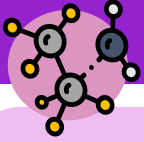
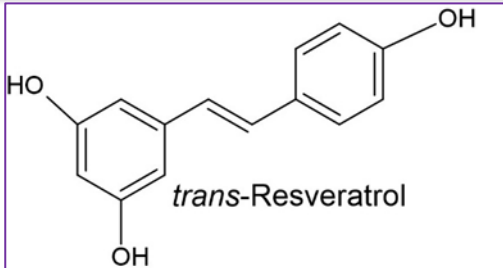


¿Tik matok ke?

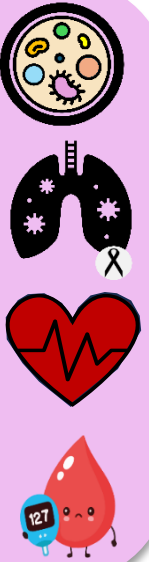
Por: Nemesio Villa Ruano



In resveratrol se iselti tachijchiwal moixmati kemej se tachijchiwal ton semi mokui tech takual chikawayot ton ki ixnamiki in tamawa kokolis wan ton amo tamawa kokolis.



Ijkon, in resveratrol kipia chiwalis ton ki ixnamiki wan keman mo tayi, temowa in mojka kuilis taman miki kokoxkayot, ki ixnamiki in wejkauj temilis, ki tsakuilia in kokoxkayo esiot wan kuatixio, kiekchiwa in chawakmochiwalis wan tsopekualis wan ki tsakuilia in niman totatajyot.



Nochin nijin chiwalisyot den resveratrol sen yetokej wan weli ika aki xokokayot wan kuali mokawa maj niman ki chichina tech in takanakayoj. Ton achto moijtoj, semi mo neki maj in taixtemojkej kajsikan okseko ton kixtiliskej resveratrol ika ijkon mo miakchiwas tech in weyikalteposmej.



Kuali momatok ke ni kuetaxio in uva, in kakawat wan in witsmora, kipiaj resveratrol. Sayojke, moixmati ke ongabej seki xiwitmej o nanakatmej ton kuali ki sentaliaj resveratrol.



Tech nijin xiwitmej mo ixajsikej seki majtaktiome nanakayot den *Fusarium*, *Alternaria*, *Arcopilus* wan *Xylaria* ton kuali ki weyisentaliaj resveratrol. Ika ijkon in nanakamej ton ki chijchiwaj resveratrol kachi kuali moskaltiaj wan ongabej tech nochi in xiwit wan amo tamajkauj kemej in xiwitmej ton ki sentaliaj. Ijkon in chiwalis ton ika kixtiliaj resveratrol tech nanakatmej kachi amo yek chiuftok pampa mokui kachi nimanpa.



Se nikampa tekit kijtowa ke in xokomej tok kuali mo ixmati kemej de *Morus celtidifolia*, “kouj mora” tech in tepeyojtonalixpan kuetaxkoapan Puebla, kipiaj miak resveratrol. Ton kisako kachi mo nekiyot de nijin taixtemol, kijtowa ke *Fusarium concentricum* cepa DL32, se nanakat ton senyetok iwan xiwit, kipia weyi chikawalis para maj kichijchiwas wan kixtis miak resveratrol keman moixtekas. Nijin taixtemol, tech palewis maj okseki chiwalismej ika momiak chijchiwaskej.

Tik neki kachi ti kixmatis de nijin taixtemol, timits tataujtiaj kixtemo tech nijin tepos mekayot

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¡Axkan tik matokia! Seki nanakamej kuali kichijchiwaj chiwalisyot ton kuali techpalewiskej wan tech ixnestiskej tech to nemilis.

