

Healing HA America

PRODUCT REPORT

Revvida Extreme Body Fuel



NOT ENOUGH TIME OR ENERGY

You may have said it yourself, "If only I had a few more hours in the day. . ." We lead lives that get busier and more complex by the day, yet the amount of time we have remains the same.

Overwhelmed by all the things we need to do, we find ourselves becoming more and more easily fatigued, eating fast food and junk food instead of preparing healthy meals, and often getting irritable and frustrated about things that just a few years ago wouldn't have even made us blink.

If only we had more energy, we would work out, eat healthy, spend quality time with our friends and family, take up a hobby, get more involved with church and community activities. We would be more productive at work, get all those projects done around the house. If only. . .

THE CELLULAR ENERGY COOPERATIVE

We're all familiar with the cycle: we eat, our bodies use some of the food we eat for energy, some is stored as fat, and the rest is eliminated.

How exactly do our bodies use the food we eat to produce energy? It's really quite an amazing process when you start looking at it way down at the cellular level. That's where the production of energy takes place - in tiny power plants inside our cells. These power plants are called mitochondria (a term you might recall from high school or college biology days).

The mitochondria in our cells take carbohydrates and fats from the

foods we eat and chemically reconfigure them, adding hydrogen and oxygen here, taking away stuff there, and generally breaking up and reconnecting elements and molecules until they produce a form of energy our bodies can readily use - ATP, or adenosine triphosphate.

This process is amazingly efficient - much more efficient, for example, than internal combustion engines or the fuel cells used in spacecraft. In fact, the mitochondria in our cells produce most of the energy we use in our bodies. We become so accustomed to this efficiency that even the slightest drop in mitochondrial energy production can leave us fatigued, weak, and even disoriented. Unfortunately, as we age, that efficiency drops, and we

begin to experience some of the effects of a drop in mitochondrial energy production.

In fact, mounting evidence from cellular research is beginning to show a correlation between a drop in mitochondrial efficiency and some common aging problems like Alzheimer's disease, Parkinson's disease, and even heart disease. Some studies also show a link to decrease in life expectancy.

To understand a bit of why and how this happens, we have to take a closer look at how the mitochondria actually produce energy.

PERSONAL TOUR OF THE POWER PLANT

Mitochondria are organelles found in every cell in the body. They float around inside the cells seeking possible sources of energy, bits of fat and carbohydrates, for example, like a constant game of hide and seek. They are very good at finding these nutrients and even better at turning them into energy for our bodies to use.

THE NUMBERS

- Chronic fatigue is the most common complaint of patients seeking treatment from primary care physicians.
- Chronic fatigue is the main complaint for 10 to 20% of primary care patients. It is a significant component of the complaints for another 10%.
- During the 1990s, Americans added an average of 36 hours to their work year.
- Studies show the amount of sleep people get each night at 30 is about half what they got when they were 20 years old.

Once they find and grab the nutrients, the energy production starts, taking place in two stages - the Krebs cycle and the oxidative phosphorylation cycle. Both of these produce adenosine triphosphate (ATP) which is exactly the energy molecule our cells and tissues need to function.

A SLIGHT GLITCH IN THE SYSTEM

As noted earlier, the process is amazingly efficient. However, it is not perfect, and through the energy production process, some electrons "leak" out. Once free, they tend to combine with oxygen to form superoxide radicals, a common type of damaging free radical. Free radicals are unbalanced molecules looking for additional electrons to stabilize themselves, and they like to steal electrons from other molecules for this purpose.

The problem arises because these free radicals are actually produced right in the heart of the power plant, and they are primed to do their damage. They particularly damage the membranes of mitochondria, the very sites where energy production occurs. Compounding this is the fact that mitochondrial DNA is a little different from other DNA in our bodies. One of the differences is the absence of some of the protective and repair mechanisms found in other DNA. Therefore, the free radicals are attacking unprotected DNA with killer efficiency, and this disrupts normal functioning throughout an involved mitochondrion.

Free radical damage, combined with diminished capacity in the mitochondria's specialized membrane systems, can lead to a drop in energy production. Fatigue, muscle weakness, and a decline in cognitive ability often result from that drop. So we respond the best way we know how - we grab a cup of coffee, maybe try one of those new energy drinks from the gas station or grocery store. We may even try eating one of those Super Power Revitalizing Rejuvenating Energy Bars. These quick fixes offer mainly caffeine and sugar to help for the moment, but the underlying issue remains: we are simply running low on energy.

REACTIVATING THE POWER GRID

To truly address the problem of our lowered energy flow, we have to start at the source, at the power plants themselves: the mitochondria. In fact mitochondrial rejuvenation is a hot topic in research not only for replenishing energy at the cellular level but also for retarding some of the issues of aging.

Most energy drinks and supplements act as a temporary auxiliary energy source, like the emergency lights that come on in buildings when the power goes off. But what if we could actually turn the power back on?

A new energy product from Healing America actually gives us the tools we need to rev up our engines - at the cellular level. Revvida, a tasty, easy-to-use, daily energy drink, gives an immediate boost in energy, followed by a smooth increase over the course of many hours. Many of the key ingredients in Revvida directly address

mitochondrial energy production, boosting energy output at the source. But merely increasing energy production isn't enough. By protecting and improving mitochondrial health and function, Revvida ensures good energy for the long haul.

