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Resveratrol Continues To Reveal More Possible Health Benefits

By Jody Smith

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Resveratrol is perhaps best known as a chemical compound found in red grapes and red wine. The longer grape juice with skins ferments, the more resveratrol it will contain.

White wine has some resveratrol, though not as much as red wine because of the fact that seeds and skins are taken out early in the process of making white wine.

But many other plants also contain resveratrol. It is found in other fruits like blueberries, cranberries, mulberries and raspberries.

It is found in eucalyptus, peanuts, pistachios and spruce. Resveratrol can also be derived by a chemical synthesis from Japanese knotweed to be sold as a nutritional supplement.

Resveratrol is a stilbene-type phytoalexin which a plant will naturally produce in order to protect itself from such pathogens as bacteria and fungi.

Past research of resveratrol has involved animals, insects like round worms and fruit flies, and yeast up until very recently.

New research from the University at Buffalo that has been done with human beings suggests that resveratrol may suppress inflammation.

Information about this study has appeared on the Journal of Clinical Endocrinology & Metabolism website, and will be appearing in their print journal.

Researchers gave half of their 20 participants a natural supplement that had 40 milligrams of resveratrol in it. The other participants were given placebos instead. The subjects took the pills once a day for six weeks and their blood was tested at intervals during this time period.

Those who had taken resveratrol showed signs of suppression of molecules that cause inflammation. Those on placebo saw no such change.

Resveratrol seems to have a great deal to offer to us. It hinders the production of free radicals. Free radicals create oxidative stress and cause proinflammatory factors to enter the blood stream. This can cause damage to the lining of the blood vessels.

Resveratrol may suppress an inflammatory protein tumor necrosis factor along with other substances that cause inflammation to blood vessels. It may reduce insulin resistance. This may have a very positive effect on atherosclerosis, type 2 diabetes, heart disease, stroke and aging.

A study in the American Journal of Pathology suggests that resveratrol may prevent diabetic retinopathy and age-related macular degeneration (AMD), two major disorders of the eyes.

Diabetic retinopathy is a common diabetic eye disease. It is also a leading cause of blindness for diabetics.

Macular degeneration diminishes clear central vision and, while its progression may be quick or slow, it can ultimately lead to blindness. AMD is the primary cause of blindness in people over the age of 60.

Earlier research on mice suggested that resveratrol inhibits the generation of pre-fat cells, keeping them from eventually becoming mature fat cells, and slowed the storage of fat.

It decreases some types of cytokine production that have been associated with disorders linked with obesity such as clogged coronary arteries and diabetes.

Resveratrol also increases production of a protein called adiponectin which lowers the risk of heart attack. It may ease inflammatory bowel disease.

A report in the Journal of Biological Chemistry suggests that resveratrol may be more effective than drugs like aspirin when taken for Alzheimer's disease, arthritis, cancer and heart disease since it blocks the toxic reaction which can lead to these diseases.

Other research has indicated that resveratrol has antioxidant properties, and enhances exercise tolerance. It may reduce cognitive dysfunction like memory loss.

It may assist in fighting retroviruses like HIV and herpes simplex. Perhaps at some point research will extend to the retrovirus XMRV as well.

The FDA has called resveratrol an investigational drug and research into this chemical compound will likely continue. Certainly, thus far research results are looking very promising.

Still, more research will be needed to determine for certain whether it is indeed resveratrol that is bringing about these positive findings, or whether some of this might be due to other elements used in the testing process.

Resources:

Resveratrol Found to Suppress Inflammation, Free Radicals

<http://www.newswise.com/articles/view/566980/?sc>

Drinking red wine 'can help you live longer and healthier life', scientists claim

<http://www.telegraph.co.uk/health/healthnews/7919450/Drinking-red-wine-c...>

Resveratrol May Help Prevent Blindness

<http://www.emaxhealth.com/1275/resveratrol-may-help-prevent-blindness>

What is Resveratrol?

<http://www.wisegeek.com/what-is-resveratrol.htm>

Red Wine's Resveratrol May Help Battle Obesity

<http://www.sciencedaily.com/releases/2008/06/080616115850.htm>

Resveratrol, the miracle nutrient to prevent heart disease

http://www.naturalnews.com/027150_resveratrol_heart_disease.html

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