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Clinical Trials

DAILY APPLE CONSUMPTION PROMOTES CARDIOVASCULAR HEALTH IN POSTMENOPAUSAL WOMEN

Chai SC, Hooshmand S, Saadat RL, Payton ME, Brummel-Smith K, Arjmandi BH.

Women who consumed dried apple had significantly lower serum levels of total cholesterol and low-density lipoprotein cholesterol by 9% and 16%, respectively, at 3 months compared with baseline. These serum values were further decreased to 13% and 24%, respectively, after 6 months.

[Link](#)

RESEARCH ON PROPECTION EFFECT ON PATIENTS WITH DIABETES TYPE 2

S.P. "VIANA - Vihra Manolova"

Introduction

High blood levels of glucose, cholesterol and lipid disbalance present the highest risk factor for cardiovascular disease, diabetes, malignancy, indigestion and other diseases. Each year the number of people suffering from Diabetes Type 2 increase and the disease causes 3 000 000 deaths every year. Bulgaria is also affected by this tendency.

Changes in the diet and way of life may prevent diabetes type 2 or alleviate the condition of people that already suffer the disease. Pectin is naturally distributed polysaccharide that in recent years has gained a broad application and importance due to its qualities as a bio-regulator.

The purpose of this study is to follow the effect of ProPectin on volunteers with different blood levels of glucose and cholesterol. The volunteers were administered Propectin for 16 weeks.

[Link](#)

EFFECT OF PROPECTIN ON PATIENTS WITH ELEVATED CHOLESTEROL LEVELS: A CLINICAL PILOT STUDY

Seminar on Healthy Eating – Varna 2005

Introduction

Bulgaria is one of the leading countries in the world in incidence of cardiovascular diseases, which are one of the most frequent causes of death in the country. The elevated cholesterol levels and the imbalance in the level of lipids in the blood is a major risk factor for cardiovascular disease, some types of diabetes, malignancy, indigestion, obesity and other diseases. Pectin is a naturally distributed polysaccharide that has gained in importance and use in recent years. This growing interest in it is due to its qualities as a bio-regulator. Its biodegradability and its gel-forming qualities allow it to be used in the food and pharmacy industry.

Purpose

The purpose of the study is to follow the effect of ProPectin on volunteers with different cholesterol levels who take the product for a period of 25 weeks.

[Link](#)

DECORPORATION OF CHERNOBYL RADIONUCLIDES.

Nesterenko VB, Nesterenko AV.

Abstract

Tens of thousands of Chernobyl children (mostly from Belarus) annually leave to receive treatment and health care in other countries. Doctors from many countries gratuitously work in the Chernobyl contaminated territories, helping to minimize the consequences of this most terrible technologic catastrophe in history. But the scale and spectrum of the consequences are so high, that no country in the world can cope alone with the long-term consequences of such a catastrophe as Chernobyl. The countries that have suffered the most, especially Ukraine and Belarus, extend gratitude for the help that has come through the United Nations and other international organizations, as well as from private funds and initiatives. Twenty-two years after the Chernobyl releases, the annual individual dose limit in heavily contaminated territories of Belarus, Ukraine, and European Russia exceed 1 mSv/year just because of the unavoidable consumption of locally contaminated products. The 11-year experience of the BELRAD Institute shows that for effective radiation protection it is necessary to establish the interference level for children at 30% of the official dangerous limit (i.e., 15-20 Bq/kg). The direct whole body counting measurements of Cs-

¹³⁷Cs accumulation in the bodies of inhabitants of the heavily contaminated Belarussian region shows that the official Dose Catalogue underestimates the annual dose burdens by three to eight times. For practical reasons the curative-like use of apple-pectin food additives might be especially helpful for effective decorporation of ¹³⁷Cs. From 1996 to 2007 a total of more than 160,000 Belarussian children received pectin food additives during 18 to 25 days of treatment (5 g twice a day). As a result, levels of ¹³⁷Cs in children's organs decreased after each course of pectin additives by an average of 30 to 40%. Manufacture and application of various pectin-based food additives and drinks (using apples, currants, grapes, sea seaweed, etc.) is one of the most effective ways for individual radioprotection (through decorporation) under circumstances where consumption of radioactively contaminated food is unavoidable. [Link](#)

Source

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REDUCING THE ¹³⁷CS-LOAD IN THE ORGANISM OF "CHERNOBYL" CHILDREN WITH APPLE-PECTIN.

Nesterenko VB, Nesterenko AV.

Abstract

As a complement of standard radioprotective measures, apple-pectin preparations are given, especially in the Ukraine, to reduce the ¹³⁷Cs uptake in the organism of children. The question has been raised: is oral pectin also useful when children receive radiologically clean food, or does this polysaccharide only act in binding ¹³⁷Cs in the gut, blocking its intestinal absorption? In this case, pectin would be useless if radiologically clean food could be given. The study was a randomised, double blind placebo-controlled trial comparing the efficacy of a dry and milled apple-extract containing 15-16% pectin with a similar placebo-powder, in 64 children originating from the same group of contaminated villages of the Gomel oblast. The average ¹³⁷Cs load was of about 30 Bq/kg bodyweight (BW). The trial was conducted during the simultaneous one-month stay in the sanatorium Silver Spring. In this clean radiological environment only radiologically "clean" food is given to the children. The average reduction of the ¹³⁷Cs levels in children receiving oral pectin powder was 62.6%, the reduction with "clean" food and placebo was 13.9%, the difference being statistically significant ($p < 0.01$). The reduction of the ¹³⁷Cs load is medically relevant, as no child in the placebo group reached values below 20 Bq/kg BW (which is considered by Bandazhevsky as potentially associated with specific pathological tissue damages), with an average value of 25.8 +/- 0.8 Bq/kg. The highest value in the apple-pectin group was 15.4 Bq/kg, the average value being 11.3 +/- 0.6 Bq/kg BW.

[Link](#)

Source

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RELATIONSHIP BETWEEN CAESIUM (137CS) LOAD, CARDIOVASCULAR SYMPTOMS, AND SOURCE OF FOOD IN "CHERNOBYL" CHILDREN – PRELIMINARY OBSERVATIONS AFTER INTAKE OF ORAL APPLE PECTIN.

Nesterenko VB, Nesterenko AV.

Abstract

Seventeen years after the nuclear power accident at Chernobyl, most of the radio-contamination among the population of Southern Belarus is caused by incorporation of long-lived radioisotopes. The varying levels of ¹³⁷Cs observed among children in this area are explained by the source of their food, especially by the consumption of contaminated milk produced privately. We stratified children from rural areas of Belarus (caesium [¹³⁷Cs] contamination >5 Ci/km²) by their ¹³⁷Cs loads into three distinct groups (group 1, <5 Bq/kg body weight [BW]; group 2, 38.4 +/- 2.4 Bq/kg BW; group 3, 122 +/- 18.5 Bq/kg BW). We determined the relationship between the ¹³⁷Cs load and the children's main source of food and recorded their cardiovascular symptoms. Cardiovascular symptoms, ECG alterations, and arterial hypertension were significantly more frequent in children with high ¹³⁷Cs burden than in children with very low ¹³⁷Cs burden.

Children with moderate and high ¹³⁷Cs loads (groups 2 and 3) received apple pectin, a food additive, for 16 days. Apple pectin significantly decreased ¹³⁷Cs loads in these groups (39% and 28%, respectively). ECG alterations improved, while cardiovascular symptoms and hypertension did not change in any group.

[Link](#)

Source

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