

Resveratrol— An Antioxidant Superhero

What the latest science says

The subject of intense scientific interest, this antioxidant has been found to inhibit the growth of cold viruses and may even explain the French Paradox—why the French have a low incidence of cardiovascular disease despite fatty diets. It's present in grapes (mostly in the skin), but for its full benefits, you'd need to sip 100 or so glasses of red wine a day. Lucky for your liver, it's available in supplement form. Talk to your healthcare provider before adding any supplement to your health regimen.

Grape Skins, Great Skin

Resveratrol appears to possess unique antiaging properties. One of these is its effect on skin, specifically its ability to limit damage caused by sun exposure. It can also decrease wrinkles, improve skin texture, and boost hydration.

Cardiovascular Benefits

Studies show that resveratrol neutralizes free-radical damage, a major cause of chronic disease. It combats cardiovascular disease and stalls the process that contributes to atherosclerosis. Resveratrol also appears to stop platelet aggregation, an early step in blood clot formation that can lead to stroke.

Disease Defeater?

Resveratrol appears to block carcinogenesis at different stages: tumor initiation, promotion, and progression. It also inhibits the growth of cancer cells—including those of the pancreas, prostate, stomach, and thyroid. It has also proven to be an effective complementary strategy for treating colitis and potential colon cancer linked to colitis.

Researchers at the Cleveland Clinic recently discovered that resveratrol, in combination with rapamycin (an immunosuppressant that may be useful in breast cancer treatment), was twice as effective in killing breast cancer cells as rapamycin alone. Researchers concluded that resveratrol may be a “powerful integrative medicine adjunct to traditional chemotherapy.”

Research published in 2010 recognized resveratrol as “one of the more promising natural molecules in the prevention and treatment of chronic inflammatory and autoimmune disorders.”

Resveratrol also helps protect cells from the effects of a high-fat diet and may increase insulin sensitivity. Studies show it fights inflammation from fatty tissue and exerts antidiabetic activity. Scientists at the University of Texas have found that resveratrol stimulates production of adiponectin, a hormone released from fat cells that helps regulate blood sugar and energy. This holds promise for treating not only diabetes but also obesity. TFL

straight to the source!

You can learn more about the science of resveratrol by reading these studies online. Go to the US National Library of Medicine, National Institutes of Health at www.pubmed.gov.

“Anti-Aging Properties of Resveratrol . . .” by R. A. Baxter, *J Cosmet Dermatol*, 3/08 n “Resveratrol as an Anti-Inflammatory and Anti-Aging Agent . . .” by C. A. de la Lastra and I. Villegas, *Mol Nutr Food Res*, 5/05 n “Resveratrol Suppresses Colitis and Colon Cancer Associated with Colitis” by X. Cui et al., *Cancer Prev Res (Phila)*, 4/10 n “Vascular Dysfunction in Aging: Potential Effects of Resveratrol . . .” by N. Labinskyy et al., *Curr Med Chem*, 2006