Anne Simons

OPCs at a Glance

All about the most powerful natural antioxidant of our time



By the author of the German best-seller "Gesund länger leben durch OPC" ("OPCs for a Long and Healthy Life")

Maya Media

Preface

From the very beginning, mankind has dreamed of a fountain of youth, a paradise of eternal youth. Although we have not achieved immortality, we now know that our genetic code is geared to a life span of about 120 years. But who manages to reach this age? It is clear that the tape of our life could be played longer than it is at the moment. In other words, we age faster than we need to.

Is the hope of a life-prolonging substance really only a pipe dream? I say no. In fact, Nature supplies us with the means for slowing down the body's aging process and staying healthy in old age – the OPCs (oligomeric proanthocyanidins). These molecules are found in many plants, especially in the peel, bark, seeds and leaves – wherever it is necessary to keep oils from oxidising. OPCs are the immune system of plants, so to speak. Many human illnesses, however, start with the oxidation of cell fat. With the help of OPCs, we too can protect our bodies from excessive oxidation and so live longer.

OPCs help many different disorders and illnesses: inflammation, cardiovascular disorders, skin diseases, high blood pressure, tooth decay, haemorrhoids, broken bones, high cholesterol, allergies, dropsy, circulatory complaints, sports injuries, eye complaints ...The list of possible applications is as long as it is varied. That a single substance can be used in so many ways has nothing to do with magic, but makes biological sense and, incidentally, has been scientifically researched. Try it yourself and see!

The "French Paradox"

When I first published "Das OPC Gesundheitsbuch" ("The OPCs Health Book") in 1998, OPCs were still unknown in Germany. This has since changed, resulting in better health for many people. Nowadays, more and more people regularly supplement their diet with OPCs. They have become as indispensable as the daily dose of vitamin C.

It was the so-called "French Paradox" which started me on the road to this fortunate discovery. Statistics have shown that the rate of cardiovascular disease is lowest in those areas where red wine is regularly drunk with the meal. This is so, even when the life style is otherwise not particularly healthy. Why is red wine able to reduce the risk of heart disease and other ailments? To put it another way: What does red wine have that other kinds of alcohol don't? The answer: Red wine contains large amounts of OPCs.

However, even if you don't like red wine, you still don't have to do without this protection. The discoverer of OPCs, the French pharmacologist Professor Jack Masquelier, has developed a process for extracting OPCs from plants in a highly concentrated form which can be utilised by the body.

OPCs are usually extracted from grape seeds and pine bark, which are not only especially high in OPCs, but have the additional advantage of being by-products of the wine and lumber industry, and thus make economical and ecological sense.

An OPCs supplement produced according to Professor Masquelier's patented method contains at least 85 to 90 per cent bio-active substances, including – besides catechins – at least 65 per cent pure OPCs.

OPCs - a Remedy in France for over 50 years

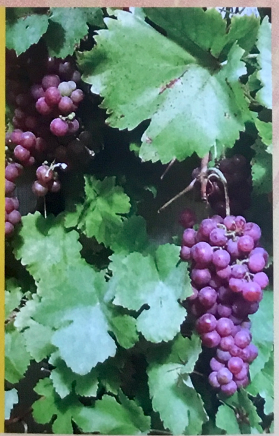
The OPCs discovered by Professor Masquelier were approved as a drug in France as early as 1950 and are prescribed by doctors for vascular complaints to this day – proof that they are highly effective. "Vascular" refers to the blood and lymphatic vessels, including their tiniest branches, the capillaries. If these vessels become porous, fluid escapes to the surrounding tissues, and oxygen and nutrients can no longer be transported to the cells.

Consequently, various disorders and even diseases develop, for example, oedema, accumulation of lymph fluid, venous problems, spider veins, pain and a feeling of heaviness in the legs, accumulation of water in the legs, leg ulcers, circulatory disorders, varicose veins, even haemorrhoids, not to mention those diseases which develop as a result of poor circulation, such as heart attacks, strokes and damage to other organs.

Important Note

The information in this brochure has been put together and recorded to the best of my knowledge. It should not and cannot replace the help and advice of doctors and alternative practitioners.

