am using LycoRed in a dose of 2 bd to treat facial wrinkles and chronic plaque psoriasis. Till date 5 patients successfully treated"

Dr. Leelavathy
DVD
Bangalore (Kar)



"Found LycoRed effective in reducing the signs and symptoms of pre-eclampsia in over 10 patients who were not responding to conventional medicine"

Dr. Bachaspati Dash
MD PGDMCH
Gop. Puri (Ori)



"On behalf of my patients who have tried all sorts of treatment for infertility, I would like to thank LycoRed for bringing back the smile to them"

Dr. Sunita Singh
MD
Dehradun (Uttran)



"LycoRed improves quality of life, as a co-prescription with anti-diabetics and anti-hypertensives."

Successfully treated over 200 patients"

Dr. M N Bojamma
MD DNB FICA MIAMS
Bangalore (Kar)



**Extend
the
Protective power
of
LycoRed
to**



**Young infertile
couples**

Males: 2 bd daily
Females: 1 bd daily

LycoRed softgels



"I was fed-up of seeing 'red' every time my infertility patients used to get periods.

Started prescribing LycoRed to 4 patients. To my pleasant surprise (shock), all of them conceived.

Millions thanks to LycoRed. I have stopped seeing 'red'

Dr. Mangalakeerthi
MBBS, DGO
Bangalore (Kar)



"Got satisfactory results with LycoRed in primary sterility and BOH cases. It is very well tolerated"

Dr. Suniti Sharma
MBBS
Ambala Cantt (Har)



"LycoRed is a boon for patients of infertility. Wonderful results in both male and female partner with LycoRed"

Dr. Saroj Aggarwal
MD
Ludhiana (Pun)



"LycoRed is a very good antioxidant preferably in cases of Ca stomach and pre anti-hypertensive therapy"

Dr. Nataraja Shetty
MD
Bangalore (Kar)



"4 of my infertile couples conceived within one month of usage of LycoRed. The dosage given was 1 bd to both the partners"

Dr. Y Radha
MBBS, DGO
Hyderabad (AP)



"Excellent results in ARMD, BPH and oral SMF. It is very well accepted by all patients and health conscious normal patients"

Dr. Devender Sareen
MBBS, DOMS, AMRC, DLO
Jalandhar (Pun)



"Tried LycoRed in male infertility case with sperm count 2.5 million/ml. Sperm count increased to 80 million/ml after 5 months of treatment with 2 softgels bd and conception has already occurred"

Dr. T K Das
MBBS
Chakulia (Jhar)



"I have very effectively used LycoRed in many patients of peripheral neuropathy, diabetic neuropathy and old age problems"

Dr. A R Talwar
MD
Abohar (Pun)



"Given in a dose of one softgel a day with anti-hypertensive and anti-diabetic drugs, it gives good results.

Excellent result when prescribed in atherosclerotic heart disease"

Dr. G Ch Nayak
MD, PhD
Bhubaneswar (Ori)



"I personally accept LycoRed has some wonder power.

I have tried LycoRed in 40 of my infertile couples who had given up hope after various treatments.

All of them conceived and most of them delivered successfully"

Dr. Elsy Chandy
MBBS
Gorakhpur (UP)



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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