

Resveratrol Beats Aspirin in Heart Attack Prevention

From CBS News Affiliate KFVS-TV:

Research on Resveratrol is showing that it may soon replace aspirin as the Superior Heart Health Protector and the Best Choice for Your Healthy Heart.



For sometime now, doctors have been prescribing a low-dose aspirin a day (81 mg per day) for individuals who may be at risk of a heart attack.

Though aspirin may help some, doctors are finding that an aspirin a day prevents heart attacks in only 8 out of 1000 men and does not lower the chance of a heart attack in women at all. To make matters worse, statistics reveal that half of the people experiencing a sudden deadly heart attack were taking aspirin on the day they had their heart attack.

Scientists searching for a more reliable alternative in heart attack prevention may have found it in Resveratrol. Resveratrol is the substance found primarily in the skin of red and purple grapes that is responsible for the "French Paradox" or why the French consume a high fat diet yet have an extremely low incidence of heart disease.

Researchers at the University of Connecticut, School of Medicine firmly believe in Resveratrol's cardio-protective abilities. These researchers affirm that Resveratrol may provoke a pre-conditioning effect whereby antioxidant defenses in the heart are switched on prior to a heart attack, limiting damage to heart muscle should a heart attack occur. After inducing heart attacks in animals, University researchers found that Resveratrol significantly reduced damage to heart muscle. Scarring and fibrosis were limited and the animals survived an otherwise deadly heart attack.

"Resveratrol likely fulfills the definition of a pharmacological preconditioning compound and gives hope for the therapeutic promise of alternative medicine," commented Dipak Das, PhD, ScD, MD (hon), professor and director of the Cardiovascular Research Center at the University. The dosage of Resveratrol is critical in producing the pre-conditioning effect. Researchers found the dosage of 175-350 milligrams reduced damage to the heart during a heart attack, while ten times greater dose (1750-3500 mg) increased the area of damaged cardiac tissue.

Resveratrol also thins the blood and inhibits clots that form in coronary arteries in a similar fashion to aspirin. Resveratrol exhibits other beneficial properties such as inhibiting plaque from sticking to artery walls. These findings indicate that Resveratrol may be superior to aspirin in preventing heart attacks and reducing heart damage should a heart attack occur.

ViaViente delivers a therapeutic amount of Resveratrol in each ounce that protects your heart health. In addition, ViaViente provides energizing and alkalizing minerals along with an umbrella of antioxidant protection that supports your overall health. For people who want increased energy naturally, a deeper sleep, the anti-aging natural anti-inflammatory benefit of antioxidants, ViaViente is the best product on the market to help you *Live Younger Longer*.