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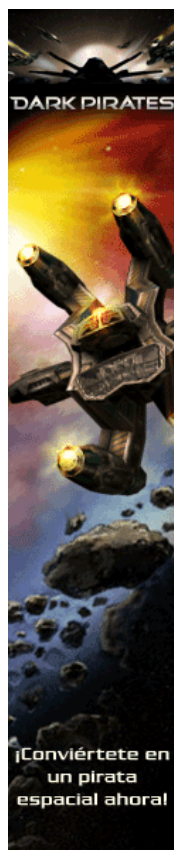
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**HEALTH**

Published: Aug 6, 2007

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Glycine Helps Prevent Degenerative Disease

by Staff

"Lose 20 lbs in 3 Weeks"

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Taking a supplement of the [food additive](#)
glycine helps to prevent degenerative diseases
such as osteoporosis, Spanish researchers
report.

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A doctoral thesis presented at the University of Granada established that
degenerative diseases may be due to a lack of the [amino acid](#) glycine, which is
present in foods such as fish, meat or dairy products.

Dr. Patricia de Paz Lugo supervised by Drs. Enrique Melendez Hevia, David
Melendez Morales and Jose Antonio Lupianez Cara established that the direct
intake of glycine as a food additive helps to prevent arthrosis and other
degenerative diseases, in addition to other diseases related to a weakness in the
mechanical structure of the organism, including the difficulty of repairing physical
injuries.

"Lose 20 lbs in 3 Weeks"

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De Paz Lugo studied the effect of the glycine supplement on the diet of 600
volunteers affected by different diseases such as arthrosis, physical injuries or
[osteoporosis](#). The patients analyzed were aged 4 to 85, but the average age was
45.

Glycine, administered in daily doses of 10 grams divided into two doses of 5
grams in the morning and at night, resulted in a general improvement in
degenerative diseases in most cases in two weeks to four months. (c) UPI

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