

# Wellness Plus Delaware

*Let Your Food be Your Medicine, Your Medicine your Food*     [www.wellnessplusintl.com](http://www.wellnessplusintl.com)

3617 Silverside Road Talleyville Center 2nd floor

Wilmington, DE 19810

302-478-7723

### STORE HOURS

1. Monday: 30 min. before & 30 min. after program
2. 15 min. before & after exercise class or
3. By appointment Call 302-478-3782

Exercise or Natural Healing Wkshp: \$7.50 advance or \$10 at door/1 hr

All others: \$15 advance or \$20 at door/2 hr

### MEMBERSHIP—2020

	<u>Annual</u>	<u>Monthly Installment</u>
Family	\$449	\$43
Business	\$469	\$45

## January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i> 6:30 pm Stretching and Yoga Class 7:30 pm Members Forum	<i>5</i>	<i>6</i>	<i>7</i> <b>Center Closed</b>	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> 6:30 pm Up Your Veggie Game	<i>12</i>	<i>13</i>	<i>14</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i> 6:30 PM What Doctors Don't Tell You About Blood Pressure	<i>19</i>	<i>20</i>	<i>21</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>22</i>	<i>23</i>
<i>24</i>	<i>25</i> 6:30 PM Balance and Exercise by Zoltan Hall	<i>26</i>	<i>27</i>	<i>28</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>29</i>	<i>30</i>

## January 2021

### **Thursday, January 14, 21 and 28 at 7:30 pm. Natural Healing Workshop**

The focus will be pure healing essential oils that are safe, have a great aroma, versatile and may help with many symptoms and to ease aches and pains. What are they? How do I use them? To find the answers and learn more about these wonderful natural remedies come and visit us at our workshops.

### **Monday, January 4 at 6:30 pm “Exercise and Member’s Forum”**

Personal Trainer Dr. Phil Demond presents stretches & yoga to help us obtain maximum health benefits. Then, come to the Members’ Forum at 7:30 PM—Bring your requests, ideas & questions. We will listen to you & work together to make the Wellness Plus program even better. *Everyone who comes will get 5% off our entire store.*

### **Monday, January 11 at 6:30 “Up Your Veggie Game in the Kitchen!”**

Presented by Sarah Conrad, an independent consultant with Pampered Chef for almost 4 years now. Sarah, a mom of 4, will show you various tools that you can add to your kitchen arsenal to assist in your meal preparations. She will demonstrate how to use multiple kitchen utensils and equipment that will make preparing your veggies fun and easy. A vegan dish will be prepared for you to sample.

### **Monday, January 18<sup>th</sup> at 6:30 pm “What Doctors Don’t Tell You About Blood Pressure”**

We all know that high blood pressure (hypertension) is the “silent killer” and causes strokes and other serious problems without warning. But what causes it? There are also issues when the blood pressure is too low as well. The drug companies are making fortunes selling prescription medications that people supposedly have to take for the rest of their lives. Fortunately, there are alternatives that do not involve medications that can improve other parts of our lives as well. Bonus – free blood pressure measurements before and after the class! Presented by Dr. Chuck Powley

### **Monday January 25<sup>th</sup> at 6:30 pm “Balance and Exercise”**

Presented by Zoltan Hall, Personal Trainer & Wellness Plus Fitness Director. Nearly any activity that keeps you on your feet and moving, such as walking, can help you maintain good balance. But specific exercises designed to enhance your balance are beneficial to include in your daily routine and can help improve your stability, activities of daily living and our quality of life. Join us as we explore these exercises and learn more about balance.

## **Weekly Exercise Program**

### **Thursday, January 14, 21 and 28 at 6:30 pm Exercise with Zoltan**

Our fitness director Zoltan Hall returns for special exercise sessions combined with the levity that only he can provide! Come prepared to exercise, laugh and learn about your muscles and bones.

