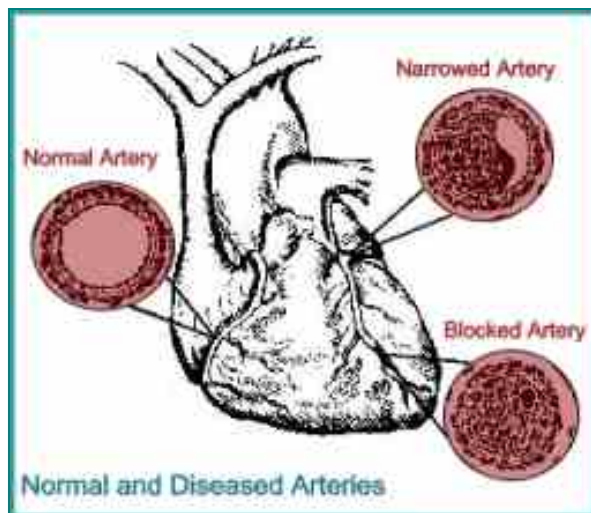


~ A Healthier You ~

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When I surrender, the Universe moves.
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Do you have HEART DISEASE?
Coenzyme Q10 has been shown to help, naturally.

CoQ10 is a vitamin-like compound that is produced naturally in our bodies. It plays an important part in our body's energy production, as it helps to metabolize fats and carbohydrates while maintaining cell membrane flexibility. CoQ10 also helps the body produce several key enzymes, which are used for creating the energy process within each and every one of our cells. This precious element is so important that without it, we literally wouldn't be able to function, as we age, the availability of CoQ10 decreases. Therefore, many people supplement their diets on a daily basis.

CoQ10 is also an important antioxidant, which may beneficially affect the aging process. As a free radical scavenger, it inhibits lipid peroxidation - a normal part of the aging process, which is implicated in certain age-related diseases. Clinical trails have revealed a marked decrease in CoQ10 in relation to a wide variety of diseases. It is therefore being used to treat cardiovascular diseases (congestive heart failure, high blood pressure, cardiomyopathy, mitral valve prolapse, coronary artery bypass surgery and angina) diabetes, periodontal disease,

immune deficiency, cancer, muscular dystrophy and as a weight-loss aid. CoQ10 deficiency may be a contributing cause of some cases of obesity. Studies show that individuals deficient in this nutrient, benefited with supplementation and were able too lose weight on a low calorie diet.

CoQ10 appears to be beneficial in a multitude of disorders, such as lowering blood pressure and periodontal (gum) disease. Healing and repair of diseases and body functions seem to occur when this supplement is taken on a regular basis. This could be because tissues and cells involved with immune function are highly energy-dependent and therefore require an adequate supply of CoQ10 for optimal function. It is for this reason that it is also being used by many cancer patients, as well. It is considered to be very safe and there have been no serious adverse effects ever reported, even with long-term use. Safety during pregnancy and lactation has not been proven.

The usual dosage of CoQ10 is 50 to 150 mg. a day. To enhance absorption, CoQ10 should be taken with food: taking it with flaxseed oil would be an excellent choice, since it is considered to be fat-soluble, which means that it is more easily absorbed and used by the body in the presence of fat.