



Antioxidants fight H1N1 respiratory damage in studies

A series of new studies from University of Alabama researchers, published November 2009, show how antioxidants could help fight respiratory complications of H1N1 flu. Respiratory damage from the virus has taken a toll, leading to death in otherwise healthy individuals. Through a series of experiments, the researchers found that antioxidants, the type found in plant based foods, prevent lung damage from the H1N1 virus.

Respiratory complications of flu occur when a segment of the M2 protein attacks the lining of the lungs, or epithelium. The researchers isolated a segment of the M2 protein. When they removed the segment, they found that the H1N1 virus no longer damaged lung protein. The same thing occurred when antioxidant drugs were added to the cells - antioxidants prevented the M2 protein from causing damage to respiratory cells.

According to Sadis Matalon, co-author of the study, published in the FASEB journal, "The recent outbreak of H1N1 influenza and the rapid spread of this strain across the world highlights the need to better understand how this virus damages the lungs and to find new treatments. Additionally, our research shows that antioxidants may prove beneficial in the treatment of flu."

The study is published in the FASEB journal. Editor-in Chief of the journal, Gerald Weissmann, M.D. says, "Although vaccines will remain the first line of intervention against the flu for a long time to come, this study opens the door for entirely new treatments geared toward stopping the [H1N1] virus after you're sick..." The researchers found that antioxidants prevent lung damage from H1N1 by halting fluid buildup that sets the stage for pneumonia and respiratory failure from H1N1 flu.

To find how antioxidants prevent lung damage from flu, the scientists first looked at the function of lung protein. Next they studied the M2 protein in conjunction with lung protein, finding the segment of M2 protein that caused damage. When they removed the segment of the M2 protein responsible for the respiratory effects of H1N1, the damage no longer continued. Lastly, the researchers used antioxidant drugs in combination with the M2 protein and lung protein, finding that antioxidants prevented lung damage from H1N1 virus. The experiment was performed first on frog eggs, then on human cells, producing the same results each time.

The scientists suggest they may have found H1N1 flu's weakness. Antioxidants are

shown in lab experiments to prevent lung damage from H1N1 flu. The article, titled "Scientists discover influenza's Achilles heel: Antioxidants", is published in the November online issue of the FASEB journal. Antioxidants might help in the fight against H1N1 flu and the respiratory damage that occurs to cause severe illness and deaths. Supplements should not be used as a replacement for nutrition from whole foods for overall health and for boosting immunity.

This article from:

<http://www.examiner.com/x-14041-Charlotte-Health-and-Happiness-Examiner~y2009m11d1-Antioxidants-fight-H1N1-respiratory-damage-in-studies>

Remember that essential oils have the highest antioxidants content of anything out there and daily use of things like the liver cleanse and maintenance are what I use to protect my family from things we hear in the news

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