



ELITE

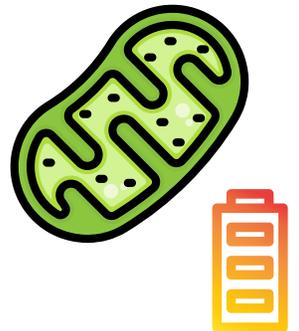
Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

3/21: CoQ10

Many health experts consider coenzyme Q10 (CoQ10) to be the most important non-vitamin nutrient known to man. Every cell in your body has mitochondria, which are responsible for energy production. If mitochondria is the body's battery, then CoQ10 is their charger. CoQ10 is also called ubiquinol. The name derives from the word ubiquitous, meaning present all over. This is an apt name since CoQ10 is found everywhere within the body.

Surprisingly, we've only known about CoQ10 for about 60 years. However, more research has been done on CoQ10 than just about any other nutrient. Raising your CoQ10 enzyme levels improves the health of blood vessels, decreases your chance of blood clots, improves the delivery of nutrients to your muscles, increases your energy level, and decreases your chance of stroke and other neurodegenerative brain disorders. That's a ton of benefits!



While our bodies actually do make CoQ10, the ability to produce CoQ10 declines with age, lifestyle, diet, and other factors. The longer we live, the less CoQ10 our bodies produce.

Why does this matter? CoQ10 is essential for cellular energy. It is a key piece in our biological puzzle, in particular for the brain, heart, and muscles - precisely the organs that need the most energy and are the most vulnerable to deficits.

As people age, CoQ10 levels decrease, which in turn causes energy to decrease. Less energy results in less physical activity and less capacity to exercise. Lack of activity, in turn, lowers CoQ10 levels. This spiral of decline becomes a vicious cycle.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Besides aging and energy insufficiency, CoQ10 deficiency is linked to cardiac diseases, strokes, and neurodegenerative pathologies such as Alzheimer's disease and Parkinson's. This compound may lower blood pressure (both systolic and diastolic) and reduce migraine headaches, which researchers believe are linked to mitochondrial function.

New studies have also linked low levels of CoQ10 with sarcopenia, or the degenerative loss of muscle mass (see previous health tip of 1/3/22 for discussion of sarcopenia).

Improve CoQ10 levels with these strategies:

Increase regular physical activity

- Oxidative stress can affect muscle function, impacting exercise performance.
- CoQ10 can help exercise performance by decreasing oxidative stress in the cells and improving mitochondrial functions.

Improve your diet

If you want to boost your CoQ10 levels (and your cardiovascular health), include some of these foods in your weekly diet.

- **Organ meats** kidney, liver
- **Nuts and seeds** pistachio, sesame seeds
- **Fatty fish** sardines, salmon, trout, mackerel
- **Meats** chicken, beef, pork
- **Vegetables** spinach, broccoli, cauliflower
- **Fruits** strawberries, oranges
- **Oils** soybean and canola oils
- **Legumes** soybeans, lentils, peanuts

Consider supplementation

- It may be easier than planning your diet around sufficient food sources. CoQ10 supplementation is a viable option for everyone. Our bodies absorb CoQ10 similarly from food and dietary supplements, so neither has an advantage over the other in terms of bioavailability.
- Supplementing with CoQ10 can help increase power during exercise and reduce fatigue, both of which can improve exercise performance.
- Statins are cholesterol-lowering medications that deplete CoQ10 levels. Those who take statins generally require CoQ10 supplementation.

As always, if you have questions about exercise or dietary supplementation, we are here to help! Give our office a call. We offer extremely thorough and reasonable nutraceutical consultation, and no, we won't try to sell you any supplements. Ever. Elite provides recommendations only. However, we are confident that our recommendations will make a world of difference! Don't put it off. Call today.

Take-Home Message



David Trumbore
PT, DPT, CSCI, CWT, CPI

When you schedule a nutraceutical consultation with us, we will evaluate your past medical history, dietary habits, medication regimen, current supplementation (if any), and fitness/health goals.

At the conclusion of your evaluation, we will prescribe a supplementation program designed specifically for you. This will include the recommendation of nutraceutical products, a review of their scientifically proven effects, and dosage recommendations.

We will recommend the products and brands you should take, why you should take them, and what dosages you should take. This will allow you to search for the best possible pricing thus removing any doubt of bias in our recommendations.

Our recommendations are based on a review of current scientific research, understanding of pharmacology and physiology as well as consultation with independent consumer labs that test nutraceutical products.

The cost for the initial consultation, nutraceutical recommendation, and follow-up support is \$165. This will provide you with a lifetime of peace of mind knowing that you are taking appropriately prescribed supplements that are safe for you and will promote wellness.

Schedule your consultation today!