

# HOLISTIC HEALTH NOTEBOOK

## Energy on a cellular level



called ribose. Ribose is a natural sugar found in all living cells, and is present in several molecules that are essential to many biological processes. There is no food source of ribose; it must be created in the body from other dietary nutrients, namely glucose.

Here is where it gets really complicated: Hypoxia (shortage of oxygen in the tissues) has a direct impact on cellular energy reserves. Depriving cells of oxygen causes energy to be used faster than it can be supplied. ATP depletion has a significant impact on metabolism in the heart, and many functions of the heart can be compromised.

Purine nucleotides (ATP and its precursors) lost due to ischemia (blood restriction), low levels of oxygen, or genetic predisposition are replaced via the purine nucleotide pathway, a pathway that is rate limited by the availability of ribose in tissues.

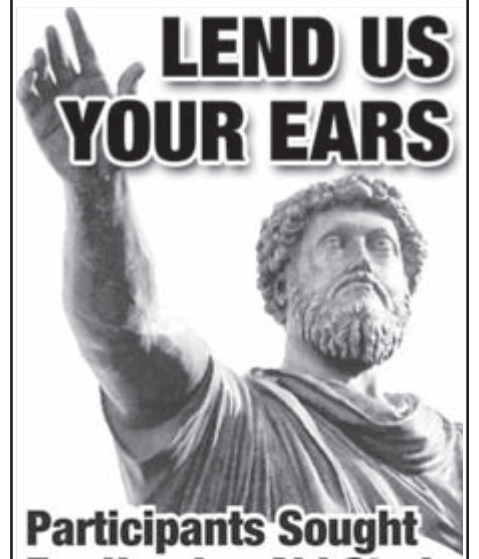
Human trials using supplemental ribose show promise in patients with coronary artery disease, angina, congestive heart failure, and recovery from cardiovascular surgery. In a pilot study involving 41 people diagnosed with chronic fatigue syndrome and fibromyalgia, approximately 66 percent of patients reported significant improvement, with an average increase in energy of 45 percent and an average improvement in overall



well-being of 30 percent. Those are pretty good numbers.

I also suggest switching to a real food-based diet, and who knows what benefits would ensue? ■

— Carol Simontacchi is the owner of the Island Nutrition Center on Sanibel. She can be reached at 472-4499 or on the Web at [www.islandnutrition-center.meta-ehealth.com](http://www.islandnutrition-center.meta-ehealth.com).



### Participants Sought For Hearing Aid Study

Better Hearing Centers of Florida has received a generous grant to conduct an important field study on a new model of open ear hearing aid. It is smaller and more comfortable than traditional hearing aids.

We are seeking people with hearing loss to participate in this study. Both current hearing aid users and non-users are needed.

Participants will earn the free use of this hearing aid for thirty days. All lab and testing services are performed at no charge through this grant.

At the end of this thirty day trial, participants will return the aids or purchase them at a highly discounted price.

For further information on becoming a participant in this field study

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