

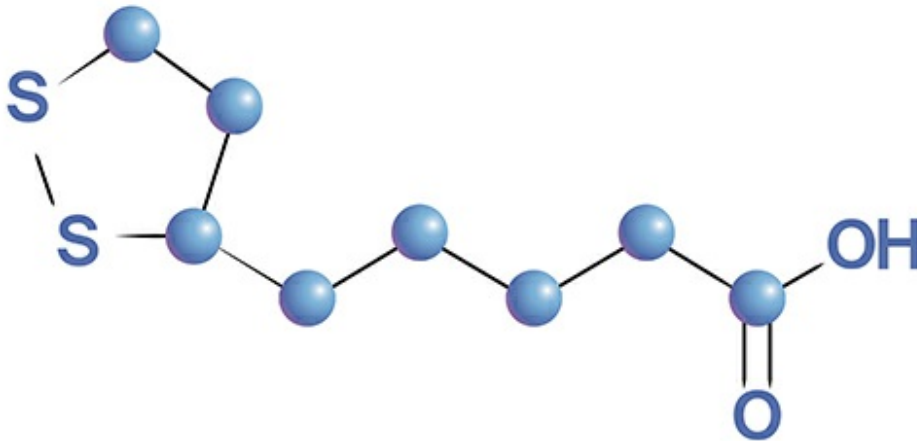
# Alpha Lipoic Acid – The Secret To Boosting Optimal Health

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This article summarizes how Alpha-Lipoic Acid plays a key role in defying the aging process.



## ALPHA-LIPOIC ACID

Secret to Boosting Optimal Health

Alpha-Lipoic Acid is a vitamin-like antioxidant. Shutterstock Images

In a time where antioxidants are essential, one must find the right ingredient to combat against free radicals. Known as thioctic acid, Alpha-Lipoic Acid is generated through small amounts in the mitochondria—otherwise known as “the powerhouse of the cell.”

One study found that “Alpha-Lipoic Acid helps fight against free radicals that cause oxidative damage, which aids in supporting the immune system” (Edwards, 2018, March).

Also known to help with the aging process, ALA is able to maintain oxidative function and re-establish used [antioxidants](#) within the body, which helps bolster cellular health.

In addition, according to Clinical Nutrition, ALA helps boost quality energy production, as it assists with the physiological responses in stress. For instance, the age-related downfall of each cell to manufacture energy, known as ATP, is caused by the loss of mitochondria structure.

As aging occurs, the body is not capable of maintaining the same level of cellular energy production. According to Clinical Nutrition, a study was evaluated explaining the efficacy of carnitine, a mitochondrial metabolite, and lipoic acid.

The research showed that an age-dependent decrement in the levels of the TCA cycle

enzymes and electron transport chain complexes, in which supplementation of carnitine (300 mg/kg bw/day) and lipoic acid (/day) for 30 days brought the activities close to normal levels.

This suggests that Alpha-Lipoic Acid supports the reversal of age-related decline. In addition, a study found that “Alpha-Lipoic Acid supports more power to [Vitamin C](#) and [E](#)” (“Alpha Lipoic Acid—What is it,”2015). Known as the “universal antioxidant”, Alpha-Lipoic Acid helps ward off free radicals compared to most antioxidants.”

Alpha-Lipoic Acid discards fatty acids and boosts the glucose metabolism within the muscles and normalizes blood sugar levels. Furthermore, Alpha-Lipoic Acid also helps control hypertension. In fact, according to a study from the Journal of Clinical Hypertension, added with L-carnitine, Alpha-Lipoic acid decreases oxidative stress and improves mitochondrial function.

In a double blind, crossover study, an examination took place that involved the effects of Alpha-lipoic acid with acetylcarnitine treatment and placebo consisting of eight weeks of treatment on vasodilator function and [blood pressure](#) in 36 subjects.



Regulating the blood pressure. Shutterstock Images

The results indicated that active treatment increased brachial artery diameter by 2.3% and reduced systolic blood pressure for the whole group.

Moreover, there was a dramatic effect in the subgroup with blood pressure above the median, and in the subgroup with the [metabolic syndrome](#). This strongly indicates Alpha-Lipoic Acid's effect on blood pressure and endothelia function in the brachial artery.

Additionally, Alpha-lipoic acid plays a key role in managing insulin levels. According to the Journal of International Medical Research, Alpha-lipoic acid had a study involving 72

patients and pertained to patients with painful diabetic neuropathy.

