

Take note:

Resveratrol = Chemo and Radiation sensitizer

Source: <https://www.naturalinsightsintocancer.com/blog/the-power-of-resveratrol>

The Power of Resveratrol

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Resveratrol is another phytonutrient that has received lots of attention in the media due to its anti-cancer and anti-atherosclerosis effects. It is found in many plant species such as grapes, raw cacao, pomegranate, peanuts and berries and it is produced by these plants in response to mechanical injury, fungal infection and UV radiation [1].

It belongs to a family of compounds known as polyphenols, which are known to combat damaging free radicals. Research shows that resveratrol has the ability to penetrate deeply into the center of the cell's nucleus, allowing our DNA to be protected from free radical damage which you know by now, if not protected, leads to cancerous growth. Furthermore, resveratrol has potent anti-inflammatory activity which helps prevent certain enzymes from triggering tumor development.

Besides, helping to prevent cancer, resveratrol can be very helpful to those receiving conventional cancer therapy and acts as a:

*Chemo-sensitizer--a substance that can help you overcome resistance to chemotherapy drugs.

Radiation-sensitizer—making cancer more susceptible to radiation treatments.

Improved radiation sensitization was established in a study conducted at the University of Missouri, where melanoma cells became more susceptible to radiation when given resveratrol prior to radiation. When treated with resveratrol alone, 44% of the cancer cells underwent cell suicide [2].*