

Turning back the clock - What you need to know to fight the ageing process

Free Radicals

Free radicals, in simple terms, are organic molecules that are responsible for aging, damaging tissue, and in many cases are the causes of some diseases. Free radicals are created by airborne emissions, sunlight, chlorination, chemical sources and by our body's cells as they burn fat to produce energy. These free radicals break down healthy human tissue in a process called oxidation – the same process that causes iron and steel to rust. Our bodies produce antioxidants to neutralise free radicals, but over time the levels of antioxidants in the body go down dramatically. Estimates indicate that by the age of forty our antioxidant level is down by 50%; between the ages of sixty through to seventy, this rate has dropped to below 10%.

As we grow older we begin to show the effects of our decreasing supply of antioxidants. We experience more aches, pains and lost energy, which are sometimes followed by arthritis, cardiovascular disease, hardening of the arteries, and other conditions. Because of the ageing body's reduced ability to fight free radicals, and therefore, greater susceptibility to disease, continued exposure to polluted surroundings can have serious consequences. Often the air in today's environment is so contaminated that it is unhealthy to breathe. In some areas the water is so polluted that it is unfit to drink, and our food is full of herbicides, pesticides and toxins. Even some personal care products, such as shampoos, cosmetics, soaps, toothpastes, lotions, bubble baths and baby oils are contaminated with carcinogens and free radicals.

An Ancient Discovery for Modern Health

In 1900, the risk of getting cancer was about 1 in 80; today the rate is approximately 1 in 3. With the exception of lung cancer, cancer rates in women are much higher than in men, yet women usually take better care of themselves. The difference in the rates could result from the use of cosmetic ingredients by women. Although medical science is able to cure and prevent many health problems, some diseases still perplex doctors and scientists. A leading medical doctor has stated "the average life span is increasing because we are able to save more babies and children. However, the life span from age forty is actually decreasing". He believes this is due to our contaminated environment, which is loaded with toxins, carcinogens, and the unstable oxygen molecules called free radicals.

Pycnogenols - the much talked about 'miracle' ingredients

In the winter of 1534, the French explorer Jacques Cartier was stranded on the St Lawrence River in Canada. After twenty-five of his men died of scurvy, Cartier met an Indian who showed him how to make a tea from white pine bark containing a remarkable substance that was to save his crew.

Four hundred years later, researchers read of this expedition and began to examine white pine bark, isolating the ingredients found in the tea. They learned about the powers of the white and maritime pine bark extracts and patented their discoveries – specifically, extracts containing ingredients called antioxidants. They also discovered that antioxidants neutralise free radicals, and could be found in many other botanicals, most notably in the seeds and skins of grapes. Grape seed extract has one

of the highest percentages of antioxidants and is also the most bioavailable – surpassing even the maritime pine bark extract.

There are four basic properties to pycnogenols –

- they act as powerful antioxidants to neutralise the free radicals
- perform as natural anti-inflammatories
- they bind to collagen and elastin selectively and
- even aid making blood vessels more flexible.

The reason we hear more about pycnogenols than other antioxidants is because they have undergone much research. There have been in excess of 170 published studies and review articles have been completed over the last 35 years that ensure its safety and efficacy. Scientific evidence on its antioxidative capacity and protective action on the Vascular System have been published in the most renowned scientific journals. Additional published findings have demonstrated pycnogenols beneficial effects in cardiovascular health, skincare, cognitive function, diabetes health, inflammation, sports nutrition, asthma and allergy relief and menstrual disorders, among others.

Antioxidants Neutralise Free Radicals

Scientists tell us that vitamins A, C and E, as well as beta-carotene and other antioxidant bioflavonoids, are vitally important to good health. Botanical antioxidants have about twenty times the power of vitamin C and fifty times that of vitamin E. It was not so long ago that formulas consisting only of maritime pine bark or grape seed extract had been the most powerful type of antioxidants sold commercially.

Nowadays it is possible to get a combination of antioxidants that acts as a biological powerhouse for destroying free radicals. By combining water-soluble maritime and white pine bark and the oil soluble grape seed extract as well as antioxidants as listed below, you will realise far superior results - exceeding results of products that only use one form of antioxidant.

If you think that's impressive, then how about natural extract curcuminoids, which are almost three times more powerful the antioxidant levels in pine bark or grape seed extracts, and is sixty times higher than antioxidant levels in vitamin C, and one hundred and fifty times higher than levels in vitamin E!

Here are features of the antioxidants present in a leading broad-spectrum formula

1. **Antioxidants** from maritime pine bark, white pine bark and grape seed extracts are water and oil soluble – up to 95% in concentration and bioavailability. These ingredients are extracted according to pharmaceutical standards and are free from solvents, pesticides and tannins.
2. **Curcuminoids** which come from turmeric extracts are nature's most powerful and aggressive antioxidant – around one hundred and fifty times more powerful than vitamin E, sixty times more powerful than antioxidants from maritime pine bark and grape seed extracts.
3. **Ginko Biloba** has been added to the phytosome delivery system for greater absorption. This is a powerful dietary supplement for the brain and circulatory system.
4. **Alpha- and Beta-Carotene** are unique antioxidants that increase potency. Science News Magazine, November 1994, reported that lost vision (macular degeneration) is caused by the lack of beta-carotene, which afflicts about 30% of the adult population. Adding alpha- and beta-carotene will not restore lost vision, but the proper level of these nutrients may prevent macular degeneration from occurring.

5. **Esterified Vitamin C** is a bonded form of vitamin C molecules in a configuration that increases its power and residual retention in the body. Normally, the body exhausts 80% of its supply of vitamin C in twenty-four hours. In contrast, only about 5% of esterified vitamin C, which is retained for three days, is eliminated. Since antioxidants and vitamin C have a synergistic effect, an increase in retention time can be beneficial to the body.
6. **Natural Vitamin E** is used in a phytosome delivery service for greater absorption and effectiveness than the synthetic vitamin E used in many products.
7. **Micro-Spheres** that bond to the intestinal wall potentially allow up to four hundred percent more of these vital ingredients to be digested and absorbed. Due to a patented phytosome system, the encapsulated micro-spheres found in this leading brand permit the antioxidants in this product to have greater bio-availability as well as higher retention levels in the body.

Each tablet supplies almost 100mg of Curcuminoids, maritime pine bark, white pine bark and grape seed extracts, increasing its bio-availability while boosting the antioxidant rate. The health supporting qualities of this product are strengthened when these newly recognised, high-performance ingredients are combined with esterified vitamin C, natural vitamin E, ginkgo biloba extract and beta-carotene in a phytosome absorption system.

Ingredients in this formula are known and have been proven to be good for:

- Heart and Cardiovascular health - helps prevent plaque formation in arteries
- Circulation and cell vitality
- Joint stiffness - arthritis, inflammation and sports injuries
- Brain – one of the few antioxidants that can penetrate the blood brain barrier to help protect the brain and nerve tissue (grape seed extract)
- Mental alertness and memory
- Allergies and histamine inflammation
- Asthma and eczema
- Digestive problems
- Liver
- Skin complaints
- Wrinkles and other effects of ageing on skin
- Visual acuity
- Anti-cancer properties protecting DNA
- Helping against cigarette smoke condensation

To purchase a leading brand of antioxidants as described above, visit the EnergiZe Shop.
For individual needs that require consultation, contact:



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