ANTIANGIOGENIC INGREDIENT IN RED WINE MAY PREVENT SOME BLINDING DISEASES

Research conducted at the Washington University School of Medicine in St. Louis indicates that resveratrol, a naturally occurring compound found in red wine, grapes, blueberries, peanuts, and other plants, inhibits the abnormal growth of new blood vessels, or angiogenesis, in the eye. The discovery has implications for preserving vision in devastating blinding diseases, such as diabetic retinopathy and age-related macular degeneration (AMD), the leading cause of blindness in Americans over age 50.
Resveratrol Shows Promise in Treatment of Cancer

Research has shown that resveratrol has the ability to deeply penetrate the center of a cell's nucleus, allowing the DNA to repair free radical damage that might otherwise contribute to cancerous growth.

Further, resveratrol’s anti-inflammatory properties help prevent certain enzymes from forming that trigger tumor development. It also helps cut down cell reproduction, which helps reduce the number of cell divisions that could contribute to the progression of cancer cell growth.

Besides playing a role in the prevention of cancer, studies have also found that resveratrol can serve important functions in conjunction with conventional cancer therapies, as it acts as a:

- Chemo-sensitizer—a substance that can help you overcome resistance to chemotherapy drugs
- Radiation-sensitizer; making cancer cells more susceptible to radiation treatment

The latter was recently shown in a study conducted at the University of Missouri, in which melanoma cells became more susceptible to radiation when treated with resveratrol prior to the radiation treatment. When treated with resveratrol alone, 44 percent of the cancer cells underwent apoptosis, or cell death.

This, by itself, is worthy of note. When a combination treatment was applied, using radiation on melanoma cells pretreated with resveratrol, apoptosis of tumor cells increased to 65 percent. While promising, the researchers noted it's still going to take some time before an effective treatment can be produced. According to co-author Dr. Michael Nicholl, MD:

"Because of difficulties involved in delivery of adequate amounts of resveratrol to melanoma tumors, the compound is probably not an effective treatment for advanced melanoma at this time."

Several Cancers Appear Susceptible to Resveratrol’s Beneficial Influence
The first evidence of resveratrol’s anti-cancer effects was published in 1997. The findings received great interest from cancer researchers, and many studies have been devoted to this potent antioxidant since then. In particular, its ability to render cancerous tumors more vulnerable to chemotherapy and radiotherapy makes resveratrol a unique and potentially useful addition to conventional cancer therapy.

Many tumors develop resistance to chemotherapy drugs, known as chemoresistance. Researchers are always on the lookout for effective “chemo-sensitizers” that can help overcome such resistance, and resveratrol has been shown to do just that.

In a 2011 review of dietary agents that sensitize tumors, making them more susceptible to the treatment with chemotherapy drugs, resveratrol was featured as a clear candidate, courtesy of its multi-targeting properties. So far, cancers shown to respond favorably include:

<table>
<thead>
<tr>
<th>Lung carcinoma</th>
<th>Acute myeloid and promyelocytic leukemia</th>
<th>Multiple myeloma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prostate cancer</td>
<td>Oral epidermoid carcinoma</td>
<td>Pancreatic cancer</td>
</tr>
</tbody>
</table>

In another study published that same year, resveratrol was also found to help alleviate many of the debilitating side effects associated with conventional cancer treatments, including those listed below. According to the authors, mounting evidence indicates that these symptoms are primarily caused by dysregulation of inflammatory pathways in your body, which may explain resveratrol’s efficacy.

<table>
<thead>
<tr>
<th>Cachexia (wasting syndrome)</th>
<th>Anorexia</th>
<th>Fatigue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Neuropathic pain</td>
<td>Anxiety</td>
</tr>
<tr>
<td>Cognitive impairment</td>
<td>Sleep disorders</td>
<td>Delirium (acute confusion)</td>
</tr>
</tbody>
</table>

TEDTalk – Dr William Li: Can we eat to starve cancer? Resveratrol inhibits Angiogenesis

Dr William Li on Cancer Prevention with Anti Angiogenesis (Resveratrol). He mentioned resveratrol can be found in grape seeds and red wine..
Jeunesse Reserve – Resveratrol

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