



THE AUSTRALASIAN ACADEMY OF
ANTI-AGEING MEDICINE

PRESS RELEASE FOR IMMEDIATE RELEASE

GARLIC REDUCES FREE RADICAL DAMAGE

Long known as the vampire repellent - garlic could also reduce damage from free radicals, which has been known to lead to vascular disease in people with diabetes and high blood pressure.

Scientists at the University of Kuwait measured total serum antioxidants from diabetic and hypertensive rats before and after having been treated with garlic.

The researchers found that the serum levels of antioxidants had increased significantly in both groups of rats just three weeks after treatment.

The diabetic rats also experienced a decrease in serum glucose, while the hypertensive rats had lower systolic blood pressures. The results suggested that garlic is able to increase total antioxidant status.

Chairman of the AustralAsian Academy of Anti-Ageing Medicine, Bill Anton said scientists are still examining the role of free radical damage in ageing.

"There appears to be subtle but complex links between metabolic rate, mitochondrial mechanisms, free radical production and damage."

The upcoming A5M 2009 Conference in Melbourne will feature world-renowned speakers in Anti-Ageing Medicine.

For more information on the A5M Conference 2009 go to www.A5M.net or phone
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