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Life Extension Update Exclusive

**Calcium from supplements helps slow middle-aged spread**

The July, 2006 issue of the *Journal of the American Dietetic Association* published the results of a study by investigators at Fred Hutchinson Cancer Research Center in Seattle which found that increasing calcium intake by supplementing with the mineral improves weight maintenance among middle-aged individuals, especially women.

The current study included 10,591 men and women between the ages of 53 and 57 who completed questionnaires administered in the VITamins and Lifestyle cohort study, which sought to determine the impact of vitamin and mineral supplementation on cancer risk. Questionnaire responses provided data on diet, supplement intake, age, health history, current and past weight, physical activity and other factors. A team led by Alejandro J. Gonzalez examined the participants' calcium intake from diet, supplements, and supplements plus diet over the previous ten years to determine which had the greatest impact on weight change.

The majority of participants experienced weight gain over the ten years prior to completing the questionnaires. While calcium from diet alone had no significant effect on weight change, supplementation with calcium was associated with improved weight maintenance, particularly among women. Women who did not use calcium supplements experienced an average gain of 6.9 kilograms over ten years, compared to a gain of 5.1 kilograms among women who supplemented with more than 500 milligrams per day of calcium. Calcium intake from supplements plus diet was associated with a similar benefit. Postmenopausal women who were not receiving hormone replacement therapy showed the greatest benefit from calcium supplements, with a gain of 4.8 kilograms over ten years experienced by those for whom the amount of calcium from supplements consumed each day was in the top one-third of participants compared to a gain of 7.8 kilograms for nonsupplementers.

Although the authors recommend that more evidence from clinical trials be obtained, they conclude that "calcium supplements taken for other reasons (e.g., prevention of osteoporosis) may have a small beneficial influence on reducing weight gain, particularly among women approaching midlife."

Health Concern

**Obesity**

The Life Extension weight loss plan begins with comprehensive blood testing to help determine which hormones are low and whether thyroid function needs to be supported. In the past, many people have found it difficult to obtain proper hormone blood tests and a cooperative physician to work with. A new program makes this both simple and cost-effective. You can order the suggested hormone profile blood tests over the telephone, (800) 208-3444, or on a special website ([www.lef.org/bloodtest/](http://www.lef.org/bloodtest/)).

For weight loss, these easy steps can be taken every day:

1. Before each meal, take one of the following:
  - 8–9 g of Enhanced Fiber Food Powder(flavored or unflavored) or
  - 8–9 g of High Lignan Flax seed powder or
  - 3–6 capsules of PGX soluble fiber blend
2. Take 200–600 mcg of chromium daily.
3. Take 160–320 mg of magnesium citrate daily before bedtime.
4. Take 3000–4000 mg of CLA (with or without 1000 mg guarana) daily.
5. Take 2400 mg of EPA/DHAwith sesame lignans daily.
6. Take 200 mg of 7-keto DHEA daily in the morning.
7. Take 725–1450 mg of green tea extract (minimum 93 percent; caffeinated or decaffeinated) daily.
8. Minimize consumption of foods cooked at high temperatures.
9. Consume most calories early in the day (avoid late-night snacking).
10. Reduce intake of high glycemic foods (breads, pasta, potatoes, fruit juices, sugary snacks).
11. Reduce intake of saturated fats such as those found in beef and butter, and increase consumption of foods rich in omega-3 fats, such as fish.
12. Increase consumption of fresh fruits and vegetables.

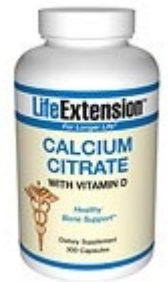
[http://www.lef.org/protocols/metabolic\\_health/obesity\\_01.htm](http://www.lef.org/protocols/metabolic_health/obesity_01.htm)

## Featured Products

### Calcium Citrate with Vitamin D3

Calcium is an essential mineral that is often inadequately supplied, inefficiently absorbed, or excreted faster than it is being assimilated. The citrate salt of calcium has been documented to be well absorbed and utilized by the body.

<http://www.lef.org/newshop/items/item00412.html>



### Natural Appetite Control (Stimulant Free)

A natural plant extract discovered in Europe has been found to dramatically suppress appetite without stimulatory effects. Extracted from the nuts of the Korean pine, (Pinus koraiensis), pinolenic acid stimulates the release of two of the body's most powerful hunger suppressing hormones: CCK (cholecystokinin) and GLP-1 (glucagon-like peptide-1). This not only helps the body digest fats better, but also sends a feeling of satiety or "fullness" to the brain, decreasing the desire to eat and helping to control excessive calorie intake.

Life Extension's Natural Appetite Control formula was developed for adults seeking to lower their calorie intake and maintain a successful, long term weight management program.

<http://www.lef.org/newshop/items/item00891.html>



## Life Extension

### Free Product Directory!

The *Life Extension Product Directory* is a comprehensive listing of the best-documented nutrients and hormones for health, including novel ingredients and therapies based on the latest advances in the scientific arena.

Scientists are continuing to discover remarkable health promoting benefits of various fruits, vegetables and other plant extracts. These findings are so significant that Life Extension has updated some of its most popular formulations with these phyto-extracts.

Use this 320 page Directory as a guide to developing your own supplementation plan to address your specific health concerns. If you haven't already received one, order your free copy today!

[http://mycart.lef.org/process/cart\\_process.asp?item=2006CATFL&qty=1](http://mycart.lef.org/process/cart_process.asp?item=2006CATFL&qty=1)

If you have questions or comments concerning this issue or past issues of Life Extension Update, send them to [ddye@lifeextension.com](mailto:ddye@lifeextension.com) or call 954 202 7716.

For longer life,



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