

# FEEL GRAPE FOR YOUR AGE

PRESS RELEASE FOR IMMEDIATE RELEASE



Anti-ageing health experts are discovering red wine now carries even more seductive appeal: A special ingredient could help hold back the years.

Dr Tony Hayek, of the AustralAsian Academy of Anti-Ageing Medicine (A5M) unveiled a collection of findings at A5M's recent Sydney conference. These identify Resveratrol, a small polyphenol molecule produced by grapes, as red wine's secret anti-ageing weapon.

Grapes synthesise Resveratrol in response to environmental stress, which then activates a DNA repair 'survival' protein known as Sirtuin 1. Sirtuin 1 has been shown to extend life span in a wide range of species and is usually activated by reducing food intake (calorie restriction). Resveratrol could provide a more pleasurable route to these anti-ageing benefits.

"It has been shown that a low dose of Resveratrol produced gene activation profile similar to a calorie restricted (CR) diet," said Dr Hayek.

"Both CR and low dose Resveratrol independently, have been shown in some studies, to lead to a reduction in cardiac & skeletal aging & age-related cardiac dysfunction."

Resveratrol has been shown to improve health and prolong the lives of various mammals and to overcome the effects of a high-fat diet. This could explain the 'French Paradox'; the observation that the red-wine quaffing French suffer a relatively low incidence of coronary heart disease despite having a diet relatively rich in saturated fats.

Resveratrol could also help neurological degeneration and vision loss. Neurons damaged in Alzheimer's and Huntington's are rescued by Resveratrol and treatment has reversed signs of retinal ageing and improved vision in one 80 year-old US man.

But the quantities implicated would require more than a case load of red wine.

"A proprietary formulation of Resveratrol, is under phase 2 human trials at SIRTRIS Pharmaceuticals in the US, to investigate benefits for treating diabetes, cardiovascular disease, mitochondrial disorder MELAS Syndrome, and neurodegenerative diseases in humans," Dr Hayek announced.

"A5M looks forward to this human research being completed as it has the potential to be therapeutically useful for a subset of age-associated diseases."

The A5M is the Australian arm of a worldwide collective dedicated to the advancement of therapies related to the science of longevity or Anti-Ageing Medicine ([www.worldhealth.net](http://www.worldhealth.net)). A5M represents doctors and other healthcare professionals with a particular interest in the field.

Anti-Ageing Medicine is based on improving and maintaining wellness as a means of extending quality of life. Treatment is based on an integrative medical approach, upon returning the body to wellness with the use of nutrition, exercise, hormones, prescriptive medication, vitamins and minerals, whilst taking into account one's genetic inheritance and predisposition.

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For more information on A5M please go to [www.a5m.net](http://www.a5m.net)

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