

STOP AGING Now! UPDATE

ALL THE ANTI AGING NEWS YOU NEED TO STAY YOUNG

JANUARY— MARCH 2003

GINKGO DOESN'T WORK? DON'T BELIEVE IT! SAY EXPERTS

■ Yet another study in a leading medical journal has stirred up doubt about popular supplements—this time, one of the world's best-researched natural brain boosters—ginkgo biloba. A recent report in the *Journal of the American Medical Association* purported to debunk ginkgo, saying it did not improve normal memory in healthy people over age 60. The message in the media was: ginkgo doesn't work, so it's foolish to take it. But that's far from true. Here are the facts:

Several experts were quick to criticize the new study. Jerry Cott, PhD, former chief of psychopharmacology research at the National Institute of Mental Health, called the study "troubling" and biased. Among major flaws, Cott noted the researchers did not use a proper placebo pill and did not accurately measure memory changes. More puzzling, he says, they also failed to acknowledge several other recent studies that contradict their conclusion. It's easy to find legitimate double-blind studies showing that ginkgo boosted cognitive function in normal healthy subjects as well as in those with subtle cognitive impairment and outright dementia, says Dr. Cott. Yet, the researchers, he points out, claimed they could not find any.

Dr. Cott, age 56, has top credentials for analyzing such studies. He has served as an FDA reviewer of clinical studies of cognition-enhancing drugs. Cott has taken daily ginkgo for many years and says he intends to keep on taking it. This one study cannot overshadow the years of compelling evidence in animals and humans that ginkgo enhances cognition, he says. He is particularly

convinced that ginkgo can help prevent memory decline with age—and possibly deter Alzheimer's.

Confirming that speculation, the National Institutes of Health is conducting a \$15 million test of ginkgo's abilities to slow memory deterioration and dementia in a large group of older Americans. Such a study would not have been launched without sufficient evidence to believe it may work, at least for certain individuals.

No Test of Quick Thinking

Dr. Lon Schneider, a University of Southern California professor of psychiatry, neurology and gerontology, adds that the new JAMA study did not even measure a critical mental skill that seniors often lose first—how quickly they process information. Yet, recent research does show that ginkgo speeds up information processing in healthy older people—in short, helps them think faster. For example:

- ❖ Taking 120 mg ginkgo daily for 30 days improved speed of information processing, working memory and executive processing in normal subjects 18 to 40 years old, according to a double-blind study by Australian researchers in the *International Journal of Neuropsychopharmacology*, 2001.
- ❖ In normal subjects aged 55 to 86, taking 180 mg ginkgo daily for six weeks improved speed of processing abilities, according to double-blind research by W. David Crews, Jr. Virginia Polytechnic Institute, published in the journal *Human Psychopharmacology* in 2002.

Moreover, a just-published (December, 2002) British scientific review of 33 clinical trials in older people with cognitive decline showed that



Stop Aging Now! Update is a newsletter reporting the latest research on how to use diet and supplements to slow down the aging process and reverse signs of aging. It is sent free to the regular users of **Jean Carper's Stop Aging Now! Multi-Nutrient Formula**.

The new information presented here is an extension of the scientific research presented in Ms. Carper's best-selling book **Stop Aging Now!** in paperback at bookstores (\$14 from HarperPerennial.)

To order Jean Carper's antiaging supplements contact us at

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VITAMIN E POWERS: Vitamin E is more than an antioxidant; it also has many non-antioxidant functions that help boost health, such as anticoagulant (blood thinning) properties, anti-inflammatory action, immune boosting functions and gene regulation. All of these may help account for vitamin E's impact on health, says a large European review of the vitamin.

MOUTH SOOTHER: If you have "burning mouth syndrome," taking high doses of alpha lipoic acid may help, say Italian investigators. The antioxidant brought improvement in 97 percent of people who suffered from the burning sensation in the tongue, palate and lips—a condition of unknown cause. The dose: 200 mg taken three times a day.

SELENIUM EQUALS HEALTH: Older people with high blood levels of the mineral selenium tend to be fit and well-nourished. Low blood selenium is typical in the elderly who are frail, poorly nourished and unwell, according to a large British study. Specifically, higher selenium was linked

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ginkgo caused "improvement in cognition and function," and was "safe," lacking excessive side effects. The study was supported by Oxford University. Ginkgo-induced improvements typically kicked in within three months, the British concluded.

Eight More Reasons to Take Ginkgo:

Moreover, ginkgo has many other benefits. Here are eight other scientific reasons for taking ginkgo:

- ❖ Ginkgo has been found to relieve impotence in men and stimulate libido in certain women.
- ❖ Ginkgo prevented stroke damage in animals at the National Institute on Aging, suggesting that brain cells rich in ginkgo are more apt to survive strokes.
- ❖ Ginkgo (120 mg daily) helped prevent progression of Alzheimer's disease in 30 percent of patients and improved social functioning in most.
- ❖ Ginkgo has relieved depression and stress.
- ❖ Ginkgo helps relieve "intermittent claudication"—arteriosclerosis in leg arteries, enabling people to walk longer without pain.
- ❖ Ginkgo (180 mg) taken the day before ascending rapidly to the top of a 14,000-foot-high mountain dramatically reduced altitude sickness.
- ❖ Ginkgo reduced tinnitus (a ringing in the ears thought to be a circulatory disorder) and improved overall hearing in new German research.
- ❖ Ginkgo is an overall anti-aging agent that helps protect all cells against free

radical damage that causes premature aging and chronic diseases.

