



# FRANKLY SPEAKING



**Total Life Chiropractic - Your Family Chiropractors**

## 5 Reasons to Take Astaxanthin Every Day

Adapted from the Susie Cohen RPH, Author of 'Drug Muggers', 'Diabetes Without Drugs' and 'The 24-Hour Pharmacist'

Astaxanthin (pronounced "asta-ZAN-thin") is a naturally-occurring carotenoid found in algae, shrimp, lobster, crab and salmon. Carotenoids are pigment colors that occur in nature and support good health. Astaxanthin, dubbed the "king of the carotenoids" is red, and is responsible for turning salmon, crab, lobster and shrimp flesh pink. In the animal kingdom, astaxanthin is found in the highest concentration in the muscles of salmon. Scientists theorize astaxanthin helps provide the endurance these remarkable animals need to swim upstream. For humans, astaxanthin is a powerful antioxidant with broad health implications and unlike other antioxidants, such as beta carotene, zeaxanthin, vitamin E, C, D and selenium, astaxanthin never becomes pro-oxidant in the body. [23, 24, 25, 26]

**Here are five reasons to take astaxanthin supplements every day:**

**1. It is a Potent Anti-inflammatory and Pain Reliever.** More than that, astaxanthin reduces the inflammatory compounds that drive many chronic diseases. Even though it's 100 percent natural, astaxanthin works like some prescription analgesics, but without the risk of addiction, GI bleeds or heartburn. More specifically, astaxanthin blocks COX 2 enzymes just like Celebrex, the blockbuster drug prescribed for osteoarthritis, Rheumatoid arthritis, acute pain and monthly dysmenorrhea. [1] Natural astaxanthin not only affects the COX 2 pathway, it suppresses serum levels of nitric oxide, interleukin1B, prostaglandin E2, C Reactive Protein (CRP) and TNF-alpha (tumor necrosis factor alpha), and all of this has been proven. [1] Natural astaxanthin was shown to reduce CRP by more than 20 percent in only eight weeks; there is no prescription drug that I am aware of that does that! [21] Even the American Heart Association claims CRP is a key indicator of heart disease. [22]

**2. Helps Fight Fatigue** by providing excellent recovery from exercise. [17] Just like salmon making the heroic upstream swim, astaxanthin can help athletes do their best. Pure natural astaxanthin is indicated for recovery of muscles, better endurance, enhanced strength and improved energy levels. [18, 19, 20]

**3. Supports Eye Health.** It has the unique ability to cross through a barrier and reach your retina. Well- designed clinical trials have shown that astaxanthin helps diabetic retinopathy, macular degeneration, eye strain and fatigue and seeing in fine detail. [4, 5, 6, 7, 8, 9]

**4. Cleans Up the Cells,** because it filters into every cell of the body, Astaxanthin is in a class of its own when it comes to antioxidant coverage. Its unique properties allow it to span the entire cell, with one end of the astaxanthin molecule protecting the fat-soluble part of the cell and one end protecting the water-soluble part. You might think of it as giving your cell a full-body hug!

Natural astaxanthin is exceptionally powerful in singlet-oxygen quenching. A 2007 study analyzed several popular antioxidants and their antioxidant power. [10] This study found astaxanthin was **6,000** times stronger than vitamin C, **800** times stronger than CoQ10, **550** times stronger than green tea catechins and **75** times stronger than alpha lipoic acid.

**5. Shown to Protect the Body's Largest Organ** promoting gorgeous skin and sunscreen protection. The studies are clear and consistent and show excellent results for helping with skin moisture levels, smoothness, elasticity, fine wrinkles, and spots or freckles. [12] Astaxanthin, reduces damage caused by ultraviolet radiation from the sun. In fact, if you get a sunburn, which causes inflammation, astaxanthin penetrates the skin cells and reduces UVA damage. Think of it as an internal sunscreen.

Wild Pacific salmon, especially sockeye salmon, have the highest astaxanthin content. However you'd have to eat about 6 ounces daily to get a 3.6 milligram dose. [11] Studies show that 12 mg is needed to provide anti-inflammatory benefits, an astaxanthin supplement is recommended. Shop wisely to make sure that the astaxanthin you purchase is not synthetic and has undertaken all the special precautions to harvest it properly, purify it, encapsulate it and protect its potency right up to the expiration date. We have done this for you by carrying a high quality brand in our office which incidentally use organic rosemary and olive oil as stabilizers.

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