**Reservation required for all events. Call 302-478-3782 or email [cj.powley@verizon.net](mailto:cj.powley@verizon.net). All programs begin at 6:30 pm unless otherwise noted. Registration is required - \$20 per person (\$15 if paid in advance), members free. We now accept Visa, Master Card, Discover, and American Express.**

*Wellness Plus Center & Voice Mail: 302-478-7723*

*Mailing & brochure inquiries: Judy (302) 656-0409*

*Membership, products and all other inquiries: Jane 302-478-3782*

**Check out our website: <http://www.wellnessplusintl.com>**

and follow us on Facebook: Wellness Plus Delaware

## Green tea compounds block key enzyme that allows coronavirus to replicate – study



A study published in the journal *Frontiers in Plant Science* shows that chemical compounds in green tea and other plant-based foods can block the activity of a key enzyme in the replication of SARS-CoV-2, the virus responsible for COVID-19. Researchers at [North Carolina State University](#) (NC State) found that many polyphenols in these foods are able to **inhibit the function of “main protease”** (Mpro) by directly binding to it. Without the activity of this enzyme, SARS-CoV-2 cannot remain viable for long. “Mpro in SARS-CoV-2 is required for the virus to replicate and assemble itself. If we can inhibit or deactivate this protease, the virus will die,” said co-author De-Yu Xie, a professor of plant and microbial biology at NC State. The study was published on Nov. 30 and was funded by the *U.S. Department of Agriculture*.

### Flavanols inhibit the activity of a key coronavirus replication enzyme

For their experiment, Xie and co-author Yue Zhu used the Mpro of SARS-Cov-2 to screen polyphenols derived from various food sources and identify candidate inhibitors. The team chose **12 plant compounds** that belong to a group of polyphenols called flavonoids. These plant compounds are responsible for the vivid colors of many fruits and vegetables and are known for their potent antiviral, antioxidant and anti-inflammatory properties.

“One of our lab’s focuses is to find **nutraceuticals in food** or medicinal plants that inhibit either how a virus attaches to human cells or the propagation of a virus in human cells,” explained Xie. He and Zhu reported that computer simulations predicted that all 12 compounds they chose can bind to different sites on Mpro. These simulations also showed that Mpro has a pocket-like portion that can be “filled” by the plant compounds. Once filled, the protease loses many of its important functions.

The researchers identified the compounds present in green tea, two varieties of muscadine grapes, cacao and **dark chocolate** as the flavanols with the highest inhibitory activity. Those found in green tea and muscadine grapes, however, were more effective at inhibiting Mpro activity than compounds in cacao and dark chocolate. (Related: [Green tea, zinc proving to be BETTER than hydroxychloroquine at fighting coronavirus infections.](#))

“Green tea has five tested chemical compounds that bind to different sites in the pocket on Mpro, essentially overwhelming it to inhibit its function,” said Xie. “Muscadine grapes contain these inhibitory chemicals in their skins and seeds. Plants use these compounds to protect themselves, so it is not surprising that plant leaves and skins contain these beneficial compounds.”

### Plant-based drinks like green tea can kill coronavirus

An earlier study also reported that plant-based beverages like green tea **can kill SARS-CoV-2 when incubated with the virus in vitro**. German researchers discovered this after examining the ability of green tea, black chokeberry juice, pomegranate juice and elderberry juice to inactivate different viruses, including SARS-CoV-2. The researchers mixed the beverages with the viruses and incubated them at room temperature. After five minutes, the researchers found that black chokeberry juice reduced the infectivity of viruses by a considerable

margin compared to the control. Green tea, elderberry juice and pomegranate juice also decreased viral infectivity substantially.

Black **chokeberry** juice inactivated about 97 percent of SARS-CoV-2 after five minutes, while **green tea** and pomegranate juice inactivated about 80 percent of the virus. Meanwhile, elderberry juice had no effect on SARS-CoV-2. The researchers said that the beverages had rapid and robust antiviral activities that may have stemmed from their acidity, which can directly inactivate viruses, and the presence of polyphenols like **flavonoids**, catechins and tannins.

Because of their findings, the researchers believe oral rinsing with these beverages can help reduce viral loads, especially since transmission occurs via the nose and throat for respiratory viruses like SARS-CoV-2. Beverages like green tea and black chokeberry juice are also safer to use than antiseptic oral rinses, which contain harsh chemical ingredients.