

Cincinnati Rehabilitation Center
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What CoQ₁₀ Can Do For You By Riley Oliver, B.Sc.

November Educational Classes	
Back Care Class By: Riley Oliver Thursday: 6-7	4th
Healing Crisis & Dietary Changes By: Dr. Bender Wednesday: 7-8	10th
Back Care Class By: Riley Oliver Thursday: 6-7	18th
Healing Crisis & Dietary Changes By: Dr. Bender Wednesday: 7-8	20th

**PLEASE CALL OUR
OFFICE TO RSVP FOR ALL
CLASSES!!!**

Depressing News for Our Children:

A recent article in the **Wall Street Journal** noted that the rate of antidepressant prescriptions for children and adolescents has more than tripled in the U.S. from the early 1990's to 2001. In 2002, an estimated 10.8 million prescriptions for the most widely used antidepressants were dispensed to patients under 18 years old, according to an FDA analysis. If this is an issue that you are faced with but would like to seek an alternative method, give our office a call at (513) 772-9065 or email Dr. Bender at drbender@chiropractic4u.com

The nutrient Coenzyme Q₁₀ first became popular in the 1980's when the book *The Miracle Nutrient Coenzyme Q₁₀* was published by Dr. Emil Bliznakov and Gerald Hunt. During its beginning popularity, CoQ₁₀ was primarily used as an anti-aging, life extension supplement. According to Bliznakov and Hunt, CoQ₁₀ could "revitalize the immune system and aid in its defense against cancer infection; reverse the effects of aging naturally; protect and strengthen the heart and cardiovascular system; normalize high blood pressure without side effects; control or even reverse periodontal (gum) disease; energize your body and increase your tolerance for exertion; reduce weight naturally without dieting or drugs." Could all of this really be true? Well ongoing research has shown that CoQ₁₀ can do all of this and more!



CoQ₁₀ by Allergy Research Group

Parkinson's Disease

Every year 50,000 Americans develop **Parkinson's disease**, a slowly progressive disorder of the central nervous system caused by a die-off of cells in the brain. Drugs currently prescribed for Parkinson's only reduce the symptoms, but do not affect the progressive deterioration. Taken in high doses in its early stages, CoQ₁₀ has been shown to slow the progression of Parkinson's disease.

Cardiovascular Health

Many studies spanning more than 20 years, reports positive results for use of CoQ₁₀ as adjunctive therapy in the treatment of **congestive heart failure**. More CoQ₁₀ is found in heart tissue than in any other muscle in the body, and most heart patients show a significant deficiency in the nutrient. CoQ₁₀ also exhibits a stabilizing effect on heart rhythm and on the elevated ratio of sodium to potassium in **high blood pressure** patients.

Cancer Therapy

Clinical trials have been performed that yielded results showing that high doses of CoQ₁₀ (300mg) taken over a period of time (3 months to 1 year) helped to stabilize the growth tumors or actually reduce the size of the tumor in women diagnosed with **high-risk breast cancer**. Other studies conducted on **prostate cancer** cells have shown that CoQ₁₀ significantly lowered cell growth of the PC3 cancer line without affecting non-malignant cells.

Coenzyme Q₁₀ is essential for the health of our cells, tissues, and organs. But the body's production of this nutrient peaks around age 20 and then declines, and dietary sources do not provide adequate levels.

If you would like to find out more information about Coenzyme Q₁₀ you can call our office at (513) 772-9065 to schedule a consultation. But if this article has convinced you, you can stop by our office to pick up a bottle or you can order it off of our website at www.healthybeing4u.com. We recommend **100 mg CoQ₁₀ by Allergy Research Group**. If you would like to find out about more services that we offer, visit us at www.chiropractic4u.com.