



# Natural Health Response

WITH DR. RICHARD GERHAUSER M.D.

## Big Pharma’s Latest Weight Loss Drug Is a DUD [ALERT!]

### Try Dr. G’s 5-Step Program for LASTING Weight Loss Instead

**Richard Gerhauser, M.D.**

*Editor, Natural Health Response*

In my social circle these days, I’ve heard stories of friends and acquaintances losing significant amounts of weight using **glucagon-like peptide (GLP-1) agonist drug injections** prescribed by a physician.

They’re a hot topic in Hollywood as well, where appearance is a TOP priority.

GLP-1 agonists are diabetes drugs that improve blood sugar and HbA1C levels.

The FDA recently approved two GLP-1 drugs for **weight loss** allowing doctors to prescribe them for that reason alone.

If you’ve made a New Year’s resolution to lose weight this year, a drug like this can be very tempting.

*My doctor prescribed it, so it must be beneficial (and safe) ... right?!*

WRONG.

Because the truth is: **there is no quick fix for weight loss.**

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If you’ve made a New Year’s resolution to lose weight this year, GLP-1 drugs like Semaglutide and Liraglutide can be very tempting, but are they worth the risks?

These drugs might help you lose weight *now*, but in the long run *they don’t work*.

Fortunately, **I have a solution that will.**

#### The “Lizard Venom” Cure for Obesity

My introduction to these drugs was the injectable diabetes medication Byetta way back in 2005. It was the first approved GLP-1 agonist (which means it *acts* like GLP-1, a hormone produced in the gut) modeled after a peptide found in **Gila monster venom**.

(A Gila monster is a venomous lizard that lives in the southwestern United States.)

When any of my diabetic patients wanted to take Byetta, I would joke that they could rent a Gila monster from my backyard for half the price and just have the lizard bite them once a week instead.

Joking aside, the *new* members of this drug class have become so popular that there’s often a *waiting list* to get a supply.

Today, there are many more GLP-1 agonists on the market. And while most are confined to use in people with diabetes, two have been approved by the FDA **specifically for weight loss:**

- Semaglutide (Wegovy™)
- Liraglutide (Saxenda)

## The Weight Loss Effect

The **GLP-1 receptor** is present in many cells in the body (including the pancreas, heart, blood vessels, lungs, nervous system, kidney, gastrointestinal tract, fat cells, and muscle cells).

Studies show that the GLP-1 signal is *dampened* in cases of obesity, diabetes, and chronic stress—which **promotes weight gain**.

The GLP-1 agonist drugs directly fight this by *stimulating* the GLP-1 receptor.

GLP-1 acts as an *incretin*, which means it affects hormones that are released from the gastrointestinal tract after eating.

GLP-1 agonists *decrease gastric emptying*. This makes you feel *more satisfied* after eating *less food*—making you eat less.

### Natural Ways to Boost GLP-1 Function

Certain gut bacteria have been shown to boost GLP-1 function. You can get a wide range of probiotics simply by eating fermented foods.

In addition, there's a probiotic that focuses on increasing GLP-1 called **Pendulum**®. It was specifically designed for people with type II diabetes, and contains five different bacterial strains and the prebiotic insulin from chicory.

Small studies have also shown that supplements of the amino acid **L-arginine** and the amino acid **glutamine** increase GLP-1 levels.

It *also* stimulates the sympathetic nervous system and influences the reward centers in the brain; this could also help with weight loss.

## Is Weight Loss Worth THIS Risk?

I understand why someone struggling with obesity would be drawn to this approach. Being overweight or obese are risk factors for every major health problem you can think of.

But GLP-1 drugs are NOT the solution.

Why?

Well, to start GLP-1 drugs are generally injected (although there is one oral preparation) and are expensive (about \$1000 per month and up).

And, as with most prescription medications, there's a long list of side effects—including a **BLACK BOX WARNING** concerning **thyroid cancer** in the package insert.

