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Functional Medicine

TWEET GM #48

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Title | Created

DIETARY POLYPHENOLS PROTECT AGAINST OXIDATIVE STRESS!

We have just posted QUOTE GM #48 today, which you will hopefully read.

I am becoming more and more fascinated by dietary polyphenols because of their tremendous benefits for human health. This article focuses on eye health and on two specific polyphenols, quercetin and cyanidin-3-glucoside (anthocyanin found in *blackberries* and in *blackcurrants*). I am really fond of prototypical flavonol ***quercetin*** (found in *red onions*, *shallots*, *capers*, and *lovage*) that possesses phenomenal antioxidant, anti-inflammatory, anti-hypertensive, anti-gout, anti-diabetic, anti-cancer, cardioprotective, and neuroprotective properties. I wonder how I have managed to survive until today without focusing on a diet high in quercetin, but to be honest, for some reason that may be instinct, I am highly attracted to those foods.

Now, I am even adding quercetin to my daily supplements regime because I suffer from two nasty heterozygous variant (one 'weak' gene copy from one parent) genotypes for two critical genes implied in protection against oxidative stress, i.e. 'NQO1' and 'OGG1'. One polymorphism would not raise too much concern, but both together show annoying. Interestingly, we can always compensate - to some extent - for such variant genotypes by respectively activating ***Nrf2*** signalling pathway and ***SIRT3*** gene. And guess what phytonutrient does the job in two cases? Quercetin, of course.

You can find extended lists for ***Nrf2 Activators*** (highly recommended for people presenting NQO1 polymorphism) and for ***SIRT3 Activators*** (highly recommended for people presenting OGG1 polymorphism) on my website.