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Grape seed extract: Nature's Wonder

It is only now, through extensive research, that we are truly discovering and understanding the many beneficial properties that grapes and their substances have on our health.

Grape seeds contain more than 300 different natural substances. Some of the best known are the oligomeric proanthocyanidins (OPCs). OPCs are natural compounds that have many exciting health promoting properties.

Resveratrol, found in grape seed extract and other fruits and plants, is one of the most important OPCs as it has a wide variety of effects

including: reducing the influence of asthma provocative factors; normalising immune response to allergens in hay fever; preventing the oxidation of LDL cholesterol (unhealthy cholesterol); reducing the risk of cardiovascular diseases; has vasodilating effects (widening the arteries); has highly potent cancer preventative agents; and has several different anti-inflammatory properties.

Doctor's Natural Grapavin + extra Resveratrol

Years of clinical experience and scientific evidence has now allowed us to capture all the beneficial properties of grape seeds into a small capsule. Grapavin, containing grape seed extract, extra Resveratrol, and vitamin C, is a 100% natural nutritional supplement that contains more than 300 natural disease preventative ingredients. The ingredients are in many cases more effective than traditional pharmaceutical drugs and in contrast to drugs, not only seem to

treat the cause of disease, but are also entirely side-effect free.

Grapavin is primarily developed to help people suffering from asthma and allergies such as hay fever, but also has powerful anti-inflammatory, anti-histamine, and cancer preventative and heart protecting properties. Grapavin not only prevents and often cures asthma and allergies, but reduces arthritis, PMS and menopausal symptoms.

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Doctor's Natural Grapavita

Grapavita is developed and dosed to fulfil the needs of children, especially to help those suffering from asthma, allergies, and recurrent infections. Like Grapavin, Grapavita has significant anti-inflammatory, anti-allergic and anti-histamine effects and is completely safe; it has no side effects even when doses are doubled or tripled.

Grape seed extracts used in Doctor's Natural products are made from the concentrate of grape (seed and skin) waste products from wine producers and therefore do not burden the environment.



New hope for asthma sufferers

Millions of people around the world suffer from asthma, a potentially life-threatening illness, often lowering the quality of life due to the side effects of medications used to treat the disease. Asthma is characterised by chronic inflammation of the inside walls of the airways that carry air in and out of the lungs.

Asthma has traditionally been treated with medications such as: inhaled corticosteroids (anti-inflammatory drugs in inhalers); leukotriene modifiers (impede the action of leukotrienes; substances our body produces in response to inflammation); and anti-histamines. These medications, however, can have serious side effects.

The days of asthma sufferers may be long gone. A scientific study from the University of Tucson, Arizona, USA, tested the effects of pycnogenol, a compound which like grape seed extract, contains proanthocyanidins, one of the substances thought to be the cause of red wine's healthy and disease-preventative properties.

The study

Spanning eight weeks, the randomised, double-blind, placebo-

controlled study consisted of a group of men and women asthma sufferers between the ages of 18 and 50 years. The participants either received a placebo or the natural form of grape seed extract. Prior to the study, the participants were thoroughly examined, including blood tests and lung function tests.

The Results

Despite the short period of time in which the study took place, there were favourable effects in participants that received grape seed extract compared to the placebo group. The participants that received grape seed extract showed significant improvement in lung function and capacity as well as a reduction in symptoms associated with asthma compared to the placebo group. Furthermore, researchers discovered that in the group that received grape seed extract, leukotrienes were lowered, meaning that the **cause and not just the symptoms of asthma were being treated. Participants did not experience any side effects during treatment with grape seed extract.**

What does this all mean?

The study showed that grape

seed extract, such as in Doctor's Natural Grapavin and Grapavita for children, not only reduces the symptoms of asthma, but treats the cause of the illness that leads to asthmatic attacks. The effects of nutritional supplements are dependant on many individual factors but taken in conjunction with vitamins and minerals, Grapavin or Grapavita supplements may allow some people to completely stop taking traditional asthma medications, which have many adverse side effects.

References: Hosseini S, et al. Pycnogenol W in the management of Asthma. Journal of Medicinal Food. 2003; 4:201-210

Did you know...

100 mg of Grapavin is equivalent to approximately 4000 grape seeds and in one Grapavin capsule there is at least twice the amount of Resveratrol that is found in one whole bottle of red wine! What this means is that you can get all the health benefits of drinking red wine without the sometimes negative effects of alcohol! And for those of you who enjoy red wine, don't worry, you can still drink wine while taking Grapavin supplements.

Grape seed extract helps to promote a healthy heart and arteries

Numerous studies are showing that grape seed extract can reduce the risk of atherosclerosis (hardening of the arteries) and cardiovascular diseases, responsible for more than 50 percent of deaths in developed countries.

