



Cornerstone of Life  
Healthy Living for Mature Adults

## ((( Healthy Living Alert )))

### **Glyconutritional Research and Aging-Turning Back the Clock**

**Energy/Endurance:** Our bodies combat a glyconutritional deficiency by generating some of the additional missing glycol-sugars from the two that are present in our bodies. This is a very taxing process and not very efficient, plus it depletes and robs us of needed energy. As we get older this energy loss can be crucial. When we have sufficient glyconutrients there is no need to manufacture them and waste needed energy. This fact has been common knowledge in Eastern Medicine for years. Western scientific journals such as Alternative Complementary Medicine now recognize that glyconutrients increase energy and endurance.

**Immunity:** Glyconutrients give the immune system a (cellular alphabet) vocabulary it uses to detect problems. Without this complete alphabet, our immune system is handicapped in the daily battle with disease. A landmark study, released in 2002 in Scientific American, demonstrated that glyconutrients are the keys to such biological processes as immunity and cell-to-cell communication.

**Physical Aging:** The biggest factors in physical aging are free radicals, which are produced by normal every day processes that begin to tear down cells. Glyconutrients have been shown to help lower the number of free radicals in the body. It was shown in a Chinese study that the introduction of glyconutrients drastically reduced the number of free radicals and markers in the body. By measuring their numbers in the body it rivaled levels seen in young adults.

**Osteoporosis:** As seen in the journal Nutrition Research, glyconutrients boost estrogen levels which help prevent and reverse Osteoporosis.

**Cataracts:** The Glyconutrients were shown in the journal Ophthalmic Research, to protect the eyes from cataracts (a clouding of the eyes lenses that occurs as an effect of free radical damage to the body).

**Fat Gain/Muscle Loss:** Body fat has become a major health epidemic in the modern world, especially in America. Processed foods high in simple carbohydrates, coupled with a sedentary lifestyle have greatly contributed to the problem. In America 50% of our population is overweight and over 30% are obese. It may seem ironic, but glycol-sugars may help reverse

this trend. (Glyconutrients). In a study performed at a Tokyo research clinic, scientists added glyconutrients to the diet of 30 overweight subjects. Without altering their diets the subjects lost between 11 and 26 pounds. Glyconutrients impact weight without decreasing lean muscle.

**Alzheimer's:** One of the most encouraging avenues of Alzheimer's research involves glyconutritionals. A study released in the journal Neurobiology has shown that glyconutrients significantly increased performance in elderly subjects suffering from senility. Benefits included increased scores on memory tests, decreased amnesia and improvements in attention to present objects.

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"Excerpts from various Glyconutrition articles"