

# TID-BITS

NEWSLETTER

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## Chapter 7: May 15<sup>th</sup>, 2001 (Revised January 2004)

Through information we obtain a powerful tool, knowledge. Therefore, how we use this information is very important. In our business we are concerned with our health, and we use our knowledge to make decisions that can affect us one way or another. **TID-BITS** are designed to give you information about products that have ingredients that might be harmful or undesirable. With this information, a more educated decision can be made as whether one will use that product or an alternative.

### Co-Enzyme Q10

Dr. Stephen Sinatra's extensive research of Co-Enzyme Q10 has made him one of the leading experts on this subject. Dr. Bart More attended the American Academy of Anti-Aging Medical Seminar & Conference in Las Vegas and in his report on 1/09/01 he wrote on Dr. Sinatra's recent update & findings on Co-Enzyme Q10. He states: "Co-Q10 is very important in the production of ATP, that is the energy pack of the body that is manufactured in the mitochondria. Many of the things learned recently about Co-Q10 are in the prevention of cardiac cell death. The gradual lack of oxygen that occurs in cardiac cells [plugging up the blood vessels] will eventually produce congestive heart failure." (Memo: The above has been condensed from long articles to fit this format.)

Dr Ray Strand, in his book, *Bio Nutrition-Winning the War Within*, devotes Chapter 5 to Chemoprevention & Cancer and Co-Enzyme Q10. This is well worth the read! Dr. Strand also talks about Coenzyme Q10 and how supplementation has been shown to enhance the immune system (page 101 in his book *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You*).

Paula Begoun, author and founder of *Paula's Choice Cosmetics*, comments on Co-enzyme Q10:

A small number of studies show Co-Q10 increases the metabolism of fat to increase brain activity. Co-Q10 resides primarily in organs, particularly the heart. What is fascinating about Co-enzyme Q10, has nothing to do with *wrinkles!* The only studies I've seen concerning Co-Q10 and its effect on skin are from cosmetic companies and their own studies. Co-Q10 isn't a bad ingredient, but whether it can help skin in any way, shape, or form is simply unknown.

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Dr. Nicholas Perricone, M.D., certified by the American Board of Dermatology and founder of the *Perricone Skin Care Products* is also an author of many books including *The Wrinkle Cure*. He does include Coenzyme Q10 in all his supplements but according to an email (dated 25/11/2003) from Maura Donegan, Customer Service Manager, N.V. Perricone, M.D. Ltd., "Currently Dr. Perricone does not have CoQ10 in any of his topical products, just his supplement."

A final comment on Co-Q10 comes from *Usana Health Sciences Inc.*, Information Services dated 12/08/00:

There is some research in the use of Co-enzyme Q10 applied topically to help prevent the signs of photo-aging. Co-enzyme Q10 was not included in our products because the research regarding its effectiveness was not conclusive. We have been watching this issue closely, but it is obvious that further research is warranted before making any drastic changes to our skin care products and include Co-Enzyme Q10 in the formulations.

Have a Sensé-tional Day,

Bea Kínnear,

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### **DISCLAIMER**

The purpose of this report is to give you information on products that have ingredients that might be harmful or undesirable. The products, ingredients and references are considered current at the time of publication and are constantly changing. We take no responsibility for any errors or omissions. The information contained is not intended to diagnose or treat any disease. If you get a reaction to any product stop using it immediately and consult a health professional. The author and MB Marketing shall have neither liability nor responsibility to any person or entity with respect to loss, damage or injury caused directly or indirectly by the information contained in this report. This publication is completely independent and is not endorsed by any company or products mentioned. All contents are covered by copyright © 2003. Reproduction or transmission in whole or part by any means is not permitted without the express written permission of the writer.