



Resveratrol and French Connection

Any one visiting France will notice that their food is not quite in category of healthy. It is fatty with a lot of cream or butter and fatty goose liver is their national cuisine. Surprisingly you will not see many fat people on the street and cardiovascular disease is not their prime health problem.

Medical world for a long time was intrigued why French do not have the same health problems as people in other countries have. They even found name for it: French Paradox!

In seventies study on eating habits revealed that French are largest consumers of red wine per capita. They do not have a meal without bottle of red. Further studies revealed that red wine has something more than white wine does not have. This substance is called Resveratrol, a somewhat phytochemical with strong antioxidant properties. More studies revealed that Resveratrol is responsible for number of health giving properties.

Resveratrol has been demonstrated to have an anti-clotting effect that prevents the formation of thrombi or blood clots in the blood vessels. The formation of thrombi that block small blood vessels is believed to be a cause of heart attacks and strokes.

When given to mice Resveratrol slowed down aging, comparing to control group. Harvard Medical School found that Resveratrol extended lifespan of any species they have fed to, including worms, flies and fish! The researchers found that, among the overweight mice, Resveratrol reduced the negative impact of being obese.

Resveratrol appears to be associated with anti-aging and preventing the effects of diseases of aging, such as diabetes, cancer and dementia.

John Hopkins University, USA – showed that Resveratrol assisted in building cell resistance against free radical damage. It also showed that resveratrol increased levels of an enzyme in the brain - heme oxygenase – which is apparently already known to shield nerve cells from damage.

Last year research publication Nature revealed that other compounds found in red wine playing equally important role. They are oligomeric procyanidins, group of flavonoids, which suppress hardening of arteries.

The incidence of heart disease and cancer among populations who consume a lot of red wine is dramatically less than those that don't, even though they may also have a high fat diet. Resveratrol has also been demonstrated to promote the formation of new dendrites in the brain.

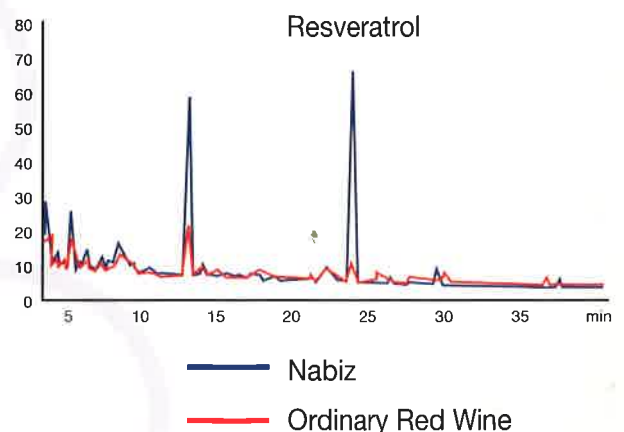
Bad thing is that to get benefit of these valuable substances you have to drink hundreds of litres of red wine, because Resveratrol is found in minute quantities.

Nabiz is specially manufactured **non-alcoholic** red wine concentrate with high level of *Resveratrol* and grape tannins, **over 100 times more than found in ordinary red wine.**

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Reverse the Toll

News on the grapevine uncovered a natural substance so powerful it can reverse the toll of ageing and cure and prevent disease — it's called Resveratrol.

with **Resveratrol**

By Dr George Kowalski and Martin Vedris

Resveratrol

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