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OPCs and Vitamin C - the Perfect Team

OPCs and vitamin C reinforce each other; they are so-called "co-vitamins". This means that OPCs taken together with vitamin C not only keep blood vessels, connective tissue, muscles, tendons, skin and bones healthy, but they also accelerate the healing process when injuries occur.

Ever since the discovery of OPCs, countless people have made use of this connection and have experienced the most amazing recoveries. During my lecture tours, I hear about successful healings which seem to border on the miraculous. I am no longer surprised by them, having experienced the effect of OPCs personally.

When I started taking OPCs daily many years ago, I did this without any great expectations. I was more than pleasantly surprised to notice that after only a few days my skin had become smoother. Ever since then, I need very little face cream, and can dispense to a large extent with body lotion. I don't need hand cream at all. This is because OPCs protect and preserve collagen.

I happened to notice a second, much more serious, change after a year. Because I suffered from serious gum disease, which was eating away at the bone in my jaw, I was, of course, undergoing intensive dental treatment. One day the X-rays showed that bone mass which had been lost had regenerated itself. What at first was completely mysterious proved to be the effect of OPCs.

Since taking OPCs, reinforced, of course, with vitamin C, I haven't suffered from any disease. Even little colds don't stand a chance. And if my gums become inflamed in times of stress, I just take a higher dosage of OPCs for two days – and the inflammation disappears. Gums which regularly bleed are a thing of the past.

When OPCs and Vitamin C are Lacking

Speaking of bleeding gums, this is a typical symptom of scurvy, a deficiency disease which was widespread among sailors in previous times. When they were at sea for a long time without any fresh food, the collagen in their bodies broke down. First, the gums began to bleed and pull away from their teeth until, in the end, their teeth fell out. However, since collagen is present all over the body, this merciless breakdown showed up in other ways as well: abnormal bending of the bones, wounds which refused to heal, breakdown of tissue, dropsy ... which ended in an agonising death. But some people were inexplicably healed. This happened, as we now know, when those affected ate a diet rich in vitamin C and OPCs.

Scurvy nowadays?

Even someone who consciously tries to eat healthily can still get an early stage of scurvy. An increase in chronic fatigue could be a sign of this. Are you suffering from a pre-scurvy condition? You can tell by the following symptoms:

If your gums often bleed when you brush your teeth, if you bruise easily, if you're incredibly tired in the evening even when you haven't done any strenuous activity, if you often notice a bit of blood on your cornea, if your arms and legs tend to collect water in hot weather or if your legs are tired and swollen in the evening – all of these symptoms are signs that the walls of your blood vessels are weak and oversensitive.

Then a vitamin deficiency exists, which you can rectify with a sufficient intake of vitamin C and OPCs. OPCs combined with vitamin C achieve the same result as taking ten times as much vitamin C. OPCs and vitamin C taken together provide unbelievably strong protection.

OPCs and Beauty

Since OPCs protect and preserve collagen and elastin, they keep the skin elastic and smooth, which has a positive effect not only on our health, but also on our appearance. After you have been taking OPCs for a while, you will see this yourself. You'll be able to cut back on creams and body lotion, and when a friend exclaims, "You're looking younger and younger all the time," this won't just be meaningless flattery.

Incidentally, wrinkle-free skin is just a reflection of our body's health. OPCs keep tissue and organs inside the body young and wrinkle-free – and thus, healthy.

Protection for the Entire Body

With OPCs, Nature has given mankind a marvellous gift: all-round protection – in two ways.

1. OPCs combat attacks on collagen and prevent its depletion.
2. OPCs neutralise free radicals and prevent their destructive onslaughts all over the body.

Given that OPCs protect and preserve collagen, which is found everywhere in the body, this single substance, especially in conjunction with vitamin C, can have a positive impact in many different places: whether in leg muscles, hand tendons, facial skin, blood vessels leading to the heart, connective tissue in the thighs ... OPCs act wherever there is collagen, consequently throughout the entire body.

