

# STOP AGING Now! UPDATE

ALL THE ANTI AGING NEWS YOU NEED TO STAY YOUNG

JANUARY — MARCH 2002

## HEY! THAT YELLOW STUFF IS PROTECTING YOU FROM ALZHEIMER'S

■ What is yellow? A popular spice in Indian cuisine? One of the hottest new brain-protecting substances? And an ingredient in the Stop Aging Now! vitamin/mineral formula?

From the beginning our formula has contained an obscure antioxidant, called curcumin, that until now has attracted few headlines. But new research identifies curcumin as a potential natural weapon against Alzheimer's disease. Curcumin is concentrated in turmeric, a common yellow curry spice.

A clue, say researchers at the University of California at Los Angeles, comes from the fact India has one of the lowest rates of Alzheimer's in the world—just one percent over age 65 develop the brain-destroying disease. Fully 10 percent of Americans over 65 develop Alzheimer's disease, and the rate rises to 50 percent after age 85.

So what might protect Indians from Alzheimer's? Perhaps their curry-heavy diet rich in curcumin, theorized UCLA researchers Greg M. Cole and Sally A. Frautschy.

The investigators also knew that curcumin has strong anti-inflammatory activity, and that long-term use of nonsteroidal anti-inflammatory drugs (NSAIDS), such as ibuprofen, reduces the risk of Alzheimer's.

So they decided to test curcumin on mice that are genetically bred to develop Alzheimer's-like brain damage, called amyloid plaques. Amazingly, eating food laced with relatively low daily doses (but not high doses) of curcumin reduced the destructive plaque in mice brains by 50 percent! Curcumin also decreased the degree of inflammation and damage from free radical chemicals, another contributor to Alzheimer's, in mouse brain tissue.

Consuming curcumin may be a safer alternative to NSAIDS in helping ward off Alzheimer's, concluded the researchers. (*J Neuroscience* 2001 Nov 1; 21(21): 8370-7)

Indeed, they consider curcumin superior because it can be consumed safely in low or high doses over a lifetime, perhaps dramatically delaying or preventing memory loss and Alzheimer's in late life. Unlike NSAIDs, curcumin does not damage the stomach or cause bleeding, and its strong antioxidant activity gives it broad powers to combat many other diseases, including arthritis and cancer.

*Continued on next page*

■ NEWSFLASH: Low folic acid and high homocysteine increase risk of "silent strokes" in older people, finds new Japanese research.

## STOP AGING NOW! PILLS BEST YET

■ Our newest caplets are even more slim-line than ever. People who once had trouble swallowing the earlier larger nutrient-packed pills say the new ones slide down quite easily.

Also, we have changed the brand of garlic extract in the pill to minimize the characteristic aroma that gives garlic its antioxidant powers, while still maintaining high levels of the active constituents. That combined with a touch of vanilla gives the caplets a more pleasant aroma and taste. We have also added a new mineral, manganese to provide 100 percent of its daily value and to round out the bone-preserving nutrients in the formula.



**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

1-800-627-9721

[www.stopagingnow.com](http://www.stopagingnow.com)

©Copyright Jean Carper. Contents may not be reprinted without

## SHORT TAKES

### VITAMINS AND CENTENARIANS:

If you want to live to age 100, maintain high blood levels of vitamin E and vitamin A, say Italian researchers. That's the most distinguishing feature they discovered from blood tests of elderly subjects aged 80 to 99. "High levels of vitamin A and vitamin E seem important in guaranteeing extreme longevity," they concluded. (*Free Radic Biol Med* 2000 Apr 15;28 (8): 1243-8.)

### VITAMINS BOOST KIDS' IQ:

If you have kids or grandchildren, you should know about new research showing a daily multi-nutrient supplement can boost youngsters' non-verbal IQ test scores. Leading British psychologist David Benton says 10 of 13 studies find improvement in IQ scores in kids with low nutrient intakes who get a multivitamin/mineral pill. (*Neurosci Biobehav Rev* 2001 Jun;25(4): 297-309)

**MULTIS STOP AGING:** Taking a multinutrient pill with vitamin C, E, beta carotene and selenium definitely

*Continued from page 1*

## CURCUMIN ALSO FIGHTS ARTHRITIS AND CANCER

■ In animals curcumin has proved as potent as cortisone in relieving acute inflammation, and one half as effective as cortisone in fighting chronic inflammation. It has reduced the swelling of arthritis in animal models.

By reducing inflammation, protecting cells from free radical attacks and opposing gene expression, curcumin also discourages cancer. In lab studies at Columbia University, curcumin caused prostate cancer cells to commit suicide. Further, implanted prostate cancer cells grew more slowly in mice fed curcumin, leading researchers to conclude curcumin is a natural chemopreventive against cancer, including possibly colon and breast cancer.

Even more exciting, Dr. Andrew Dannenberg, at Presbyterian Hospital-Cornell University, finds that curcumin prevents the so-called Cox-2 gene from being turned on. The Cox-2 gene when activated, promotes cancer.

Curcumin also appears to fight heart disease by inhibiting bad LDL cholesterol from becoming "oxidized", and toxic to arteries, and by acting as a mild anticoagulant.

