

Free Report # 3

Resveratrol Benefits are Scientifically Proven

What are the most significant resveratrol benefits?

Resveratrol supplements have been found to be very beneficial if a person has a bad immune system, or are in the process of recovering from illness, as it can help boost their health and metabolism. There are also many other amazing resveratrol benefits. Some of them are as follows:

- Cell Damage Prevention – by eliminating destructive free radicals in the body as a powerful antioxidant and by providing life prolonging effects through cell renewal.
- Heart Protection – by lowering bad (LDL) cholesterol and improving blood circulation.
- Cancer Risk Reduction – by selectively targeting and destroying cancer cells and stopping them from spreading at all 3 steps of the cancer process: 1) initiation, 2) promotion and 3) progression. Resveratrol can inhibit a number of cancers (including prostate cancer, breast cancer, melanoma, liver cancer, brain cancer, pancreatic cancer, kidney cancer, colon cancer, ovarian and cervical cancer, lymphoma and it even appears to act as an anti-leukemia agent).
- Aid Weight Loss – by acting as an effective appetite suppressant.
- Lifespan Increase – by mimicking the effects of a calorie restriction diet which is well-established as a method of extending lifespan and reducing diseases associated with aging, but without hunger. Some researchers have found that resveratrol increases the production of a protein called SIRT1, which could dramatically increase human lifespan.
- Type II Diabetes Control – by helping to regulate insulin production in the pancreas, by lowering glucose in humans with Type II diabetes, and by lowering the baseline levels of glucose in the blood.
- Potential Treatment for Alzheimer's – by helping the formation of nerve cells, and thus could potentially be a factor in the treatment of neurological diseases such as Parkinson's and Alzheimer's. Resveratrol may also act as a neuroprotective agent.
- Energy & Endurance Increase – by improving the function of mitochondria which are in the cells and they generate energy.
- Skin Improvement – by improving its elasticity and smoothness.
- And some more [resveratrol benefits](#) include pain relieving properties and helping to inhibit the growth of bad bacteria in the body.

RESVERATROL and ANTI-AGING

The anti-aging benefits of resveratrol are so powerful that some have dubbed resveratrol the "**Fountain of Youth**"! Resveratrol is an anti-inflammatory, increases energy levels, lowers blood sugar and extends life. These are not outrageous claims -- they are clinically studied and tested benefits of resveratrol.

The newest studies show that resveratrol appears to slow down the effects of aging and may actually increase the lifespan of human cells.*

How does it do this?

Resveratrol activates a gene called sirtuin 1 – the same gene that’s activated during calorie restriction. Since scientists already know they can extend lifespan in various species of animals by restricting calories, this has exciting implications for humans.*

And perhaps most importantly, resveratrol appears to produce many of the same benefits as exercise.*

One benefit in particular is its ability to help promote normal healthy insulin levels.*

Insulin resistance speeds up the aging process, so if you can maintain healthy insulin levels, you can potentially help promote the longevity of cells and tissues.*

Another way resveratrol may help slow your aging process is by supporting a normal immune response in your body.*

Plus, resveratrol potentially benefits you by how it...

- Helps protect your cellular DNA from free radical damage*
- Helps support blood pressure levels already within the normal range*
- Helps support your heart health and promote blood vessel elasticity*
- Helps promote normal healthy blood lipids and circulation*
- May boost your metabolic rate and help promote an ideal weight*
- Helps support against the spread of abnormal cell activity*

Resveratrol reduces oxidative stress damage to your cardiovascular system by neutralizing free radicals.* And it helps support your body’s natural defense system, too.*

This potent antioxidant is somewhat different than other antioxidants. It not only helps you neutralize harmful free radicals, it can cross the blood-brain barrier to help protect your brain and nervous system as well.*

resveratrol has [cancer fighting properties](#)

RESVERATROL for WRINKLES

Because resveratrol is a naturally occurring type of antibiotic, it works to cleanse the body of pollutants and other contaminants. In doing this, it helps keep the skin fresher, healthier and more elastic - preventing new wrinkles and reducing the appearance of existing ones. Those looking for [anti-aging treatments](#) will be happy to learn about the wrinkle reducing capabilities of resveratrol.

Some people even believe that resveratrol turns back the clock because of the anti-aging results they achieve when taking this supplement. Many claim to achieve a more youthful appearance by adding this antioxidant to their diet.

Lose Weight & Burn Fat with Resveratrol

There were studies done where researchers proved that **Resveratrol** helped with weight loss by helping speed up our metabolism. The faster our metabolism is, the better and more efficient we process the calories and nutrients that we eat. On the other hand, the slower our metabolism, the more our bodies will store fat.

Resveratrol Increases Energy and Vitality

Along with activating the **longevity gene SIRT1**, Resveratrol also increases the number and function of the mitochondria, which is the part of our cells that produce energy and people have reported that taking a resveratrol supplement has **noticeably increase their energy**

Resveratrol Health Benefits – Cancer Prevention

Resveratrol has cancer fighting properties

We have millions of cells that are running through our bodies that have some kind of bacteria, virus, or are deformed. Our incredible immune system is what keeps us healthy. Cells in our bodies die and regenerate all the time. Sometimes, in the death cycle of a cell, a mutation can happen that becomes cancerous. Resveratrol helps keep the life cycle of a cell normal. Resveratrol also **helps prevent cancer by keeping compounds that are carcinogenic from ever being processed in our bodies.**