

STOP AGING Now! UPDATE

ALL THE ANTI AGING NEWS YOU NEED TO STAY YOUNG

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SCIENCE SAYS YOU NEED HIGH-DOSE SUPPLEMENTS

■ Yes, you need supplements. Even the medical establishment now says so. Writing in the *Journal of the American Medical Association*, two Harvard researchers advise all adult Americans to take a multivitamin supplement. They cite 30 years of studies showing the connection between low vitamin intake and increased risk of chronic diseases, such as cancer and heart disease.

However, they stop short of suggesting more than a low-level multivitamin pill that offers mere “survival” value, and not optimal protection—even though most physicians take higher doses of vitamins, notably vitamin E. Obviously, multi-vitamins (with 100 % of the DV) can fill in nutrient gaps, significantly boosting health, but they are not powerful enough to provide maximum protection, according to compelling research.

Here are eight major scientific studies, showing why you need more than low-level drugstore multivitamins to soften the threat of premature aging, death and chronic diseases.

High dose supplements have been shown to:

- ✓ **1. Slash Cancer Odds:** Taking 200 micrograms of selenium daily for four and a half years cut cancer rate 42 percent and cancer deaths in half in a group of 1300 individuals. The incidence of colorectal cancer dropped 64 percent and prostate cancer an amazing 69 percent!—*University of Arizona.*
- ✓ **2. Prevent Alzheimer's:** Not a single older person who took separate doses of vitamin E (200–800 IU) or vitamin C (500-1000 mg) developed Alzheimer's disease during a four-year double blind study. Subjects who took

multivitamin supplements with low doses of vitamin E (typically 30 IU) or vitamin C (60 mg) had no reduction in risk of Alzheimer's.—*Chicago's Rush Institute for Healthy Aging.*

- ✓ **3. Boost Immune System:** Taking 200 IU of natural vitamin E daily boosted immune functioning in older people. A supplement with only 60 mg vitamin E daily did not improve immune functioning. Obviously, superior immune functioning lessens infections, possibly cancer and heart disease.—*Tufts University*
- ✓ **4. Stop Heart Attacks:** A daily dose of 400-800 IU of natural vitamin E cut subsequent heart attacks in men with heart problems by an astonishing 77 percent. Other research shows it takes 400 IU of vitamin E to squelch toxicity (oxidation) of LDL cholesterol.—*Cambridge University, England.*
- ✓ **5. Stop Strokes:** High doses of B vitamins decreased the amount of plaque in carotid (neck) arteries by 10 percent during a four year study. Blocked carotid arteries can cause strokes. Plaque increased by 50 percent in non-vitamin B takers. Doses: 250 micrograms B12, 25 milligrams B6 and 2500 micrograms folic acid. Note: 800 mcg folic acid is effective for most people, said the researchers.—*University of Toronto.*
- ✓ **6. Prevent Fractures:** Taking 500 mg of calcium and 700 IU of vitamin D daily for three years significantly cut the rate of bone loss and nonvertebral fractures in men and women older than age 65.—*Tufts University.*
- ✓ **7. Save Vision:** Women taking vitamin C supplements cut their risk



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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SHORT TAKES

WHO TAKES VITAMINS?

People who are more highly educated, more physically active and have better diets, as well as health professionals, says a new report from the Council for Responsible Nutrition. In one survey of cardiologists, nearly half took antioxidants—90 percent took vitamin E and 75 percent took vitamin C.

FISH VS. ENDOMETRIAL CANCER:

Eating fatty fish (salmon, tuna, sardines, herring) twice a week reduced risk of endometrial cancer 40 per cent in post menopausal women, says new Swedish research. Lean fish had no benefit. Theory: omega-3 fish oil reduces production of tumor-promoting hormone-like chemicals.

VITAMIN E KILLS CANCER CELLS:

A form of vitamin E, known as natural d-alpha tocopheryl

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of cataracts by 77 per cent. In patients with early macular degeneration, taking daily doses of 500 mg vitamin C, 400 IU vitamin E, 80 mg zinc, 2 mg copper and 15 mg beta carotene for 11 years slowed progression to the advanced stage of loss of vision.—*Tufts University and the National Institutes of Health*

✓ **8. Prolong Life:** Taking vitamin E and vitamin C (in higher doses than in a multivitamin) cut chances of death from all causes by 42 percent. Vitamin E users were 47 percent less apt to die of heart disease and 59 percent less likely to die of cancer.—*National Institute on Aging.*

Note: Jean Carper's Stop Aging Now! Formula provides the doses or above of vitamin E, vitamin C, B vitamins, calcium, selenium and 85 percent of the vitamin D found effective in these studies.