Additionally, curcumin fights infections by inhibiting the growth of a variety of bacteria, parasites and pathogenic fungi.

It appears curcumin, which was added to our formula because of its strong antioxidant activity, has more powers than ever expected in fighting the diseases of aging. Stay tuned.

## MULTI VITAMINS BOOST MEMORY AND IMMUNITY

■ You can rev up aging brain functioning by taking moderate amounts of 18 common vitamins and minerals, according to new evidence from Ranjit Kumar Chandra, M.D., Memorial University of Newfoundland. Dr. Chandra tested 96 men and women over age 65;

■ NEWSFLASH: Women who down more than three daily glasses of milk throughout life are half as apt to have premenopausal breast cancer, says a Norwegian study.

## BONE BOOST

Surprisingly, vitamin E may help keep aging bones from becoming brittle and vulnerable to fractures. In rats, vitamin E strengthened aging bones as well as estrogen did, according to new research at the University of Texas Medical Branch in Galveston. The equivalent human dose effective in the animals: 400 IU vitamin E daily.

half took the variety of supplements and half took a placebo.

After one year, the supplement-takers improved significantly on tests of short term memory, and overall cognitive abilities, including abstract thinking, problem-solving ability and attention. Long-term memory recall did not improve. Those with low blood levels of vitamins and minerals did poorly on cognitive tests. The vitamin-mineral supplements also boosted immune functioning.

Dr. Chandra recommends that all older people take supplements to "significantly improve cognition and thus quality of life and the ability to perform activities of daily living." He also suggests such nutrients may delay the onset of Alzheimer's disease.

New Swedish research at Karolinska Institute in Stockholm also ties Alzheimer's disease to poor nutrition. A three-year study of 370 men and women aged 75 and over found that those with low blood levels of folic acid and vitamin B12 were more likely to develop Alzheimer's disease. (*Wang, Hui-Zin, Neurology, May, 2001: 1188-94*)

## B VITAMINS KEEP ARTERIES OPEN AFTER ANGIOPLASTY

■ A big problem with inserting a balloon-tipped catheter to unblock arteries (angioplasty) is that they reclose in 20 to 40 percent of patients, often requiring additional surgery. A new study of Swiss patients conducted by cardiologist Dr. Guido Schnyder at the University of California in San Diego finds B vitamins may help prevent that.

## Jean Carper Answers:

**Q** Is your website (www.stopaginnow.com) secure when using a credit card for ordering?

**A** Yes, you can tell this way: When you order, then click on checkout, the padlock symbol will appear on the bottom of the page, indicating the site is secure.

**Q** What's the latest on tea? Is green or black better?

**A** Both have equal amounts of antioxidants, but green tea has more of one type antioxidant called EGCG thought to have special brain-protective and anticancer powers.

Tea is looking better than ever. Recent studies find that tea is a potential heart-tonic, fat-buster, brain booster, cancer blocker, cavity-fighter, sight-saver, immune-stimulant, arthritis-soother, anti-viral agent, cholesterol-detoxifier.

The bottom line is you should drink tea—black or green, hot or iced—brewed with teabags or loose tea—about three 8-ounce cups or glasses per day.

For example, in a large ten-year Dutch study, men who consumed the amount of antioxidants called “catechins” in three cups of black tea a day were 50 percent less apt to die of ischemic heart disease, caused by narrowed clogged arteries than men consuming the catechins in about half a cup of daily tea. (*Am J Clin Nutr* 2001 Aug; 227-32)

Tea may even fight viruses. New research at Pace University in New York finds that black and green tea inactivates viruses, including herpes. When you drink tea, chances are good you wipe out viruses in your mouth. Flu viruses, too? Possibly. A recent Japanese study did show that gargling with black tea boosted immunity to influenza.

Bottled, instant teas and herbal teas lack antioxidants.

In the study of 205 patients who had undergone angioplasties, half took a daily cocktail of B vitamins (1000 mcg folic acid, 400 mcg vitamin B12 and 10 mg vitamin B6) for six months after the procedure; others took a placebo.

Only 20 percent of those who got the B vitamins had reclosure of arteries (restenosis), compared with 38 percent of patients on inactive sugar pill. In short,

the vitamins cut the rate of artery reclosure nearly in half! Further, the vitamin takers had fewer cardiac events such as heart attacks following angioplasty. However, deaths from heart disease did not differ.

Researchers suspect the B vitamins suppress build up of the blood factor, homocysteine, which encourages clogging of arteries. They recommend that all people undergoing angioplasty take B vitamin supplements. Users of Stop Aging Now! multi-nutrient supplement regularly get the prescribed doses—except for slightly less folic acid. (*New England Journal of Medicine*, 2001:345:1593-1600)

## MORE PROOF

## ANTIOXIDANTS ARE GOOD FOR ARTERIES, PREVENT STROKES

■ One way to know whether your carotid (neck) artery is narrowed is to measure the thickness of the artery's so-called “intima-media layer” by ultrasound. An abnormally thickened intima-media signifies an increased risk of artery disease and stroke.