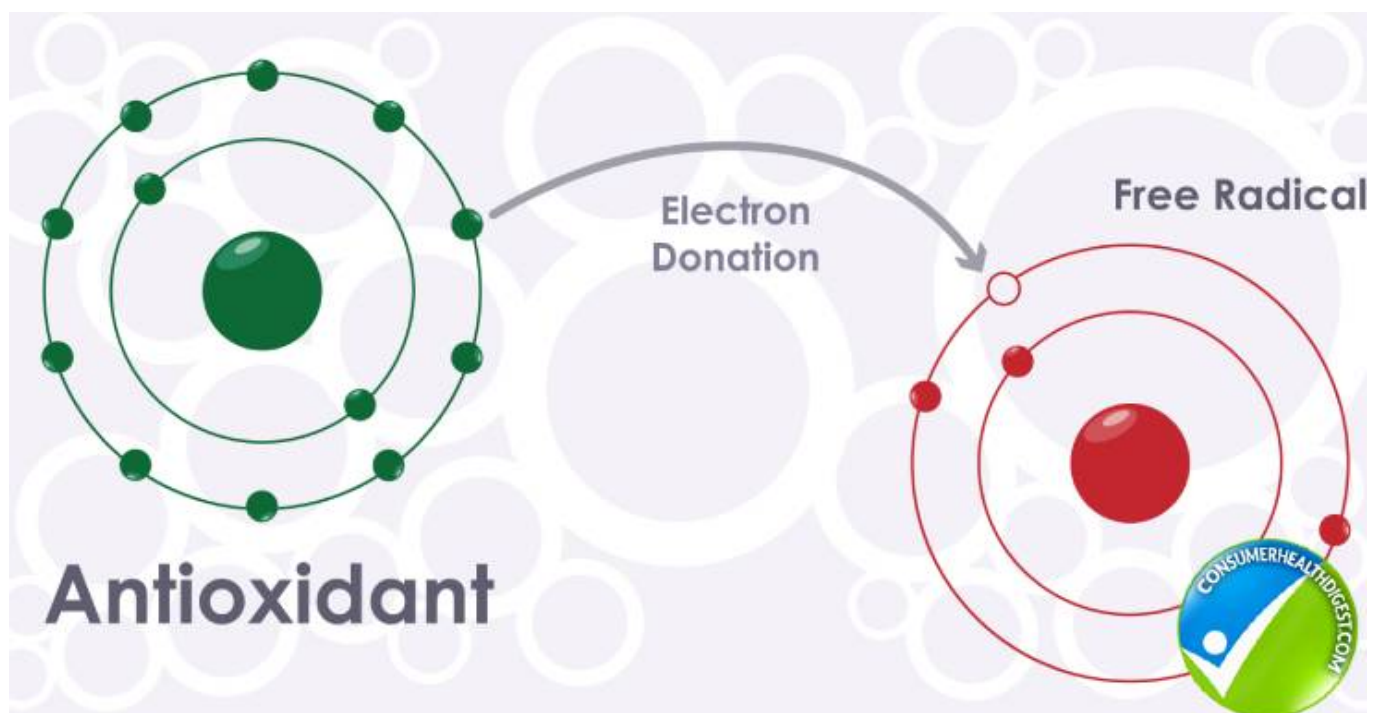
These individuals were treated with 600mg/day of lipoic acid for 40 days. The results indicated that the Neuropathy Symptom Score, Subjective Peripheral Neuropathy Screen Questionnaire, and douleur neuropathique questionnaire scores were reduced. In addition, the Brief Pain Inventory, Neuropathic Pain Symptom Inventory, and Sheehan Disability Scale in terms of disability were also reduced, and 50% of patients rated their health condition as 'very much better or 'much better' following lipoic acid administration.

With its ability to manage oxidative stress, Alpha-Lipoic Acid fuels glucose uptake in insulin-sensitive cells and helps improve antioxidant defenses. ALA is a compound high in sulfur that can be found in human cells, which is needed for valuable energy production.

Alpha-Lipoic Acid's antioxidant and [anti-inflammatory properties](#) are important components in regulating diabetes.

Studies on ALA include large clinical trials supporting its role in treating neuropathy, but research suggests it may help regulate insulin sensitivity, blood sugar, cholesterol, and support inflammatory responses. In another study, 600mg of ALA daily for two weeks in 22 patients was conducted. The research stated that Alpha-Lipoic acid controlled average glucose, and helped manage LDL, HDL, and overall cholesterol levels.

ALA administration has also proven to have positive results for hyperglycemia. For instance, seventy-four patients were put into four groups (plaebio, 600mg ALA once, twice, and three times daily) for a 4-week trial to test the effects of insulin sensitivity using the Metabolic Clearance of Glucose to measure its findings. ALA treatment leads to a noticeable improvement in Metabolic Clearance of Glucose.



Alpha-Lipoic Acid has the ability to bind free radicals to help prevent cell damage, thus limiting the excess levels of free radicals. This powerful anti-aging ingredient also lengthens telomeres, which help protect chromosomes. By lengthening chromosomes, cells become healthier; this leads to more energy to help combat the aging process.

Additionally, ALA helps revive glutathione, a very powerful antioxidant. An important part of the body's essential functions, Glutathione is connected to a better immune system, increased wellness, and [lowered blood pressure](#).

This anti-agent ingredient can be found in the mitochondria (the powerhouse of the cell) and is a fat and water-soluble substance that helps fight free radicals. An anti-inflammatory ingredient, Alpha-Lipoic Acid is stronger than Vitamin C and E, which gives the body potent energy to help aging cells maintain proper function. Furthermore, the increased energy is also needed to uphold a healthy cellular metabolism that leads to proper cellular repair. ALA focuses on the cell plasma membrane, as it stabilizes free radicals.

Alpha-Lipoic Acid then moves its way to the cytosol, where it represses free radicals and avoids the creation of pro-inflammatory chemicals. Alpha-Lipoic Acid also supports antioxidant deficiency, as it helps protect the mitochondria from cellular deterioration.

Furthermore, the anti-inflammatory effects promote better skin health by lessening redness, swelling, and puffiness. With its ability to reduce the appearance of pores, ALA will bring a new glow for younger-looking skin. This powerful product helps manage the production of nitric oxide, which regulates proper blood flow to the skin—thus reducing the appearance of [dark circles](#) and making the skin plump and smooth.

As an important part of overall health, Alpha Lipoic-Acid plays a profound impact on oxidative stress, insulin levels, and antioxidant defenses. This powerful ingredient provides a wide range of benefits for optimal health. One can receive Alpha-Lipoic Acid in many foods such as tomatoes, red meat, brussel sprouts, and spinach.

With its fighting-free radical capabilities and high-antioxidant levels, ALA is able to help the aging process. In addition, this substance supports weight control. For example, according to the American Journal of Medicine, consumption of 1,800 milligrams daily can lead to a two percent weight reduction among obese individuals. Indeed, the answer to a long and healthy life involves Alpha Lipoic-Acid.

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