



NANOCEUTICALS TODAY

ROYAL BODYCARE: PIONEERING NANOTECHNOLOGY IN NUTRITIONAL SCIENCE

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RBC Newsletter to Bring You News on Nutrition

You hardly ever found information on nutritional supplements in medical journals twenty years ago. However today, hundreds of studies on nutrition and aging are being conducted and reported in scientific publications because the few early studies showed good results. They proved that typical American diets lead to malnutrition, chronic disease, and overweight, and that we need to consume supplements to protect our health.

To help you stay informed on significant developments in this field, we have decided to publish a new e-mail newsletter, NanoCeuticals Today®. Subscription is FREE. All RBC Associates who have given us their e-mail address have an automatic subscription. But we don't have them all.

You can help everyone in your downline, and you may increase your RBC business, by calling each one. Let them know about this informative new publication. Ask for their e-mail address and forward it to customer care@royalbodycare.com or let us know the next time you place your order by calling **800-722-0444**.

Quercetin Shown to Protect Brain Cells

Brain cells are damaged and destroyed by oxidized compounds called free radicals that are generated in your body by stress, exercise, the oxidation of food, and other chemical reactions that occur in each cell. You also ingest free radicals in food, water, and air. Oxidative damage to cells is considered by many scientists to be the principal cause of the signs and symptoms of aging and the deterioration of mental acuity.

Researchers at Cornell University studied rat brain cells subjected to oxidative degeneration. They fed rats two antioxidants, vitamin C and quercetin, and compared the protective power of these two nutritional supplements. Reporting in the *Journal of Agricultural Chemistry*, Dec. 2004, they found that quercetin prevented oxidative damage to brain cells, and was more effective than vitamin C.

What is quercetin? It is a flavonoid antioxidant that has been shown to protect brain cells in animals and to provide numerous other functions important to good health. As you know, research data on the use of supplements in animals provides important scientific information but does not necessarily confirm similar results in humans.

Antioxidants Shown To Improve Learning And Memory

Two antioxidants, alpha-lipoic acid (ALA) and N-acetylcysteine (NAC), given regularly over a period of time, were shown to improve memory and learning deficits in mice in a study reported in the *Journal of Neurology*, 2003. These same ingredients were shown not only to improve cognition but also reverse oxidative damage.

Alpha-lipoic Acid, The Most Important Antioxidant You Make

Your body manufactures several antioxidants. The most important one you make is alpha-lipoic acid (ALA). It has the ability to scavenge both water-based and oil-based free radicals (oxidized compounds) making them harmless, even the most damaging ones. Free radicals are dangerous compounds because they lost electrons in the oxidation process. They replenish their supply by stealing electrons from your DNA and other vital tissues unless they are first neutralized with new electrons from antioxidants.

Each antioxidant has one electron that it can give up to re-supply and neutralize a free radical, after which the antioxidant is no longer active. However, alpha-lipoic acid can recycle other antioxidants by donating new electrons to the inactive antioxidants so they can "live to fight another day." Alpha-lipoic acid has many essential functions that support your health. It can even repair damage to your cells previously caused by free radicals. As we get older our own production of alpha-lipoic acid declines, but fortunately, it is available as a nutritional supplement.