

Resveratrol: A Gift from the Vine

Resveratrol is an antioxidant enzyme highly abundant in the skin of grapes and moderately abundant in blueberries. It protects against oxidative cell damage and speeds cellular repair. Resveratrol is touted as anti-aging, anti-cancer, antiviral, anti-inflammatory, anti-platelet aggregation, cardiovascular and neuroprotective, plus it is thought of as a phytoestrogen.

Resveratrol came into prominence in the early '90s in the context of the "French Paradox," which is a phenomenon whereby a certain population of France and Greece, who consume a diet high in fat, demonstrated less heart disease. The cardio protection was attributed to a regular moderate consumption of red wine. It was theorized that certain compounds in resveratrol were antiplatelet and thus prevented atherosclerotic plaques.

Hypertension is a disease of the blood vessels and contributors to this disease process include inflammation, oxidative stress in the vasculature, abnormal vascular smooth muscle, resulting in consistent high blood pressure. Resveratrol may be one component in the treatment of hypertension as it is anti-oxidant, anti-inflammatory, decreases platelet aggregation and decreases vascular smooth muscle proliferation.

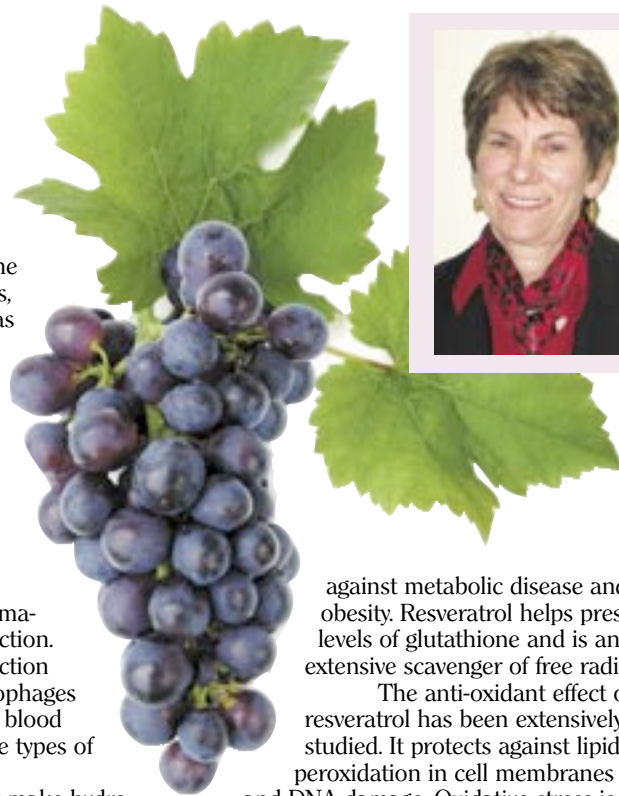
What are free radicals and reactive oxygen species?

Free radicals are molecules or ions which contain an unpaired electron in their outermost shell. This is an unstable configuration and these free radicals quickly react with

other radicals to achieve stability. This has a snowball effect and too many free radicals lead to cell damage. The body generates oxidizing agents, reactive oxygen species (ROS) as a part of life's processes.

The mitochondria, cell structures, which are energy centers in the body that produce glucose, generate free radicals. This process decreases the efficiency of the mitochondria and the cellular energy is decreased. Additionally, free radicals and ROS are generated by pollutants, inflammation, ischemia, trauma and infection. ROS do have an important function in the body; for example, macrophages and neutrophils (types of white blood cells) generate ROS to kill some types of bacteria.

The cells in the thyroid must make hydrogen peroxide to attach iodine in order to synthesize thyroxine (thyroid hormone). Balance becomes the key word and oxidative stress occurs when there is an imbalance in the ratio of prooxidant/antioxidant. ROS are counteracted by intracellular antioxidants such as glutathione, vitamin C and E, Coenzyme Q10 and by antioxidant enzymes such as superoxide dismutase and glutathione peroxidase. Resveratrol stimulates energy production in the mitochondria, consequently protecting



against metabolic disease and obesity. Resveratrol helps preserve levels of glutathione and is an extensive scavenger of free radicals.

The anti-oxidant effect of resveratrol has been extensively studied. It protects against lipid peroxidation in cell membranes and DNA damage. Oxidative stress is a significant underlying factor in many neurodegenerative diseases and in the decline of function in the brain with aging. Resveratrol is one of several antioxidants found to protect against aging, neurodegeneration and inflammation. Resveratrol activates a group of genes called sirtuins (silent information regulator proteins), specifically SIRT 1. SIRT 1 is associated with longevity by increasing the ability of the organism to survive stress.

