



## Anti-Oxidant Powerhouse

The Doctor's Desk Featuring Dr. Ted Edwards, DC

Alpine Sandthorn Berry, a.k.a. seabuckthorn, present in gram strength in **AlpineV**, possesses potent **antioxidant** properties as evidenced by significant increases in reduced glutathione (55.0%), vitamin C (70.0%) and catalase (20.0%).

The most important part of the sentence above is the increase in glutathione. Why? Because glutathione is a cell protector. It's an antioxidant, a detoxifier, an immune system enhancer, an energy booster, a healing agent, and it's a potent anti-aging nutrient.

Glutathione raises ATP levels which in turn increases our body's ability to heal itself. Also, free radical damage is associated with a host of health complications and glutathione combats free radicals to prevent cell injury.

### What kinds of conditions are glutathione supplementation used for?

- Stress
- Improved athletic performance
- Skin disorders
- Detoxification
- Pregnancy/lactation
- Sleep issues, including insomnia
- Kidney problems
- Arthritis
- Hearing loss and ear infections
- Fatigue
- Digestive disorders
- Heart disease, stroke, cholesterol
- Diabetes
- Parkinson's and alzheimer's

*Alpine Sandthorn Berries are an efficient delivery system for getting glutathione to the cells*

Glutathione is mainly utilized in the liver where it functions as an antioxidant. It is also the most

berries provide an excellent resource when antioxidant enzymes get depleted.

### *Alpine Sandthorn Berries (Hippophae rhamnoides)*



important binder of toxins that the body possesses.

**Alpine Sandthorn Berries** are an efficient delivery system for getting glutathione directly to the cells. They raise glutathione levels in the body. One way these berries are able to accomplish this is due to their synergistic nutrients. High levels of important antioxidants like vitamin C, vitamin E and selenium, are provided by Alpine Sandthorn Berries.

Another feature of Alpine Sandthorn Berries is the presence of superoxide dismutase and catalase which are both antioxidant enzymes that protect glutathione levels. Thus, these

### What kinds of people would most benefit from raising their glutathione levels with Alpine Sandthorn Berries?

1. People with **rheumatoid arthritis**: By raising glutathione levels, inflammation is reduced at a cellular level. Glutathione has been shown to specifically protect synovial fluid which reduces friction in most of our moving joints.
2. Those of us who are **aging**: There is substantial evidence showing that glutathione slows the aging process by

its strong antioxidant, detoxification and immune powers.

3. Anyone with **heavy metal poisoning**: One of the most powerful impacts of glutathione is its ability to detoxify heavy metals. There are numerous research citations indicating its power to bind to metals.

4. Helps **pregnancy, lactation and childbirth**: Many problems that occur during a pregnancy correlate with low glutathione levels. It is very important that a newborn have antioxidant defenses against the toxic assault experienced when they enter the world. Increasing glutathione levels is especially important if you decide to allow your child to be vaccinated. Elevating glutathione levels in the mother may counteract negative effects of several common perinatal complications.

5. People suffering from **sleep disorders** such as insomnia: Glutathione can help. High levels of glutathione not only promote sleep, but affect other hypothalamic controls too. It appears that glutathione accelerates detoxification of nerve tissue during sleep. Glutathione appears to be a sleep-promoting substance.

6. A useful adjunct for **benign prostatic hypertrophy (BPH)**: Men who show a decrease in glutathione enzymatic activity are at increased risk for BPH. Keeping glutathione at optimal levels keeps glutathione S-transferase from accumulating.

Research confirms that the increase of glutathione antioxidant levels along with the anti-inflammatory effects of omega 3, 7 and 9 oils, which are also present in Alpine Sandthorn Berries, is a potent one-two punch.

Science showed a therapeutic dose of Alpine Sandthorn Berries also

resulted in significant decrease in lipid peroxide levels (39.0%). This result is useful in combating free radical-mediated oxidative stress which is important for wound healing. This markedly expressed stimulating effect on the healing process is explained with the rich content of vitamins (A, C, E etc.) and microelements (sulfur, selenium, zinc, copper etc.).

These berries also contain reduced glutathione, superoxide dismutase, catalase, and glutathione peroxidase, whose activities showed significant



increases in wounds treated with these berries as compared to controls.

There is a strong correlation between **antioxidant** activity and phenolic content (antiseptic properties) present in Alpine Sandthorn Berries through its bioactive phenolic constituents, such as rutin ( 1), quercetin-3- O-galactoside ( 2), quercetin ( 3), myricetin ( 4), kaempferol ( 5), and isorhamnetin ( 6). Phenol-rich Alpine Sandthorn Berries exhibit potent antioxidant activity. They also show significant cell membrane protection, and an ability to scavenge peroxy radicals, which demonstrated these berries' value in radiation protection. Such activities are attributed to the presence of quercetin, isorhamnetin, and kaempferol as noted above.

#### Elisabeth's Story

Elisabeth first experienced pains in her knees, ankles and hip in 1986. She thought they were muscle pains, and ignored them thinking they would go away for as long as she could.

However, the pain continued to intensify over the years. Seeing doctor after doctor, only resulted in a parade of painkillers that worked on

occasion. Elisabeth resolved that she did not want to take painkillers the rest of her life.

Her desperation to find a solution increased as the pain was spreading fast. At first, it was only in her knees, but then it spread to her back, hips and feet. Soon, her whole body was in so much pain that it was hard for her to get out of bed. I'm sure some of you reading this have experienced something similar.

She tried everything that came her way – drinking medicated oil, using healing magnets, getting massages. Yet, x-rays showed that many of her joints were deformed and she was eventually diagnosed with rheumatoid arthritis a few years later. It's a tragedy it took so long to find out what was wrong as by the time she had found out it was too late to save her joints.

Elisabeth ended up going through a series of necessary surgeries over the next two decades in an attempt to replace the damaged joints at her hips and fingers and bring back more freedom and mobility to her life.

The moral of this story is...don't ignore simple muscle pain. Painkillers mask a problem, they don't eliminate it. When you have muscle or joint pain, you are much better off seeing someone who can provide hands-on therapy. Be it a chiropractor, massage or physical therapist, an acupuncturist, etc.

Being pro-active and using products that have proven, powerful antioxidant and anti-inflammatory properties like Alpine Sandthorn Berries just makes sense. Don't become a victim of an autoimmune disease like Rheumatoid Arthritis. Use what nature has given us to fight our natural tendencies to indulge in food and drink that are convenient, but not necessarily healthy. Making the choice to protect your health is an investment in you that will make you happier too. AlpineV is a product potent enough in Alpine Sandthorn Berries to provide the daily supplementation you need.