Interneten talált példák

A vörösbor hatása a fogyókúrára

http://www.mindenegybenblog.hu/eletmod-egeszseg/a-vorosbor-hatasa-egyenlo-a-testmozgassal

Életmód - egészség

Mindenegyben Blog
2015. november 23. (hétfő), 22:45

A vörösbor hatása egyenlő a testmozgással

2015 NOV 23

Tudósok kimutatták, hogy egy pohár vörösbor elfogyasztásával egyórányi konditermi edzést lehet kiváltani.

A vörösbor jótékony hatásai régóta ismertek, most azonban előkerült egy minden eddiginél konkrétabb bizonyíték. A **hvg.hu** a MyDaily.co.uk oldalon megjelent **kutatásra** hivatkozva azt írja, az egésznek egy speciális vegyület, a szőlő héjában is megtalálható rezveratrol az oka.

Bár az Egyesült Államokban majdnem egy évtizeden keresztül vizsgálták, nem sikerült bizonyítaniuk az előnyeit. Most azonban kanadai tudósok sikerrel jártak: több pozitív élettani hatást is kimutattak, miután a vegyületből akkora mennyiséget juttattak a szervezetbe, amennyi egy pohár vörösborban is megtalálható.

http://hvg.hu/instant_tudomany/20150323_hihetetlen_de_igaz_1_pohar_vorosbor_elfog

Hihetetlen, de igaz: 1 pohár vörösbor elfogyasztása 1 óra edzéssel ér fel

2015. március 23., hétfő, 12:01 • Utolsó frissítés: 2015. március 23., hétfő, 19:23

Szerző: hvg.hu

Címkék: edzés; vörösbor; rezveratrol;

Egy kanadai kutatás olyan vegyületet talált a vörösborban, amely ugyanazt a hatást éri el egy pohár ital elfogyasztása után, mint egy óra konditermi edzés.

A *My Daily* szakoldalon jelent meg annak a **kutatásnak** az összegzése, amely szerint 1 pohár vörösbor elfogyasztása ugyanolyan kedvező hatással bír, mint 1 óra konditermi edzés. Ennek az alapját egy különleges vegyület, a szőlő héjában is található rezveratrol adja, amelyet majdnem tíz éven át vizsgáltak amerikai tudósok, mégsem fedezték fel semmilyen pozitív hatását. Most a

A ROVAT HÍREIBŐL

- Ön is könnyen megcsinálhatja: itt 8 lenyűgöző vizes trükköt tanulhat - videó
- Fotók: A víz alól bukkantak elő egy falu romjai
- Fotó: Három űrhajóssal ért földet a Szojuz leszállókabinja
- Ez a 7+1 jele annak, hogy az átlagosnál intelligensebb
- Más fajt találtak az egy évszázada kiásott kövületben, mint eddig hitték

Tovább »

EZT MÁR OLVASTA

http://www.huffingtonpost.co.uk/2015/03/04/a-glass-of-red-wine-is-the-equivalent-to-an-hour-at-the-gym-says-new-study_n_7317240.html

Disabled Model 'Humiliated' As Fashion Show Didn't Provide Ramp

Nicki Minaj Is Rocking Some Serious Bling On Her Ring Finger

Here's Where To Buy The Duchess Of Cambridge's Houndstooth Coat

A Glass Of Red Wine Is The Equivalent To An Hour At The Gym, Says New Study

MyDaily UK | By Daisy May Sitch

Posted: 23/07/2015 14:33 BST | Updated: 23/07/2015 14:59 BST

http://www.sciencedaily.com/releases/2012/06/120619225941.htm

itt már csak lehet……
és nem a bor, hanem egy anyag, ami benne van….
De megvan az újság: His team's findings were published in the peer-reviewed *Journal of Physiology* in late May.

Resveratrol may be natural exercise performance enhancer

Date: June 19, 2012

Source: University of Alberta Faculty of Medicine & Dentistry

Summary: A natural compound found in some fruits, nuts and red wine may enhance exercise training and performance, demonstrates newly published medical research.

