



HEALTH TOPIC OF THE WEEK

7/5: Resveratrol

Resveratrol is a plant compound that occurs in red grapes, red wine, and Japanese knotweed. Resveratrol activates some of the metabolic pathways that stimulate youthful gene expression. It also supports healthy insulin response and healthy mitochondrial function.

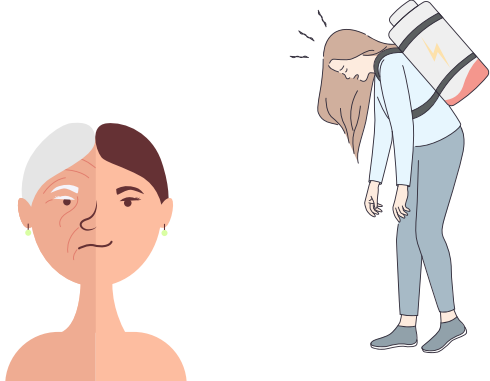
If you think of resveratrol as a chemical "superhero", one of its most important powers is that it works as an antioxidant. Now, you have likely heard the word antioxidant and you know that it's a good thing, but here's why: Antioxidants serve the purpose of cleaning up the hooligans from your biological streets. As part of the natural act of living, your body produces a certain amount of waste, gunk, and biological trash that you no longer need. Consider it a byproduct of life.

Cells and systems do their work, and in the process, they produce waste that comes from their hard work. Think of exhaust from a car or steam from a factory or even sweat from your pores. They are the price of doing your biological business.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

These byproducts can come in the form of free radicals—the body’s rioters and looters, in a way. As a form of waste, they are on the lookout to latch onto something else in the body—namely some other cell. And when they do that, this oxidation can damage those cells. That damage? You guessed it. Over time, the degradation of cells manifests itself in various forms of aging—the onset of age-related issues, lack of energy, and even the formation of wrinkles.



The antioxidant—and in this case, the polyphenol resveratrol—can swoop in and offset or stop the damage that is caused by free radicals. (A free radical forms when an oxygen molecule splits into single atoms; that’s where the word antioxidants comes in.)



Rather than drinking lots of red wine to consume appropriate levels of resveratrol, we strongly recommend supplementation.

Elite Personal Training and Fitness Solutions can help you on the journey to better health. Feel free to reach out to us for a fitness, nutrition, or supplementation consultation.



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