But even worse, research shows that once you stop taking the drug, the *weight tends to pile right back on*. And those who lose the **most** weight on these drugs gain the **most back** after they've stopped taking them.

Big Pharma's solution?

Take the drug forever!

They recommend “maintaining long-term pharmacological treatment for weight management in people with obesity.”

The side effects and lack of long-term benefits are disturbing alone. But, my **REAL** problem with these drugs is that **they don't get to the root issue of weight gain**.

## Dr. G's 5-Step Program for Lasting Weight Loss

For most people, successful weight loss comes down to the “L” word: Lifestyle.

Using a drug for a lifestyle problem is like giving a speeding ticket to the *car* instead of the *driver*.

That's why I've developed a weight loss program that addresses the lifestyle factors you must **RESET** for lasting weight-loss success.

This easy-to-follow program has worked successfully for decades for my patients because it gets to the **ROOT** issues related to overweight and obesity, and even diabetes.

### #1 - Eat REAL Food

First, focus on **what** you're eating.

Start eating **REAL** whole foods including vegetables, seafood, meat, poultry, dairy, and non-GMO organic grains. And avoid ultra-processed foods, which are the main products of industrialized agriculture (genetically modified grains and seed oils).

I also recommend starting with a low-carbohydrate diet of **fewer than 50 grams a day**.

You don't necessarily need to eat *less* food—just choose *different* foods.

Many weight loss programs begin and end with this step—which is *why many fail*. Diet choices

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alone cannot reset the hormonal and fat-burning factors in your body that are essential for lasting success.

For that, you'll need steps two through five.

## #2 - Go a Period Without Eating

When you eat is as critical as *what* you're eating.

**Intermittent fasting** for 16-plus hours several times a week helps to burn fat. It also stimulates the body to repair cells (autophagy) and remove ones that are beyond repair (apoptosis).

As you consider which eight-hour time period you prefer to eat, try to plan it, so you're finished *before* the sun sets.

When you avoid eating after sunset, it allows your body to enter **fat-burning mode** as you go to sleep, enhancing autophagy and apoptosis.

## #3 - Increase the Time Between Meals

Leave plenty of time *between* meals. The easiest way to accomplish this is to eat three meals per day, with no snacking.

This allows for **intermittent fat-burning** and promotes *insulin sensitivity*.

## #4 - Fix Your Circadian Rhythm

A malfunctioning circadian clock mechanism is at the root of most common conditions—including obesity. Studies show that a broken circadian clock leads to inflammation, triggering leptin resistance.

**Leptin resistance is a key factor in weight gain.**

Leptin resistance decreases the hormone's ability to suppress appetite or increase your body's energy use. This leaves you feeling hungry all the time—so you eat more—even when your body doesn't need the calories.

“  
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”

In fact, so many folks having this “full switch” turned off is a major contributor to the current obesity and diabetes pandemics.

To fix leptin resistance, you have to fix your circadian rhythm. Here are 5 ways to do that:

- View sunrise to set the master clock.
- If possible, this should be done while grounded to the earth (barefoot or other skin touching the ground).
- Follow that up with a high-protein breakfast soon after you view the sunrise—generally around **50 grams on average**.
- Additional sun exposure is necessary to the eyes and skin throughout the day—with the a.m. light being the most critical.
- Block artificial light at night. That means turning off the light from devices and indoor lighting or wearing blue-blocking filters or glasses.

## #5 - Reduce Stress

Stress reduces the effectiveness of GLP-1 function. You don't need a drug to help restore this function, but you *do* need to reduce the amount of stress in your life.

Exercise, meditation, and connecting with nature, along with good social connections and support, can help you blow off built-up steam.

## Final Thoughts

Our society encourages us to watch TV and monitor social media while telling us we can't be *too* thin or *too* rich.

But this message doesn't gel with maintaining a healthy weight. There's ample evidence that the people who live the longest **aren't** rail thin and **don't** have bulging muscles.