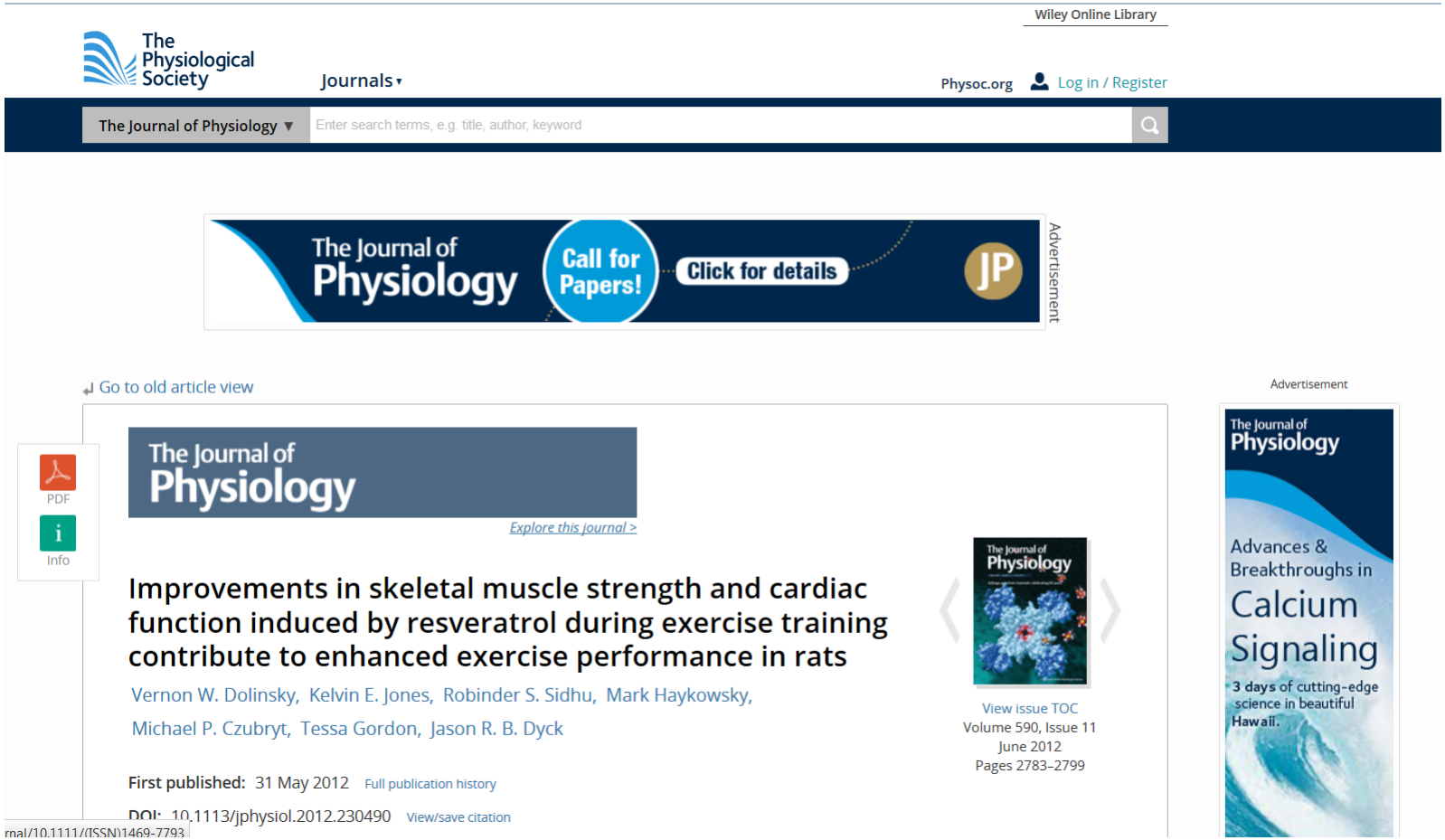
FULL STORY

A natural compound found in some fruits, nuts and red wine may enhance exercise training and performance, demonstrates newly published medical research from the University of Alberta.

