

The Wellness Express

Jump on the train to good health

Issue 4, October 2010

Lateral Flexion + Forward Flexion

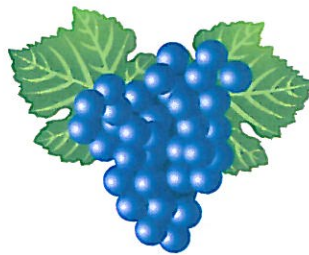
Presented by: Dr. Mark Glesener

It may not be the ingredient bubbling forth from the fabled Fountain of Youth, but there is something about resveratrol that makes it seem like a magical elixir for longevity. This versatile substance has shown great promise at preventing and treating some of the most troubling health problems of the 21st century. Scientists have much more research to do on resveratrol before they can make definitive statements about its health benefits. Most of the research on this substance has been conducted on animals and not on humans. Still, the results are encouraging.

What is resveratrol? It's a natural substance used by some plants to protect themselves from fungus and bacteria. The best known source of resveratrol is red grapes. Other sources include pomegranates, blueberries and Japanese knotweed.

Research released in the last couple of years shows resveratrol may slash blood pressure, cut obesity, decrease inflammation, control blood sugar levels, reduce strokes, and fight cancer.

Resveratrol first came to public attention about a decade ago when science identified this red wine ingredient as a substance that may prevent heart disease. It was associated with the French Paradox. Although they eat a relatively high-fat diet, the French have a lower incidence of cardiovascular conditions compared to North Americans, who have a similar diet. Many experts speculated this was due to France's higher consumption of red wine. Some scientists claim that the quantity of resveratrol in red wine is too small to account for the French Paradox. Resveratrol amounts in wine do vary greatly from brand to brand. This may be a result of the types of grapes used and where they were grown.



However, new resveratrol research supports the ingredient as a potentially powerful therapeutic compound in preventing and treating many health problems.

Exercise of the Week

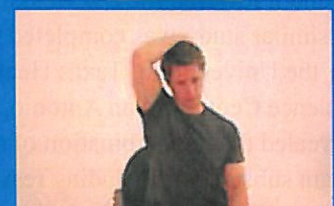
Lateral Flexion + Forward Flexion

Difficulty: Easy to moderate

(Consult your chiropractor before doing this or any other exercise.)

Start: Sit upright in chair.

Exercise: Place one hand on top of head, with fingers pointing down toward opposite shoulder, behind ear (image 2). Then, allow neck to relax as weight of arm pulls head and neck gently forward and to opposite side (image 3). Chin should be pointing down toward knee, and you should not feel pain in this position. Drop shoulder on side you feel the stretch. Hold for 20-30 seconds. Switch sides, and repeat 2X per side.



Presented by: Fox Valley Chiropractic Physicians
1750 E. Main St. Suite 60
630-377-8844

Inflammation

Your chiropractor will confirm that inflammation is a normal bodily process that helps you heal. But he or she will also tell you too much inflammation can wreak havoc throughout your body. It has been identified as a key factor in arthritic conditions, cancer, heart disease and a host of other health conditions.

In a study published this year by the *Journal of Clinical Endocrinology & Metabolism*, 10 participants received a resveratrol supplement (40 mg) once a day for six weeks. Another group of 10 received a placebo. After analyzing the participants' blood, the researchers discovered that those who consumed the resveratrol showed lower inflammation levels.¹

Cancer

Inflammation has a role in some types of cancer. Dangerous free radicals boost inflammation and damage your body's healthy cells. This process can initiate cancer. Since it is a strong antioxidant, resveratrol neutralizes free radicals.

In animal testing, resveratrol prevented or reduced cancerous tumors in the esophagus, colon and intestines.² Scientists also applied a topical solution of resveratrol on mice and found it lowered the risk of skin cancer. A similar study was completed this year by the University of Texas Health Science Center in San Antonio. It revealed that a combination of specific plant substances, including resveratrol, were effective at curbing skin cancer.³

Stroke

Stroke is the third leading cause of death in both the United States and Canada, killing 151,000 North Americans every year.⁴

Alzheimer's Disease

Another neurological condition that resveratrol may positively impact is Alzheimer's disease. According to the Center for Health Statistics, Alzheimer's has surpassed diabetes as the 6th leading cause of death among American adults. It primarily affects the areas of the brain involved in memory, language and thought control.

Research reveals that resveratrol has the ability to neutralize toxic proteins believed to play a part in Alzheimer's. In research published in the May 2010 edition of the *Journal of Biological Chemistry*, the scientists involved were surprised that resveratrol was able to neutralize toxic arrangements of peptides but leave the benign peptide arrangements unaltered.⁶

Weight Loss

Obesity has reached an epidemic level. In the US, 72 million people are classified as obese. And in the last 30 years, the number of obese children has tripled! Lack of physical activity and poor dietary habits are the biggest culprits in this health crisis.

Researchers in France conducted a resveratrol study involving lemurs, an African primate. When resveratrol was added to their diet over a four-week period, the lemurs' lost body mass, their energy intake was cut by 13%, and their resting metabolism boosted by 29%.⁷

A Quote

"Enter every activity without giving mental recognition to the possibility of defeat. Concentrate on your strengths instead of your weaknesses, on your powers instead of your problems."

- Paul J. Meyer

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Writer/Editor: David Coyne
Writer: Dr. Christian Guenette, DC
Design: Elena Zhukova
Photos: Fred Goldstein

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