The distinction between health and cosmetics is blurred: By protecting and preserving collagen, OPCs can prevent stretch marks, harmonise overly dry and inelastic skin, make finger and toe nails more flexible, and help wounds and damaged muscles and bones heal more quickly.



Thus, OPCs, which are regarded as vitamin P, are needed on a regular basis for the protection and preservation of the body. In my book "Gesund länger leben durch OPC" ("OPCs for a Long and Healthy Life") I go into the significance of vitamin P in more detail. Also included are thrilling case studies of many of the applications I have mentioned.

Online with Readers and Users

Do you have a question for Anne Simons? Would you like to invite the author to a seminar, or find out when her next lecture on OPCs are taking place? No problem! You can chat with the author in the publishers' forum www.mayamedia.de, or contact her through the publishers at info@mayamedia.de.



The Most Powerful Plant Antioxidant

In the course of his extensive scientific research, Professor Jack Masquelier found that OPCs had another significant effect besides protecting blood vessels. They proved to be the most powerful plant antioxidant hitherto known, almost 20 times stronger than vitamin C and 40 to 50 times stronger than vitamin E.

Antioxidants are the counterparts to the destructive free radicals. These assault the human organism more and more due to increased environmental stress in the world today, and are causing terrible chronic and virulent diseases. Free radicals are also produced by stress, radiation exposure, nitrite and nitrate residues in foodstuffs, as well as alcohol and nicotine – and, especially, by environmental toxins, which have increased astronomically in the air we breathe, the water we drink and the food we eat. It is estimated that the human cell is exposed to attacks by oxygen radicals a total of 10,000 times a day! No wonder the immune system wears out and the body becomes sick.

OPCs are able to prevent dangerous oxygen radicals from forming. In so doing, they not only keep diseases from developing, but can also stop the disease process or even reverse it – free radicals operate everywhere. Free radicals attack the immune system of the body. They make tissue degenerate faster, and thus speed up the aging process. And they cause many different kinds of diseases or speed up their progress, for example:

Free Radicals Cause Diseases

- respiratory diseases
- cardiovascular diseases
- high cholesterol
- arteriosclerosis
- cancer
- diseases of the blood vessels
- high blood pressure
- diabetes
- cystic fibrosis
- inflammation, such as hepatitis
- organic brain disease
- kidney failure
- rheumatoid arthritis
- Alzheimer's disease
- Parkinson's disease
- cataracts
- immune deficiency
- fatigue
- stroke
- heart attack

The reason why OPCs help with diseases which are so different from each other can be understood even by a lay person. I have presented this in great detail in my books, explaining how OPCs work in the presence of certain diseases, such as the complex interaction between inflammation and allergies or between cholesterol disposal, high blood pressure and arteriosclerosis. Diseases like these always start with free radicals, aggressive oxygen molecules. OPCs are an incredibly potent antioxidant which succeeds in stopping the destructive process of these aggressive radicals.

Higher Quality of Life with OPCs

Clearly, when a substance enables us to stay healthy longer, we cannot give the higher quality of life a monetary value. But, as with all successful products, profit seeking plays a part. When OPCs experienced a first big wave of success in the USA in the 90's, many charlatans latched on to the trend and sold inferior products. According to the information at my disposal, you can avoid this risk by buying OPCs products – either pure or combined with other natural substances – that have been produced according to Professor Masquelier's patented method.

OPCs have been scientifically researched for many decades. They have no negative side-effects and can be taken regularly as a prophylactic – to keep healthy – or therapeutically, for a specific complaint. A rule of thumb is 1-2 mg per kilo of body weight when used as a dietary supplement. This dosage can, for therapeutic use, be increased for a period of time.

Outlook

My advice: Give OPCs a try. Find out for yourself. Each body reacts differently. Test the cosmetic effect of OPCs and establish which dosage is needed to alleviate which complaint. And if you do not notice any difference, all the better. You are probably completely healthy. Make sure you stay that way by using OPCs.