Principal investigator Jason Dyck and his team found out in lab experiments

http://onlinelibrary.wiley.com/doi/10.1113/jphysiol.2012.230490/abstract

itt kiderül, hogy ezek patkányok, de az nem, hogy mennyi…



http://onlinelibrary.wiley.com/doi/10.1113/jphysiol.2012.230490/epdf

The Journal of Physiology

J Physiol 590.11 (2012) pp 2783–2799

Improvements in skeletal muscle strength and cardiac function induced by resveratrol during exercise training contribute to enhanced exercise performance in rats

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Key points

- Resveratrol, an antioxidant found in red wine, has beneficial effects on cardiac and skeletal muscle function, similar to the effects of endurance exercise training.
- Combining resveratrol supplementation with exercise training augments the beneficial effects of exercise alone.
- We show that endurance capacity is enhanced in rats whose diet includes resveratrol during a 12 week endurance-training programme.
- Increased endurance was associated with increases in skeletal muscle force, cardiac function, and oxidative metabolism.
- Our results establish that resveratrol is an effective ergogenic aid that enhances exercise performance over exercise alone.

Abstract Exercise training (ET) improves endurance capacity by increasing both skeletal muscle mitochondrial number and function, as well as contributing to favourable cardiac remodelling. Interestingly, some of the benefits of regular exercise can also be mimicked by the naturally occurring polyphenol, resveratrol (RESV). However, it is not known whether RESV enhances physiological adaptations to ET. To investigate this, male Wistar rats were randomly assigned to a control chow diet or a chow diet that contained RESV (4 g kg^{-1} of diet) and subsequently subjected to a programme of progressive treadmill running for 12 weeks. ET-induced improvements in exercise performance were enhanced by 21% ($P < 0.001$) by the addition of RESV to the diet. In soleus muscle, ET + RESV increased both the twitch (1.8-fold; $P < 0.05$) and tetanic (1.2-fold; $P < 0.05$) forces generated during isometric contraction, compared to ET alone. *In vivo* echocardiography demonstrated that ET + RESV also increased the resting left ventricular ejection fraction by 10% ($P < 0.05$), and reduced left ventricular wall stress compared to ET alone. These functional changes were accompanied by increased cardiac fatty acid oxidation (1.2-fold; $P < 0.05$) and favourable changes in cardiac gene expression and signal transduction pathways that optimized the utilization of fatty acids in ET + RESV compared to ET alone. Overall, our findings provide evidence that the capacity for fatty acid oxidation is augmented by the addition of RESV to the diet during ET, and that this may contribute to the improved physical performance of rats following ET.

Nem mozgó

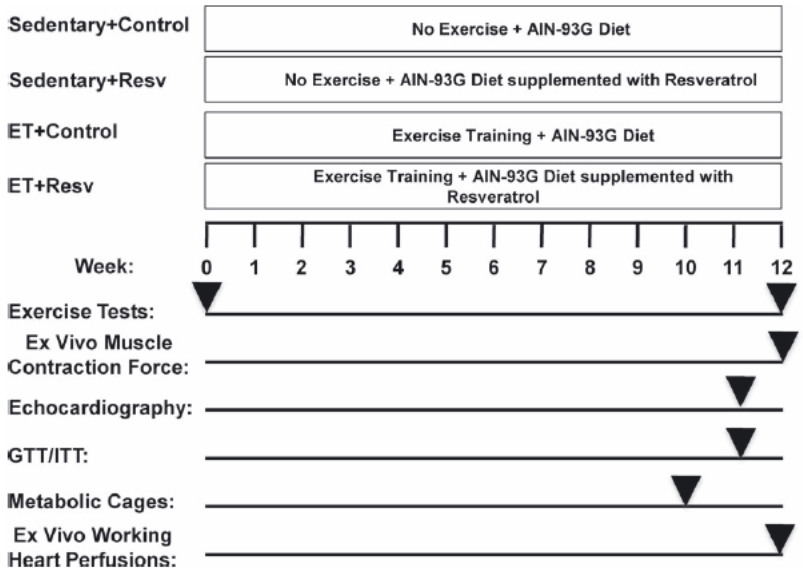

Figure 1. Experimental design
Following acclimation to the treadmill, 10-week-old male Wistar rats were randomly divided into four groups, which included sedentary rats or exercise trained (ET; level treadmill running 20 m min^{-1} for 60 min, 5 days $week^{-1}$ for 12 weeks) rats that received control AIN-93G diet (Control) or the AIN-93G diet supplemented with resveratrol (RESV; 4 g RESV/kg food). Glucose tolerance test (GTT). Insulin tolerance test (ITT). Rats were subjected to experimental procedures at the indicated time points.