When British researchers at the University of Southampton tested 486 elderly persons, they found that men with the highest blood levels of antioxidants vitamin C, E and beta carotene had less intima-media thickness and less narrowing of the opening of carotid arteries. In fact, men with the lowest blood levels of beta carotene and vitamin E were two and a half times more likely to have carotid narrowing of more than 30 percent than men with the highest concentrations of the two antioxidants.

High blood vitamin C, too, was tied to less carotid artery narrowing in men. The message for men is clear: antioxidants may retard narrowing of carotid arteries that leads to strokes. For unknown reasons, high blood antioxidants did not predict less carotid artery narrowing in women. (*Gale CR, Am J Clin Nutr* 2001 Sep:74(3):402-8)

## SHORT TAKES

boosts your body's defenses against free radical chemicals that accelerate the aging process and chronic diseases. And the benefits of an activated defense system show up within a short time—from 5 to 16 weeks, finds new tests of healthy subjects by Westar Nutrition Corporation in California. (*Cheng T., J Nutr Biochem* 2001 Jul:12(7): 388-395)

### VITAMIN E VS. ASTHMA:

A mere 400 IU of vitamin E and 500 mg of vitamin C daily improved breathing and lung function in a group of adult asthmatics exposed to ozone, a trigger of asthmatic attacks. Vitamin-takers could breathe with less difficulty after mild exercise on a treadmill. Other research has shown benefits to asthmatics from a daily 2000 mg vitamin C alone. (*Trenga CA. Archives of Environmental Health*, 2001:56:242-249)

### SENIORS LACK NUTRIENTS:

The older you get, the less likely you are to get enough nutrients, concludes University of Iowa research. Among seniors, 83

(cont. on next page)

■ NEWSFLASH: Dietary supplements should be tax deductible, says a new bill introduced by Senators Tom Harkin, Iowa, and Orrin Hatch, Utah.

## SHORT TAKES

percent got too little vitamin D, 63 percent lacked calcium, 75 percent skimped on folic acid, a critical antidote to heart disease and strokes. Supplements would eliminate the deficiencies, said researchers. (Marshall, Teresa A., *Nutrition*, August 2001.)

### FOLIC ACID GUARDS MEMORY:

One way to prevent memory loss as you get older is to have high blood levels of folic acid, a B vitamin. High folic acid saves memory despite high levels of toxic homocysteine in the blood, finds new U.S. Department of Agriculture research. Unfortunately, memory loss affects nearly one fourth of Americans over 65.

## TAKE VITAMIN C, AVOID STOMACH CANCER, SAYS NEW YALE STUDY

■ Experts have long credited high vitamin C intake, mostly from increased availability of fruits and vegetables, as largely responsible for the dramatic drop in stomach cancer in the last century among Americans.

You are also far less likely to develop stomach cancer if you take vitamin C supplements finds a large new study of some 1800 Americans by researchers at Yale University and the National Cancer Institute.

In fact, Yale's Susan Maynes, lead investigator in the study says: "We found vitamin C supplement users to have a 40 percent lower risk of cancer in the middle and lower parts of the stomach." The study compared the incidence of stomach cancer in those who took vitamin C supplements at least once a week for six months with non-vitamin C takers. The amount taken was not determined. Dr. Maynes noted that high consumers of vitamin C in fruits and vegetables also had lower rates of stomach and esophageal cancer.

One theory is that vitamin C helps prevent conversion in the intestinal tract of nitrites, found in cured meats, into nitrosamines, potent cancer-causing agents.

As Jeffrey Blumberg, antioxidant expert at Tufts University notes: "This new study indicates that obtaining this antioxidant vitamin from supplements as well as food could be a good cancer-

fighting strategy in the United States." (*Cancer Epidemiology Biomarkers and Prevention*, October, 2001)

## LOOKING FOR LUTEIN IN CENTRUM SILVER? DON'T COUNT ON IT

■ Centrum Silver, a multivitamin/mineral product designed for people over 50, makes a big deal in advertising, TV commercials and on its label over the fact it now contains lutein to help protect aging eyes from the potentially blinding disease, macular degeneration. Check the label. It's there, but in such an infinitesimal amount, it's unlikely to have any significance in preventing macular degeneration.

A daily dose of Centrum Silver provides a mere 250 micrograms of lutein. Studies find that around 3 milligrams a day—or 12 times what Centrum Silver contains—may discourage onset of macular degeneration. And recent research suggests you need 10 milligrams of lutein to produce signs of a thickening of the macula, indicating protection against macular degeneration. That is 40 times the amount of lutein in Centrum Silver!

In short, Centrum's claims are hollow advertising puff to make you think the formula offers antiaging eye protection when it does not.

However, you do get 10 milligrams of lutein in Jean Carper's Stop Aging Now! formula, designed to try to have real impact in protecting eyes from macular degeneration and possibly cataracts.

## 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 from \$5.45 to \$7.45 depending on size of order.

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

To order or get more information, call 1-800-627-9721, check out our website at [www.stopagingnow.com](http://www.stopagingnow.com), or write Stop Aging Now!, P.O. Box 5550, Key West, FL 33040