Instead, they are a bit overweight on average. So, I encourage focusing on living a healthy lifestyle (as opposed to obsessing over the number on the scale)—and accepting your body as it is.

Ultimately, whether you use the drugs or not is your choice. Either way, without changing your lifestyle, your chance of long-term success is greatly reduced.

### The Yellowstone Effect

When prescribing medications, I'm always concerned about natural feedback mechanisms that control life.

These are the same sort of mechanisms that control what happens in ecological communities. A prime example is wolves in Yellowstone Park.

When wolves were systematically exterminated from the park (to prevent them from killing livestock and domesticated animals), it had ripple effects no one anticipated.

First, it resulted in the loss of control of the populations of their prey, like deer and elk. This soon led to erosion, loss of certain species of plants, and general degradation of the ecosystem.

When wolves were restored, the ecosystem in total was repaired, and many sub-ecosystems were restored. Even the courses of rivers and streams were altered when normal plant life returned.

The same thing can happen in a feedback system in our physiology, where the elimination of prey or predator results in both facing extinction because of the collapse of the ecosystem. **The bottom line:** *Every drug you take has the same unknown domino effect of consequences on your body.*

# Mainstream's "Banned Food" Is Actually Nature's Health Elixir?

## What the Science REALLY Says

I can still remember when I was a kid, Grandpa shaking my shoulders in the wee hours of the morning, rousing me out of a deep slumber.

In the kitchen, the wood stove was cranking out heat into the chill of the cold house. In the predawn twilight, I could barely make out the path across the drain ditch, the dirt road, through the gate, and across the pasture.

I would try hard to keep up with Gramps as we headed to the barn (at the same time, avoiding the numerous cow pies disguised like landmines in the darkness).

He would howl out a haunting call, and the cows could come trotting single file into the barn.

After they got lined up, he began hooking up the milking machines. Then he grabbed a teat and gave me a cup of warm milk to enjoy.

That was way back when I was five years old.

Grandpa lived his whole life on the farm—drinking raw milk for all 93 years. His life ended as he was actively plowing his garden.

No drugs, no nursing home, and still driving his old pickup truck.

Today the average male makes it to about 75 years old—with the last years of life often spent in a nursing home, on multiple drugs, and with a poor quality of life.

Was raw milk the key to my Grandpa's long, healthy life?

It wasn't the ONLY factor, but I believe it played a big part. So I *also* make raw milk a part of my longevity arsenal. And it could be part of yours as well.



Raw milk is brimming with vitamins, minerals, essential fatty acids, protein, enzymes, and good, robust fat.

### Nature's Perfect Food

Raw milk is brimming with vitamins, minerals, essential fatty acids, protein, enzymes, and good, robust fat.

Raw milk contains **ALL the B vitamins**, as well as vitamins C, K2, A, D, and E.

It's a **COMPLETE** protein, which means it contains **ALL 20 standard amino acids** and **ALL 8 essential amino acids**.

Raw milk provides **ALL 18 fatty acids**, both saturated and unsaturated.

It provides **ALL 22 essential minerals**, like calcium, zinc, potassium, iodine, and phosphorus. It also contains a special enzyme for each of the minerals.

(Are you picking up on a pattern here?)

In fact, there are **60 enzymes** present in raw milk that increase the ability of your body to absorb and digest nutrients.

And due to its **carrier proteins** and **enzymes**, you can be sure that your body can absorb *every last drop of nutrients* the health elixir contains.

There are *also* compounds in raw milk that **promote the growth of beneficial bacteria** that support a **healthy gut microbiome**.

### The Problem with Pasteurization

Milk really is nature's **PERFECT** food. But **pasteurization destroys the very things** that make it so good for you.

During pasteurization, milk is heated to a specific temperature to kill harmful bacteria that could make you sick (like *E. coli* and *Salmonella*).

