

Resveratrol Helps Protect Health & Longevity

There is nothing like a good glass of red wine. I usually have two or three glasses every weekend. An article¹ was recently published in the *Journal of Epidemiology and Community Health* regarding the benefits of wine. It was about an ongoing study involving Danish men called the Zutphen Study which took place between 1960 and 2000. During this forty year follow up period, it was found that the life expectancy of men who consumed up to 20 grams a day of alcohol lived on average 2.3 years longer than non-drinkers. Interestingly, drinking more actually decreased the benefit. For those men who consumed more than 20 grams of alcohol daily, life expectancy was 1.9 years longer compared to those men who did not drink. The researchers found that independent of total alcohol intake, wine consumption was highly protective. Long term intake of 2 grams of alcohol from wine per day increased life expectancy by 4.7 years compared to non-drinkers. It should be noted that about 70% of the wine consumed in this study was red wine.

The benefits of red wine are myriad. One of the most potent components of red wine is a compound called resveratrol which I have written about many times in the past. The May 2009 edition of *Life Sciences* published an interesting study² discussing the plethora of health benefits associated with resveratrol. It appears to promote healthy cardiovascular function, healthy cell growth and healthy blood sugar. It also has the potential ability to extend longevity. Researchers in this study also noted the effects of resveratrol on skeletal muscle. Resveratrol was found to alter protein metabolism and protect against oxidative stress, injury and even cell death of the skeletal muscle cells.

Another thing that I enjoy is coffee. Earlier this week, the *Boston Globe* reported³ that drinking coffee may promote healthy blood sugar and healthy liver function, as well as some neurological health benefits. The newspaper explained that in twenty studies worldwide, coffee, both regular and decaf, was noted to lower the risk of elevated blood sugar by as much as 50%. Rob van Dam, a coffee researcher and epidemiologist at Harvard School of Public Health, indicated, "Coffee was seen as very unhealthy. Now we have a more balanced view. We're not telling people to drink it for health. But it is a good beverage choice." It is amazing how the pendulum swings. I remember years ago, a prominent study, noted in the medical literature and widely reported on throughout all media channels, found that drinking excessive amounts of coffee lead to abnormal cellular growth of the pancreas. Coffee is loaded with a class of antioxidants called polyphenols, just as red wine, green tea and dark chocolate contain. As usual, Wikipedia does a great job of explaining polyphenols in great detail. [Click here to read the article](#)

Last week, an interesting study⁴ was presented at the European Congress on Obesity held in the Netherlands. The study involved 256 pregnant women in their first trimester who were either given a probiotic capsule plus dietary advice or placebo capsule plus dietary advice or placebo capsule and no dietary advice. The probiotic capsule contained both lactobacillus and bifidobacterium and was continued for up to six months after delivery until the women stopped exclusive breastfeeding. In the probiotic group, it was found that the percentage of women with unhealthy weight (BMI) was 25%. Those women given dietary advice only

along with no probiotics/dietary advice were noted to have unhealthy weight (BMI) of between 40% and 43%. The researchers who were very encouraged by the results of this study acknowledged that further studies were needed to verify the findings. If you have read my prior newsletters you are quite aware of the many benefits of probiotics, these include healthy immune function and digestive tract function. Yogurt is one source but the levels are far below the billions of active colonies required for many people to achieve their optimal health goals.

There was another interesting study⁵ published late last month in the prestigious journal *Arthritis & Rheumatism*. A total of 880 individuals, average age of 61, were studied at baseline with about 350 of these individuals, also being studied almost three years later. Blood levels of vitamin D were measured along with sunlight exposure (assessed by questionnaire). Additionally, MR scanning of the right knee was performed to determine the amount of knee cartilage. It was found that those individuals who had more sunlight exposure along with higher vitamin D levels in the blood lost less knee cartilage compared to those with lower exposure and blood levels. The researchers noted the study implied that achieving vitamin D sufficiency may prevent and/or retard cartilage lost in the knee. Vitamin D is beyond amazing, it seems to promote good health in so many ways, including healthy balance, immune function, cellular health, bones, joints and cardiovascular health. I recommend 2,000 to 4,000 IU per day of the most active vitamin D3 form. Keep in mind if you use sun block you will not receive the vitamin D benefits of the sun. It appears if you want to protect your skin from premature aging and risk of serious skin health concerns, you must avoid the sun and/or use sun block. As a result, vitamin D3 supplementation is essential for good health. Again Wikipedia posts excellent information regarding safety and benefits of vitamin D. [Click here to read the information](#)

If you are looking for an excellent resveratrol product, look no further than NSI® (Nutraceutical Sciences Institute®) Longevatrol. Each softgel contains 100 mg of polygonum cuspidatum (standardized to 50% trans resveratrol) and 100 mg of red wine extract (standardized to 40% polyphenols). In fact, Vitacost has just lowered the prices with a 120 count now selling for under \$39. For those that prefer trans resveratrol only, Vitacost will soon offer NSI 100 mg trans resveratrol from 200 mg of the standardized 50% extract providing 100 mg elemental trans resveratrol for under \$19 for a 120 ct. The #1 selling resveratrol at Vitacost is NSI's resveratrol, grape seed and red wine combination. Quite a powerful trio of synergistic antioxidants. NSI has also launched vitamin D3 in softgels at dosages of 1,000, 2,000 and 4,000 IU per softgel in 300 to 365 day supply bottles. These are an amazing value with a cost of just cents per day.

I would like to point out the top selling probiotics out of hundreds at Vitacost are dominated by NSI with hundreds of excellent customer reviews. The most popular contain 5 billion to 35 billion colonies per serving with 5 - 15 different synergistic strains. In terms of coffee, Vitacost.com offers a tremendous selection of a high quality coffee from Timothy's for Keurig coffee makers along with organic whole bean blends such as Jim's and organic freeze dried such as Mt. Hagen. Read some of the wonderful comments about the coffee being nicely balanced with a great aroma, low acidity and nice aftertaste. For those of you who are looking for a more bold and robust coffee, we also offer Emeril's Gourmet Coffee. For

those of you who are not coffee drinkers, but would like the benefits of coffee, NSI also offers a green coffee extract.

Dr. Allen S. Josephs