

NEWSLETTER
San Andreas Movers & Shakers...it's
not OUR fault!

P.O. Box 645, Altaville, CA. 95221
Telephone 209-754-5360



E-mail: parkinsonsmoversandshakers@gmail.com

VOLUME FOUR

SEPTEMBER 1, 2014

S.A. M & S.,



COMMITTEE MEMBERS

Joe Fleischman/President, Newsletter, Library, Room Set-up
Barbara Pollard/Vice President, Secretary, Publicity
Sue Costa/Treasurer
Judy Axtman/ Membership Roster, Exercise leader
Mona & David Harris/Hospitality & Historian
Gary Davidson/Refreshment & Program Coordinator
Vera Bogosian/Sergeant at Arms



MEETING, August 5, 2013

Our meeting went really well, we had Chele Beretz as our guest speaker from the County Veterans Services Office. The Calaveras County Veterans Services office as established by the Board of Supervisors of Calaveras County to assist veterans, their dependents and survivors, as well as the general public in obtaining benefits from federal, state and local agencies administering programs for veterans. They offer comprehensive benefit counseling, claim preparation and submission, claim follow-up to insure final decision, and initiate and develop appeals when appropriate. Chele told us that if you are a veteran and you think you have a problem that you think is service related to go ahead and file a claim because if the Veterans Administration does decide to award a claim you get reimbursement from the time that you filed the claim. Chele can be reached at 209-754-6624.

NEXT MEETING DATE: Tuesday, September 2, 2014

Our guest speaker this month is Bonnie Norby, community health assistant, Calaveras Health And Human Services Agency; her topic will be on dealing with chronic illness.

Refreshments for this month are brought to you by Joe & Shirley.

September Birthdays

Ray Behrbaum	Michael Gerell	Louise Jarvis
Lupe Ochoa	Mona Harris	Don Payne



We wish you a very Happy Birthday and many more.

September Anniversaries



Roland & Juanita Camfield Ray & Kathy Azevedo

*Happy Anniversary to you and we wish you continued
happiness in your partnership.*



SAN ANDREAS MOVERS & SHAKERS...it's not OUR fault!!

MEMBERS NEWS:

Jerry Brunz still has Tom's new lift chair and is willing to donate it to someone who could use it.

Last Wednesday 8-27-14, Teva Pharmaceutical Industries issued a voluntary recall in the US of one lot of its carbidopa/levodopa 25mg/100mg medication because testing showed that the medication is "super potent."

The website NewsInferno.com says: "According to the U.S. Food and Drug Administration (FDA), the lot number involved is 29C220 and the expiry date is 11/15."

If you have this medication, return it to the pharmacy.

THE NUTRITION CORNER:

What's in those high energy drinks like Monster energy, and why

Glucose: Glucose is a simple sugar that provides the body with its primary source of energy. This type of sugar comes from digesting carbohydrates into a chemical that the body can easily convert to energy. When glucose levels in the bloodstream aren't properly regulated, a person can develop a serious condition, such as diabetes

Taurine: Taurine is an amino acid that supports neurological development and helps regulate the level of water and mineral salts in the blood. Taurine is also thought to have antioxidant properties

Panax Ginseng Extract: A dark herbal tonic of red Panax ginseng tea and honey, Panax Ginseng Extract is a concentrated brew containing the complex sugars and nutrients in this popular medicinal plant.

L-Carnitine: L-carnitine is an amino acid (a building block for proteins) that is naturally produced in the body. L-carnitine supplements are used to increase L-carnitine levels in people whose natural level of L-carnitine is too low because they have a genetic disorder, are taking certain drugs (valproic acid for seizures), or because they are undergoing a medical procedure (hemodialysis for kidney disease) that uses up the body's L-carnitine. It is also used as a replacement supplement in strict vegetarians, dieters, and low-weight or premature infants.

L-carnitine is used for conditions of the heart and blood vessels including heart-related chest pain, congestive heart failure (CHF), heart complications of a disease called diphtheria, heart attack, leg pain caused by circulation problems (intermittent claudication), and high cholesterol.

Some people use L-carnitine for muscle disorders associated with certain AIDS medications, difficulty fathering a child (male infertility), a brain development disorder called Rett syndrome, anorexia, chronic fatigue syndrome, diabetes, overactive thyroid, attention deficit-hyperactivity disorder (ADHD), leg ulcers, Lyme disease, and to improve athletic performance and endurance. The body can convert L-carnitine to other amino acids called acetyl-L-carnitine and propionyl-L-carnitine. But, no one knows whether the benefits of carnitines are interchangeable. Until more is known, don't substitute one form of carnitine for another.

