

Maximize Immune Health with Antioxidants

Oxygen Radical Absorbance Capacity (ORAC) is a method of measuring the antioxidant capacities of different foods and supplements. It was developed by scientists at the National Institute on Aging in the National Institutes of Health. There appears to be positive correlation between the high antioxidant capacity of fruits and vegetables, and beneficial effects on the free radical theory of aging. The **free-radical theory of aging** states that organisms age because cells accumulate free radical damage over time. A free radical is any atom or molecule that has a single unpaired electron making it unstable. For most biological structures, free radical damage is closely associated with oxidative damage.

Many health concerns and overall performance decline associated with aging are linked to accumulated free radical damage to our cells, including the brain, joints, skin, cardiovascular system and most all organs. I am excited to share with you several new super fruits with ORAC scores that are up to 20 – 40 times higher when compared to traditional healthy foods. For example, wild blueberries score over 13,000, a whole apple scores in the 2,000 – 6,000 ORAC range and pecans score over 5,000. Very good scores I must say when you consider most fast and processed foods would probably not only score a zero but would actually promote free radical damage to our cells.

Now the exciting news, two amazing super fruits called acai and maqui score over 40,000 to as high as the 160,000 range! Acai berries are harvested from the Amazon area of Brazil. In fact, the local population consider this berry so important to their health they consume acai berries at up to 42% of their diet by weight. Maqui berry is purple in color and found in the Patagonia region of South America. Mapuche Indians consume maqui as food and to promote their good health.

Another natural berry I am very excited about is the elderberry. At sites in Switzerland and Italy, researchers have uncovered evidence that the black elderberry may have been cultivated by prehistoric man, and there are recipes for elderberry-based health tonics in the records dating as far back as Ancient Egypt. Historians, however, generally trace the tradition of the elderberry's healing power back to Hippocrates, the ancient Greek known as the "father of medicine," who described this plant as his "medicine chest" for the wide variety of health concerns it seems to assist. Elderberry has been shown to assist with promoting a healthy immune system. Elderberry also has a very high ORAC score. I must say Wikipedia has done a very nice amount of research on the elderberry, I would urge you to visit this link

Moving on to your ABC vitamins, a study¹ on vitamin E was recently presented at the American Geriatrics Society Annual Scientific Meeting in Chicago. The study involved 540 patients at the Massachusetts General Hospital Memory Disorder Unit. All of the patients followed in the unit had poor cognitive health and were on drugs to slow the progression. Additionally, 208 patients also took vitamin E but no anti-inflammatory medication, 49 took anti-inflammatory but no vitamin E, 177 took both vitamin E and an anti-inflammatory, and 106 patients took neither. The daily dose of vitamin E ranged from 200 IU to 2,000 IU a

day, with the majority of patients given high dose vitamin E ranging from 800 IU to 2,000 IU daily.

The researchers reported that after an average of three years, there was a modest slowing in decline of function in those patients taking vitamin E. It was noted that the supplement benefits from vitamin E was slow to medium but increased with time. Those patients who took both vitamin E and anti-inflammatory medication appeared to have an overall additive effect in regard slowing overall cognitive decline.

In 1997, the prestigious *New England Journal of Medicine* published a study² involving over 300 patients. It was found that in a group of patients with moderately severe poor cognitive health, those patients who took 2,000 IU of vitamin E daily had a slow-down in progression compared with placebo.

Those of you who read this newsletter know how passionate I am about the Vitacost flagship line of multi-vitamins from Nutraceutical Sciences Institute® (NSI®) called Synergy. Synergy is loaded with far more high ORAC antioxidants, natural food and herbal extracts when compared to other multi-vitamins. I assume that if you're taking a multi-vitamin it is because you're trying to optimize your health and promote higher levels of antioxidants and good immune system function. Doesn't it make sense to take a vitamin that's going to give you a greater likelihood of benefit? The antioxidant example is just one of many.

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