

The Appomattox Drug Store Times

800 West Confederate Blvd. Appomattox, VA 24522 – (434) 352-7161 – M-F 8:30a-6:30p, Sat. 8:30a-4p
Integrating Traditional, Herbal, Homeopathic and Nutritional Therapies

OCTOBER A special publication for our Very Important Patients from your Neighborhood Health & Wellness Center

Amazing Secret Keeps Your Heart Stronger & Healthier, Protects You from Gum Disease & Breast Cancer, & So Much More!

Allergy Season May Still Be Going Strong, but You *Don't* Have to Suffer!!

Still sneezing? You're not alone. Over 40 million Americans suffer from allergies to mold, grass, pollen, dust, and other airborne agents. Every year, **billions of dollars** of over-the-counter medications are sold to suppress your symptoms and help make life livable again.

However, suppressing your symptoms with synthetic drugs is usually not the best approach, nor the first one we would suggest

You don't have to take dangerous drugs to suppress your symptoms. Natural remedies can do the job better, and without side-effects.

The secret weapon against allergies that we recommend contains the most effective natural allergy-fighters known to man: **Quercetin, Vitamin C, Stinging Nettle, Bromelain, and N-Acetyl-Cysteine.**

This secret weapon is called **Natural D-Hist**, and it's the most comprehensive approach to fighting allergies we've ever found. **This stuff really works.** In fact, **we're so certain it works that we will refund your money if it doesn't.**

Enjoy Fall this year— try Natural D-Hist.

Natural D-Hist (120 caps)....\$29.98

Coenzyme Q10 (also known as CoQ10, Q10, vitamin Q10, ubiquinone, or ubiquinone) is a substance that is absolutely vital to heart health... and which can also help prevent breast cancer and periodontal disease.

Why is Coenzyme Q10 so vital? Co-enzymes are the enzymes' helpers. Coenzyme Q10, which I'll call CoQ10 for short, helps the enzymes by moving electrons around in the production of ATP.

ATP: ...provides fuel for your body's energy requirements ...fuels muscle contraction (especially important for your heart-- just think, it beats, on average 72 times a minute-- that's over 100,000 times each and every day! Imagine the amount of energy it takes to do that!) ...ignites the production of billions of immune cells ...energizes liver and kidney cells ...propels the repair of worn-out parts and damaged cells ...and so much more.

Without CoQ10, there is no ATP. Without ATP, your body would simply stop functioning.

CoQ10 is also vital for cell respiration (the cells' ability to "breathe"). This is also especially important in your heart. Without oxygen, your heart cells die, your cardiac muscle is destroyed and the muscle fibers are replaced with non-functional connective tissue. With enough of this damage, your heart will fail. The more CoQ10 available to heart muscle cells, the longer they can "hold their breath." When circulation is restored and cells are re-oxygenated, a salvage process occurs and damage is circumvented.

So, between CoQ10's effect on the production of ATP, which keeps your heart beating, and its effect on cell respiration, which helps to prevent heart damage, you can understand why it's vital to heart health!

Dr. Stephen Sinatra, M.D., Founder and Director of the New England Heart Center in Manchester, Connecticut, Publisher of *HeartSense*, three-time recipient of the A.M.A.'s Physician Recognition Award, and one of America's leading cardiologists, maintains that Coenzyme Q10 floods your body with youthful energy and health protection. In fact, he states: "Nothing I've ever found comes close to CoQ10's success rate... If I could recommend only one health secret, this (CoQ10) is it!"

Dr. David Williams, writing in *Alternatives for the Health-Conscious Individual*, says "I've been recommending CoQ10 for decades... for individuals with any type of heart or liver problem. The list of benefits attributed to this one nutrient is just like the Energizer Bunny— it goes on, and on, and on."

Noted physician Dr. Sherry Rogers, writing in *Total Health in Today's World*, states "...I believe CoQ10 should be part of the nutritional regimen for

anyone with not only heart disease, but chronic fatigue, cancer, depression or gum disease (those with other symptoms can benefit as well).”

CoQ10 is vital for more than just your heart!

Studies are indicating that CoQ10 can significantly help patients with **breast cancer**. In one 18-month study, CoQ10 was given to 32 women with metastatic breast cancer that had spread to the lymph nodes. Of those 32, zero died— although, statistically-speaking, four should have. Also, none had progression of metastases, most had improved quality of life, and six had partial remission. This is significant— and very, very unusual in this stage of breast cancer. Higher doses of CoQ10 were given to two women who had intensely metastatic breast cancer. In each case, the metastases disappeared— one, in the liver, the other in the lung. Again, very, very unusual!

CoQ10 can help prevent periodontal disease. Gum disease affects about 60% of all people over the age of 12. Since it's often painless, gum disease often goes unnoticed until real damage has been done. A direct link has been discovered between periodontal infections, and heart disease and stroke. Research indicates that CoQ10 can prevent or reverse periodontal disease. And conversely, a deficiency of Coenzyme Q-10 has been linked to periodontal disease.

CoQ10 also recharges the antioxidant properties of Vitamin E— very important for fighting disease-causing free-radicals.

CoQ10 helps to stabilize blood sugar levels. And according to Dr Sinatra, **CoQ10 may help regulate blood pressure, as well as fight cancer.**

Research shows that CoQ10 may help to fight Parkinsons disease.

The results of a small but promising study published in the October 2002 issue of *Archives of Neurology* disclosed evidence that CoQ10 may help stop the nerve cell death that characterizes Parkinson's!

Patients studied had early-stage Parkinson's and took either a placebo or CoQ10 in doses of 300 milligrams, 600 mgs or 1,200 mgs daily. Their symptoms were evaluated for up to 16 months. By the eighth month, the 23 patients on the highest dose showed significantly less impairment than the others.

CoQ10's protective effect on nerve cells and neurons may also help to prevent the neuron damage that leads to Alzheimer's Disease. That CoQ10 offers great promise in the treatment of Parkinson's and Alzheimer's should come as no surprise. Its protective effects on cells and neurons have been well-documented

Why supplementation is so important

Without supplementation— either through diet or through CoQ10 supplements— cells become energy-starved.

This is especially important for people who are taking statin drugs (drugs like Zocor (Simvastatin), Lipitor or Pravachol that help lower cholesterol): Statin drugs block the synthesis of CoQ10. The body doesn't make it, so the cells can't use it. Supplementation is not merely desirable, but necessary.

CoQ10 is generally not easily absorbed by the body. That's why it's essential to get it in Qmelt form.

Clinical research demonstrates that getting CoQ10 in a fast melting tablet— one that literally dissolves right on your tongue— can deliver natural CoQ10 to the blood twice as fast as any other dosage form. **Dr. Stephen Sinatra, MD** maintains “this formulation is the best delivery system I have ever seen.”

CoQ10 Qmelt is just \$29.98 for a thirty day's supply.