How does ginkgo work? It prevents cell damage and death, improves blood circulation throughout the body, notably in the brain and limbs, and helps prevent abnormal blood clots. It may also stimulate mental functioning directly.

Bottom Line: Ginkgo is an overall antiaging substance that may convey multiple neurological and circulatory benefits over the long term. About half of older people improve mentally from taking ginkgo, says prominent Alzheimer's researcher Pierre Le Bars, New York University. The primary reason to take ginkgo, he says, is not to get a quick short-term memory boost, but to help preserve mental functions as you get older, helping prevent expected memory decline that may come with age, and even Alzheimer's.

BREAKTHROUGH STUDY: COENZYME Q10 SLOWS PARKINSON'S DISEASE

■ Imagine that a natural substance without any pharmaceutical credentials could help stall a disease as destructive and debilitating as Parkinson's Disease! Yet, that is what happened when researchers at the University of California, San Diego, gave high doses of coenzyme Q10 to 80 patients recently diagnosed with Parkinson's—a progressive neurological condition characterized by tremors, muscle rigidity and slowdown in motor ability.

The investigators, headed by Clifford W. Shults M.D., tested three different

IMPROVED OSTEO-GC FORMULA

We are now using a new more potent form of chondroitin in our Stop Aging Now! Osteo-GC formula. The chondroitin is called ChondroPure and it is derived strictly from United States bovine sources, which are free of possible contamination by BSE. Although the chances of any chondroitin being contaminated with BSE (mad cow disease) are almost nonexistent, say experts, we are taking the extra precaution to obtain more expensive US chondroitin instead of importing it from other countries.

Previously, we used shark-derived chondroitin and received reports from users of striking success in reducing osteoarthritic pain and crippling. Since the new ChondroPure is better absorbed, we expect it to convey even greater benefits.

Jean Carper Answers:

Q Why don't you put vitamin K in your supplement?

A Because vitamin K has an effect on the blood-thinning drug coumadin which many people take to ward off heart attacks or strokes. If they take coumadin plus vitamin K, they have to adjust their coumadin doses. You can get vitamin K by eating green vegetables, such as broccoli and spinach.

Q Are your Stop Aging Now! supplements made to conform with high industry and government standards?

A Absolutely. My supplements are made in FDA-inspected laboratories and they are made to meet, as noted on the label, the specifications of the US Pharmacopeia, (USP), an industry group that sets standards for manufacture. Unfortunately, a batch of Stop Aging Now! labels was printed with those guarantees missing. Several observant customers alerted us to the omission.

If your bottle has a one of the labels without the USP and FDA-inspected notices, please be assured, the supplements do indeed, as always, meet those standards.

doses of CoQ10 daily: 300 mg, 600mg or 1200 mg for four months. The amazing result: all of the patients getting any dose of coQ10 showed less severe symptoms than those taking a placebo or sugar pill. In short, the coQ10 slowed the progression of early Parkinson's symptoms.

However, the greatest slow-down came for those taking 1200 mg CoQ10 daily. They experienced a 44 percent slower rate of deterioration. Most noticeable, the coQ10 takers had better mental acuity, motor abilities and were better able to handle daily living activities—eating, dressing, bathing and walking—than those not getting coQ10. Even those taking only 300 mg coQ10 daily had a reduced progression in symptoms of 27 percent compared with placebo.

Although several drugs are used to treat and control symptoms of Parkinson's, none has been shown to slow the progression of the underlying disease as coQ10 did. CoQ10's secret, researchers suspect, is that it is a mitochondrial

antioxidant. That means it is able to boost energy-production and efficiency of the tiny factories of the cells called mitochondria. Previous studies have found low levels of CoQ10 and a high degree of dysfunction in the mitochondria of Parkinson's patients' brain cells. Correcting the low coQ10 apparently energizes brain cells, slowing down the disease. Other research shows that boosting levels of coQ10 also preserves brain tissue, lessening brain cell death.

Most fascinating, if coQ10 stalls Parkinson's, why not also Alzheimer's, Huntington's and ALS or Lou Gehrig's disease? All are thought to involve mitochondria dysfunction, free radical destruction and low mitochondria levels of antioxidants, worsened by aging.

Perhaps the most important message for all of us is: Keeping coQ10 and other antioxidant levels high as we age may be a key to growing old without significant brain deterioration.

