

Dr. John Brimhall's
Puzzle Piece
n e w s l e t t e r



August 3, 2009

You might have heard of the many studies done with rats that were fed doses of resveratrol, a plant compound found in red wine.

A Harvard researcher, David Sinclair has been one of the leading investigators in this area. Some of the results demonstrated by the studies are: 1) Increased insulin sensitivity leading to better blood sugar control. 2) Increased AMP-activated protein kinase (AMPK), a signaling system in the body that controls insulin sensitivity and can prevent diabetes. 3) Increased peroxisome proliferator-activated receptor-coactivator 1 (PGC-1) activity. This is a critical signaling system that turns on genes that improve blood sugar control and improve mitochondrial function. 4) Increased the numbers of mitochondria, which boosts the capacity to turn food into energy and to burn calories. 5) Improved motor function, making the old rats more agile. 6) And finally, the

resveratrol helped prevent the effects of aging by modifying 144 out of 153 metabolic pathways that are controlled by genes.

These rats also lived 30 percent longer on average. This is equivalent to a human living 120 years. These rats became fitter and lost weight.

Resveratrol increases MITOCHONDRIA and mitochondrial resuscitation, which is the source of our energy. It has been observed that resveratrol protects and improves the function of the mitochondria through its effects on some of the anti-aging genes.

The key to more energy lies in providing your mitochondria the right environment to thrive. When you do, you can boost your energy metabolism and your overall status of health. This is why we combined **Resveratrol** with the other nutrients found in **Total Veggie**. Total Veggie is a combination of resveratrol, cordyceps, wheat grass, Maitake and Shitake mushrooms, the sprouts of the cruciferous vegetables and many, many other synergistic nutrients that makes one of the best overall products I have ever tested or used

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Dr. Brett Brimhall

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or 406-656-8500

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Basic, Interm & Advanced

Harrisburg, PA

Dr. John Brimhall

Nuri-West Pennsylvania

800-697-9577

or 973-233-0258

in my 36 years of patient treatment.

What Are Mitochondria?

Mitochondria are the little factories in our cells that take the foods we eat and the oxygen we breathe and convert them into energy. That energy is called

adenosine triphosphate, or ATP, and it is used to support every function in our body.

Each and every cell contains hundreds or thousands of mitochondria. There are greater amounts in active organs and tissues such as the muscles, heart, and brain. The least amount is in the eyes and is why our eyes can fatigue so easily. We have more than 100,000 trillion mitochondria in our bodies, and each one contains 17,000 miniature assembly lines for making ATP; and this is where metabolism takes place. When they are damaged, you suffer all the symptoms of low energy, fatigue, memory loss, pain, rapid aging, and a long list of other undesirable events.

Fatigue is the most common symptom of poorly functioning mitochondria, and is seen in acute as well chronic fatigue. Every chronic degenerative disease has in its blueprint an underlying mitochondrial resuscitation deficiency. The main way your mitochondria are damaged is by uncontrolled oxidative stress. That may sound complicated, but in reality we are all familiar with “oxidative stress”.

Oxidation is what causes rust on our cars, the brown color that appears on an apple when cut and exposed to air, windshield wipers to get hard, the rancid vegetable oil in our cupboards and the wrinkles that form on our face with age.

Our own tissues are rusting, our own fats are going rancid, and our brains are becoming less functional every

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day. The ultimate end product of oxidative stress and the complete loss of mitochondrial function and energy production is death. The key is to keep the mitochondrial function at its peak as long as possible. This is why we formulated **Total Mitochondria**, **Total Green**, along with **Total Veggie**. These three nutrient dense supplements definitely are in the top five of all nutrition used in my lifetime. **Total Veggie/Green** and **Total Mitochondria** together touch an extreme number of bases for proper pH balance and many other benefits because of the alkalizing cruciferous vegetables and the other alkaline greens contained in the formula. Now couple this with the **Resveratrol** content in **T Veggie**, supported by all of the other nutrients and cofactors and add this to **Total Mitochondria**, you have a complete and total support for mitochondrial resuscitation, mitochondrial function, energy, longevity, slimness and all of the benefits listed above... You can also add **Super Ox**, which is one of Nutri-West's best antioxidant formulas.

This is just one more of the pieces of the puzzle we continue to research and define for YOU. We look forward to seeing you soon at one of the Nutri-West/Brimhall Seminars!

John W. Brimhall, DC and the Wellness Team

Brimhall Wellness Seminars

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