Hol van az elemszám?

Statistical analysis

Data are expressed as means ± standard error of the mean (SEM). Comparisons between treatment groups were performed using the Student's unpaired, two-tailed *t* test, or two-way analysis of variance (ANOVA) with a Bonferroni *post hoc* test of pairwise comparisons between groups, where appropriate. A probability value of <0.05 was considered significant.

Hol van az elemszám?

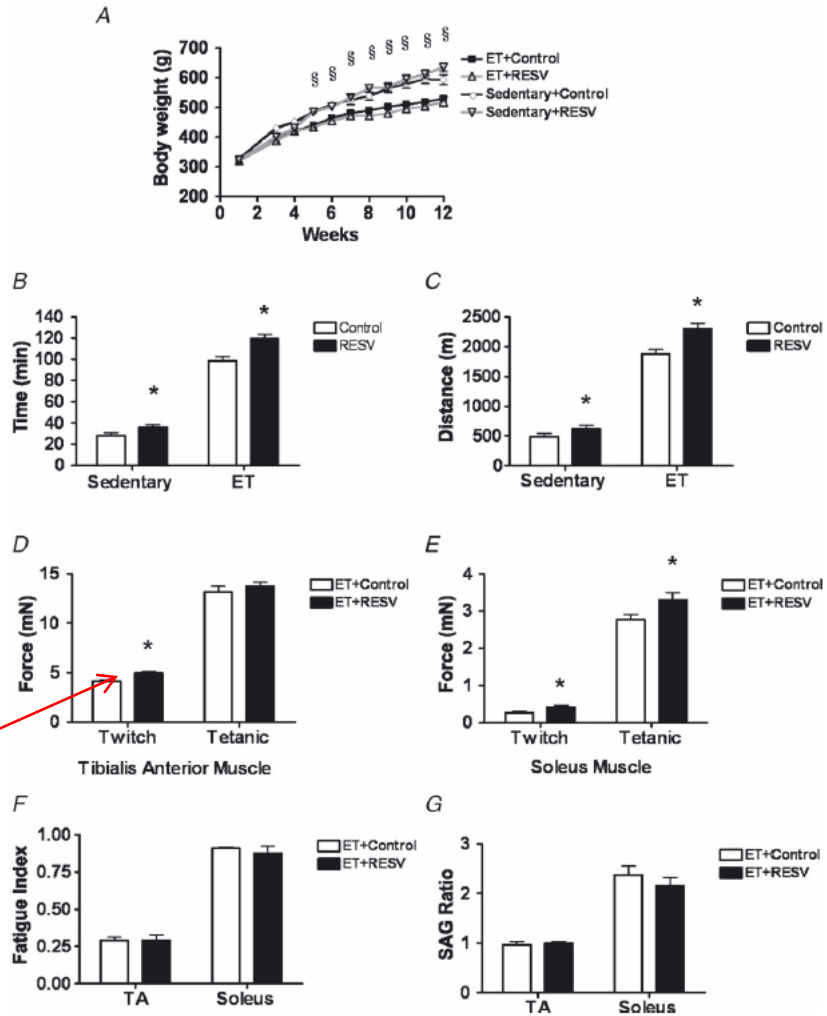

Figure 2. Resveratrol (RESV) improves the endurance capacity of exercise-trained (ET) rats
A, body weight. *B* and *C*, time to exhaustion (*B*) and distance run (*C*) during a treadmill exercise test after the 12 weeks of ET. *D* and *E*, twitch and tetanic forces in the tibialis anterior (TA) muscle (*D*) and soleus muscle (*E*). *F* and *G*, the fatigue index (*F*) and SAG ratio (*G*) during isometric muscle contractions. Data are presented as the mean ± SEM of $n = 10$ rats. Significant difference: $^*P < 0.05$ Control *vs.* RESV; $\S P < 0.05$ Sedentary *vs.* ET using a two-way ANOVA and Bonferroni *post hoc* test.

