

**Vitamins, Health Supplements, Anti Aging Supplements: *Life Extension Update***

*Life Extension Update* is a free email newsletter sent to subscribers twice weekly. Our premier e-mail update features information and breaking news about **longevity, vitamins, nutritional health supplements, anti aging supplements**, and other life extension topics to assist you in living longer and healthier.

Newsletters will be posted in this archive two weeks after they are sent to subscribers. Subscribe today to stay informed of the latest in **health and nutrition** news as it happens!

***Life Extension Update***



**The September phenomenon**

**October 16, 2009** - A report published in the October 13, 2009 issue of the *Canadian Medical Association Journal* revealed the results of a study conducted by researchers in Greece which found a significant reduction in mortality in several countries during the late summer months of August and September compared with the remainder of the year.

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Back issues of *Life Extension Update* are archived approximately two weeks following their publication. To make sure you have not missed out on exciting news concerning health and nutrition, vitamins, and the health supplements you rely on for optimal health, check here for a list of issues of *Life Extension Update*.

**October 13, 2009**



Low protein diet improves mitochondrial function

**October 9, 2009**



High folate intake associated with lower incidence of hearing loss in men

**October 6, 2009**



Higher vitamin D levels associated with increased survival among older women over a 6 year period

**October 2, 2009**



Tea catechins promote fat loss in overweight

**September 29, 2009**



Vitamin C deficiency linked to metabolic syndrome components in young adults

**September 25, 2009**



Vitamin K study supports triage hypothesis of degenerative disease

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taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.