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Synovital Hyaluronic Acid

New Lower Price

£26.95

Was £29.99

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The Power of Q10



For most, Coenzyme Q10 (Q10) is something found in beauty products promising us younger looking, wrinkle-free skin. But Q10 is so much more. This enzyme is produced by the body in the liver and is found in the cells mitochondria (often referred to as the cells "powerhouse"). It's fair to say this substance is pretty important as it's used by every single cell in the human body to generate energy (ATP). It works by increasing the speed of chemical reactions during the digestion of food. This process helps to maintain healthy muscle function and heal wounds, as well as a whole host of other functions! Q10 also works as an antioxidant to help mop up all those cell-damaging molecules floating around in our body – free radicals. It no wonder so many customers keep buying it time and time again.

The heart is the hardest working muscle in the human body, beating more than 100 000 times a day, so it's no surprise that low levels of Q10 have been linked to conditions such as heart disease, angina, hypertension, irregular heartbeats, mitral valve prolapse and Raynaud's disease (cold hands and feet). Because Q10 helps to increase the

energy production of the cells within the heart muscle, it strengthens the pumping action and helps with blood flow. But how do you know if you're deficient? As we age, our bodies ability to produce Q10 decreases making supplementation more important the older we get. It is also now commonly accepted that statins and beta blockers decrease the body's ability to produce the enzyme even further. This can lead to the negative side effects of statins including myopathy (muscle weakness) and myalgia (muscle pain). Supplementation in conjunction with statins has been shown to help minimise these side effects.

If the heart is the hardest working muscle in the body, and this works hardest during cardiovascular exercise then it makes sense that supplementing with Q10 could also help you get the most out of your workout, or exercise of whatever intensity. It works by increasing the transport of oxygen around the body and helping stored fat to be converted into ATP. Not only can this can increase your energy levels and speed up recovery time, it can also be used to assist with weight control. It'll help get rid of the free radicals that result from aerobic exercise through its antioxidative actions. Promising research has shown these actions may also protect the fatty tissues of the brain and nervous system helping to slow the progress of neuro-degenerative diseases including Parkinson's and Alzheimer's disease. When taken in the early-stages of Parkinson's disease it might also help increase the levels of dopamine in the brain, a neurotransmitter found to be low in this disease.

(continued overleaf)

DEFINING: Hyaluronic Acid

Hyaluronic Acid, or Hyaluronan as it is sometimes known, is popping up regularly now as the big thing for anti-ageing and is commonly found in big brand cosmetic face creams and beauty products. Whilst beneficial for beauty and skin, this supplement is not just a one trick pony and has a variety of other uses.

So what exactly is Hyaluronic Acid (HA)? Well, HA is present throughout the body and is used to lubricate moving parts. Chemically it is known as a mucopolysaccharide and is found primarily in the eyes, skin and the synovial fluid between joints and connective tissues.

The largest concentration of Hyaluronic Acid is found in the skin of the human body where approximately over 50% is stored. Collagen is vital to the structure of our skin and maintaining its firmness, with HA helping to nourish and hydrate the collagen. HA also binds to water with the ability to bind up to 1000 times its own weight, leading it to be sometimes known as 'nature's moisturiser'. Acting as a space filler between our skin cells HA helps to reduce the appearance of fine lines and wrinkles by making the skin more smooth and increasing elasticity.

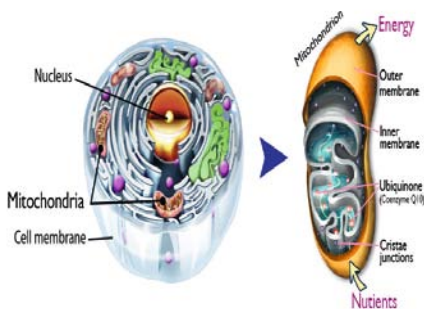
Hyaluronic acid is also found in large amounts in synovial fluid, the thick viscous cushion between our joints. Through its cushioning effect, it resists compression and allows our joints to withstand tension and bear weight. As we age, the synovial fluid in our joints deteriorates, becomes less viscous and unable to cushion our joints properly leading to HA

having a role in joint health.

HA carries nutrients to cartilage and helps to remove waste products, helping to maintain joints. Remedies containing HA have been shown to decrease pain and improve movement in those with osteoarthritis.

HA also has a role in healing wounds. Through its nourishing affect on collagen, it can help provide the nutrition for maintaining skin structure and allowing new tissue to form. Incidentally newborn babies have such high levels of HA present in their skin they have the ability to not develop scars from cuts or scrapes. Menopausal women can also benefit as it has been shown that oral supplementation of hyaluronic acid results in a decrease of pyridinoline found in urine. Pyridinoline is a known marker of bone tissue loss, hence its application in osteoporosis and increased bone density.

Paul, Hanover Healthfoods



'Dr Karl Folkers discovered this substance, also called ubiquinone; toward the end of his long and distinguished career he regretted that he had not called it a vitamin. It is an odd vitamin since young people are able to make enough whereas older people and anyone ill is not able to make enough. It thus becomes a vitamin later in life and when one becomes ill. A few clinical studies have shown that in large doses it has anticancer properties especially for breast cancer. These range from 300 milligrams to 600 milligrams daily.'

Dr Abram Hoffer

So where can you find this seemingly miraculous substance I hear you say! Coenzyme Q10 comes in two forms: ubiquinone and ubiquinol. Ubiquinone is Q10 in its oxidised form so our bodies have to first convert the ubiquinone into ubiquinol before it can be utilised by the body. As ubiquinol is more bio-available it's beneficial for those who are a bit older or have poor digestion. Both these forms can be bought in small capsules containing 30-100mg but the most common recommended dose is 100mg. This certainly applies for general lack of energy due to age, taking statins or for gum disease. A lower dose of 30-60mg can be helpful for younger people, but some research indicates dosages of several hundred milligrams. If in doubt, please ask as there is not much point taking the wrong dose.

For those of you looking to use Q10 to help heal sore and bleeding gums associated with gum disease, Q10 toothpaste is also available. Research has shown that Q10 used in conjunction with vitamin C can help strengthen the gums.

Although the majority of Q10 is produced within the body, a small percentage is also absorbed from our food. Meat, poultry and fish are the best food sources for Q10 however cooking and fry these food reduces the Q10 concentration. Small amounts can also be found in peanuts, pistachios, sesame seeds, parsley, broccoli and cauliflower.

Caroline, Hanover Healthfoods