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Life Extension Update Exclusive

Meta-analysis finds fruit, vegetable intake linked with a reduced risk of coronary heart disease

The results of meta-analysis of nine studies involving 221,080 individuals, published in the October, 2006 issue of the *Journal of Nutrition* found that the risk of coronary heart disease (CHD) declined with increased consumption of vegetables and fruit.

Researchers in France sought to evaluate the strength of observational studies that found a reduced risk of coronary heart disease associated with fruit and vegetable intake by conducting a meta-analysis of nine eligible studies. The studies selected included 91,379 men, 129,701 women and 5,007 coronary heart disease events occurring over a 5 to 19 year period. Six studies reported an association between fruit and vegetable intake and coronary heart disease risk, six reported data for fruit intake and heart disease, and seven reported on the association between vegetable intake and heart disease risk.

The review found a 4 percent decrease in the risk of fatal and nonfatal heart attack, coronary death and incident coronary heart disease for each additional fruit or vegetable portion consumed per day. When fruit alone was examined, the risk reduction increased to 7 percent. Greater vegetable intake was linked with a 5 percent reduction in coronary events, however there was a 26 percent reduction in coronary deaths with each additional portion of vegetables consumed per day.

Although the healthier lifestyle that is more prevalent among consumers of fruit and vegetables may be responsible for the effects observed in the meta-analysis, the authors conclude that "this analysis presents evidence of a beneficial association between fruit and vegetable consumption and CHD risk, supporting the recommendation to eat a sufficient amount of fruit and vegetables to lower CHD risk."

Health Concern

Coronary artery disease and atherosclerosis

Atherosclerosis is a far-reaching disease with devastating consequences. Life Extension's program for reducing the risk associated with atherosclerosis is based on aggressive measures to promote a healthy endothelium and reduce risk factors associated with coronary artery disease. Because all adults are at risk of atherosclerosis, they should make the necessary lifestyle changes to protect their arteries. This means getting adequate exercise under the supervision of a physician and eating a diet rich in fruits and vegetables and low in saturated fat. Also, weight loss by obese and overweight adults is an important element in reducing risk of atherosclerosis.

People who have risk factors for atherosclerosis should take measures to modify them. Risk factors include diabetes, high blood pressure, abnormal cholesterol, obesity, elevated homocysteine, elevated risk of blood clots, and a pro-inflammatory state. The ideal nutritional approach to atherosclerosis takes into consideration all existing risk factors and attempts to modify each one.

Blood testing is a very important part of any risk-reduction program for coronary heart disease. Healthy adults should have their blood tested at least once a year. People who have heart disease or multiple risk factors should have their blood tested twice a year to monitor their progress. A comprehensive blood test will measure levels of blood lipids, C-reactive protein, homocysteine, fibrinogen, and other blood markers. Regular blood pressure monitoring is also important.

http://www.lef.org/protocols/heart_circulatory/coronary_artery_disease_atherosclerosis_01.htm

Featured Products

Life Extension Mix Capsules

Public service campaigns are encouraging people to eat more fruits and vegetables to maintain a healthy lifestyle. Despite years of media publicity, 85 percent of Americans are not even eating the minimum recommendation of five servings of fruits and vegetables per day. Those who do report eating some produce often fail to consume the yellow and purple colored plants that are critical components of such a program.

Life Extension Mix™ contains 93 unique vegetable, fruit, and herbal extracts along with high-potency amino acids, vitamins, minerals, and special antioxidants. The Life Extension Mix formula is fortified with botanical extracts that help maintain healthy cells via physiological processes separate from traditional antioxidants. Consumption of these types of plants is being recommended based on research emanating from the world's most prestigious medical centers.



<http://www.lef.org/newshop/items/item00834.html>

Life Extension Mix Powder

The newest ingredients in the Life Extension formula are two standardized blueberry extracts that provide the most active constituents found in this health-promoting fruit. Blueberry anthocyanins are considered nature's most potent antioxidants and have demonstrated properties that extend well beyond suppressing free radicals. Pterostilbene, another blueberry constituent, helps maintain healthy lipid and glucose levels in those already within normal range. Even more exciting is that through their unique biological effects, pterostilbene and anthocyanins may help support DNA structure. Life Extension Mix provides blueberry extracts standardized with both anthocyanins and pterostilbene.



<http://www.lef.org/newshop/items/item00836.html>

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

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