Achillea composta

Sei componenti naturali diventano un integratore contro lo stress, la stanchezza, la debolezza del sistema immunitario: è antinvecchiamento, aumenta l'energia, stimola il corretto funzionamento cellulare.
Sono molto orgoglioso di queste capsule che ho formulato qualche anno fa ed ho fatto preparare in farmacia (Farmacia Sguazzini, in S. Pietro Mosezzo (NO) - tel. 0321. 53 716). Rivista oggi non mi sembra di dover cambiare nulla: ho solo provveduto a migliorare la qualità di qualche componente (per es. le foglie di ulivo hanno ora una percentuale più alta di oleuropeina). Ovviamente ciascuno può farle preparare da una farmacia di sua fiducia.
La scelta dei componenti ha richiesto una revisione accurata di molti studi che ho voluto citare in calce a questa pagina (assicuro che li ho letti tutti…), perché hanno fornito uno studio accurato sull'efficacia e l'innocuità del prodotto.
Il dosaggio dei componenti elencati sotto suppone **l'assunzione di 1 capsula a colazione e una capsula a cena, aumentabili a tre (una in più a pranzo) in caso di bisogno (per es forte debilitazione, convalescenze, ecc.)**

Sergio Chiesa

La composizione

Achillea	100 mg
Olivo	50 mg
Propoli	25 mg
Rodiola	37,5
Dimetilglicina	75
Uncaria	75

Come di consueto non ho nessuna percentuale sul prodotto. Il mio interesse è solo favorire la salute.

Gli effetti dei singoli componenti

Achillea millefolium

- attività antiossidante e antimicrobica
- ansiolitica
- vasoprotettrice
- ringiovanimento tessuto epidermico
- disinfiammante e cicatrizzante del tessuto gastrico (antiulcera)
- estrogenica

Olivo foglie

- attività antimicrobica e antiossidante
- contro l'ipertensione
- antivirale
- ipoglicemico

Propoli

- antimicrobico
- antitumorale
- immunomodulante
- antinfiammatorio
- antiipercolesterolemia
- contro l'ipertensione

Rodiola rosea

- antinfiammatoria
- neuroprotettiva
- anti stanchezza, in particolare contro la sindrome da stanchezza cronica
- antidepressiva
- contro la demenza senile
- adattogena: immunomodulante
- anti-aging
- ansiolitica
- antidepressiva
- antitumorale

Uncaria tomentosa

- antitumorale (favorisce l'apoptosi e impedisce la proliferazione)
- favorisce il riequilibrio dei neutrofili e dei linfociti dopo le chemioterapie
- antiossidante
- antinfiammatoria
- agente per la riparazione del DNA
- antivirale
- anti artritica

Dimetilglicina

- È un enzima transferasi, tratto in genere dalla scorza del limone
- Trasforma l'omocisteina in metionina e quindi in SAM (S-adenosil-metionina)
- antidepressiva
- antitumorale
- efficace nell'autismo
- coinvolta nel ciclo di SAM, quindi nella produzione di numerosi ormoni, soprattutto riguardanti la serenità: quelli della corteccia surrenale, di neurotrasmettitori
- in condizioni di stress sostiene le funzioni epatiche, surrenali, pancreatiche
- favorisce l'attività sportiva

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