(Incidentally, raw milk *contains* beneficial bacteria that **PROTECT** against these harmful pathogens.)

The problem with pasteurization is many of the beneficial nutrients in milk are just as sensitive to heat as the harmful ones.

And when you try to kill off the bad (which may or may not be present), you're also destroying the good. Here are just a few examples:

- The carrier protein of folate is inactivated during pasteurization.

- The binding protein of vitamin B12 is deactivated during pasteurization.
- Pasteurization destroys lactoferrin, which is necessary to assimilate the iron in raw milk.
- Vitamin B2 is destroyed during pasteurization.
- Vitamin B6 is poorly absorbed from pasteurized milk.
- Exposing raw milk to the heating process of pasteurization degrades vitamin A, denatures proteins and enzymes, and destroys immunoglobulins.

Pasteurizing also inactivates enzymes and immunoglobulins, and kills beneficial organisms.

For example, pasteurization destroys the lactase enzyme, which is necessary to digest the milk sugar *lactose*. This is a reason why some people become lactose intolerant.

However, I've had patients with lactose intolerance who couldn't tolerate *pasteurized* milk. But they did well with raw milk.

## Buy Local

Whenever possible, I buy my food from local sources, including my raw milk.

My biggest reason is simply that raw milk is more nutritious.

Cows from small dairy farms typically graze on grass, the cow's natural food. Studies show that the nutrition profile of grass-fed dairy is superior to that of grain-fed.

Local farmers keeping cows on pasture is also good for the local community, the economy, and the environment.

If small farmers can make an income locally, they can practice sustainable agriculture and keep land out of the hands of factory farms.

**This requires each one of us to be proactive and vote with our money.** Support local farmers, and don't pay into industrial agriculture.

Why? Because the lactase enzyme is present in raw milk and can make it more digestible for some with lactose intolerance.

## Safety Concerns About Raw Milk

I looked up what the CDC had to say about raw milk consumption, and it was frightening, to say the least.

If I didn't know better, I'd be tempted to think that drinking raw milk was as dangerous as climbing Mount Everest (which, by the way, is **quite** risky).

Thankfully, I *do* know better—and so do the researchers who have taken the time to look at the FACTS.

One of the first to do this was Ted Beals, MD, a physician trained in epidemiology and infectious diseases.

He combed through the data for reported milk-related illnesses from 1980 to 2020 and found NO RED FLAGS showing that milk was more dangerous than any other food.

His conclusion was that **raw milk was very safe** and that the CDC's concerns were *unjustified*.

Other experts like Chris Kresser, an alternative health provider and blogger, also studied the available research and crunched the numbers that the CDC uses to demonize milk.

He reported that there have been no deaths since the mid-1980s from raw milk.

According to Kresser, the odds of being *hospitalized* (not killed) from consuming raw milk is about a third of the risk of dying in a commercial aircraft.

## The TRUE Threat

According to the CDC's own numbers, from 1993 to 2012—

nearly a 20-year span—there were 1,900 illnesses and 144 hospitalizations linked to raw milk or products *made* from raw milk.

Zero deaths.

And yet... there are **thousands** of DEATHS each year from other foods that the CDC has no problem with—foods like meat, nuts, fruits, seafood, vegetables, etc.

Let's take a look at the numbers.

- In 2009 alone, a *Salmonella* outbreak in **peanut butter** sickened 714 people and KILLED nine.
- In 2015 alone, *Salmonella* from **cucumbers** made 907 people sick and KILLED six.
- In 2006, *E. coli* found in **baby spinach** caused hundreds of illnesses and KILLED three.
- In 1998-1999, *Listeria* in **hot dogs** KILLED 14 people.

Despite the lack of evidence, the American government has decided that raw milk is not only just dangerous—but that consuming it should be *illegal* in many states.

**It's senseless.**

The reality is that *any* food handled inappropriately can lead to bacteria, sickness, and sometimes even death.

