

Scientists: Benefits of Carnosine Found to Be Substantial



Research continues to shed light on the powerful antioxidant carnosine, particularly its disease-fighting potential and ability to protect the body from free radical damage. Its benefits are thought to be substantial, including providing healthful results in the realm of heart disease and neurodegenerative disease. Other studies indicate that carnosine may also combat the aging process.

Found naturally in the body, concentrations of carnosine are especially high in the brain, nervous system, lens of the eyes, cardiac muscles and skeletal muscles. However, as we age, these levels of concentration diminish, which is why carnosine is often taken as a nutrition supplement. Protein-rich foods such as beef, poultry and fish also contain high amounts of the antioxidant.

But it is Carnosine's disease-fighting potential that has been the focus of many studies recently. For example:

- Research published in 2014 in the journal *Atherosclerosis* suggests that carnosine inhibits the formation of arterial plaque in heart disease by helping to remove the accumulation of harmful reactive aldehydes, which form from the oxidation of fats in the bloodstream.
- A study in the journal *Amino Acids* in 2014 confirmed previous research that carnosine may play a key role in inhibiting the growth of tumor cells.
- The protective effects of carnosine in mouse bone marrow cells against damage to their genetic DNA structure caused by the chemotherapy drug cyclophosphamide were reported on by *Cell Biochemistry and Function* in 2012.
- Carnosine can also greatly enhance wound healing in diabetics, in addition to increasing the expression of growth factors and cytokines genes involved in wound healing, a 2012 study in the journal *Amino Acids* found.

LifeWave's Y-Age Carnosine patches are non-addictive and have been clinically shown to:

- improve overall health
- improve the bioelectrical properties of organs
- increase stamina by up to 125%
- help to reduce the appearance of fine lines and wrinkles (when used in conjunction with Y-Age Glutathione on a regular basis)

For additional details on Y-Age Carnosine please go to <http://www.lifewave.com/marilynvine> - select your country, then products, and patches. Scroll down the page.

If you would like additional information please contact:

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