HOW DOES CALCIUM AFFECT CANCER? THE GOOD AND BAD

■ The Good News: New Harvard research on some 135,000 doctors and nurses suggests high calcium intake may cut the risk of distal colon cancer in both men and women by around 27 percent.

And what is high? Interestingly, around 700 mg calcium daily. Beyond that, additional calcium did not significantly further reduce the risk of colon cancer, noted researchers. Apparently, there is a "threshold effect," above which more calcium makes no difference.

The Bad News: Too much calcium can be detrimental to men diagnosed with prostate cancer, according to new research at the Fred Hutchinson Cancer Research Center in Seattle. Excess calcium, in fact, may encourage progression of the cancer from an early treatable stage to a critical "advanced" stage.

In the new study, men who consumed more than 1200 mg calcium daily from food and/or supplements had double the chances of advanced prostate cancer

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to fewer infections and less inflammation, as well as higher vitamin C, zinc, vitamin E and other antioxidants.

CALCIUM SAVES TEETH: Taking calcium supplements can help preserve your teeth, says a new Tufts University study. It found that among subjects over 65, the 13 percent who took calcium pills lost one or more teeth. But 27 percent—twice as many—who didn't take calcium lost teeth. The subjects got 1000 mg daily calcium from both pills and food. (The Stop Aging Now! supplement contains 800 mg calcium.)

LYCOPENE VS. CANCER: New Israeli research shows that taking lycopene supplements (a potent antioxidant in tomatoes) reduced blood levels of a cancer-marker called IGF by 10 percent in the blood of men. High levels of IGF predict prostate or breast cancer risk. (The Stop Aging Now! supplement contains 5 mg lycopene.)

WINE VS. ALZHEIMER'S: People who drank wine weekly or

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monthly were more than two times less apt to develop dementia, according to a new Danish study. Researchers credit antioxidant flavonoids in wine, especially red wine for brain protection. In contrast, monthly beer drinkers were twice as likely to develop dementia as non-beer drinkers.

BLUEBERRIES BOOST BRAIN: Here's another reason to eat blueberries. When aged rats were fed blueberries, the rate of birth of new brain cells in their hippocampus—a region responsible for memory—increased. So found Tufts University researchers—the same ones who previously showed blueberries reverse short-term memory loss and loss of balance in aged rats.

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compared with men getting less than 500 mg daily. Since prostate cancer is very slow growing, it is almost 100 percent survivable if detected in the early treatable stage, but can be fatal if advanced.

Nobody knows the safe calcium dose at this point for prostate cancer patients, although the study points to under 500 mg daily. In any event, it makes sense for men with prostate cancer to cut their calcium intake from food and supplements until more is known, say researchers.

The new study found no evidence that calcium “causes” or brings on prostate cancer. Thus men who don't have it need not worry at this point, say experts.

B VITAMINS PREVENT BLOCKED ARTERIES AFTER HEART SURGERY

■ Thousands of heart attacks could be prevented and lives saved if patients took B vitamins after having angioplasty to open up clogged arteries. So find cardiologists at the University of California, San Diego in a new study of 100 patients. About 20 percent who have balloon angioplasty to open closed arteries suffer repeat blockages and sometimes-fatal heart attacks within six months of the surgery.

But patients taking that terrific trio of B vitamins—folic acid, B6 and B12—after angioplasty for a year cut their

risk of potentially deadly complications by one-third, according to the study.

How much did they take? Modest doses of 1,000 micrograms of folic acid, 400 mcg of B12 and 10 mg of B6—less than the amounts in Jean Carper's Stop Aging Now! supplements, except for folic acid, which was 20 percent higher in the study.

COMING SOON—A BRAIN BOOSTING PILL

Ever since I wrote my book *Your Miracle Brain*, I have been concerned about the need for certain people to have an extra boost of insurance against cognitive decline as we get older—myself included. It has been difficult to come up with the right formula, but after consulting experts, including Jerry Cott, PhD, a leading expert in cognitive pharmacology, formerly with the National Institute of Mental Research, I believe we have a combination of cognitive-boosting ingredients that I personally want to take and can recommend to others. It is designed specifically to help protect the brain against aging damage, diminished cognitive function and possibly dementia and Alzheimer's.

It will include acetyl-L-carnitine, alpha lipoic acid, omega-3 DHA, phosphatidylserine, bacopa monniera and vinpocetine.

We expect to have it ready by or before June, 2003.

NOW YOU CAN:

- Get all your antiaging vitamins, minerals and antioxidants in one bottle!
- End the frustration and confusion of shopping for the perfect supplement.
- Save money by getting the best quality supplement at extraordinarily low prices.

Regular formula: 1 bottle or 1 month's supply, \$33.95; 3 month's supply, \$91.50; 6 month's supply, \$167. PLUS formula with ginkgo: 1 month, \$44.95; 3 months, \$124.50; 6 months, \$233.70. Shipping and Handling \$6.95 for one bottle, \$8.95 for three bottles and \$9.95 for six bottles.

JEAN CARPER'S STOP AGING NOW! MULTI-NUTRIENT FORMULA

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