Revvida actually offers the best of both worlds. The caffeine it contains offers a quick burst of energy to fill your immediate need for a boost. The guarana in Revvida acts similarly to caffeine as an energy booster, but it is absorbed more slowly into the system to give an extended rise in energy. The other cutting-edge ingredients not only encourage cellular energy production, they also improve mental clarity, help slow down the effects of aging, and counter the negative impact of stress. Let's take a look at them:

d-Ribose

Ribose is an essential ingredient in the production of ATP in the mitochondria. It is found naturally in almost every cell in our bodies, and supplementation of it through a product like Revvida can help boost energy and endurance, more quickly restore ATP levels in muscle tissue, and even facilitate greater ATP production in cells. It is useful both in the manufacture of new (de novo) ATP and also in the recapture and recycling of ATP components.

Alpha Lipoic Acid

Alpha Lipoic Acid is a substance found in mitochondria that is a key element in protection of mitochondrial membranes and mitochondrial DNA from free radical damage. It also participates directly in energy production. Alpha Lipoic Acid research has shown that this substance can increase the action of other antioxidants and directly reduce free radical production. Some researchers have termed it a universal antioxidant for its broad functions in this role. It also helps improve mitochondrial membrane function and boosts metabolism of fats and sugars in the blood. That means the mitochondria are able to do what they do even more efficiently. Alpha Lipoic Acid is being heralded as one of the cutting edge natural anti-aging supplements.

Rhodiola Rosea

While you may never have heard of it, Rhodiola Rosea, also known as golden root or Arctic root, is familiar to many around the world. Russians in particular have been using rhodiola for years because of its energy boosting properties as well as its function as an "adaptogen" - relieving the impact of both mental and physical stress. An old Russian saying has it that those who drink rhodiola tea regularly will live to be 100 or older. The Vikings were also fond of rhodiola, using it to improve endurance and physical strength. Rhodiola is most often used to increase endurance, especially in athletes, improve mental clarity and attention span, and reduce the body's negative reactions to stress. It also appears to have immune-boosting capacities. Revvida is one of the few energy boosting supplement drinks to include rhodiola.

Pyruvate

Pyruvate is a naturally occurring substance in the

body that is actually produced during the metabolism of carbohydrates and protein. Thus it plays an important role in the energy-producing work of the mitochondria. Pyruvate helps reduce fatigue and improve the speed and efficiency of energy production in the mitochondria. There has also been a fair amount of research done on pyruvate showing its usefulness in promoting weight loss and helping slow down weight regain.

B-vitamin complex

Revvida contains a potent B-vitamin complex made up of the 8 essential B vitamins: Thiamine (B1), Riboflavin (B2), Niacin (B3), Pantothenic Acid (B5), Pyridoxine (B6), Folic Acid (B8), Cyanocobalamin (B12), and Biotin. The B-vitamins play an important role throughout the body as co-factors (or helpers) in many body processes, particularly cellular energy production. The B-vitamins each play different key roles in the energy production cycle in the mitochondria. Thiamine, for example, is important in converting pyruvate into a usable substance for the Krebs cycle production of ATP. Niacin is a key player in helping the body release energy from fats, carbohydrates, and proteins.

Supplementation with B-vitamins is important since these vitamins are water-soluble and are not stored well in the body. A product like Revvida from Healing America that offers a complex of these vitamins will give you the most benefit, because many of the B-vitamins work in conjunction with each other to perform vital functions.

Lecithin

Lecithin, or phosphatidylcholine, breaks down into choline in the body. One of the essential B-vitamins, choline is an important component of cell membranes and is a precursor to acetylcholine, the main neurotransmitter substance in the central nervous system. It is involved with lipid (fat) transport and appears to help reduce the amount of fat accumulation in the liver. Research has shown it to play an important role in fetal brain development. It has often been referred to as the "memory vitamin" because of its capacity to improve memory and general brain function. It also reduces fatigue.

Coated trace mineral complex

Revvida's trace mineral complex provides a broad spectrum of electrolytes and minerals that serve as important co-factors, or helpers, in the production of energy at the cellular level.

Magnesium Krebs

Magnesium is a mineral that plays a key role in many body processes. It is a key cofactor for numerous enzymes responsible for converting carbohydrates, fats, and protein into energy. The form of magnesium found in Healing America's Revvida is salts of the acids that are intermediaries in the energy-producing Krebs cycle. Magnesium helps the body produce and use insulin more efficiently, promotes muscle relaxation, and stimulates energy production and nerve function.

TUNING IN AND TURNING ON

We'd be hard-pressed to find many people who wouldn't like at least a bit more energy. Most of us are struggling to keep our energy levels up to at least approximately where they were in our younger years. That is evidenced by the veritable cornucopia of energy-boosting products available everywhere we look, from gas stations and curb stores, to health food stores and even supermarkets. All of those products, not to mention our morning cup (or pot!) of coffee, offer a quick boost of energy that helps us make it through the rest of the work day.

Revvida, from Healing America, offers a more comprehensive solution to the low-energy syndrome so many of us find ourselves caught up in. Revvida actually lets us "plug in" at the source - our bodies' own cellular power plants, the mitochondria. The ingredients in Revvida not only boost energy in the short term, they also start rejuvenating mitochondrial function, improving energy production for the long-run as well.

Conveniently packaged in single-serving sizes, Revvida mixes easily with water to provide a tasty refreshing way to recharge our batteries.

CAUTIONS

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease, but rather is a dietary supplement intended solely for nutritional support. This product should not be used by women who are pregnant or breast feeding. Anyone with high blood pressure, a heart condition or thyroid disease should consult with their health professional before consuming this product.

SOURCES

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