## When Pasteurization Is Necessary

And that brings me to why pasteurization IS necessary (yes, *necessary*) to begin with: **factory farms**. Any dairy that comes from a factory farm would be a **dangerous** source of raw milk.

Dr. Beals showed that if you drink raw milk from a cow originating from a factory farm, you're much more likely to get sick.

These cows are over-crowded, fed GMO grains, injected with hormones, and given antibiotics.

They're typically locked indoors and stressed out.

The conditions are appalling.

For this reason, **any milk from a factory farm is safer if it's pasteurized.**

But when cows are *treated humanely*, the conditions are *clean*, and the milk is handled *properly*, raw milk is as SAFE as any other food.

And that's exactly why I get my raw milk from small, **local farms**. Even then, I personally visit the dairy farm to see that it's ethical and clean.

## The Choice is Yours

My family has been consuming raw milk regularly for over 20 years, and we have had NO problems.

I've also shared the data on raw milk with thousands of people in my career as a medical doctor. Of those who have tried it, I only heard good results.

Most are glowing praises.

As a disclaimer, I'm *not* telling you to buy raw milk. This is an option you *can* take after doing your due diligence.

Many state governments now allow the sale of raw milk, but others have restrictions on its sale.

To find out where your state stands, visit [www.realrawmilkfacts.com](http://www.realrawmilkfacts.com).

Raw milk is not allowed to be commercially transported across state lines.

Cheese made from raw milk is usually available in conventional supermarkets, so this is an option if you can't get raw milk or if you want to avoid it but still get the benefits.

I also advise avoiding raw queso cheese made at home in a bathtub.

My sister milks her own cow every day so that her grandkids can have the benefits of drinking raw milk. I have never seen a healthier or more robust group of kids.

For more information on raw milk and reputable sources, visit [www.realmilk.com](http://www.realmilk.com).

## Fat: One of Nature's Wonders

Another degradation raw milk endures is a process called **homogenization**.

When milk is taken straight from the cow the cream separates at the top over time. Homogenization takes the beautiful fat globules in the milk and forces them through a screen to reduce their size, so this separation *doesn't* happen.

But breaking up the fat globules increases the surface area, which makes them **more susceptible to oxidation**.

I believe that full-fat dairy fat is one of nature's wonders—and that it's fantastic for your health (heart health, included!).

And science is finally catching up to me.

Here's a quote from a recent study, "Emerging evidence shows that the consumption of full-fat dairy foods has a neutral or inverse association with adverse cardiometabolic health outcomes, including atherosclerotic cardiovascular disease, type 2 diabetes, and associated risk factors."

All the while, the government still wants you to drink skim milk.

# America's Favorite Anti-Aging Nutrient

## Dodge the 5 LEADING Causes of Death

Unless you die young, you will eventually experience the effects of aging.

The key is to **delay** or *minimize* those effects.

For the best results, you'll have to take steps **now** to reduce your risk of disease and slow down your body's *biological* clock.

Always start with the Big Three lifestyle factors: diet, exercise, and circadian rhythm.

But if you're looking for an *extra* boost, a remarkable plant chemical has been shown to **increase lifespan by an incredible 70 percent**.

Studies have also demonstrated its ability to protect against neurodegenerative disorders, reduce the risk of cardiovascular disease, and even protect against cancer and osteoporosis.

## Boosted Lifespan Up to 70%!

One of the greatest leaps forward in the science of antiaging has been the discovery of a plant phenol called **resveratrol**.

