

An Impeccable 29-year Track Record of Scientific Achievements in Health and Longevity

THE LIFE EXTENSION FOUNDATION TODAY: VITAMIN D, HORMONES, PROSTATE CANCER

- In 2007, the Foundation revealed how the *ubiquinol* form of CoQ10 reversed congestive heart failure in cases where conventional CoQ10 was shown to be ineffective.
- In 2007, the Foundation ascertained what dose of green tea was required to protect against certain cancers and vascular diseases, and why drinking only a few cups of green tea a day may not be enough.
- In 2007, the Foundation showed how cancer cells lurk in the prostate glands of many aging men, and how to inhibit an enzyme (*5-lipoxygenase*) that enables these isolated malignant cells to develop into full-blown **prostate cancer**.
- In 2007, the Foundation showed that those drinking bottled water were at significant risk of a lethal magnesium deficiency.
- In 2007, the Foundation revealed one overlooked reason why humans contract the flu much more frequently in winter months and what could be done to guard against this.
- In 2007, the Foundation revealed published findings about how people with higher blood levels of vitamin E slashed their risk of dying over a 19-year period and showed that it was not possible to attain adequate vitamin E levels through diet alone.
- In 2007, the Foundation unveiled a comprehensive program to sharply reduce the high cost of prescription drugs while also protecting consumers against dangerous side effects.
- In 2007, the Foundation showed for the first time how Coumadin® (warfarin) drug users could safely benefit from low-dose vitamin K. Most doctors still tell their Coumadin® patients to avoid even foods that contain vitamin K, whereas Life Extension showed that most Coumadin® users can benefit from consistent low-dose vitamin K, which can help stabilize coagulation markers in the blood while protecting against arterial calcification and bone density loss — two common side effects associated with this drug.
- In 2007, the Foundation showed that low blood levels of the omega-3 fatty acids EPA and DHA are independent risk factors for heart attack and angina.
- In 2007, the Foundation exposed how pharmaceutical special interests were seeking to ban over-the-counter sales of **DHEA** so they could sell this safe, anti-aging hormone as a prescription drug. Life Extension members inundated Congress with protests and prevented DHEA from being removed from the supplement marketplace.
- In 2007, the Foundation uncovered five anti-cancer drugs that the FDA was not approving, despite human clinical studies documenting both safety and efficacy. Life Extension organized patient advocate groups to contact their members of Congress to protest the unjust denial of these medications to terminally ill cancer patients.
- In 2007, the Foundation alerted its members about the potential danger of inhaled insulin drug therapy. The company making this drug soon withdrew it from the marketplace.
- In 2007, the Foundation compiled data showing that supplementing with higher-dose **vitamin D** could significantly reduce the risk of the most common age-related disorders, including cancer, chronic inflammation and heart disease. The Foundation wrote the President of the United States urging that a national emergency be declared to urge every adult to consume at least 1000 IU a day of vitamin D. The Foundation also offered to donate 50,000 one-year-supply bottles of vitamin D to the federal government to give to those who could not afford this low-cost supplement.
- In 2007, the Foundation showed how mainstream oncologists are failing to *optimally* prescribe FDA-approved therapies

and offered a practical solution for cancer patients to consider.

- In 2007, the Foundation published information on how standardized cocoa polyphenols help correct endothelial dysfunction and improve arterial blood flow.
- In 2007, the Foundation reported on an enhanced form of *ubiquinol* **CoQ10** that was shown to absorb into the blood even better than the ubiquinol Life Extension had introduced to the world just one year prior.
- In 2007, the Foundation unveiled its multi-pronged scientific research program to more efficiently develop new cancer drugs.
- In 2008, the Foundation revealed how the consumption of specific plant *lignans* can slash prostate cancer risk.
- In 2008, the Foundation published the "Seven Pillars to Successful Weight Loss" that identified why virtually all fat-loss programs fail and provided a comprehensive scientific rationale to induce weight loss in aging humans.
- In 2008, the Foundation published confirmatory data that radiation from medical x-rays and especially highly radioactive CAT scans increase risk of cancer.
- In 2008, the Foundation published data showing why more Americans are depressed, overweight and suffer sleep disturbances than ever before. The Foundation then revealed a novel method to enable tryptophan supplements to safely *increase* brain serotonin to improve mood, decrease carbohydrate craving and facilitate restful sleep.
- In 2008, the Foundation found itself in the unusual position of defending the proper use of statin drugs in high-risk patient groups when the media misinterpreted some scientific reports. Most Foundation members, however, find they can achieve optimal cholesterol, LDL and HDL using safer natural approaches, rather than drugs.
- In 2008, the Foundation issued a meticulous rebuttal to the FDA's attack against bio-identical **hormones** and provided a scientific rationale for using *natural* testosterone and estrogen to *reverse* certain manifestations of aging.
- In 2008, the Foundation published a report titled "The FDA Indicts Itself," where for the first time the FDA itself admitted it was scientifically incapable and incompetent to keep up with medical discoveries.
- In 2008, the Foundation uncovered an orally ingested supplement that protects the skin from solar radiation.
- In 2008, the Foundation announced a startling breakthrough whereby the clinical course of Alzheimer's disease was reversed. The Foundation then announced it was funding an expanded research program to further validate the remarkable cognitive improvements observed in Alzheimer's patients receiving this novel drug therapy.
- In 2008, the Foundation uncovered topical agents being used in Europe to reverse the outward appearance of cellulite.
- In 2008, the Foundation launched a political campaign to radically overhaul the FDA. The Foundation's position paper revealed how the FDA is the major impediment to life-saving advances in medicine.

Membership in the non-profit Life Extension Foundation is at an all-time high. Life Extension is growing because people are becoming aware that recommendations published by the Foundation in the early 1980s are now scientifically validated, and many are even accepted by the medical establishment.

The Life Extension Foundation disseminates this practical life-saving information each month to its members in *Life Extension* Magazine. Membership normally costs \$75 a year, but members save far more than this on blood tests, compounded prescription drugs, state-of-the-art nutritional supplements, and free telephone access to knowledgeable Health Advisors.

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