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Life Extension Update Exclusive

Mayo Clinic trial finds flaxseed reduces hot flashes

The summer 2007 issue of the *Journal of the Society for Integrative Oncology* reported a study conducted at the Mayo Clinic which found that consuming flaxseed can help reduce uncomfortable hot flashes in postmenopausal women who are not using estrogen replacement therapy. Hot flashes are the primary reason women are prescribed estrogen by their physicians, however, recent research has linked synthetic hormone replacement with an increased risk of breast cancer and heart disease, resulting in an exodus of a large number of women from hormone treatment.

In a pilot study, breast health specialist Sandhya Pruthi, MD and colleagues gave 40 grams crushed flaxseed per day for six weeks to 29 women who suffered from hot flashes. The participants had not used any hormones, soy, or herbal supplements for the preceding four weeks. Questionnaires concerning the frequency and severity of hot flashes were administered before and after the treatment period. Twenty-one women completed the trial.

By the end of the study, hot flash frequency was cut in half and the overall "hot flash score" had diminished by an average of 57 percent. The women also reported improved mood, reduced joint or muscle pain, fewer chills, and less sweating.

Flaxseed was selected for the current trial because of its phytoestrogen content. Flax contains lignans that have mild estrogen-like effects as well as anticancer benefits. In recent trials, flax has been shown to help decrease the risk of breast cancer. The seeds are also a source of omega-3 fatty acids.

"We are quite pleased with the improvements noted by these women in their quality of life," Dr Pruthi commented. "Not only does flaxseed seem to alleviate hot flashes, but it appears to have overall health and psychological benefits as well."

"Hot flashes are a bothersome issue for women experiencing menopause," she observed. "We hope to find more effective nonhormonal options to assist women, and flaxseed looks promising."

Health Concern

Female hormone restoration

It might seem like a stark choice: face aging and hormonal decline or rely on synthetic hormones that raise the risk of heart attack and breast cancer. Fortunately, there are other options. Progressive physicians throughout the United States, Europe, and Japan have begun to rely on natural bioidentical estrogens, or plant compounds that have estrogenic properties (called phytoestrogens).

Some of the best evidence for phytoestrogens comes from Asia. In Asia, women do not experience many of the diseases and symptoms associated with menopause and the loss of estrogen (Knight et al 1996; Park et al 2005; Sarkar et al 2003). Looking for answers, researchers examined whether there was a genetic difference or another explanation.

Phytoestrogens found in soy and other plant products may help protect aging Asian women (Park et al 2005; Sarkar et al 2003). Phytoestrogens bind to estrogen receptors (Zittermann 2003). By competing for estrogen receptors, phytoestrogens help prevent the growth and spread of several hormone-dependent cancers (Adlercreutz et al 1992). They have also been shown to decrease the risk of some degenerative diseases, including cardiovascular disease, osteoporosis, and breast and uterine cancer (Badowski et al 2001; Fletcher 2003; Magee et al 2004; Park et al 2005; Valentin-Blasini et al 2003).

http://www.lef.org/protocols/female_reproductive/female_hormone_restoration_01.htm

Featured Products

Hi-Lignan® Nutri-Flax®

Lignans are natural phytochemicals. Hi-Lignan® Nutri-Flax® is the true high lignan product with an amazing 43 mg of lignans per serving. Scientific research has shown lignans to have numerous health benefits for men and women:

- High in dietary fiber, containing both soluble and insoluble fiber
- Good source of plant-derived omega-3 fatty acids
- Very low sodium content
- Potassium to sodium ratio of 17:1
- Preserves nature's balance of crucial electrolytes



<http://www.lef.org/newshop/items/item00873.html>

Natural Estrogen with Pomegranate Extract

In an attempt to provide aging women with the multiple health effects of the bodies' estrogen without side effects, scientists have discovered plant extracts with estrogenic activity (phytoestrogens).

Natural Estrogen with Pomegranate Extract is one answer to the concerns of maintaining healthy hormone function. A review of the published literature reveals some interesting findings about how plant-derived estrogens can provide safe and effective support for such menopausal symptoms as hot flashes.

This formulation of Natural Estrogen with Pomegranate Extract contains broccoli extract and HMRlignan™ in addition to phytoestrogens and other plant extracts, all of which have proven to provide optimal female hormonal support.



<http://www.lef.org/newshop/items/item00712.html>

Life Extension Magazine August, 2007 issue

Melatonin supplementation may delay, improve menopausal symptoms

Italian researchers report they may have discovered a "cause-effect relationship" between declining levels of melatonin and the onset of menopause. Produced by the pineal gland deep within the brain, melatonin is known for its role in promoting sleep and regulating circadian (about one day) cycles.

http://www.lef.org/magazine/mag2007/aug2007_itn_02.htm

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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