

New Study Shows Vitamin D Improved Heart Health in Dieters, Retailer Reports

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Southtown Health Foods, a locally-owned independent natural health store in Chicago, IL, reports that overweight men and women who took vitamin D while on a year-long diet lost over four times the amount of fat in the blood and had lower levels of inflammation and other risk factors for heart disease compared to dieters who did not take vitamin D.

The study is part of the August, 2009, issue of Natural Insights for Well Being™, which Southtown Health Foods provides to the Chicago community to raise awareness of the benefits of healthy diet and lifestyle.

The August issue also features other new diet studies that found green tea, calcium, and chromium picolinate helped people lose weight safely. Other new studies showed omega-3 fatty acids protected against prostate cancer, prenatal vitamins helped pregnant women carry to term, and several other natural nutrients reduced asthma and allergy, among other important findings.

“With so many people trying to lose weight, it is helpful to know that there are several safe, affordable and effective natural products that can help,” said Emil Mahler. “Well-respected scientific journals including the *New England Journal of Medicine*, *Clinical Cancer Research*, and the *American Journal of Respiratory & Critical Care* continue to study and find that natural products improve and protect health, and we are pleased to let our friends and neighbors know about these encouraging results,” Mahler said.

Natural Insights for Well Being™ is free, and Southtown Health Foods invites all those who wish to gain more valuable nutrition knowledge to stop in and pick up the August issue.

End of Press Release