

# \*VITAMIN Q

By Mike King

Many times alternatives are not accepted even though their use may seem quite obvious. In 1847, his peers scorned Dr. Ignaz Semmelweis. Why? He was the first physician to recognize and promote the medical benefits of Hand Washing! Thousands of people died because of the non-acceptance of simple hand washing in medical situations. Fast forward to the 21<sup>st</sup> Century - the CDC “recommends the simple practice of hand washing as one of the most important means of preventing the spread of infection.” Today - CoQ10, Mitoquinone, Ubidecarenone, Q10, Ubiquinone, CoQ, Vitamin Q, or Q is not recognized as a vitamin. Why, because vitamins are those substances that your body cannot produce and must be ingested!

In 1957, Dr. Fred Crane at the University of Wisconsin discovered Q as an essential compound in the body's production of energy. In 1958, Dr. Karl Folkers at the laboratory of Merck, Sharpe & Dohne eventually determined the exact chemical structure. According to Dr. Ray Sahelian, author of *All About Coenzyme Q-10*, Dr. Folkers, responsible for naming Q, “regretted that being involved in this nutrient he did not call it a vitamin.” According to the National Cancer Institute at <http://www.cancer.gov/cancerinfo/pdq/cam/coenzymeQ10>, Q “is a compound that is made naturally in the body. The body uses it to promote cell growth and to protect cells from damage that could lead to cancer. It also may help protect the body from side effects of some cancer treatments.”

Q is found in every cell in your body, you cannot live without it. Q is so essential in the production of energy within each cell of your body that the leading researchers and scientists call it “the spark-plug of your cells.” I call it “the spark plug of life.” Q is also an enzyme – another class of substances. Enzymes act as catalysts for countless chemical reactions in the human body. According to <http://www.bodybuildingforyou.com> Q “facilitates the activities of enzymes. CoQ10 has powerful antioxidant effects, and destroys free radicals in your body. CoQ10's role in energy production has particular importance for athletes and bodybuilders. CoQ10's helps the body's energy production in the form of ATP.”

Why is Q so special? Maybe Q's structure has something to do with it. Q has 2 parts, protein and another part that's a mineral or a vitamin. Q is similar in structure to vitamin K, but it does so much more as a catalyst for ATP production, the core of your cellular energy. It makes sense that your heart and liver have the highest content of Q. The cells of your heart may have over 10,000 mitochondria each; mitochondria are the “powerhouses” of your cells, and your liver is the core of major metabolic substances. Dr. Stephen T. Sinatra a leading cardiologist, alternative doctor, and author of *Coenzyme Q-10 and the Heart* suggests, “If there is just one thing you do to help maintain your heart's health, make sure you're taking Q10 daily.” Dr. Peter H. Langston states, “The majority of clinical studies concerning the treatment of heart disease were remarkably consistent in their conclusions: that treatment with CoQ10 significantly improved heart muscle function while producing no adverse effects or drug interactions.”

Why supplement with Q? In Japan, Q is the No. 1-selling cardiovascular drug. Q is widely used throughout Europe. Q is well known among leading doctors and scientists to alleviate the adverse side effects of Statin (cholesterol lowering) drugs that lead to heart disease. Q has even been given orphan drug status by the FDA. Orphan drugs are those substances that show effectiveness for treating severe or rare diseases that have few other treatment options. In the U.S. Q has been designated for Huntington's disease, childhood heart

failure, and rare inherited mitochondrial defects. Q has been shown healing benefit for many diseases such as muscle wasting diseases like Parkinson's disease, diabetes, heart failure, angina, heart rhythm disorders, high blood pressure, congestive heart failure, and even male fertility. As an antioxidant Q has great potential as an anticancer and immune-stimulating agent. Q has even shown great potential both topically and orally in treating periodontal (gum) disease.

There are many different forms of Q, different qualities and dosages. The average dosage is 100mg although it can range from 30mg up to and over 500mg per day. The high quality Q is fermented from yeast and is identical to your own body's natural Q. Tishcon Corporation in Japan is the leading company for high quality Q, holding many patents on manufacturing processes. New Chapter Company has another high quality bioavailable Q that is easily absorbed and 20 times more potent and longer lasting than the standard form. Synthetic Q is chemically processed using tobacco and while cheaper, is considered to be impure and difficult to absorb. As the Latin saying goes, "Caveat Emptor" or let the buyer beware!

***\*This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease.***