



(((Healthy Living Alert)))

Glyconutritional Research and Four Prevalent Types of Infectious Disease

Hepatitis: One of the most deadly groups of viruses is the hepatitis family, which includes A,B, and C. These viruses attack liver tissue, leading to cirrhosis and liver cancer. The body's main defense against the hepatitis virus is the production of interferons. These are proteins responsible for alerting the body of virus-infected cells and signaling an attack by the immune system. Without this alert the virus can avoid detection for years.

One of the most common treatments is the injection of artificial interferons. Unfortunately, this technique can cause debilitating damage to the liver. Researchers have shown that supplementation of the essential glyconutrients helps the body to produce its own interferons. Research in the journal Alternative and Complementary Medicine showed marked improvements in symptoms and blood work in a study with 22 hepatitis-induced cirrhosis patients.

HIV: The HIV virus uses a complex of glycoproteins to secure itself to the human helper T cells it infects. It is suspected that glyconutrient deficiencies on the host cell surface can make it easier for the virus to gain a foothold. Once a cell is infected, it involuntarily begins replicating the virus which kills healthy cells.

The optimal defense against the HIV virus is to never allow the virus entry into the body. Researchers at the AID's research center of Tokyo showed that at least three of the essential glyconutrients demonstrate significant promise in preventing HIV infection. For those already infected there is hope as well.

Research released in the Journal of Medicine showed that glyconutrients were able, when combined with traditional AIDS drugs, to increase helper T cell counts by an average of 140 when compared with patients issued only the traditional drugs. Added to this benefit is the significant energy increase and immune function increase seen when supplementing with glyconutrients.

Bacterial Infections: Bacteria use sugar-bound proteins, call adhesions, to bind and colonize human tissue. Deficiencies in the diet can lead to faulty production of glycoproteins which leaves an 'open dock' for the binding of bacteria. Proper dietary amounts of essential glyconutrients can retard growth of bacteria in two ways: By preventing the binding and reproduction of the bacteria and increasing the alertness of the immune system's white blood cells.

Two common areas of bacterial infection are the ears of children and the urinary tract of women. Studies strongly suggest that using glyconutrient supplementation can inhibit the progress of bacterial infections. Research released in an issue of Vaccine reported that the addition of even one of the essential glycol-sugars dramatically reduced the number and severity of ear infections. Also doctors showed in the journal Urological Research that these benefits, seen in a reversal of urinary tract infections occurred within 24 hours.

Yeast Infections: Yeast infections, such as Candidiasis, are among the most common of infectious diseases. Certain yeasts are a common resident of the human body and only become a problem when certain balances are tipped and the immune system is weakened. Supplementation of the glyconutrients may help to strengthen immune system by allowing it to recognize friend from foe, but may also be helpful in preventing yeast from binding to cells and reproducing.

A team of doctors at the University of Kuwait showed that the addition of two of the essential glycol sugars was so significant it protected subjects from the reproduction of yeast in the digestive tract. Possibly even more groundbreaking is research in the journal of Immune Pharmacology that showed the addition of the glyconutrients to the diet sped up the destruction of yeast organisms.

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Cornerstone of Life

"Excerpts from various Glyconutrition articles"