

## **Resveratrol Was Reported On The Oprah Show With Dr Oz And Even On 60 Minutes.**

### **Resveratrol History**

For years, people have been marveling at extended life expectancies of Europeans who drink red wine daily. Now the secret has been uncovered. Resveratrol has been at the center of ground-breaking anti-aging research and more recently, has been provided in a purified form for daily consumption.

Resveratrol is an all natural supplement with some of the highest level anti-oxidants on the market. It is commonly found in Red Wine through grape pulp. Rich molecules provide a natural detoxification of muscle and fat tissue that are caused by years of build up due to air born and terrestrial toxins. By consuming a safe daily dose of Resveratrol, you can start the break down process which will naturally help shed pounds and trim fatty areas.

### **Resveratrol And Weight Management**

We typically only receive 40-50% of the nutrients of the foods we eat! This is due mainly to overcooking, fertilization, in-organic foods that we consume every day. The excess non-essential components in the food we eat are transformed into toxins that hide inside fat tissue for years, or even decades.

Resveratrol is rich in anti-oxidants which has the effect of reversing the build-up of these toxins. Within days of use, Resveratrol can show results in your tummy, waist, legs, and other hard to slim areas.. without reducing caloric intake or exercise! (However, exercise done correctly is always encouraged as tolerated.)

Resveratrol Linked to Improved Health and Cancer Prevention.

### **Clinical Research**

Studies at Harvard Medical School and the Institute of Genetics and Molecular Biology have found that resveratrol, a natural compound found in the skin of red grapes and hence in red wine, may radically reduce the risk not only of heart disease but also of age related illnesses such as Alzheimer's disease. It might also counter the effects of a high-fat diet and even prolong life."

Resveratrol, a nutrient found in red wine, keeps estrogen from causing breast cancer in test-tube studies. Resveratrol increases production of an enzyme that destroys dangerous estrogen metabolites.

Resveratrol has the ability to prevent the first step that occurs when estrogen starts the process that leads to cancer. Scientists believe that this could stop the whole progression that leads to

breast cancer down the road. This is dramatic because it was able to be done with fairly low concentrations of resveratrol.



For centuries, red wine has been linked to numerous health benefits. But this new study, published online in the journal Nature, shows that mammals given ultrahigh doses of resveratrol benefit from positive effects of cutting calories without actually doing it.

"If we're right about this, it would mean you could have the benefit of restricting calories without having to feel hungry," Sinclair said. "It's the Holy Grail of aging research."



Dr. Brent Bauer, director of the Department of Internal Medicine's Complementary and Integrative Medicine Program at Mayo Clinic says "This may be the best thing since sliced bread for human beings, but we just don't know yet." This research, funded in part by the National Institute on Aging, was published in the journals Nature and Cells in November, and bottles of resveratrol have been selling like wildfire ever since.



Resveratrol is the ingredient in red wine that made headlines in November 2007 when scientists demonstrated that it kept overfed mice from gaining weight, turned them into the equivalent of Olympic marathoners, and seemed to slow down their aging process. Few medical discoveries have generated so much instant buzz.



Resveratrol is one of a group of antioxidant compounds called polyphenols found in red wine that has been reported to have anti-inflammatory as well as anticancer properties.

Red Wine Ingredient May Delay Aging

Resveratrol May Prolong Life and Fight Age-Related Diseases.

Resveratrol may counter type 2 diabetes and insulin resistance, a new study shows.



"Resveratrol makes you look like a trained athlete without the training."

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