

July 27, 2007

Printer Friendly

## In this issue

Life Extension Update Exclusive

Broccoli and cauliflower reduce aggressive prostate cancer risk

Health Concern

Prostate cancer

Featured Products

DNA Protection Formula

Dual-Action Cruciferous Vegetable Extract with Cat's Claw

Life Extension

2007 Final Clearance Sale

Life Extension Update Exclusive

### **Broccoli and cauliflower reduce aggressive prostate cancer risk**

A study reported in the August 1, 2007 issue of the *Journal of the National Cancer Institute* concluded that men who consume more cruciferous vegetables, particularly broccoli and cauliflower, have a lower risk of aggressive prostate cancer. The cruciferous family of vegetables, which also includes cabbage, kale, and Brussels sprouts, has been associated in previous research with protection from colon, breast, prostate, thyroid, cervical, and other cancers, as well as with slower disease progression.

For the current study, Victoria Kirsh, PhD, of Cancer Care Ontario in Toronto and colleagues utilized data from 29,361 men participating in the Prostate, Lung, Colorectal and Ovarian Cancer Screening Trial. Over the 4.2 year average follow-up period, 1,338 men were diagnosed with prostate cancer, including 520 with aggressive disease. Dietary questionnaires completed by the participants were analyzed for the association of fruits and vegetables with prostate cancer risk.

While total fruit and vegetable intake was not found to be related to prostate cancer risk, higher intake of dark green as well as cruciferous vegetables was found to be associated with a lower risk of the disease, particularly that which was aggressive and had spread beyond the prostate. Broccoli and cauliflower had especially strong protective associations against aggressive and extraprostatic disease. Men whose intake of broccoli was greatest, at more than one serving per week, had a 45 percent lower risk of extraprostatic disease cancer than men whose intake was least, at less than once per month. Cauliflower was associated with an even greater benefit, with a 52 percent reduction in risk experienced by men who consumed the vegetable more than once per week. The glucosinolate-derived compounds contained in cruciferous vegetables modify cancer risk by protecting cells from DNA damage, inducing apoptosis, influencing genetic expression, and inhibiting prostate cancer cell proliferation.

“Aggressive prostate cancer is biologically virulent and associated with poor prognosis. Therefore, if the association that we observed is ultimately found to be causal, a possible means to reduce the burden of this disease may be primary prevention through increased consumption of broccoli, cauliflower, and possibly spinach,” the authors conclude.

Health Concern

### **Prostate cancer**

Besides laboratory testing, physical examination, and investigative procedures to rule out the presence of prostate cancer (PC) and other diseases, an action plan to prevent their development should be considered.

A dietary history of significant lycopene and/or strawberry consumption correlated with a lower risk of aggressive and extraprostatic PC. The lycopene source that was found to be most significant in most epidemiologic studies was the tomato, in the form of tomato sauce, stewed tomatoes, and pizza. In one large-scale study involving 812 new cases of PC over the years 1986-

1992 with matched controls, of the 46 vegetables and fruits or related products significantly associated with lower PC risk, three of the four identified were related to lycopenes--tomato sauce, tomatoes, and pizza. In this study, the combined intake of tomatoes, tomato sauce, tomato juice, and pizza (accounting for 82% of lycopene intake) was associated with a reduced risk of PC for consumption frequency greater than 10 versus less than 1.5 servings a week. Lycopene intake was also associated with a 53% reduced risk for advanced PC (Stages III and IV). The other nonlycopene product identified with significantly lower PC risk was strawberries.

The largest relevant dietary study, a prospective study in male health professionals, found that consumption of 2-4 servings of tomato sauce a week was associated with about a 35% risk reduction of total PC and a 50% reduction of advanced (extra-prostatic) PC. Tomato sauce was by far the strongest predictor of plasma lycopene levels in this study. These associations persisted in analyses controlling for fruit consumption, vegetable consumption, and olive oil use.

<http://www.lef.org/protocols/prtcl-138.shtml>

## Featured Products

### DNA Protection Formula

Medical science has documented the ability of certain nutrients to exert powerful effects that can significantly bolster the body's natural defenses against chemical assault. DNA Protection Formula provides standardized potencies of curcumin, chlorophyllin, wasabi, and broccoli extract.

The formula contains the world's purest, organically grown New Zealand wasabi rhizome, a rich source of long-chain methyl isothiocyanates that have been shown to help maintain healthy liver enzymes.

The formula's standardized broccoli extract contains concentrated levels of glucosinolate and sulforaphane, two bioactive compounds providing the isothiocyanates that are recommended for good health.

<http://www.lef.org/newshop/items/item00804.html>



### Dual-Action Cruciferous Vegetable Extract with Cat's Claw

Scientists have identified specific extracts from cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, etc.) that modulate hormones in a way to help maintain healthy cell division. For instance, animal studies have shown that the cruciferous vegetable extract indole-3-carbinol (I3C) modulates estrogen hormones by favorably changing the ratio of protective 2-hydroxyestrone versus the damaging 16-hydroxyestrone. Indole-3-carbinol also induces phase I and II detoxifying enzymes that can help neutralize estrogen metabolites and xenobiotic estrogen-like environmental chemicals. Human studies support the beneficial role of I3C in positively altering estrogen metabolism. Di-indolyl-methane (DIM), a phytonutrient found in cruciferous vegetables, has been shown in animal studies to help maintain normal levels of a potentially damaging estrogen called 4-hydroxyestrone.

The glucosinolates are major constituents of cruciferous vegetables that have been shown to promote normal apoptosis and induce the expression of the beneficial p53 gene via an estrogen-independent action.

<http://www.lef.org/newshop/items/item00968.html>



## 2007 Final Clearance Sale

Take advantage of Life Extension's surplus inventory and save up 80% on premium grade 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 the popular products described in the catalog at prices far below what health food stores pay.

This incredible sale expires on September 17, 2007, or while supplies last. No substitutions will be allowed, so please order these classic formulas today before supplies run out!

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,



Dayna Dye  
Editor, Life Extension Update  
[ddye@lifeextension.com](mailto:ddye@lifeextension.com)  
954 766 8433 extension 7716  
[www.lef.org](http://www.lef.org)

Sign up for Life Extension Update at <http://mycart.lef.org/Memberships/NewsSubscription.aspx>

Help spread the good news about living longer and healthier. Forward this email to a friend!

View previous issues of Life Extension Update in the Newsletter Archive.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

**LifeExtension®**

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before 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.