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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Vitamins Designed For Healthy Joints**

**By Erick Shipmon**

The Perfect Pill™ by The "Greatest Vitamins In The World" has a product that is Formulated to

Nutritionally Support Healthy Joints. This formula utilizes nutrients in the most absorbable and potent form available. Most companies compromise the nutrients by utilizing poorly absorbed forms or synthetically derived fractions of the specific nutrients research has shown to be effective.

The following are the main ingredients in The Perfect Pill™ used to support healthy joints.

Turmeric root extract

Curcumin, demethoxycurcumin and bisdemethoxycurcumin have antioxidant activity. The curcuminoids have been found to have a number of antioxidant activities, including scavenging of such reactive oxygen species as superoxide anions and hydrogen peroxide, inhibition of lipid peroxidation and inhibition of the oxidation of low-density lipoprotein (LDL). The reduced derivative of curcumin, tetrahydrocurcumin, has been found to have even stronger antioxidant activity. Tetrahydrocurcumin may be formed from curcumin following ingestion; however, this is unclear.

The study appeared in the July issue of the Journal of Nutrition (135:1745-51, 2005).

MSM

In the June issue of Clinical Drug Investigations, Drs. P.R. Usha and M.U.R. Naidu report that MSM nutritionally supported healthy joint function.

Tocotrienols

As a key antioxidant, vitamin E appears to play a modest but notable role in helping maintain a healthy body. It may even nutritionally support the body in the aging process. According to test-tube studies, the tocotrienols (alpha-tocotrienol, specifically) appear to be the most powerful of the vitamin E antioxidants. The Circulatory system, the joints, the nervous system, healthy cholesterol levels, the immune system, and memory are also believed to be nutritionally supported by Vitamin E.

### Ginger

#### Antioxidant

It has been shown to nutritionally support the intestines and help maintain the healthy production of saliva, digestive juices, and bile. It nutritionally supports the body in many areas including circulation health and digestion.

#### Oligomeric proanthocyanidin

#### Grape seed extract:

[http://en.wikipedia.org/wiki/Grape\\_seed\\_extract](http://en.wikipedia.org/wiki/Grape_seed_extract)

Oligomeric proanthocyanidins or OPCs are a class of flavonoid complexes found in grape seeds and

skin, that act as antioxidants (free radical scavengers) in the human body. Thus, OPCs may play a key role in nutritionally supporting normal body metabolic processes.

Additionally, studies have shown that OPCs may nutritionally support healthy cardiovascular health. A number of grape seed oil vendors have claimed that grape seed oil is high in OPCs. However, independent studies have indicated that grape seed oil is actually the grape product with the lowest concentration of OPCs. This is because OPCs are polar molecules, which have very low solubility in nonpolar solvents such as oils. However, OPCs are available from fresh grapes, grape juice, and red wine.

"Proanthocyanidins –also called "OPCs" for oligomeric proanthocyanidins and "PCOs" for procyanolic oligomers are a class of nutrients belonging to the bioflavonoid family. Some researchers also call these molecules "pycogenol." The main functions of proanthocyanidins are antioxidant activity, helping maintain healthy collagen, and maintenance of healthy elastin—two critical proteins in connective tissue, blood vessels and muscle.

The most common antioxidants currently used are vitamin C and vitamin E; however, studies show that proanthocyanidins antioxidant capabilities are 20 times more powerful than vitamin C and 50 times more potent than vitamin E! An important supplement, the proanthocyanidins found in pine bark and grape seed extract work to help maintain healthy blood vessels and healthy delivery of oxygen to the cells. Doctor recommended as anti-oxidants, they have become increasingly more important as our environment deteriorates through the introduction of toxins from pollution. Although bioflavonoids are widespread in nature, the powerful proanthocyanidin compound is most abundant and available from the bark of the maritime pine and in grape seeds, or pips.

Proanthocyanidins help to maintain healthy collagen. All cells connect to one another with strong fibers called collagen. The breakdown of collagen is what causes our skin to lose its elasticity, which in turn causes wrinkles. Proanthocyanidins are also taken as an oral cosmetic to nutritionally support healthy skin. Proanthocyanidins serve to support the body's immune system. The production of free radicals is

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increased because of today's environment. Tobacco smoke, alcohol, solvents, chemicals and more cause free radicals to form. Since proanthocyanidins support the body's ability to eliminate free radicals, they nutritionally support our immune system.

### Glucosamine Sulfate

In North America, the medical profession until recently took a more guarded view of glucosamine research, which has largely been performed in Europe and Asia. Concerns over research methodology and the validity of clinical findings have been raised, but it has been widely accepted that glucosamine is highly bioavailable (26 percent bioavailability after first pass through the liver to enter the bloodstream).

For more information on The Perfect Pill™ and how you can purchase this fantastic product please visit our website on vitamins to support

<http://www.healthfoodvitaminworld.com>

### **Vitamins In Our daily lives**

**By Axel Rodriguez**

#### **Vitamins In Our daily lives by Axel Rodriguez**

Vitamins is something people been using for a while and it is more common this days. Is it good to use them or not? Many people say it is good since we live in a fast pace world, we live in a hurry and don't have time to sit down and relax and have a nice healthy meal, for breakfast maybe a cup of coffee and off to work if you have some time, for lunch fast food convenient, fast, not expensive good right.

Many people and doctors say the way we live is not good and not healthy, because always in a hurry we don't eat right don't get the necessary vitamins and minerals eat too much fat. For that reason people take vitamins to supplement the meals they eat and get the vitamins and mineral they need feel healthy and feel full of energy.

Now there is many vitamins out there you can get now. Is it better pills or liquid vitamins people say pills are hard to digest and that even some pills you don't digest completely and that liquid vitamins are better because it is easier to break down in the system.

In my opinion liquid vitamins are better, just a little cup of juice and all done I have try the Veriuni Liquid Multivitamin and taste great but the choice is all yours.

Axel Rodriguez from Puerto Rico <http://www.getveriuni.com>



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