Table 2. Cardiovascular characteristics

	Sed + Control	Sed + RESV	ET + Control	ET + RESV
Fractional shortening (%)	47.7 ± 1.2	48.9 ± 2.0	51.0 ± 1.9	56.3 ± 2.5*§
IVSs (mm)	3.06 ± 0.03	3.24 ± 0.08	3.35 ± 0.09§	3.42 ± 0.08§
LVIDs (mm)	4.40 ± 0.06	4.27 ± 0.16	3.69 ± 0.09§	3.29 ± 0.12*§
Heart Rate (bpm)	396 ± 19.0	407 ± 14.0	378 ± 23.0	377 ± 10.0
Cardiac output (ml min^{-1})	110.1 ± 11.3	110.2 ± 3.4	95.7 ± 5.0	107.5 ± 10.4
Systolic pressure (mmHg)	148.5 ± 6.6	147.5 ± 7.2	139.2 ± 5.9	132.9 ± 6.1
Diastolic pressure (mmHg)	118.5 ± 10.1	116.9 ± 11.0	107.3 ± 7.0	92.4 ± 9.1
Plasma TG (mg dl^{-1})	153.2 ± 30.6	95.7 ± 19.1	93.1 ± 13.8	71.5 ± 9.6§
Plasma free fatty acid (mM)	0.47 ± 0.07	0.38 ± 0.02	0.47 ± 0.07	0.39 ± 0.04

Values are the means ± SEM of $n = 5$–6 rats. Significant difference: *$P < 0.05$ Control *vs.* Resveratrol (RESV); §$P < 0.05$ Sedentary (Sed) *vs.* Exercise Training (ET) using a two-way ANOVA and Bonferronic post hoc test.

Megvan az elemszám! (5-6)??? De csak itt, a szövegben sehol sem találtam.

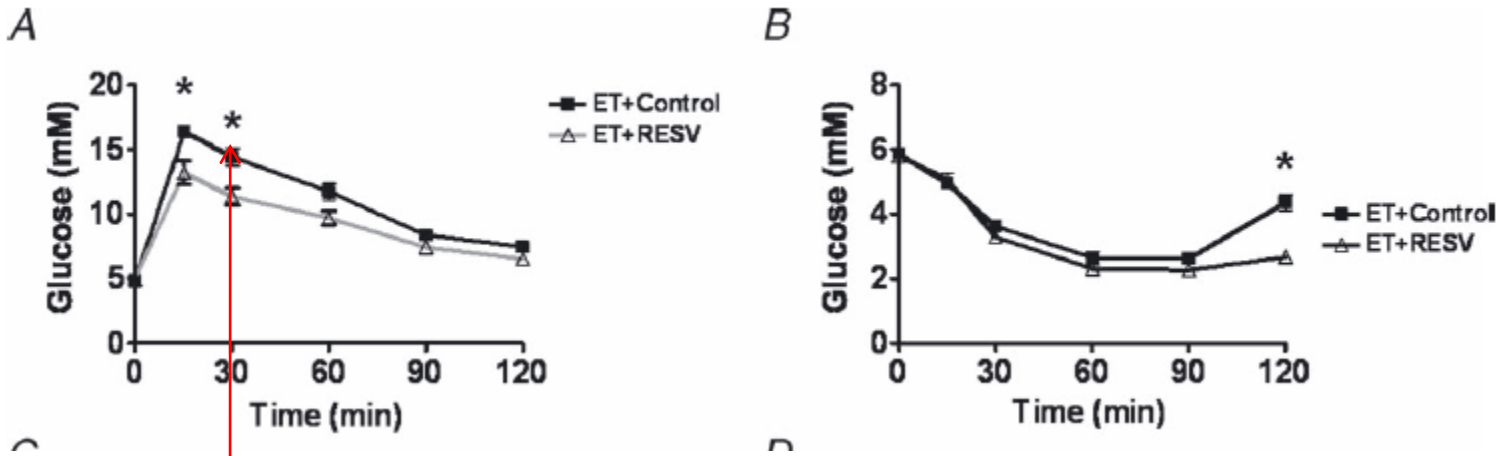

Figure 4. Resveratrol (RESV) improves whole-body glucose homeostasis and fatty acid oxidation in exercise trained (ET) rats

