

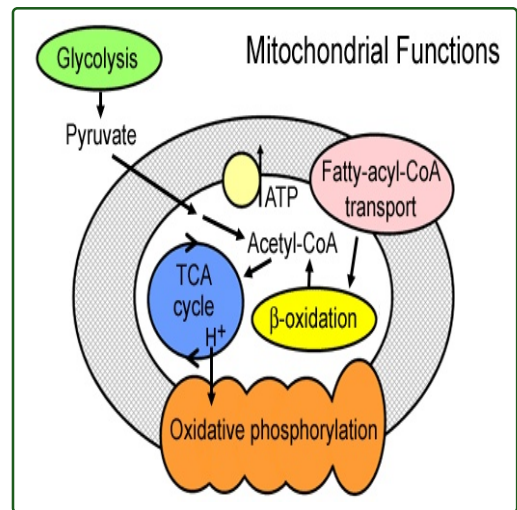
Benefits of Coenzyme Q10 for Fibromyalgia

By Patricia Quinn

The first study to investigate treatment of Fibromyalgia with Coenzyme Q10 (CoQ10)

The benefits of Coenzyme Q10 for Fibromyalgia have been documented in the first study to investigate treatment of Fibromyalgia with Coenzyme Q10 (CoQ10). CoQ10 supplementation resulted in marked clinical improvement in major symptoms including fatigue, pain and migraines. Additionally Coenzyme Q10 treatment raised blood CoQ10 levels and decreased oxidative stress. The investigators concluded that “the results of this study indicate that oxidative stress could be implicated in the severity of the clinical symptoms in Fibromyalgia and suggest that CoQ10 and antioxidant therapy needs to be examined as a treatment in Fibromyalgia.” (case series with 5 patients. Mitochondrion. 2011 Jul;11(4):623-5.)

Photo credit: <http://tinyurl.com/m4w8m8g>



Coenzyme Q10 is One of Ten Types

Coenzyme Q10 is one of the ten types of coenzyme Q that are found in nature, but the only one that is used by humans. Our bodies actually produce CoQ10, but as we age – especially after the age 40 – its production begins to decline to such a level that by the time we are in our sixties our CoQ10 levels are only about 10% of what they were when we were in our thirties. The mitochondria, which are the energy cells of the body, supply this energy in the form of adenosine triphosphate (ATP). Coenzyme Q10 is the oil that enables the mitochondria to work.

Without Q10 the Immune System Weakens

Without enough of Coenzyme Q10, the body’s immune system declines resulting in all sorts of colds, coughs, flu, and other sicknesses, because the body simply lacks the energy to fight them. The cells and antibodies that need to be produced are not produced, and the whole body suffers, resulting in chronic or increased pain. Problems with blood sugar regulation, gingival (gum) health, and stomach ulcers have also been associated with CoQ10 deficiency.

When your body has too little Coenzyme Q10 and you aren’t taking supplements, you may experience inflammation and the serious consequences of high blood pressure and high cholesterol levels which affect the heart muscle.

How much to take?

There is no official Daily Value recommendation, but Dr. Weil suggests at least 90 to 120 mg of supplemental CoQ10 for any adult taking statin medications and for those with a family history of heart problems, or who is at increased risk for cardiovascular disease. This dosage is also appropriate for otherwise healthy men and women as a preventive measure and to help maintain a healthy cardiovascular system. CoQ10 is fat-soluble, so take the supplement with a meal containing fat.

There are two forms of CoQ10 – ubiquinol and ubiquinone

There are two forms of CoQ10 – ubiquinol and ubiquinone; far lower doses of ubiquinol produce about the same blood (plasma) levels compared with much higher doses of ubiquinone. It takes 8-times more ubiquinone to increase CoQ10 blood levels to what can be achieved with much lower doses of ubiquinol.

***Always consult with your doctor about any medications you are using along with any supplements you take.*

Possible drug interactions with CoQ10 include: ACE Inhibitors, Beta-blockers, Blood Pressure Medications, Calcium-channel Blockers,Cholesterol-lowering Medications, Fibric Acid Derivatives, Cholesterol-lowering Medications,Statins,Diltiazem, Doxorubicin, Enalapril, Nitrate, Tricyclic Antidepressants, Warfarin.

Source: <http://ow.ly/hjl8i>

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Besides being an active grandmother, I am active in the community and I love spreading the word of an amazing super food, that I believe was instrumental in assisting me in regaining my health. I have written about it in **“my story”**.

I invite you to fill out the free, no obligation **product consultation** form. You can also contact me at iambbluegreen@verizon.net.



I would love to hear from you!

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