Atherosclerosis (hardening of the arteries) is caused by the build up of oxidised cholesterol, triglycerides and other lipids in the arteries. Even deficiency of vitamin C and other vitamins and minerals seems to play a major role. In turn, the arteries' ability to expand and

contract as blood passes through is limited, which can lead to heart attacks and stroke.

In studies conducted on 24 premenopausal women and 20 postmenopausal women from the University of Connecticut and Columbia University, grape seed extract reduced plasma triglyceride concentrations by 15 percent in premenopausal women after they had taken grape seed extract. The plasma triglyceride concentrations in postmenopausal women decreased by six percent. LDL cho-

lesterol (unhealthy cholesterol) and apolipoproteins B and E were also lower with the grape seed extract compared to the placebo group and cholesterol ester transfer protein activity was decreased by about 15 percent. Researchers believe that the antioxidant activity of the polyphenols is responsible for reducing cholesterol build up and other beneficial effects that could reduce the risk for heart disease.

References: Journal of Nutrition (135:1911-1917), 2005

Allergies no longer a childhood disease

Only a few decades ago, allergies were considered a childhood disease. Today, more and more adults are developing some form of allergy. When we think of allergies, we tend to think of rashes, teary eyes, sneezing etc. In reality, symptoms such as fatigue, back pain and recurring colds are common symptoms that may indicate a recently acquired allergy. Presently, one in five Danes suffer from allergies, such as hay fever, and this number is rising rapidly.

Why do we develop allergies?

An allergy releases chemical reactions in the body called inflammation, which is a condition that can evolve into chronic inflammation – when our body's own anti-inflammatory defence mechanisms have given up. One of the main causes of chronic inflammation is a lack of anti-inflammatory or detoxifying nutrients in our body. Research indicates that people develop allergies and inflammation due to

increased global pollution as well as the lack of detoxifying natural nutrients that ultimately puts a tremendous strain on our body's defence systems.

A disturbing fact is that chronic inflammation is an important triggering factor, not only for allergies and asthma, but for more serious conditions such as arthritis, heart disease and cancer.

The solution?

Research has proven natural nutritional supplements that replete our deficient levels of detoxifying and anti-inflammatory natural nutrients are a very effective and safe form of treatment, which not only cure but prevent inflammation that leads to the diseases mentioned. Doctor's Natural Grapavin and Grapavita for children, which contain these essential nutrients, have an anti-histamine and anti-inflammatory effect in addition to increasing the activity of vitamin C

by 1000 per cent.

Many medical professionals agree that natural nutritional supplements along with a healthy and varied diet are vital if we are to avoid unnecessary chronic illnesses.

References: "The secret killer." The role of inflammation for developing allergy, arthritis, heart disease, cancer, Alzheimer and many other diseases described in TIME magazine. Source: Jack Challein. The Inflammation Syndrome. J. Wiley & Sons. 2005. Asthma-allergy Association. Medline 2006. Fairfield KM & al: Vitamins for Chronic Disease Prevention in Adults. Scientific Review. JAMA. 2002; 287:3116-3126 and JAMA 287(23):312-0. Thronhill SM, Kelley AM. Natural treatment of perennial allergic rhinitis. Altern Med Rev. 2000 Oct;5(5):448-54. Lau BH, Riesen SK, Troung KP, Lau EW, et al. Pycogenol as an adjunct in the management of childhood asthma. J Asthma 2004;41:825-32. Blesa S, Cortijo J, et al. Oral N-acetylcysteine attenuates the rat pulmonary inflammatory response to antigen. Eur Respir J. 2003; Mar 21(3):394-400. Bagchi D, et al. Oxygen Free Radical Scavenging Abilities of Vitamins C and E, and a Grape Seed Proanthocyanidin Extract in Vitro. Res Commun Mol Pathol Pharmacol. 1997;95(2):179-98.

Grapavin + extra Resveratrol – a good complement to sun cream

Resveratrol has been found in recent studies to have beneficial effects on our skin. Not only does the natural nutrient have a significant effect on overall skin health and hydration, but more importantly, Resveratrol is able to reduce the risk of skin cancer up to 65 percent.

When skin is overexposed to UV radiation, it can lead to erythema (reddening of the skin). Even a mild burn can strain the skin enormously and for every time you get burnt, your risk of skin cancer increases.

In a recent German, double-blind study, 21 individuals were given nutritional supplements with Resveratrol and another 21 individuals received a placebo. All participants were then exposed to UV radiation in order to provoke classic skin burns including red, warm and inflamed areas of the skin. As soon as 72 hours after exposing the participants to UV rays, it was confirmed that the group that had taken the Resveratrol supplements were on average 13.2 percent less burnt compared to the placebo group.

