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### **Green tea may be protective against Sjögren's syndrome**

A report published in the March, 2007 issue of the journal *Autoimmunity* described the finding of Medical College of Georgia researchers that an extract from green tea could help prevent the development of Sjögren's syndrome, a presently incurable autoimmune disease characterized by dryness of the mouth, eyes, and other areas of the body. "Since it is an autoimmune disease, Sjögren's syndrome causes the body to attack itself and produce extra antibodies that mistakenly target the salivary and lacrimal glands," explained lead researcher Dr Stephen Hsu, of the college's School of Dentistry.

An important feature of the disease is infiltration of the salivary and lacrimal (tear) glands by a type of white blood cell known as lymphocytes, which is associated with damage to the glands' secretory function. After discovering that the green tea polyphenol epigallocatechin-3-gallate (EGCG) inhibits autoantigen expression in cultured human keratinocytes and immortalized normal human salivary acinar cells, Dr Hsu and his associates studied the effect of the compound in an animal model of the disease. Mice that received an oral green tea extract experienced significantly less damage to their salivary glands, with reduced lymphocyte infiltration, as well as lower serum total autoantibody levels, compared to those that did not receive the compound.

"We suspected that green tea would suppress the inflammatory response of this disease," Dr Hsu stated. "Those treated with the green tea extract beginning at three weeks, showed significantly less damage to those glands over time."

The team suspects that EGCG activates the body's defense system against tumor necrosis factor-alpha, a protein produced by the white blood cells during inflammation. "The salivary gland cells treated with EGCG had much fewer signs of cell death caused by TNF-alpha," Dr. Hsu observed. "We don't yet know exactly how EGCG makes that happen. That will require further study. In some ways, this study gives us more questions than answers."

Health Concern

### **Sjögren's syndrome**

The main symptoms of Sjögren's are chronic dryness of the eyes and mouth, but it is also associated with dryness in external genitalia, the ear, and the nose and throat area. There may also be decreased secretions in the gastrointestinal tract.

Sjögren's is an autoimmune disorder. The symptoms associated with Sjögren's are caused by the infiltration of immune-system cells, usually B and T lymphocytes, into the glands responsible for secreting fluid.

While prescription drugs are available, they are associated with side effects that can reduce the quality of life. Life Extension's comprehensive Sjögren's recommendations include:

- **EPA and DHA:** 700 mg EPA and 500 mg DHA twice daily with food.
- **GLA:** 285 mg one or two times daily with food.
- **Life Flora:** An intestinal bacteria to assist with digestion
- **Thymic Immune Factors:** Follow directions on label.
- **L-glutamine:** 500 mg daily.
- **DHEA:** Blood testing is recommended before DHEA therapy begins to establish a baseline; then a starting dose of 15 mg to 75 mg may be recommended. Retesting is recommended three to six weeks afterward to ensure youthful levels.
- **Goldenseal (*H. canadensis*):** Follow directions on label.

[http://www.lef.org/protocols/immune\\_connective\\_joint/sjogren\\_syndrome\\_01.htm](http://www.lef.org/protocols/immune_connective_joint/sjogren_syndrome_01.htm)

## Featured Products

### Mega Green Tea Extract Decaffeinated

The botanical extract in Mega Green Tea Extract has been concentrated and dual standardized to ensure the highest quality, consistency, and biological activity. Each serving contains a small amount of caffeine (max. of 3.6 mg). Since one cup of decaffeinated tea contains at least 9 mg of caffeine, the amount of caffeine in this supplement will most likely not induce a stimulating effect.

<http://www.lef.org/newshop/items/item00954.html>



### Super Omega-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract

Only Life Extension's Super Omega-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract contains the "healthy trio" of concentrated nutrients from fish oil, sesame seed oil and extra virgin olive oil. Super Omega-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract contains twice as much EPA and DHA as conventional fish oil capsules.

<http://www.lef.org/newshop/items/item00902.html>



## Life Extension

### Overstock Blowout Sale!

Now is the perfect time to take advantage of Life Extension's surplus inventory and save up to 70% on high-quality supplements!

Due to constant improvements and upgrades to our formulations, we are left with a surplus inventory of our classic formulas. For a limited period of time, we are offering popular products described in the catalog at prices below what health food stores pay.

But hurry, this incredible sale expires on **June 25, 2007**, or while supplies last. No substitutions will be allowed, so please order these classic formulas today before supplies run out!

<http://www.lef.org/os2>

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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