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Life Extension Update Exclusive

Rosemary helps protect the brain

Reports published online recently in *The Journal of Neurochemistry* and *Nature Reviews Neuroscience* revealed the discovery of scientists in Japan and at the Burnham Institute for Medical Research in La Jolla, California that a compound known as carnosic acid that occurs in the herb rosemary fights free radical damage in the brain in an animal model of impaired blood flow. Free radicals are believed to contribute to stroke, Alzheimer's disease, and the deleterious effects of aging on the brain. The finding may be useful in the development of a therapy for aged individuals and/or those with neurological disorders.

Dr Takumi Satoh of Iwate University in Japan, and Stuart A. Lipton, MD, PhD of the Burnham Institute's Del E. Webb Neuroscience, Aging, and Stem Cell Research Center discovered that carnosic acid remains harmless until needed to fight free radical damage, upon which it activates a neuroprotective signaling pathway, making it a "pathological-activated therapeutic" or PAT drug. "This new type of drug works through a mechanism known as redox chemistry in which electrons are transferred from one molecule to another in order to activate the body's own defense system," Dr Lipton commented. "Moreover, unlike most new drugs, this type of compound may well be safe and clinically tolerated because it is present in a naturally-occurring herb that is known to get into the brain and has been consumed by people for over a thousand years."

Drs Satoh and Lipton have filed a patent application for a series of compounds that have demonstrated improved benefits over the rosemary herb itself. "This is not to say that Rosemary chicken is not good for you," said Dr. Satoh, "but it means that we can do even better in protecting the brain from terrible disorders such as Alzheimer's and Lou Gehrig's disease, perhaps even slowing down the effects of normal aging, by developing new and improved cousins to the active ingredient in rosemary."

Health Concern

Mild cognitive impairment

Free radicals are highly unstable molecules that react with other molecules in a damaging process known as oxidation. Areas of the body with high energy output, such as the brain, are particularly vulnerable to damage from free radicals. The body normally defends itself against the harmful effects of free radicals with antioxidants, including superoxide dismutase and glutathione peroxidase, as well as vitamins C and E. Animal studies have suggested that diets high in antioxidants can delay age-related memory loss (Joseph JA et al 1998; Perrig WJ et al 1997).

In addition to hormone therapy, a number of nutrients and supplements have been studied for their ability to enhance cognitive function. These agents act through a variety of mechanisms, including boosting antioxidant capabilities, improving blood flow to the brain, and reducing the rate of neuronal destruction.

Taking steps to improve one's overall health is highly recommended to help prevent or minimize age-associated mental impairment. For example, exercising regularly, not smoking, and monitoring blood cholesterol levels can reduce the risk of stroke and heart disease and keep arteries open, supplying the brain with essential oxygen and nutrients.

Since most people tend to eat less as they age, the consumption of low-fat, nutrient-rich food is recommended to help prevent nutrient deficiencies. Eating large quantities of foods rich in antioxidants, such as blueberries, may provide protection from age-related mental decline.

http://www.lef.org/protocols/neurological/mild_cognitive_impairment_01.htm

Featured Products

Cognitex with Neuroprotection Complex

Cognitex with NeuroProtection Complex contains high quality nutrients to provide broad-spectrum neurological support:

- Uridine-5'-monophosphate (UMP) is a phosphatide building block of RNA-DNA that is critical to optimal brain function and the health of neuronal cell membranes. Naturally found in the milk of nursing mothers, UMP is essential not only for the growth and development of infant brains, but also for healthy cognitive function in aging adults.
- SharpPS Gold™, a rich phosphatidylserine compound bound to DHA, promotes already normal neuronal cell membrane function and structure.
- Glyceryl phosphoryl choline (GPC) boosts acetylcholine, a critical neurotransmitter that declines with age.
- Vinpocetine enhances circulation and oxygenation to brain cells, improves neural electrical conductivity, and protects against neuron-destroying excitotoxicity.
- Phosphatidylcholine-grape seed extract bound together results in a compound that is better absorbed into the bloodstream where it improves blood vessel tone and elasticity, thus enhancing blood circulation and oxygen flow to the brain.
- Wild blueberry extract suppresses free radical and inflammatory damage in the brain, and may improve memory and reverse certain changes seen in aging neurons.
- Sensoril® ashwagandha extract helps alleviate mental fatigue by inhibiting an enzyme (acetylcholinesterase) that degrades acetylcholine in the aging brain.
- Proprietary NeuroProtection Complex Blend contains standardized extracts of hops, ginger, and rosemary—proven anti-inflammatory nutrients.



<http://www.lef.org/newshop/items/item00921.html>

Dual-Action Cruciferous Vegetable Extract with Cat's Claw

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.

Watercress contains isothiocyanates, but in a broader spectrum than does broccoli. The primary isothiocyanate precursor (PEITC) in watercress functions via four specific mechanisms to maintain healthy cell division. Extracts from rosemary enhance liver metabolism of estradiol and estrone, inhibits the formation of DNA adducts, and have been shown to impede estrogen-induced growth promotion in certain tissues.

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



Life Extension Vacations

Rest, Relax, and Revitalize at Club Internacional de Cancún

Located on the ocean side of the Hotel Zone and looking out over Isla Mujeres, this ocean-front resort offers first class facilities and services, exquisite dining, championship tennis courts, sporting, exploring, and exciting daytime and nightlife activities.

As a guest, you'll enjoy:

- Luxurious villa accommodation perfect for a couple or a family. Each villa featuring a fully equipped kitchen, a living-dining room, a master and guest bedroom and a private terrace.
- Welcome Party with an open bar, dancing and entertainment.
- Royal Resort shuttle bus service linking Club Internacional to its four sister resorts (Royal Islander, Royal Caribbean, Royal Mayan, Royal Sands). All the Royal Resorts share guest privileges.
- Complimentary sailing lessons as well as the free use of sailboats (one hour per day per villa).
- Daily maid service except Sundays and legal Mexican holidays.
- Other Amenities: La Palapa Restaurant, El Castillo Restaurant for special events, a full-service unisex beauty salon, a grocery store, car rental, tour desk, leisure center, laundry facilities, cribs and baby sitting service upon request, a nearby golf course.

Rates per week (Saturday to Saturday stays):

November 10, 17, 24, 2007 - \$659

December 1, 8, 2007 - \$699

December 15, 22, 29, 2007 - \$1,199

January 5 - August 8, 2007 - \$899

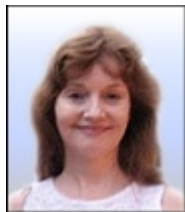
NOTE: Rates are per villa per week and include all resort taxes. We offer also rates for shorter stays and we can help you with your airline tickets and airport transfers (Ask about our \$50 off special on airline tickets to Cancún).

Call Life Extension Vacations toll-free at 1-800-791-4457 or reservations@levacations.com

<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 or call 954 202 7716.

For longer life,



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