TWEET GM #48

2019-05-06

Title Created

H	DIETARY POLYPHENOLS PROTECT AGAINST OXIDATIVE STRESS!
,	We have just posted QUOTE GM #48 today, which you will hopefully read.
	I am becoming more and more fascinated by dietary polyphenols because of their tremendou
	benefits for human health. This article focuses on eye health and on two specific polyphenols
	quercetin and cyanidin-3-glucoside (anthocyanin found in <i>blackberries</i> and in <i>blackcurrants</i>). I ar
	really fond of prototypical flavonol <i>quercetin</i> (found in <i>red onions</i> , <i>shallots</i> , <i>capers</i> , and <i>lovage</i>
	that possesses phenomenal antioxidant, anti-inflammatory, anti-hypertensive, anti-gout, ant
	diabetic, anti-cancer, cardioprotective, and neuroprotective properties. I wonder how I hav
	managed to survive until today without focusing on a diet high in quercetin, but to be honest, for
	some reason that may be instinct, I am highly attracted to those foods.
ľ	some reason that may be instinct, I am mighty attracted to those roots.
	Now, I am even adding quercetin to my daily supplements regime because I suffer from two nast
	heterozygous variant (one 'weak' gene copy from one parent) genotypes for two critical gene
	implied in protection against oxidative stress, i.e. 'NQO1' and 'OGG1'. One polymorphism woul
	not raise too much concern, but both together show annoying. Interestingly, we can alway
	compensate - to some extent - for such variant genotypes by respectively activating Nrf
	signalling pathway and SIRT3 gene. And guess what phytonutrient does the job in two cases
	Quercetin, of course.
	que ectify of course.
,	You can find extended lists for Nrf2 Activators (highly recommended for people presenting NQO
	polymorphism) and for SIRT3 Activators (highly recommended for people presenting OGG
	polymorphism) on my website.
	por, morphism, on my mossice.