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## Changing strategies in antioxidants

Recent literature regarding antioxidants has been mixed. The antioxidants include vitamin E, betacarotenes, alpha lipoic acid, coenzyme Q10, and a host of other supplements. Research has shown that giving antioxidants actually decreases the effectiveness of the

cholesterol-lowering medications called statins (Lipitor, Zocor, Pravachol and

Lescol). An article by my colleague, Rita Ellenthorpe, M.D.,

which appeared recently in JAMA also showed the lack of effectiveness by performing a lipid peroxidase, TOP Index (Total antiOxidative Index), urine micro albumin and C-Reactive Proteins.

My findings were that antioxi-

dant supplements were not effective. I have now changed my thinking over my previous recommendations to what my great-grandmother had told me when I was a youngster, which was to eat six to eight helpings of fresh fruit and vegetables a day. Even with this, there can be a problem. My wife and office staff find it difficult in our small community to purchase fresh produce that was not genetically modified and grown organically. This is to say that pesticides, fertilizers and lack of healthy soil minerals such as magnesium were not in the produce of this century.

During my recent trip to Germany, I was able to easily obtain fresh fruits and vegetables that were organically grown and not genetically modified. However, there, my family juiced them. I suspect the concentrated antioxidants were there, but not the fiber that is also necessary for good digestion. This was strained out of the juice. Store bought variety juices contain additives, such as

preservatives and, frequently, sugar, which makes them a poor choice.

What is one to do in America? In the past, I have recommended supplements such as *Juice Plus* that contains both the needed fruits and vegetables. In the last eight months, I have started consuming a vegetable variety in the form of *Perfect Food*. This comes in a powder form, which I mix in grapefruit juice for breakfast. Also, there is an orchard medley I use in grapefruit juice to drink with my midday meal. So, with *Perfect Food* with breakfast and *The Fruits of Life* for lunch, I drastically cut down on much of my pill consumption. My antioxidant numbers have improved and, hopefully, I am healthier. For years, I have been consuming vitamins C and E. I discontinued the betacarotenes eight years ago when there was some bad press regarding it. Now there is a big controversy on vitamin E.

Next week, "To E or Not to E. That is the Question".



**DR. J.E  
BLOCK**

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