



Weekly News from Berry Science

Resveratrol

Top Berry

Research Topic

of 2008



Spoon yourself some health!
Eat colorful whole foods.

[follow the [Wikipedia](#) links]

Check out a recent summary in the
Berry Doctor's Journal
on resveratrol and sirtuin by [clicking here](#) !

Never before in berry research has science witnessed an explosion of scientific interest as seen now for resveratrol from red grapes, blueberries, blackcurrants or strawberries...

more than 500 articles

published during 2008!

Why the intensity?

Growing evidence for effect on nearly every major disease afflicting the Western world:

- inflammation
- diabetes and **metabolic syndrome**
- abnormal blood clotting and thrombosis
- cancer
- high blood cholesterol and atherosclerosis
- cognitive behavioral deficits of aging
- loss of memory
- Alzheimer's disease
- high arterial blood pressure (hypertension)
- coronary heart disease
- oxidative stress



Muscadine grapes (*Vitis rotundifolia*) from southeastern United States.
Highest resveratrol content known.

Among all 7000+ chemicals cataloged to date from plants,
none is as convincing as a potential anti-aging
factor as resveratrol

Are we watching discovery of a fountain of youth?

2008 research breakthroughs on resveratrol

- Harikumar KB, Aggarwal BB.

Resveratrol: a multi-targeted agent for age-associated chronic diseases. *click to read the abstract*

Cell Cycle. 2008 Apr 15;7(8):1020-35.

Numerous animal studies have demonstrated that resveratrol holds promise against numerous age-associated diseases including cancer, diabetes, Alzheimer, cardiovascular and pulmonary diseases. In view of these studies, resveratrol's prospects for use in the clinics are rapidly accelerating.



Blackcurrants (*Ribes nigrum*) contain resveratrol

- Markus MA, Morris BJ. **Resveratrol in prevention and treatment of common clinical conditions of aging.** Clin Interv Aging. 2008;3(2):331-9.

Resveratrol is a potent member of the class of natural, plant-derived chemicals known as polyphenols. These help explain in part why a diet high in fruit and vegetables confers health benefits and are associated with reduced risk of common complex conditions such as cardiovascular disease, cancer, diabetes, and Alzheimer's disease... While a healthy diet and lifestyle is strongly recommended in prevention of such conditions, the future bodes well for the use of resveratrol ... for treatment of diseases that afflict humans, particularly as they age.



Pinot Noir -- the darker the grape, the higher the resveratrol content

- Gescher AJ. **Resveratrol from red grapes - pedestrian polyphenol or useful anticancer agent?** Planta Med. 2008 Oct;74(13):1651-5.

Resveratrol is a phytoalexin with cancer chemopreventive properties in preclinical models of carcinogenesis... The recent realisation that resveratrol can mimic caloric restriction in

several species has generated a lot of interest.

- Rimando AM, Suh N. **Biological/chemopreventive activity of stilbenes and their effect on colon cancer**. Planta Med. 2008 Oct;74(13):1635-43.

One of the best-characterized stilbenes, resveratrol, has been known as an antioxidant and an anti-aging compound as well as an anti-inflammatory agent. Stilbenes have diverse pharmacological activities, which include cancer prevention, a cholesterol-lowering effect, enhanced insulin sensitivity, increased lifespan... and efficacy for prevention of colon cancer in animals and humans.

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