

New research shows Resveratrol could help you live longer

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When people think of getting older, they often picture growing old gracefully and the smiling images of older people running along the seaside do a lot to promote this picture. But for a lot of ageing Britons, disease, diabetes, cancer, heart attacks and age-related illness prevent them from reaching a ripe old age. But new research on the natural plant-based compound Resveratrol shows that idyllic picture may not be just an advertiser's fantasy.

What is Resveratrol?

Resveratrol (<http://www.biotivia.co.uk>) is found naturally in several species of plant including peanuts, red grapes, some pines and Japanese Knotweed. It acts as a chemical defence against attacks on the plant by bacteria and fungi. New scientific research is now showing that this plant compound seems to stimulate the body's natural defences against cellular damage and metabolic regulation that not only increases life span in mammals, but also protects them against age-related diseases.

This protection against diseases commonly associated with ageing is what makes Resveratrol research so important to those interested in living longer.

Scientists studying the effects of this polyphenol chemical compound found that Resveratrol helps to prevent fat storage, acts to lower the amount of sugars in the blood. Its action on sirtuins may be the reason, as sirtuins govern metabolism in the brain and at a cellular level.

Resveratrol also shows antioxidant and anti-inflammatory properties that may be important in protecting people's cardiovascular systems. New research has shown that Resveratrol actually limited the effects of the hardening of heart tissues, lending further credence to its heart-helping reputation.

Scientists studying the compound are excited at the potential of Resveratrol (<http://www.biotivia.com/resveratrol.html>), and are talking about a change in approach to anti-ageing – not just for cosmetic reasons but also for medical reasons too. The results of the studies are adding up to a picture of Resveratrol's ability to improve overall 'health age', even while time-based age increases. The key to living longer may actually be in not succumbing at a cellular level to the degenerative diseases that act to shorten our lives. The latest investigations into Resveratrol's role in acting as a chemopreventative in breast cancers only furthers the belief of those studying Resveratrol in this natural plant-based compound's potential and its possible beneficial effects on the human body.

Breast cancer prevention

Further investigations into Resveratrol has concluded that it could potentially stop the first step in the breast cancer chain from forming, effectively stopping the cancer before it even forms. Scientists discovered that it worked by inhibiting the proliferation of oestrogen receptor cells whether positive or negative and stopped DNA adducts from forming.

Early studies on Resveratrol showed that it dramatically extended the lives of yeast, fruit flies and

mice. What's more, researchers showed that Resveratrol acted on sirtuin in the same way as calorie-restricted diets, triggering the same enzymes that help to protect and repair cells.

The exciting thing about this research is that scientists feel that they are close to an anti-aging breakthrough. While humans might not be able to live to 150 just yet, they can definitely improve the lifespan and quality of life up to age 90. Scientists conducting research into Resveratrol believe that they are getting closer to finding the key to longer human lives and in the meantime, giving us the keys to healthier, longer lives.

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<http://naturalhealthwellbeing.blogspot.com>

The Northumbria Study: <http://www.biotivia.com/company/news/Bioforte-Increased-Cerebral-Blood-flow-in-New-Human-Clinical-Trial.html>