



Slow the Molecular Clock of Aging

The Nutrition Guy Featuring John Heinerman, Best-Selling Author

It is said that beauty is only skin deep, but the nutritional factors underlying that reach even further than many may realize.

Flavonoids

Powerful antioxidant compounds called flavonoids (or bioflavonoids) quench their thirst for maverick molecules by controlling the likes of age-promoting free radicals. These bioflavonoids manifest vitamin-like actions within the body and have been given their own nutritional categorization of vitamin P (because of their close alliance with the more common vitamin C).

Vitamin P

Inside the body, such vitamin P components as beta-carotene, lycopene and others, help slow the molecular clock of aging by giving strong nutritional support to important glands and organs such as the thyroid, adrenal, heart, lungs, liver and kidneys, where real beauty actually begins. Their combined efforts of deep tissue-cleansing and mending as well as body rebalancing go a long way in making us all look better on the outside.

Food Enzymes

In conjunction with this are a number of food enzymes which duplicate some of the same actions, such as cleansing, but also play vital roles in numerous metabolic functions. Without ample amounts of these natural

“self-starters” within us, a number of our body systems might not perform as well as they otherwise could.

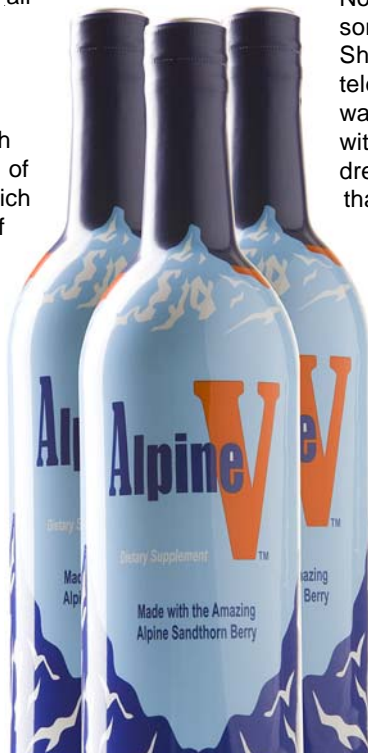
The Sistine Chapel

Look at what similar enzymes did for the ancient artwork inside the Vatican’s Sistine Chapel a while back. Art restorers used liquid enzymes to remove centuries of grime and soot from the walls and famous ceiling so that the vivid colors in Michelangelo’s historic paintings could show through more brilliantly than before.

In similar fashion, food enzymes can peel away layers of toxins which have accumulated within certain vital organs to enable them to function more actively with the revitalizations they have just received.

Food sources for such dynamic nutrients include any colored produce such as berries, carrots, cantaloupe, beets, grapes, squash and watermelon. They are for the body to assimilate and rapidly utilize if taken in liquid form.

Not long ago, while making some appearances on “The Shopping Channel” television show in Canada, I was asked by another guest with whom I shared a dressing room, what it was that I did which made my skin look so young and vibrant. Coming from someone half my age (30 versus 60) I thought it was a bit odd to ask. Nevertheless, I told him about the liquids I drink regularly and the soft drinks I consciously avoid. I explained to him the hydrating benefits of water (up to six full



Beauty begins on the inside

glasses daily) and the AlpineV drink (2 ounces daily), with its four great nutritional boosters – alpine sandthorn berry, guanabana, watermelon and pomegranate. I carefully noted that they contained all of the necessary flavonoids and enzymes to hold wrinkles to a minimum and give the skin more elasticity and vibrancy.

Beauty in a Bottle

“This is beauty from the inside out,” I concluded, and he promised to visit the AlpineV website to learn more about this fascinating “beauty potion in a bottle.”

The fruits in AlpineV provide important nutrients that help the body beautify itself.