A and *B*, glucose (*A*) and insulin (*B*) tolerance tests. *C* and *D*, oxygen consumption ($\dot{V}_{O_2}$) (*C*) and respiratory exchange ratio (RER) (*D*) were measured by indirect calorimetry. *E* and *F*, the amount of whole-body fat (*E*) and glucose oxidation (*F*) was calculated from the calorimetry data. *G*, food consumption was measured over a 24 h period. *H*, physical activity was monitored by dual axis detection using infra-red photocell technology over a 24 h period. Data are presented as the mean ± SEM of $n = 6$ rats. Significant difference: $^*P < 0.05$ ET + Control *vs.* ET + RESV using a Student's *t* test.

Elég sokan idézik, pl. az alábbi tanulmány tűzoltókon vizsgálja a resveratrol hatását

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journal homepage: www.elsevier.com/locate/chembioint

Effects of chronic resveratrol supplementation in military firefighters undergo a physical fitness test – A placebo-controlled, double blind study

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…és ha jól értem, nem tudták kimutatni

Két csoport, n=60-60 elemszámmal, 4 időpontban vizsgálták, ismételt méréses ANOVA-val.

Table 2
Plasma glucose, triglycerides, total cholesterol, HDL/LDL cholesterol, CK, LDH, UA, creatinine, serum iron, FRAP, AST, ALT and GGT levels of firefighters before (T1) and after (T2) the FT and before (T3) and after (T4) the FT and the RES or placebo supplementation.

	Placebo				Resveratrol			
	T1	T2	T3	T4	T1	T2	T3	T4
Glucose (mg/dL)	88.66 ± 2.48	106.2 ± 3.29	79.80 ± 2.61	85.53 ± 2.99	92.91 ± 3.17	102.8 ± 3.87	78.68 ± 2.69	96.06 ± 2.67[a]
TG (mg/dL)	43.5 ± 2.61	43.5 ± 1.39	42.3 ± 4.26	42.6 ± 3.60	48.5 ± 1.84	46.7 ± 1.91	50.2 ± 1.24	54.3 ± 1.43[a]
Total cholesterol (mg/dL)	157.9 ± 9.07	164.2 ± 6.52	165.3 ± 9.56	154.3 ± 8.44	167.7 ± 7.04	172.7 ± 12.37	178.1 ± 10.06	155.7 ± 10.15
HDL (mg/dL)	60.04 ± 3.33	55.27 ± 3.88	52.61 ± 3.74	57.63 ± 5.25	56.19 ± 3.40	51.84 ± 3.29	49.55 ± 2.05	52.39 ± 3.32
LDL (mg/dL)	101.3 ± 4.07	95.5 ± 4.41	119.6 ± 5.50	107.6 ± 4.15	92.6 ± 4.11	91.7 ± 3.73	98.2 ± 7.57	83.1 ± 5.17
CK (UI/L)	332.3 ± 26.49	440.6 ± 32.91[b]	464.4 ± 21.72	627.4 ± 25.03[b]	406.2 ± 19.61	533.2 ± 27.97[b]	401.4 ± 25.27	625.7 ± 37.38[b]
LDH (U/L)	186.7 ± 15.55	155.6 ± 15.68	156.1 ± 8.62	137.0 ± 7.78	251.0 ± 25.11[a]	299.6 ± 11.98[a]	163.1 ± 13.07	155.7 ± 8.77
Serum iron (μg/dL)	153 ± 26.13	194.2 ± 20.87	213.2 ± 26.09	153.5 ± 26.14	185.1 ± 21.45	192.9 ± 18.87	204.2 ± 21.72	203.9 ± 16.02
FRAP (μmol/L)	1122.7 ± 45.5	1223.0 ± 40.4[b]	1185.5 ± 48.7	1384.3 ± 59.9[b]	1209 ± 41.2	1342 ± 54.6[b]	1269 ± 36.2	1414 ± 44.8[b]
Creatinine (mg/dL)	1.025 ± 0.044	1.101 ± 0.049	0.999 ± 0.049	1.047 ± 0.037	1.173 ± 0.07	1.258 ± 0.08	1.049 ± 0.04	1.152 ± 0.07
UA (mg/dL)	5.3 ± 0.16	6.9 ± 0.21[b]	5.4 ± 0.15	7.4 ± 0.24[b]	5.5 ± 0.23	7.2 ± 0.19[b]	5.7 ± 0.16	7.4 ± 0.26[b]
ALT (U/L)	9.1 ± 1.93	9.2 ± 1.77	9.7 ± 1.15	8.18 ± 1.08	10.32 ± 2.68	8.67 ± 1.57	10.35 ± 1.36	9.54 ± 1.29
AST (U/L)	28.6 ± 3.87	24.6 ± 3.70	21.23 ± 1.81	30.17 ± 2.12	33.34 ± 3.69	30.21 ± 2.07	18.98 ± 2.04	19.45 ± 3.08
GGT (U/L)	39.34 ± 4.90	38.23 ± 5.34	31.28 ± 3.36	35.57 ± 3.66	38.75 ± 3.57	34.96 ± 3.45	32.33 ± 3.37	35.88 ± 3.62