Stroke, which is the third leading cause of


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by Moira Fitzpatrick, PhD, ND


death and the first cause of disability in aging adults, occurs when blood flow in the brain is permanently or transiently disrupted. The most common form of stroke is focal ischemic. When there is a ceasing of cerebral blood flow, there is significant decrease in ATP (cellular energy) production, neuronal membrane depolarization (neuronal communication), and the release of excitatory neurotransmitters. The ischemia is followed by reperfusion.

Oxidative stress is thought to be a significant cause of brain damage and neuronal dysfunction after cerebral ischemia and reperfusion. During this time it is important to increase antioxidant enzymes and consequently to look at the beneficial effects of such substances as resveratrol, green tea and other antioxidants. Both the antioxidant and the life-promoting aspects of resveratrol make it an attractive supplement for neurodegenerative diseases. Several studies have shown a synergistic protective effect of resveratrol with catechins from green tea on neurons.

Continued on Page 13

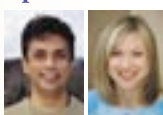


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A special invitation from Jean: "I'll be in Seattle April 4 and 5 for The Wisdom of Your Face workshop; I'd love to meet you there."

Jean Haner is the author of "The Wisdom of Your Face." With her 25-year background in ancient Chinese principles of balance and health, Jean places an emphasis on compassionate and affirming ways for people to live in alignment with their own true selves. Please visit www.wisdomofyourface.com for information on workshops, consultations and Jean's free newsletter. Meet Jean through her video at www.videovillageonline.com.

Continued from Page 12

you don't talk about how important family is to you, they might not feel a good connection with you. You might even comment on how you're a good team player, or consider your co-workers to be like family.

• **Brow bone:** The brow bone is the bone that lies under the eyebrows. Its strength correlates to the level of testosterone in the body, so men naturally have stronger brow bones than women. But even if he's male, if your interviewer has an unusually prominent brow bone, this can give you important information about how he tends to view others.

People with brow bones that stick out will have an inner desire to dominate others. They will also have issues with authority. And they tend to perceive everyone as "authority." In other words, they think everyone is trying to order them around, and will have a pretty big chip on their shoulders. If you see this feature on your interviewer's face, find out whether he'd be the one you'd be

working under, as you might want to give that job a pass.

• **Eyebrows:** If the person on the other side of the desk has very weak eyebrows, this can mean they have trouble making decisions, and are not very aggressive overall. If you come across as too cocky or confident, they may feel threatened and you'd lose their vote.

However, if they have bushy eyebrows, you're looking at someone who values assertiveness and who wants an employee who'll set firm goals and not let anything get in his way.

• **Nose:** If your interviewer has a large, boney nose, you had better have been on time for your appointment. This person will value precision with details, and good manners are extremely important to them. Show them you're aware of the finer points of the job, talk about how important it is to do quality work without mistakes, and be extremely courteous.

Of course, face reading can also

A Gift from the Vine

Continued from Page 11

Oxidative stress is associated with early Alzheimer's Disease (AD). It is thought that there is oxidative insult to neurons and glial cells that result in changes in synaptic plasticity long before there are amyloid plaques and neurofibrillary tangles, which are the hallmarks of AD. Resveratrol may provide both antioxidant support and ameliorate the inflammatory response associated with the progression of AD.

It has been suggested that resveratrol may be cancer preventive because it binds to estrogen receptors and has been shown to inhibit carcinogen-induced pre-neoplastic lesions and mammary tumors. There is some research that in the presence of Estrodial (primary estrogen during reproductive years), it is anti-estrogen, consequently, it may be useful in ER positive breast cancers. It has been shown to facilitate apoptosis (cell death) in breast cancer cells. There is some evidence that it provides antioxidant protection from the chronic treatment of colon cancer. Some studies indicate that resveratrol regulates a number of pro-proliferation and anti-apoptotic gene products thus suppressing

cell proliferation and potentiating (increasing) pro-apoptotic effects in multiple myeloma cells.

The mode of action as to how resveratrol works is not known, however, it is thought to affect many cells in a diverse way. It appears that resveratrol may provide significant antioxidant and anti-inflammatory support for a number of chronic diseases afflicting us in an age of significant pollutants. As we look for answers to help prevent age related diseases, let us remember that the foundation of health rests in a balanced diet including protein, organic vegetables and fruit, restorative sleep, daily exercise, positive relationships, and a purpose that gives meaning to our lives.

Dr. Fitzpatrick will be presenting "The Seasons of a Woman's Life" at Marlene's, Federal Way, April 23 at 7 p.m. She is now working at Balancing Health in Bothell on Fridays, (425) 398-9355. Primary contact for Dr. Fitzpatrick is (206) 525-5576 or at drfitznd@comcast.net, www.theemeraldcenter.com.

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