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## Life Extension Update Exclusive

### **Meta-analysis finds echinacea effective for cold prevention and treatment**

A review published in the July, 2007 issue of *The Lancet Infectious Diseases* concluded that echinacea, an herb commonly used to help prevent and treat the common cold, is effective at both reducing cold incidence and duration. Although the herb has been the subject of controversial study findings, millions of people continue to rely on echinacea to help protect them during cold and flu season.

For the meta-analysis, researchers at the University of Connecticut in Storrs, and Hartford Hospital, also in Connecticut, selected 14 randomized, placebo-controlled trials which evaluated the effect of echinacea on cold incidence among a total of 1,356 participants, and its effect on cold duration in 1,630 subjects. The studies selected examined the effects of *Echinacea purpurea*, *Echinacea angustifolia*, and *Echinacea pallida*.

The analysis found that echinacea use reduced the risk of contracting a cold by 58 percent, and decreased cold duration by an average of 1.4 days. Subgroup analyses examining a specific brand of echinacea, concomitant supplement use, method of cold exposure, and other factors continued to demonstrate a protective effect. (The one study that combined echinacea with other supplements found an 86 percent reduction in cold incidence.)

All three species of echinacea contain water-soluble polysaccharides, a lipophilic fraction, caffeoyl conjugates, and flavonoids. However, it is not known which compound or compounds are responsible for echinacea's ability to stimulate immune function.

"An analysis of the current evidence in the literature suggests that echinacea has a benefit in decreasing the incidence and duration of the common cold; however large-scale randomized prospective studies controlling for variables such as species, quality of preparation and dose of echinacea, method of cold induction, and objectivity of study endpoints evaluated are needed before echinacea for the prevention or treatment of the common cold can become standard practice," the authors conclude.

## Health Concern

### **Common cold**

Although there is no cure for the common cold, patients should be proactive even before symptoms first appear to prevent infection, recover more quickly, reduce the severity of symptoms, and prevent the spread of the contagion. Frequent hand-washing and use of facial tissues with antiviral agents will help prevent the spread of the infection.

A number of nutrients should also be considered, beginning when symptoms first appear, or when exposure to cold viruses is elevated (for example, when a member of the household is sick). These nutrients include:

- Life Extension Mix—Follow label directions.
- Vitamin C—1 to 10 grams (g) daily, in divided doses, up to bowel tolerance
- Zinc gluconate—one lozenge (5 to 15 mg) every 2 hours (while awake)
- A. membranaceus—300 mg a day or 4 to 7 g in powder form
- N-acetyl cysteine—600 mg two times daily with vitamin C
- S. nigra (black elderberry)—15 milliliters (1 tablespoon) of elderberry juice—containing syrup four times a day for 3 to 5 days (adults only)
- Melatonin—10 mg/day 30 to 60 minutes before bed
- Garlic extract—600 to 1200 mg/day
- A. paniculata—400 mg three times daily; for prevention, 200 mg/day 5 days a week
- Lactoferrin—300 to 900 mg/day
- Propolis—500 to 1500 mg/day
- DHEA—15 to 75 mg every morning (get blood tested after 3 to 6 weeks to ensure healthy maintenance levels)

[http://www.lef.org/protocols/infections/common\\_cold\\_01.htm](http://www.lef.org/protocols/infections/common_cold_01.htm)

## Featured Products

### Immune Protect with Paractin®

Immune Protect with Paractin® contains a combination of patented ingredients that have been clinically shown to boost immune function, increasing the body's natural ability to combat challenges.

Immune Protect with Paractin® provides 100 milligrams of a proprietary, patented form of beta-glucan that has been proven to activate the immune system's primary defenders: phagocytes and natural killer (NK) cells. The immune cell-priming capabilities of this patented, highly purified yeast derivative exceed those of all other sources of immune supplements tested to date.

<http://www.lef.org/newshop/items/item00955.html>



### Echinacea Extract Capsules

Echinacea is known for its ability to stimulate the body's immune system, helping it to ward off infectious agents. Several clinical trials have shown echinacea to be effective, especially if taken at the first signs of an illness.

<http://www.lef.org/newshop/items/item00388.html>



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Spend a week in Cancún with your family and friends and enjoy spacious villa accommodation in a spectacular beachfront setting at Club Internacional de Cancún. This five-star resort is located a stone's throw from shopping malls, golf courses, restaurants, bars and more. Your family will enjoy the services at Club Internacional de Cancún, which include two pools, tennis courts, an activity program for adults and children, sail boating, a restaurant, bar, convenience store, tour desk and car rental. Guests can also enjoy the facilities at the other Royal Resorts by hopping on the free inter-resort shuttle bus.

This promotion is valid for stays from July 7 to December 8, 2007 (Saturday Departures).

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Contact Life Extension Vacations to book your airline tickets. If your tickets come to a total of at least \$600, you will receive \$50 off your reservation.

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Book your airline tickets by November 30, 2007. Valid for travel now through 1/31/2008 with the exception of the following blackout dates (11/17-11/18/2007; 12/22-12/27/2007).

<http://www.levacations.com>

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.

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