How does it work? L-carnitine helps the body produce energy. It is important for heart and brain function, muscle movement, and many other body processes.

Caffeine: Caffeine is a plant product that is most commonly found in coffee beans, tea, soft drinks, cocoa and chocolate. Caffeine is also found in some prescription and non-prescription drugs, including cold, allergy and pain relievers.

How caffeine affects the body: Caffeine acts as a stimulant by exerting an effect on the central



SAN ANDREAS MOVERS & SHAKERS...it's not OUR fault!!

nervous system. The effects of caffeine on the body may begin as early as 15 minutes after ingesting and last up to six hours.

When consumed in moderate doses (up to 250 mg, or about two 6-oz cups of coffee or about four 12-oz colas), caffeine can help people more alert and less sleepy. Most individuals consuming moderate amounts will experience few, if any, negative side effects.

Caffeine may increase heart rate, body temperature, blood flow to the skin & extremities, blood pressure, blood sugar levels, stomach acid secretion and production of urine (diuretic).

Glucuronolactone: is a chemical that occurs naturally in the body and is used to build many of the connective tissues. It is produced in the human liver through the metabolism of glucose. Aside from its natural uses, the chemical is used in many energy drinks. One of the reasons why it is so well known is that there have been several rumors involving medical problems following its consumption, although these have generally turned out to be false.

When this chemical enters the body, it is quickly metabolized and converted into other substances that aren't toxic. Aside from its normal uses, there are also some people who claim that the substance is of use for detoxifying the body, although whether this is true or not hasn't been conclusively proven. Even so, there are a number of detox products available to buy which contain it.

One area for concern is that the substance is often included in energy drinks at much higher levels than would be found in a regular diet. Even so, the European Food Authority has decided that this is not a problem and does not pose a significant risk. There may, however, be a risk in excessive consumption of any drink that contains the chemical.

There are many claims made by health product manufacturers regarding the benefits of glucuronolactone. Most of these center on the substance's ability to increase a person's energy. Unfortunately, a number of these products also make false or untested claims. For example, some claim that many people don't have enough of it in their bodies but, in reality, a deficiency is extremely rare.

Inositol: a cyclic sugar alcohol, the fully hydroxylated derivative of cyclohexane; usually referring to the most abundant isomer, *myo*-inositol, which occurs in many plant and animal tissues and microorganisms and is often classified as a member of the vitamin B complex.

Guarana Extract: Guarana is derived from the seeds of a South American tree. Because it's high in caffeine, guarana has become a popular energy supplement.

Researchers once believed that the active ingredient of Guarana was a chemical specific to the plant -- guaranine. But they later discovered that it was just caffeine. Guarana has among the highest concentrations of caffeine in any plant. It may contain up to 3.6% to 5.8% caffeine by weight. Coffee only has up to 2%.

Maltodextrin: this common additive is an easily digestible carbohydrate made from rice, corn, or potato starch (celiacs, beware — it can also be derived from barley or wheat). It's made by cooking down the starch and then acid and/or enzymes break the starch down even further.



SAN ANDREAS MOVERS & SHAKERS...it's not OUR fault!!

Maltodextrin is a white powder often used in processed foods as a thickener or filler since it's fairly inexpensive, as well as in pharmaceuticals as a binding agent. You'll find it in canned fruits, snacks, cereal, desserts, instant pudding, sauces, and salad dressings. Since it contains fewer calories than sugar, it's also found in sugar substitutes, such as Splenda or Equal.

Maltodextrin is usually used in such small amounts that it doesn't have a significant impact in terms of the amount of protein, fat, carbohydrate, or fiber that it adds to foods. Although maltodextrin is processed and it's not the healthiest thing to put in our bodies, at least we know it's made from real food, not some nasty chemicals.

Pyridoxine Hydrochloride: is one of the compounds that can be called vitamin B₆, along with pyridoxal and pyridoxamine. It differs from pyridoxamine by the substituent at the "4" position. Its hydrochloride salt pyridoxine hydrochloride is often used.

