

## Premium Blend

Newsletter

# Just 4mg protects your body from the effects of stress

1 June

**Everyone knows without oxygen we would die within a matter of minutes, but oxygen free radicals can cause harm and increase the rate of aging.**

Free radicals are created during natural processes of the immune system which the body uses to fight harmful invaders, but they are also created during normal metabolism. The free radicals work a little like how oxygen turns iron into rust, they are attacking our cells, molecules and our DNA in a similar way, degrading our bodies over time.



Free radical numbers increase when we are stressed, undernourished and under-rested. Nature has an inbuilt mechanism for dealing with this and these molecules are called antioxidants.

The very best way to get a healthy amount of naturally-occurring antioxidants in your body is via the foods you eat.

The foods naturally highest in these antioxidants are fruits and vegetables, particularly those that are green or brightly coloured. How much do you think you are getting from a white potato versus a red capsicum?

There has been a lot of talk about the well-known antioxidants like vitamin C and E and CoQ10, which are all essential and very beneficial, but I'd like to introduce you to the most powerful antioxidant currently known to modern science - *Astaxanthin*.

“This is an exciting nutrient, one that can help a lot of people”

It has been shown to do some remarkable things for our health and also our appearance, one of those being to physically improve the look of our skin. Not many

people realise that baby flamingos are born white and turn pink when they begin consuming astaxanthin, it also gives salmon their pink colour. If you have read my previous article you may remember that it is also the red/pink pigment that gives krill its colour and the main reason why it keeps krill from going rancid. This works because oils go rancid due to oxidation damage, exactly what astaxanthin protects against.

So, astaxanthin has shown to help prevent wrinkles, age spots and even freckles, but don't worry, no one has reported turning pink like a flamingo! However some have noticed the appearance of a healthy looking pinkish hue which is apparently considered a mark of attractiveness.

Astaxanthin has the unique ability to be able to cross what's called the blood-brain-barrier, so it is helpful to support the brain and the eyes. Another powerful benefit is its support on joint health.



It is extremely well-documented now that we all need a healthy dose of sunlight everyday to get sufficient Vitamin D. However we also have to consider to effect of the sun on photo-aging and this is where astaxanthin can help. The micro-algae that

astaxanthin comes from, originally evolved the nutrient to help protect them against the sun, and those benefits appear to be transferred to us when we consume it. Many people report being able to spend much longer in the sun without suffering sun burn, or if they do, it tends to heal much faster.

It has also shown to have great benefits for those partaking in exercise where participants found increases in strength and stamina, endurance, recovery, and reduced joint and muscle soreness.

There are 3 sources of astaxanthin; naturally from marine algae, from fungi and synthetically. Obviously we want to get it in the form that has been tried and tested for millennia in the creatures that have been consuming it from the marine algae. I would not recommend the fungi or synthetic versions. Interestingly, most commercially farmed salmon must be fed synthetic astaxanthin in order to produce its pink flesh colour, certainly not an ideal additive to your food.

So, of course I would recommend that if you would like to use astaxanthin to help with some of the things I have mentioned, endeavor to find a natural marine algae source.

Now, most of the studies suggest taking somewhere between 4-12 mg of astaxanthin daily to receive its benefits. This comes down to personal choice and your perceived level of physical, mental and chemical stress. For example if you like to run, ride or workout in the gym or you have a physically demanding job then a minimum of 4-8mg would be recommended. Most athletes saw improvement from 12mg. If you want some prevention and natural protection then 4mg will definitely help.

Remember that all krill oil supplements will have some amount of astaxanthin in them so this is already giving you some protection. Consider adding in an astaxanthin as well to reap more of its powerful benefits.

I mentioned earlier that astaxanthin is the most powerful antioxidant currently known, but just how powerful?

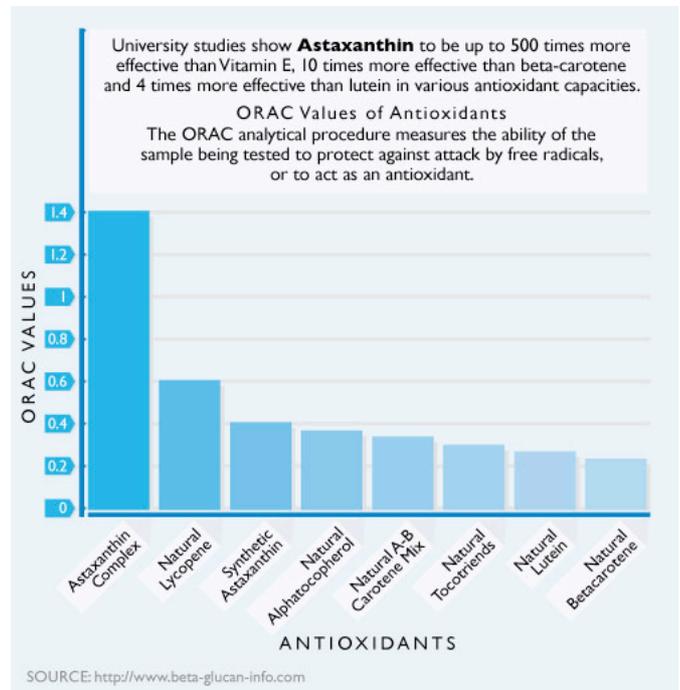
When it comes to free radical scavenging, astaxanthin can be as much as...

- 65 times more powerful than vitamin C
- 54 times stronger than beta-carotene
- 14 times more potent than vitamin E

Plus, astaxanthin has been shown to be more effective than other carotenoids and other nutrients at 'singlet oxygen quenching' by being up to...

- 550 times more powerful than vitamin E

- 800 times stronger than CoQ10
- 6000 times greater than vitamin C
- 550 times more powerful than green tea catechins
- 11 times stronger than beta-carotene



One of the ways this amazing nutrient works is its effect on reducing inflammation, and this is what G. Cole, UCLA Professor of Medicine and Neurology had to say about natural anti-inflammatories:

*"While anti-inflammatory drugs usually block a single target molecule and reduce its activity dramatically, natural anti-inflammatories gently tweak a broader range of inflammatory compounds. You'll get greater safety and efficacy reducing five inflammatory mediators by 30 percent than by reducing one by 100 percent."*

Research is new on this nutrient however it has already shown promising effects on *carpal tunnel syndrome, tennis elbow, rheumatoid arthritis and post-exercise joint soreness.*

So to add more strength to your bodies defense against the damage of free radicals consider taking 4-12mg of astaxanthin per day. Ask at reception about the product we stock here at Premium Health. I personally take 4mg every day and more if I am increasing my running or if I know I'll be out in the sun for longer than usual.

*Dr David Pierotti*