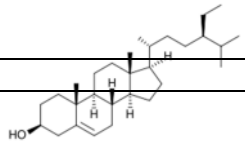
Polyphenole: Cholesterin, Resveratrol, Taxifolin, Silibinin, Anthocyane u.a. Phenole

„**Polyphenole** sind aromatische Verbindungen, die zwei oder mehr direkt an einen aromatischen Ring gebundene Hydroxygruppen enthalten und zu den sekundären Pflanzenstoffen gerechnet werden“. Quelle: http://de.wikipedia.org/wiki/Polyphenole aromatisch = duftend

Cholesterin ist ein wichtiger Bestandteil der Plasmamembran von Tieren und Menschen. Bakterien borgen sich das Cholesterin ihrer Membranen u.a. in Lipid Rafts von ihrem Wirt.

β-Sitosterin ist als Cyclopentanoperhydrophenanthren ein **Phytosterin**, das dem Cholesterin der Tiere und des Menschen ähnlich ist.



Steroidhormone – wie die Nebennierenrinden- und Geschlechtshormone (Cyclopentanoperhydrophenanthrene, Cholesterin-Derivate) der Tiere und des Menschen. Mineralokortikoide – wie Aldosteron, Glucocortikoide – wie Cortisol, Oestrogene – wie Oestradiol, Gestagene – wie Progesteron, Androgene – wie Testosteron

Cholesterin

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Taxifolin und andere Flavonoide

Taxifolin ist ein Flavanolol. Taxifolin wirkt chemopräventiv antioxidativ, antiinflammatorisch, antibakteriell und antithrombogen. Taxifolin ist nicht mutagen wirksam.
http://de.wikipedia.org/wiki/Taxifolin http://en.wikipedia.org/wiki/Taxifolin
http://de.wikipedia.org/wiki/Flavonoide flavus (lat.) = gelb

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Silymarin, Silibinin, milk thistle

Silibinin wird gelegentlich mit β-Lactam-Antibiotika kombiniert, das die antidotische Wirkung von Silibinin unterstützen soll. Quelle: http://de.wikipedia.org/wiki/Silibinin

Legalon® SIL (Madaus) (D, CH), Silimarit® (Bionorica)

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“The active complex of MT is a lipophilic extract from the seeds of the plant and is composed of three isomer flavonolignans (silybin, silydianin, and silychristin) collectively known as silymarin. Silybin is a component with the greatest degree of biological activity and makes up 50% to 70% of silymarin…. Silymarin acts as an antioxidant by reducing free radical production and lipid peroxidation, has antifibrotic activity and may act as a toxin blockade agent by inhibiting binding of toxins to the hepatocyte cell membrane receptors. In animals, silymarin reduces liver injury caused by acetaminophen, carbon tetrachloride, radiation, iron overload, phenylhydrazine, alcohol, cold ischaemia and Amanita phalloides. Silymarin has been used to treat alcoholic liver disease, acute and chronic viral hepatitis and toxin-induced liver diseases.”

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u.a. Phenole, Polyphenole und Heteroaromate

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- **Fibromyalgie** http://www.erlebnishaft.de/chronic_fatigue.pdf

- **Biofilm Lyse** http://www.xerlebnishaft.de/quorum.pdf
- **Biofilme** http://www.erlebnishaft.de/biofilmmed.pdf

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