Glucose, triglycerides (TG), total cholesterol and cholesterol fractions (LDL/HDL), creatinine, and uric acid (UA) are presented as mg/dL; serum iron as μg/dL, and FRAP as μmol/L.
Results are presented as mean ± SEM of 30 firefighters per group (placebo or resveratrol).
[a] Indicates significant difference compared with the placebo for the same condition ($p < 0.05$).
[b] Indicates significant difference compared with the respective group before the FT ($p < 0.05$).

Conclusion: In summary, the most pronounced effect of RES supplementation is its anti-inflammatory effect, which reduced IL-6 and TNF-α level. The FT applied to Brazilian military firefighters was not sufficient to challenge the antioxidant defense systems, and, therefore, 100 mg of RES for three months did not induce significant effects.

http://www.sciencedirect.com/science/article/pii/S1568163715000045#

Resveratrol supplementation: Where are we now and where should we go?

Marta G. Novelle[a, b, c], et al. Ageing Research Reviews Volume 21, May 2015, P 1–15

Elég nagy összefoglaló munka, statisztika nincs benne.

Contents

9. rész konklúziója: Clearly, more studies are needed to clarify the impact of RSV supplementation on the health benefits gained by exercise training using a wide range of effective RSV doses, other population groups, and a fair interpretation of the data.

Csattanó: egy évvel később megtaláltam az Interenen is ugyanezt, sőt még többet is

http://www.mensfitness.com/nutrition/what-to-drink/no-red-wine-cannot-replace-exercise

- If you Googled "Red Wine, Exercise" on September 4, you'd see headlines like this: [OMFG: Science Says a Glass of Red Wine May be Equivalent to an Hour at the Gym].
- …
- You should know two things about this study. First, the authors never actually say that wine can replace exercise. They do say, "Combining resveratrol supplementation with exercise training augments the beneficial effects of exercise alone." Wine or no wine, you still have to work out.
- ..
- Second, the study was conducted on rats. Yes, rats. So if you accidentally spill some discreetly placed Franzia onto the New York City subway tracks, the scurrying rodents might not need to scurry so much. But it's a giant leap to assume humans will experience the exact same benefits.
- Now for the latest study, which was published in the journal *Applied Physiology, Nutrition, and Metabolism*. It was conducted on humans, 16 of them in fact. Those humans completed a four-week HIIT program while consuming either a resveratrol supplement or a placebo. Those taking the placebo improved their physical fitness, while the resveratrol takers did not.