

## Quick Facts on Life 's Enhancing Many Supplements

Lipoic-acid plays a crucial role in the intracellular mitochondrial energy-producing process known as oxidative phosphorylation. This compound is component of biological membranes an efficient antioxidant, and a scavenger of free radicals. It also possesses anti-carcinogenic and preventive properties that protect the cells of the body from damage.

PREG (pregnenolone) may be able to restore long-lost memories due to its promnestic (promotes memory), with anti-amnesiac effects. In animal experiments, pregnenolone has now been found to reduce drug-induced learning deficits, as well.

Saw Palmetto, a natural derivative of (dwarf, American palm), is also known as (*Serenoa repens*), has been found to inhibit the enzyme alpha-reductase, which converts testosterone to dihydrotestosterone (DHT). Increased levels of DHT are associated with prostate cell proliferation also known as benign prostatic hypertrophy. If taken regularly, saw palmetto helps relieve-the need to wake up during the night to urinate, (nocturia) decreases urinary frequency during the day, and increases a peak urinary flow rate. It may also help to prevent future prostate trouble.

ALC (acety-Lcarnitine) may provide long term central nervous system benefits, such as alertness, improved memory and learning, and decreased amnesia. In the production of one of the major neurotransmitters-acetylcholine, ALC may also enhance the synthesis of nerve growth-factors, (NGF) receptors, and thus resuscitate aged neurons by increasing their responsiveness.

(Coenzyme Q10) may enhance and revitalize our health, to strengthen the heart and immune system. It may also help normalize blood pressure, promote weight -loss, and fight gum disease. Also, Creatine monohydrate can help regenerate the muscles ' ultimate energy source, ATP (adenosine triphosphate). So, the amount of ATP stored in muscle-tissue will fuel only about 10 to 15 seconds of maximum muscle effort. After that, our muscles must rely upon Monohydrate Creatine Phosphate to restock the muscles supply of ATP. Creatine monohydrate helps create Creatine Phosphate, which, in turn, helps increase the rate at which our body can supply ATP.

Our body is fearfully and wonderfully made by our wise Creator and He made us so that our body can repair and rebuild when we supply it with the necessary ingredients that it requires to rebuild. When our car breaks down we take to the garage but when our body breaks down we must stop say where did I miss it? Usually, God makes us perfect to begin with, at birth. That is, before we have abused our body by wrong food, such as junk food, fast food, or cooked food, as scalded- alive-food, then boiled for hours, and by then considered dead food that can 't repair the body.

So go back to basics of natural living and organic foods, grown without chemical fertilize, or pesticides, that transfer into foods, then goes into our body. Therefore, it poisons and breaks down resistance, causing our immune systems to fail, so that our food can 't keep our body healthy. Answer: Repent! Trust God to forgive, and trust Him to heal you, and then turn to proper nutritional supplementation of your diet, as that makes up for a lack of nutritional deficiencies.