ALPHA-LIPOIC ACID: EXCITING NEW ANTIDOTE FOR AGING BRAINS?

■ You've heard "get the lead out of your feet." How about "get the iron out of your brain?" It may be a new strategy for keeping your brain young or reversing iron-related brain deterioration.

In exciting new animal studies, researchers at Oregon State University's Linus Pauling Institute, find that alpha-lipoic acid, a potent antioxidant, can "chelate" or remove accumulations of iron from aging brain tissue.

Such iron build-up in cells is thought to intensify "free radical" chemical damage and aging, including mental deterioration. For example, the frontal cortex of the brains of old rats contains 50 percent more iron than that of young rats. Excess iron, then, accompanies and accelerates aging.

Antioxidants, such as lipoic acid, combat free radical assaults. Lipoic acid is particularly potent in the brain, because it is a small molecule that can easily penetrate the brain barrier.

Sure enough, when researchers fed old rats high doses of alpha-lipoic acid

for only two weeks, the iron in their brains fell dramatically. Amazingly, the old brains had no more iron accumulation than the brains of young rats! The alpha-lipoic acid wiped out the age difference as measured by iron accumulation—in other words, caused a total rejuvenation in that aspect.

The lipoic acid also boosted two other important antioxidants in brain tissue—vitamin C and glutathione.

This research suggests new ways alpha lipoic acid may protect human brains. In German tests, high doses of alpha-lipoic acid (600 mg daily) have helped slow progression of Alzheimer's disease.

Alpha-lipoic acid is found in small amounts in food, such as spinach. As insurance, experts advise taking supplements. (Jean Carper's Formula contains 50 mg of alpha lipoic acid.)

SURPRISING NEW ENERGY BOOSTER: LIPOIC ACID, AGAIN

■ Alpha-lipoic acid is also a potent energizer in animals, say Oregon State University researchers. Lab tests show lethargic elderly rats have about one-third the physical activity of young rats. But when old rats get alpha-lipoic acid supplements, their energy level revs up, making them just as active as young rats not given supplements. In human terms, it's like a 75-year-old suddenly having the energy of a 40-year-old, explained researchers.

Why it works: Cells have thousands of energy factors, tiny structures called mitochondria that burn fats and sugars to produce energy. During this metabolic process, the mitochondria become damaged by spewing off free radicals chemicals. Alpha lipoic acid has special access to the mitochondria, and as an antioxidant helps shield them from damage, so they operate more efficiently. In short, lipoic acid bucks up energy production in the life center of the cells.

In the experiments, alpha-lipoic acid alone energized animals, but was even more powerful when combined with another antioxidant, acetyl-L-carnitine.

Another plus: Animal studies showed

that alpha-lipoic acid also helped prevent bad LDL cholesterol and white blood cells from infiltrating—and thus, clogging—blood vessel walls.

LUTEIN SCORES AGAIN AS VISION SAVER

■ Once again, patients with macular degeneration who took high doses of the antioxidant lutein showed improvement, says researcher Stuart Richer, at the DVA Medical Center in Chicago. After a year, the density of the macular pigment increased on average 50 percent in the lutein takers. The daily dose was 10 milligrams. This is consistent with previous research.

Most remarkable, for the first time, patients experienced a slight improvement in actual vision, including visual acuity glare recovery and contrast sensitivity. Adding other antioxidants to lutein increased the benefits.

This shows that macular degeneration may be a “nutrition-responsive disorder,” said researchers. Further, it may be possible that lutein can help prevent macular degeneration or slow down its progression from early to advanced stages. Or that it could even be reversed to a degree. Macular degeneration is an age-related condition in which the macula, the center of the retina, becomes damaged, destroying clear vision.

Getting your lutein early may be the best insurance against vision deterioration in old age.

(Jean Carper’s Stop Aging Now! Formula contains 10 milligrams of lutein.)