References: S.K. Katiyar. "Dietary grape seed proanthocyanidins inhibit photo carcinogenesis through prevention of UV-induced suppression of immune responses..." 223rd national meeting of the American Chemical Society, 03.25.2007, Abstract: AGFD 011.

Grape seed extract may prevent certain types of cancer

Recent studies are revealing how the consumption of natural nutrients can prevent some forms of cancer (breast, colon, liver and pancreatic).

Free radicals and chronic inflammation are often responsible for developing cancer, especially in vitamin deficient people. Free radicals develop when we are exposed during long periods of time to external and internal stresses such as pollution, cigarette smoke and an elevated calorie intake. Ultra-violet rays, many pharmaceutical drugs and infection also promote the development of free radicals.

Certain natural nutrients are able to strengthen the body's defence mechanism against cancer by stimulating the production of specific cancer-neutralising enzymes, which among other things, neutralises the damage free radicals

cause to a cell's DNA. Recent studies now reveal that Resveratrol is one of these natural nutrients that may prevent cancer.

Resveratrol can protect us against cancer through its ability to change the composition of two important proteins (Keap 1 and Krf2). Keap 1 and Krf2 work as "sensors" that register the degree of oxidation in the body. When these proteins are activated, a chain reaction releases an anti-cancerous process in the body. When sufficient amounts of Resveratrol are taken, Keap 1 and Krf2 are activated, which in turn activates our own anti-cancerous defence system and reduces our risk of developing cancer.

References: Egglar, A. Proceedings of the National Academy of Sciences, July 11, online early edition. Press release, University of Illinois at Chicago.

Testimonials

Mette Jacobsen, age 35. Five-time Olympic finalist and multiple gold medalist in swimming.

Since the age of 19, I have suffered from severe asthma. I started taking double dose Doctor's Natural Grapavin along with Doctor's Natural vitamins and minerals in July, 2006. After only four weeks of treatment, I could start cutting down my asthma medication and after 8 weeks I totally stopped all the pharmaceutical drugs I had been taking all these years. All my asthma symptoms, such as secretion, have disappeared and I haven't had a single asthma attack since then. It's been wonderful!

Camilla Horne, age 29, Logistics Officer

I had asthmatic bronchitis and allergies (particularly to cats) since childhood. I couldn't breathe properly and constantly had swollen eyes, itchy skin, a runny nose and skin rashes. The worst thing was that I wasn't able to participate in any sports activities, which I really loved. After taking double dose Grapavin, vitamins and minerals, in just one week I felt so much better from my symptoms and after one month I was able to stop my asthma medication altogether. Thanks to Doctor's Natural Grapavin I can now be around cats and I play sports two or three times a week! My life has changed dramatically and I am really happy and feel great!

Natalie Montgomery, age 42, Graphic Designer

I have suffered from hay fever the past 10 years. I always had itchy, red eyes, a runny nose and sneezed constantly. It was so bad I regularly had to take sick days from work and wasn't able to drive because the anti-histamine medications I was taking made me feel tired and dizzy. After taking double dose Grapavin along with vitamins and minerals for two weeks, I felt so much better, and my symptoms almost disappeared. I was also able to stop my medications and after two and a half months, my hay fever symptoms disappeared completely. It's amazing! Now I can drive, and enjoy life. I have more energy and feel wonderful. Thank you Doctor's Natural!

If you would like to know how you can benefit from Grapavin or Grapavita, please contact your medical professional. You can also call Doctor's Natural directly and speak to one of our medical professionals on:

+44 0845 8500 208 (UK)

or by e-mail: hotline@doctorsnatural.com

Emily Johnson, age 4

My daughter had a terrible case of asthma. She would cough a lot, especially during the night. Emily often had difficulty sleeping, which made her tired and cranky the next day. She was taking asthma medication for many months. When Emily started using Doctor's Natural Grapavita (double dose) along with vitamins and minerals, her symptoms drastically improved in just one month. Gradually we decreased the dose of her asthma medication and in three months the medication was stopped completely and Emily was asthma free! Grapavita is just wonderful!

Matthew Butler, age 11

My son was always tired and pale. He lacked energy and often got rashes on his legs, arms, back and face from hay fever. He had difficulty breathing when he did any physical exercise and was constantly getting sick with a cold or flu. A short time after starting double dose Grapavita in conjunction with vitamins and minerals, we immediately noticed the difference. Matthew's breathing is now back to normal and he has more energy and doesn't get rashes anymore. He hasn't been sick since taking Grapavita and the color in his cheeks has returned. I am so grateful for Doctor's Natural supplements; my son is a healthy, happy boy!



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