

CoQ10

Keys to Health



by Margy Squires

Every living cell needs energy to operate at peak capacity and function. That's why CoQ10, a vitamin-like substance, is in every cell and called *ubiquinone*, meaning *everywhere*. In the energy chain, every link requires CoQ10 or energy does not happen. But there is more. As an antioxidant, CoQ10 protects your cells everywhere too, from brain to muscles. In short, your health depends on – and is locked into – CoQ10!



Cell Protection. Specifically, CoQ10 is found and operates within cell mitochondria. Mitochondria use oxygen (and a number of other nutrients) to convert the foods you eat (carbohydrates and fats) into ATP or energy. As a critical player in the energy cycle, CoQ10 also protects cells against the oxygen free radicals naturally caused in the ATP process. Since valuable genetic codes that program cell function are also inside the cell, CoQ10 supports both cell energy requirements and the program code that keeps cells – and you – operational.

Parkinson's. No drug or therapy has shown an effect on Parkinson's like the 2002 study by Shultz and colleagues. When 80 participants were given 1200 mg of CoQ10 in a divided dose, 44% improved, especially in daily motor skills such as walking, bathing and feeding. CoQ10 was safe and well tolerated. CoQ10 earned the credit for the positive change as it was the only therapy given. The dose is important as other studies which used only 300 mg daily failed to note improvements.



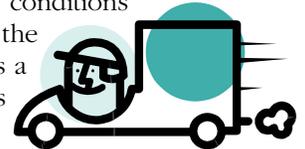
Statins. Per TyH advisor Dr. Michael Smith, although statin drugs can successfully lower cholesterol levels in the human bloodstream, they directly interfere with the synthesis of CoQ10. "Humans exhibit a significant decline in CoQ10 plasma levels when on statin drugs". The largest percent of CoQ10 is in the heart, a muscle that uses a great deal of energy and is a CoQ10 dependent organ. A side effect of statins is *Rhabdomyolysis*; achy, fatigued muscles and joints, probably due to blocked CoQ10. CoQ10 also reduces oxidized LDL to improve cholesterol levels, another notable heart benefit. So statin or not, take CoQ10.

Periodontal Disease (PD). PD is caused when normally occurring bacteria in the mouth cause problems with tartar, inflammation and affect gum tissue health. CoQ10 expert Dr. Karl Folkers noted low CoQ10 levels in PD as early as 1971. When given a mere 50 mg of CoQ10 daily for 8 weeks, 30% had complete resolution of PD symptoms. These were participants who had previously not responded to extensive

flossing and brushing. Other studies used 60, 75 and 100 mg with similar results. Two ways CoQ10 may help is by increasing oxygen to cells as bacteria cannot survive in oxygen states and its role as an antioxidant to improve cell defense. In Japan, 50% of dentists recommend CoQ10 for dental health.

Fibromyalgia. CoQ10 levels are often low in fibro. Dr. M. Cordero and colleagues gave 200 mg of CoQ10 to fibromyalgia patients with "a significant improvement" in pain and fatigue symptoms. Blood tests showed improved CoQ10 levels and restored mitochondrial function.

Ubiquinone vs. Ubiquinol. More than 95% of *ubiquinone* is converted to *ubiquinol*, the active form in plasma and tissues of healthy humans. Before ubiquinol supplements came on the scene, the only way to increase levels was the slow way – to take supplemental ubiquinone which would naturally convert in the body. Age and certain conditions may affect this conversion so taking the ubiquinol form restores healthy levels a faster, easier way. Either key unlocks CoQ10 benefits.



Safety & Summary. The safety of CoQ10 is well known but has not been studied in pregnant or lactating women. A typical dose is 100 mg a day for most people. Be aware that this is only a *brief look* at the many healthy doors CoQ10 can open up for you!

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