Vitamin B₆ is usually safe at regular intakes. However, vitamin B₆ can cause neurological disorders, such as loss of sensation in legs and imbalance, when taken in high doses over a long period of time. Vitamin B₆ toxicity can damage sensory nerves, leading to numbness in the hands and feet as well as difficulty walking. Symptoms of a pyridoxine overdose may include poor coordination, staggering, numbness, decreased sensation to touch, temperature, and vibration, and tiredness for up to six months.^[3] One study reported that over a 6-month period or longer, 21% of women taking doses greater than 50 mg daily experienced neurological toxicity.^[4] The effect of doses below 50 mg was not reported. Pyridoxine's fetal safety is "A" in Briggs' Reference Guide to Fetal and Neonatal Risk.^[5] Its also used to treat a Vitamin B6 deficiency

Vitamin B₆ assists in the balancing of sodium and potassium as well as promoting red blood cell production.^[citation needed] It is linked to cardiovascular health by decreasing the formation of homocysteine. Pyridoxine may help balance hormonal changes in women and aid the immune system.^[6] Lack of pyridoxine may cause anemia, nerve damage, seizures, skin problems, and sores in the mouth.^[7]

It is required for the production of the monoamine neurotransmitters serotonin, dopamine, norepinephrine and epinephrine, as it is the precursor to pyridoxal phosphate: cofactor for the enzyme aromatic amino acid decarboxylase. This enzyme is responsible for converting the precursors 5-hydroxytryptophan (5-HTP) into serotonin and melatonin, and levodopa (L-DOPA) into dopamine, noradrenaline and adrenaline. As such it has been implicated in the treatment of depression and anxiety.¹

Cyanocobalamin: Vitamin B₁₂ consists of a class of chemically related compounds (vitamers), all of which have vitamin activity. It contains the biochemically rare element cobalt sitting in the center of planar tetra-pyrrole ring called a Corrin ring. Biosynthesis of the basic structure of the vitamin is accomplished only by bacteria and archaea (which usually produce hydroxocobalamin), but conversion between different forms of the vitamin can be accomplished in the human body. A common semi-synthetic form of the vitamin, cyanocobalamin, does not occur in nature, but is produced from bacterial hydroxocobalamin and then used in many pharmaceuticals and supplements, and as a food additive, because of its stability and lower production cost. In the body it is converted to the human physiological forms methylcobalamin and 5'-deoxyadenosylcobalamin, leaving behind the cyanide, albeit in minimal concentration. More recently, hydroxocobalamin, methylcobalamin, and adenosylcobalamin can be



SAN ANDREAS MOVERS & SHAKERS...it's not OUR fault!!

found in more expensive pharmacological products and food supplements. The extra utility of these is currently debated.

The names vitamin B₁₂, vitamin B12, or vitamin B-12, and the alternative name cobalamin, generally refer to all forms of the vitamin. Some medical practitioners have suggested that its use be split into two categories.

- In a broad sense, B₁₂ refers to a group of cobalt-containing vitamer compounds known as cobalamins: these include cyanocobalamin (an artifact formed from using activated charcoal, which always contains trace cyanide, to purify hydroxycobalamin), hydroxocobalamin (another medicinal form, produced by bacteria), and finally, the two naturally occurring cofactor forms of B₁₂ in the human body: 5'-deoxyadenosylcobalamin (adenosylcobalamin—AdoB₁₂), the cofactor of Methylmalonyl Coenzyme A mutase (MUT), and methylcobalamin (MeB₁₂), the cofactor of enzyme Methionine synthase, which is responsible for conversion of homocysteine to methionine and of 5-methyltetrahydrofolate to tetrahydrofolate.
- The term B₁₂ may be properly used to refer to cyanocobalamin, the principal B₁₂ form used for foods and in nutritional supplements. This ordinarily creates no problem, except perhaps in rare cases of eye nerve damage, where the body is only marginally able to use this form due to high cyanide levels in the blood due to cigarette smoking; it thus requires cessation of smoking or B₁₂ given in another form, for the optic symptoms to abate.^[citation needed] However, tobacco amblyopia is a rare condition, and it is yet unclear whether it represents a peculiar B₁₂ deficiency that is resistant to treatment with cyanocobalamin.

Finally, so-called pseudovitamin-B₁₂ refers to B₁₂-like analogues that are biologically inactive in humans and yet found to be present alongside B₁₂ in humans,^{[3][4]} many food sources (including animals^[5]), and possibly supplements and fortified foods.^{[6][7]} In most cyanobacteria, including Spirulina, and some algae, such as dried Asakusa-nori (Porphyra tenera), pseudovitamin-B₁₂ is found to predominate.[†]

What made me choose this topic for this month's nutrition corner? You will have to be at this month's meeting to find out.

See you there!