

Forbes: Can the Brain be Protected against Inflammation with Celery?; The CBCD Reviews a Report

Celery may reduce brain inflammation, which can protect against neuro-degeneration. (1)

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“Infected with the varicella zoster virus (VZV), which causes shingles? The Center for the Biology of Chronic Disease (CBCD), which tested the formula of [Novirin](#) in two post-marketing clinical studies, recommends taking this natural antiviral supplement against the latent virus.” – Greg Bennett, CBCD

A plant compound called luteolin, which is found in celery, may reduce brain inflammation, and prevent neuro-degeneration (the progressive loss of structure or function of brain cells, including death of brain cells). (1) As Dr. Saebyeol and colleagues wrote in a study, “Luteolin, a flavonoid found in high concentrations in celery and green pepper, has been shown to reduce production of proinflammatory mediators....” (See PNAS, from 2008) (2) Dr. Saebyeol is from the Integrative Immunology and Behavior Program at the University of Illinois at Urbana - Champaign. “By inhibiting the action of inflammatory cytokines as earlier mentioned, luteolin can prevent the onset of degeneration in the brain.” (1)



This is important since some viruses are known to cause inflammation in the brain. One such virus is the varicella zoster virus (VZV), which causes both chickenpox and shingles. A Dr. Nagel wrote “recent studies have emerged which reveal that VZV infection of the cerebral arteries directly causes

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Greg Bennett, CBCD

pathological vascular remodeling and stroke (VZV vasculopathy).” (See Current Neurology & Neuroscience Reports, published in advance of April 2015) (3) Dr. Nagel is from the University of Colorado Health Sciences Center in Denver, Colorado. In other words, according to Dr. Nagel, the shingles virus directly attacks the arteries in the brain causing inflammation, which can result in brain cell death, and stroke.

Importantly, Dr. Nagel also wrote that “in the past few years, several large epidemiological studies in Taiwan, Denmark, and the U.K. demonstrated that zoster is a risk factor for stroke and that antiviral therapy may reduce this risk.” (3)

Taking an antiviral product against the shingles virus may be vitally important, since another study showed that “adults with zoster have a 30% increased risk of stroke within the following year. Although the exact incidence of stroke caused by VZV is unknown, more than 900,000 people in the United States will develop zoster annually.” (See The Journal of Immunology, from 2012) (4)

“We believe in a comprehensive, positive blend of natural and Western medicines. We believe the evidence points to the brain protecting properties of celery. We therefore recommend that VZV infected individuals make celery a part of their diet. We also recommend taking Novirin, which has a natural formula designed to target the latent shingles virus.” – Greg Bennett, CBCD

Click to learn more about the [latent VZV](#).

The Center for the Biology of Chronic Disease (CBCD) recommends that VZV infected individuals take Novirin. This natural antiviral supplement has a formula that was designed to help the immune system target the latent form of the Varicella Zoster Virus. The formula was also shown to be effective against herpes viruses in two separate post-marketing clinical studies that followed FDA guidelines.

The formula of Novirin was tested by Hanan Polansky and Edan Itzkovitz from the CBCD. The studies showed that the Novirin formula is effective against the herpes family of viruses. Varicella Zoster is a member of the herpes family. The clinical studies were published in the peer reviewed, medical journal Pharmacology & Pharmacy, the first, in a special edition on Advances in Antiviral Drugs. Study authors wrote that, “individuals infected with (herpes viruses) ... reported a safe decrease in their symptoms following treatment with (the Novirin formula).” (5) The study authors also wrote that, “we observed a statistically significant decrease in the severity, duration, and frequency of symptoms.” (5)

Novirin can be ordered through the product website here: <http://www.novirin.com>.

Novirin is a natural antiviral dietary supplement. Its formula contains five natural ingredients: Selenium, Camellia Sinesis Extract, Quercetin, Cinnamomum Extract, and Licorice Extract. The first ingredient is a trace element, and the other four are plant extracts. Each ingredient and its dose was chosen through a scientific approach. Scientists at polyDNA, the company that invented and patented the formula, scanned thousands of scientific and medical papers published in various medical and scientific journals, and identified the safest and most effective natural ingredients against latent viruses.

To date, Novirin is the only natural antiviral product on the market with published clinical studies that support the product's antiviral claims.

The CBCD believes that eating the right foods is just as important as taking a safe and effective, antiviral supplement like Novirin. “Flavonoids, plant polyphenolic compounds abundant in fruits and vegetables, exhibit a wide variety of biological effects, including ... anti-inflammatory properties.” (2) The CBCD points out that the formula of Novirin also contains flavanoids such as quercetin.

The CDC notes that the varicella zoster virus (VZV), which is a herpes virus, causes both chickenpox and shingles. “After a person recovers from chickenpox, the virus stays dormant (inactive) in the body. For reasons that are not fully known, the virus can reactivate years later, causing shingles.” (6) Additionally, the CDC adds that “almost 1 out of every 3 people in the United States will develop shingles, also known as zoster or herpes zoster, in their lifetime. There are an estimated 1 million cases of shingles each year in this country. Anyone who has recovered from chickenpox may develop shingles; even children can get shingles. However the risk of shingles increases as you get older. About half of all cases occur in men and women 60 years old or older.” (See the CDC, last reviewed on May 1, 2014) (6)

Are there other treatments currently on the market, which target the Varicella Zoster Virus (VZV)?

Yes there are.

Zostavax is a vaccine that may reduce the risk of developing a shingles outbreak, and decrease the long-term pain from post-herpetic neuralgia (PHN). In adults vaccinated at age 60 years or older, however, protection from the vaccine decreases within the first 5 years after vaccination. (6)

There are also antiviral drugs, such as Zovirax or Valtrex. However, these medications, when effective, only work to shorten the time of the shingles outbreak. They are ineffective against the latent VZV virus. (6)

Novirin is a natural remedy designed to help the immune system target latent herpes viruses, including the VZV. (5)

Interested individuals can view the studies published on the antiviral formula of Novirin here:<http://www.scirp.org/journal/PaperInformation.aspx?PaperID=36101#.VNc8leaUf90> and <http://www.scirp.org/journal/PaperInformation.aspx?PaperID=44234>

Click to learn more about [Novirin and shingles](#).

All orders of Novirin are completely confidential, and no information is shared or sold to any third party. Privacy is assured.

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