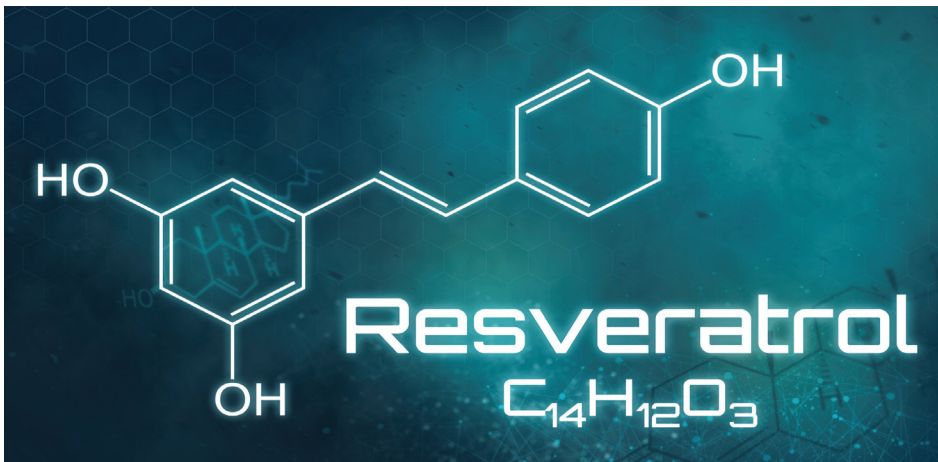
Resveratrol's chemical name is

3,5,4' trihydroxy-stilbene, and it's classified as *phytoalexin* (from the Greek *aléxein* meaning to guard or protect).

That's a perfect name because *protecting* is just what it does.

A landmark study published in 2003 found resveratrol increased a yeast's lifespan by an incredible **70 percent**.

Since then, more than 19 studies have demonstrated the ability of resveratrol to extend the lifespans of fruit flies, fish, roundworms, and mice. (Scientists routinely use these species to test life extension



Resveratrol's chemical name is 3,5,4' trihydroxy-stilbene, and it's classified as phytoalexin (from the Greek *aléxein* meaning to guard or protect).

properties because they have such short lifespans.)

Since that initial research, thousands of studies have revealed resveratrol's benefits. These include anticancer, antimicrobial, neuroprotective, anti-aging, anti-inflammatory, cardioprotective, and blood-sugar-lowering effects.

And from there it only gets better...

## Fight the 5 Leading Causes of Death

In particular, studies have found that resveratrol can help combat the five leading causes of **death**.

### Heart Disease

Resveratrol helps reduce the risk of every major risk factor for heart disease. It:

- Combats high blood pressure.
- Protects against endothelial dysfunction.
- Prevents arterial calcification (hardening of the arteries).

### Cancer

More than 1,000 studies have been published on resveratrol's impact on cancer, leading researchers to conclude that resveratrol is a "promising natural weapon in the war against cancer." Studies show that it:

- Prevents dangerous DNA adducts, which are modified stretches of DNA that can trigger cancer formation.
- Reduces tumor cell proliferation.
- Boosts apoptosis by activating suicide genes found in cancer cells.

### Alzheimer's Disease

Studies suggest that resveratrol is a promising agent for reducing the risk of Alzheimer's disease and stroke. It's shown to:

- Activate the SIRT-1 protein, a longevity gene that can help prevent neurodegenerative disease.
- Block the formation and toxicity of beta-amyloid plaques.
- Reduce the toxicity of the neurotransmitter glutamate, which is a trigger for Alzheimer's symptoms.

### Stroke

Resveratrol provides protection that **significantly reduces the size of a stroke**. This holds true even if it's taken within a few hours *after* the stroke. But the *biggest* benefits are seen when it's taken before an event:

- It protects against ischemic reperfusion injury (the damage that occurs after blood flow is restored).

- It prevents glutamate release following a stroke, which helps prevent damage to brain cells.
- It helps restore the responsiveness of brain arteries, which helps restore blood flow to areas blocked by the stroke.

### Diabetes

Resveratrol helps protect against diabetes and its consequences by:

- Improving insulin sensitivity.
- Restoring blood vessel responsiveness, which helps regulate blood flow in the brain and heart tissue.
- Reducing blood glucose levels.