Of course, I have only been able to briefly mention the many different therapeutic and prophylactic effects of OPCs in this brochure. More detailed information about OPCs can be found in my books:

- **"Gesund länger leben durch OPC"** ("OPCs for a Long and Healthy Life") (with Alexander Rucker) - the standard work (7th edition)
- **"Das OPC-Arbeitsbuch"** ("The OPCs Workbook") - a compact overview for beginners (2nd edition)

Positive Effects of OPCs

(Prevention / Slowing Harmful Processes Down and Speeding Healing Ones Up)

Vascular Problems (blood vessels and lymphatic vessels)

- venous problems
- spider veins
- pain and a feeling of heaviness in the legs
- leg ulcers
- swollen legs (especially evenings)
- circulatory disorders in hands and feet (cold, prickly feeling)
- accumulation of lymph fluid
- haemorrhoids
- thrombosis (aggregation)
- oedema
- prostate troubles
- kidney stones

Skin and Connective Tissue (collagen protection and preservation)

- wrinkles
- burns, sunburns
- elasticity of skin, toenails and finger nails
- dry skin
- scars
- wounds (accelerates healing)
- acne, eczema
- neurodermatitis
- psoriasis
- cellulitis
- eczema
- stretch marks (pregnancy)

(Sports) Injuries

- broken bones
- pulled tendons
- muscle injuries
- wounds in general

Cardiovascular System

- normalising cholesterol values
- arteriosclerosis
- atherosclerosis
- heart attack
- stroke
- good circulation in the coronary vessels

Allergies

- hay fever
- allergic reactions to house dust, animal hair, mould, insects, foodstuffs, etc.
- asthma

Eyes

- cataracts
- macular degeneration
- retinopathy (retina disease)
- increasingly poor vision in old age
- night blindness
- conjunctivitis
- "dry" eyes

Immune System

- increased effect of vitamins
- susceptibility to infection (e.g. frequent colds)
- degenerative disease processes caused by free radicals: damage due to alcoholism and nicotine; cancer; kidney and liver disease; tumors

Exhaustion and Abnormal Fatigue

- CFS (chronic fatigue syndrome)
- Revitalisation

Diseases of the Bones and Joints

- arthritis
- rheumatism
- gout
- osteoporosis (strengthening the collagen lattice)

Brain / Nervous System

- memory
- ability to learn and concentrate
- ADS (attention deficiency syndrome)
- Alzheimer's disease
- Parkinson's disease
- senility

Female Complaints

- length and regularity of menstrual periods
- PMS (pre-menstrual syndrome)

Inflammation (all diseases ending in -is or -itis)

- arthritis (inflammation of the joints)
- gastritis (inflammation of the stomach lining)
- hepatitis (inflammation of the liver)
- meningitis (infection of the covering layers of the brain)
- periodontitis (gum disease)
- sinusitis (inflammation of the sinus cavities)
- bronchitis (inflammation of the bronchial tubes)

Additional Antibacterial Effect

- caries (tooth decay)

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Find out more about OPCs

Anne Simons / A. Rucker, "Gesund länger leben durch OPC" ("OPCs for a Long and Healthy Life")

The standard work!

Contents: Why OPCs are the vitamin P. How OPCs affect inflammation and allergies. Why OPCs help hyperactive children and improve memory in old age. How OPCs help poor sight. How OPCs' impact on the body has been proven. Scientific studies about OPCs, lots of case studies and an original text by the man who discovered OPCs, Professor Dr Masquelier.

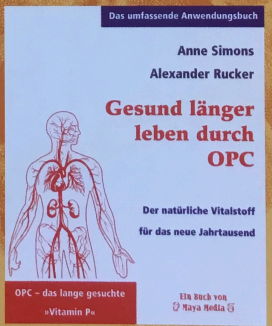
Anne Simons, "Das OPC-Arbeitsbuch" ("The OPCs Workbook")

A practical overview

Contents: How many OPCs do I need? Why do OPCs work for completely different kinds of diseases? How can I increase the effect of OPCs? How do OPCs regulate cholesterol levels and blood pressure? How do OPCs prevent heart attacks? With numerous tables and an extensive test, "Do you need OPCs?"



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First-hand Knowledge

The most important facts and information about OPCs, the natural remedy of the third millennium – compiled by OPCs expert and best-selling author, Anne Simons.



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