

Q10 – Aufnahme / -Zubereitung

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Professor Folkers said that it was of the greatest importance that a better way be found to get coenzyme Q10 into the blood circulation.

Some time following Professor Folkers' death I was talking to **Dr. William Judy** of Bradenton, Florida about his highly successful trial on treating hormone-refractory prostate cancer with coenzyme Q10. He told me that to get good absorption of coenzyme Q10 into the blood circulation, **it helps greatly to melt the coenzyme Q10 (it melts at 104[degrees]F [Gefrierpunkt von Wasser in Fahrenheit: 32])**.

His instruction is to get **a cup of hot coffee or tea, put the coenzyme Q10 capsules in the hot coffee or tea**. Both the capsule and the coenzyme Q10 will melt. **Coenzyme Q10 is fat-soluble and needs some fat. Professor Folkers thought that a teaspoon full of coconut oil** should be taken with coenzyme Q10. I do not know what kind of fat Dr. Judy was using but a teaspoon of fat was placed in the hot coffee or tea. **Then the cup of hot coffee or tea was drunk warm to hot, while the coenzyme Q10 was still melted**. Dr. Judy was using **500mg a day in treating prostate cancer**.

Dr. Perlmutter spoke of treating Parkinson's disease, but I think that he had in mind that coenzyme Q10 is of great benefit to the aging brain in general.

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