## Activate Your "Longevity Protein"

Resveratrol activates sirtuin 1, a key "longevity protein." It earned this nickname because experimental *and* animal models have shown that activating sirtuins **delays aging**.

Sirtuins are a family of seven proteins that are key players in regulating cellular function to help keep the cell balanced. Three of the seven sirtuin proteins work in the mitochondria (cell engines), three work in the nucleus, and one works in the cytoplasm.

They're active in the brain, nerves, metabolism, heart, muscles, fat, blood vessels, and immune system.

Previous studies have shown that the sirtuin system is activated by chronic **calorie restriction**, which involves dramatically reducing your caloric intake.

This is likely why animal studies have found that calorie restriction is an effective way to extend life. The problem is few people are willing to cut their food intake enough to gain these benefits.

The good news is... *you don't have to*.



Resveratrol is found in many common—and delicious—foods, such as peanuts, pistachios, blueberries, cacao, cranberries, dark chocolate, and red wine.

Instead of *cutting out* calories, you can activate SIRT-1 by *adding in* red wine.

Because, you see, red wine happens to be one of the best food sources of resveratrol.

## Solving the “French Paradox”

Countless studies have concluded that **drinking red wine** contributes to longevity and resistance to disease.

This *idea* goes back to ancient times, but modern research in the 1990s discovered what’s been dubbed the “French paradox.”

The French suffer from *significantly fewer* diseases like obesity, heart disease, and diabetes—yet their diet is no better than other western populations.

The one notable difference is that they tend to drink more red wine.

The challenge was figuring out whether these benefits were *really* due to the wine itself, or other factors related to a “red wine lifestyle.”

A recent study tried to answer this question by looking at the impact red wine had on biomarkers of longevity after just two weeks of wine consumption. This was combined with data from red wine given to fruit flies

(often used in longevity research because of their short lifespan).

The results showed those drinking the wine had **improved markers of health and longevity**. Specifically, this included the expression of catalase, manganese-superoxide dismutase, SIRT-1, and p53 (tumor-suppressing hormone) in the peripheral blood mononuclear cells.

The fruit flies had similar biomarkers—*plus a 7 percent increase in lifespan*.

## Try the Most Potent Resveratrol Yet

A wide range of animal studies has shown the health benefits of supplementing with resveratrol.

Unfortunately, the results in *human* studies have been mixed—some showing benefits and others showing no effect.

This discrepancy is likely a *dosing* issue.

For a human to get the equivalent dose of resveratrol as is used in a mouse study, you’d need to take *far more* than what’s found in food sources—or even in most supplements, for that matter.

This is because resveratrol in humans is quickly metabolized in

the liver, causing blood levels to drop swiftly after ingestion.

More recently, intensive research has uncovered a way to protect resveratrol from breaking down so quickly. Scientists found that combining resveratrol with **galactomannan fibers** from fenu-greek seed creates a coating that allows the compound to be better absorbed and used by the body (bioavailable).

This allows blood levels to stay higher than they do with regular resveratrol supplements.

In fact, compared to unformulated resveratrol, this new compound showed up to **10 times greater bioavailability**.

Research studies with the new compound are beginning now, and the results should be available in the future.

But if you’re interested in experimenting with this biohack *now*, you can get the formula from Life Extension at [www.lef.org](http://www.lef.org) in a product called Resveratrol Elite™.

## Dr. G’s Favorite Source of Resveratrol

Red wine that’s been fermented with the skins on will have a good amount of resveratrol because most of the compound in grapes is contained in the skin.

My favorites are the **Malbec wines** that come from Argentina.

Some of these wines are special because they’re grown at high elevations, sometimes up to 10,000 feet. Resveratrol helps protect the plant from the intense UV light present at these vineyards’ high altitudes.

Resveratrol also helps the plant resist the stress of attackers like insects, bacteria, and molds.

In addition to red wine, other foods that contain resveratrol include peanuts, pistachios, blueberries, cacao, cranberries, and dark chocolate.