



LIFESOURCE INSTITUTE NEWS

Volume 2, Issue 12

May 1, 2022

What is Quercetin?

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STAY ON TRACK

- * **Brain Aging** studies have shown positive neuroprotective effects from the supplemental use of quercetin and it's abilities on delaying brain aging and the depletion of brain fog.
- * **Cardio** in a study of 100 obese or clearly overweight subjects in the age group of 20-70 given 500 mg of quercetin for 12 weeks significantly decreasing the systolic blood pressure in all groups participating in the study.
- * **Anti-Aging** in another study quercetin was found while used as a daily supplement it's anti-inflammatory and potent antioxidant capability protect the body from free-radical damage also fighting the development of Low-grade inflammation which is a major contributor of accelerated aging.
- * **Last** the COVID pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- * **Remember** during this time of COVID we are all here for each other the coaches and counselors at LIFESOURCE INSTITUTE will help you to bridge the gap between mind, body and spirit. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- * **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

Along with its incredible antioxidant health benefits, quercetin is one of the widely studied plant compounds. Researchers say through all the clinical trials, the anti-inflammatory effects are outstanding. This excellent antioxidant helps neutralize the free radical production, which takes the pressure off the naturally occurring metabolic process. Unfortunately, you cannot get the recommended 500 mg to 1000 mg a day from our typical diets. We would have to eat 6 cups of red onions or 30 cupful's of blueberries every day.

Sources of Quercetin are red wines, green teas, red grapes, citrus fruits, onions, apple skins, and green veggies, such as lettuce and kale, the highest source being capers. This group of flavonoids reduces the risk

of many diseases like cancer, nonalcoholic fatty-liver disease, diabetes, cardiovascular diseases, and brain aging,.

Preliminary studies in China and South Korea have pointed to the potential inhibiting properties of quercetin in dealing with SARS-CoV-2, the virus causing the COVID-19 outbreak. Researchers have documented several vital factors, stating Quercetin's effects in treating the Coronavirus (SARS-CoV-2). As stated above, the inhibiting properties stop the viral cellular entry penetration and adsorption of the virus. In addition, in a different study, participants ages 40 and older who suffered from a higher upper respiratory

infection rate decreased by 36 percent. All from just taking 1,000 mg of quercetin a day, compared to a placebo group for 12 weeks.

Reported benefits from patients and practitioners that have used quercetin in combatting conditions related to inflammation. Some of these conditions are as follows: gout, brain fog, stomach ulcers, hay fever, allergies, disorders related to eyes, viral infection, inflamed prostate, inflamed bladder, inflamed ovaries, fatigue syndrome, skin disorders, high cholesterol, heart disease, insulin resistance, and digestive dysfunction. So now we truly understand why quercetin has gotten so popular! Remember you must have clean ingredients avoiding magnesium stearate.

MUST READ: THE BODY RESET DIET BY HARLEY PASTERNAK

ASK THE COACH?

Q: COACH BERNARD: WHY AM I SO UNLUCKY WITH DIETING IS IT ME OR DOES DIETING SUCK? ANITA .W. NV

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A; GREAT QUESTION: ANITA, THE ANSWER AGAIN FALLS INTO THE OLD FUNCTIONAL NUTRIENT ANSWER THAT NO TWO PEOPLE ARE EXACTLY THE SAME, SO THAT BEING SAID SOME DIETS WORK BETTER FOR SOME PEOPLE THAN OTHER DIETS. WHAT EVER DIET YOU DECIDE ON YOU MUST MAKE SURE IT BALANCES THE HEALTH BENEFITS ALONG WITH HELPING YOU LOSE THOSE UNWANTED POUNDS YOU ARE TRYING TO DELETE. THIS IS WHY IT IS GOOD SOMETIMES TO HAVE THE NUTRITION OR HEALTH COACH THAT WILL MONITOR YOUR PROGRESS TO SEE IF SOME CHANGES ARE NEEDED IF YOU BECOME STAGNATED IN YOUR PROGRESSION WHICH WILL LEAD TO GIVING UP ON THE DIET PLAN ALL TOGETHER. ANITA, I HOPE THIS HELPS. COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. MORE QUESTIONS CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS AND KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.