CURRY SPICE KILLS PROSTATE CANCER CELLS

■ Why don’t men in India have high prostate cancer rates common in

Western countries? It could be all the curried foods they eat, says Subhash C. Gautam, Henry Ford Health System in Detroit. Turmeric, a yellow spice put into curry powders, contains curcumin, a potent antioxidant.

In recent tests, Dr. Gautam found that mixing curcumin with a specific immune protein and adding it to prostate cancer cells caused 80 percent of the malignant cells to commit suicide.

There’s also new evidence of selenium’s powers to prevent prostate cancer. Men with low selenium blood levels were four to five times more apt to develop prostate cancer in the next four years, according to a report in the Journal of Urology. (Jean Carper’s Stop Aging Now! Formula contains 20 mg curcumin.)

BAD CARBS TIED TO INFLAMMATION, HEART DISEASE

■ Eating the wrong kinds of carbohydrates may do in your heart, according to new research linking bad “high glycemic” carbohydrates, that spike blood sugar, to high inflammatory activity in arteries, a major new villain in heart disease. This incriminates a new dietary culprit, not usually targeted in preventing or treating heart disease.

In the study, Harvard researchers determined the inflammatory activity in the blood of 244 healthy women, using a high-sensitivity C-reactive protein test. This is a simple inexpensive screening test for inflammation, now readily available. (You can have it added to your routine blood-cholesterol tests).

They also analyzed the women’s diets for “glycemic load,” how much rapidly absorbed, blood-sugar-spiking carbohydrates they ate.

succinate, used in Jean Carper’s Stop Aging Now! Formula, destroyed human stomach cancer cells by suppressing their ability to synthesize DNA, says a report in the World Journal of Gastroenterology. This suggests vitamin E might be “a potent chemotherapeutic agent” against stomach cancer.

BEANS HELP HEART: Eating beans (legumes) four times a week, compared with once a week, can cut your chances of heart disease 22 percent, say Tulane University researchers. Bean’s secrets: high fiber (6 grams in 1/2 cup cooked) which can lower cholesterol and high folic acid that suppresses artery-clogging homocysteine.

VITAMIN D VS. COLON CANCER: It’s known that people who get lots of vitamin D don’t have as much colon cancer. Now researchers at the University of Texas Southwestern Medical Center in

NEW ORDERING AND SHIPPING INFO

We have had some unexpected problems shipping by FedEx. Some people, including myself, have difficulty opening the box; the printed material is lost in the box, and the bottles are jostled around in the large box, resulting in broken pills. Therefore, we are planning to return soon to shipping by first class and priority mail, UPS and primarily Airborne Express.—Jean Carper

SHORT TAKES

Dallas may have discovered how vitamin D protects. Colon cells respond to vitamin D by detoxifying bile acids that can incite cancer processes; it's the same way high fat foods appear to promote colon cancer.

FIBER FACTS AND FICTION: Women on a year-long high fiber diet (35 grams per day) were 40 percent less apt to be constipated and 70 percent less likely to have heartburn than women eating less, says a study in the Journal of the American Dietetic Association. The fiber did not generally cause increased bloating, diarrhea or upset stomach.

Remarkably, the more high-glycemic foods the women ate, the worse the signs of inflammation. In fact, inflammation was an astonishing NINE times higher in the blood of women who ate the highest glycemic load, compared with the lowest. Most affected: women who were overweight and prone to insulin resistance.

Clearly, inflammation of blood vessels is a prime sign of heart disease, and may be a bigger culprit than high blood cholesterol. Thus, it makes sense to eat low-glycemic, slowly-digested carbs to help curb inflammation and eventually heart disease.

Here are low-glycemic foods:

- ❖ Dried beans, lentils and legumes of all kinds
- ❖ Oatmeal, old fashioned cooked —not instant
- ❖ Peanuts. They are actually a legume, not a nut.
- ❖ Most fruits and vegetables. (It's a myth that carrots spike blood sugar. The latest test shows that carrots rank low in ability to boost blood sugar.)
- ❖ Sour dough bread.
- ❖ Prunes

Here are high-glycemic foods that you should restrict:

- ❖ White potatoes
- ❖ White bread
- ❖ Sugars, white and brown
- ❖ Highly processed, sugary cereals
- ❖ Dates

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