

2009 Update Archive

January 2009

- Green tea catechins improve exercise-induced abdominal fat loss (01/20/2009)
- Cognitive impairment linked to low vitamin D levels (01/23/2009)
- EPA helps relieve psychological distress in women (01/28/2009)
- Higher vitamin E levels in smokers linked with reduced pancreatic cancer risk (01/30/2009)

February 2009

- Younger men with ED may be at increased risk for heart disease (02/04/2009)
- Arginine shows promise against obesity (02/06/2009)
- Quercetin shown to help protect against colon cancer by reducing inflammation (02/11/2009)
- Vitamin B12 helps prevent canker sores (02/13/2009)
- Greater carotenoid intake linked with longer cancer-free survival in breast cancer patients (02/17/2009)
- Mediterranean diet associated with reduction in women's deaths from heart attack and stroke (02/20/2009)
- Lower vitamin D levels associated with common cold (02/25/2009)
- Higher calcium intake associated with lower digestive cancer risk (02/27/2009)

March 2009

- Study finds nutritional supplement plus testosterone may help keep seniors out of the hospital (03/03/2009)
- Compound in broccoli may help protect against asthma and other respiratory disease (03/06/2009)
- Zinc from supplements associated with reduced risk of advanced prostate cancer (03/10/2009)
- Greater vitamin C intake from food and supplements equals lower gout risk (03/13/2009)
- Longer telomeres associated with multivitamin use (03/17/2009)
- More from the Sister Study (03/20/2009)
- Greater omega-3 fatty acid intake associated with decreased risk of advanced prostate cancer (03/24/2009)
- Meta-analysis concludes vitamin D supplements help prevent fractures (03/27/2009)
- Early soy consumption linked with reduced breast cancer risk (03/31/2009)

April 2009

- Alpha-lipoic acid reduces triglycerides in animal model of obesity/diabetes (04/03/2009)
- DHA reduces tumor growth (04/07/2009)
- Broccoli sprouts fight ulcer bacteria (04/10/2009)
- Inflammation reduced in those with higher vitamin D levels (04/14/2009)
- Omega-3 fatty acid supplementation improves surgical recovery (04/17/2009)
- Curcumin reduces adipose tissue formation in mice (04/21/2009)
- Poor diet quality predicts all cause mortality in men over a 7 year period (04/24/2009)
- Asthma severity in children associated with low vitamin D levels (04/28/2009)

May 2009

Estimated US deaths due to preventable factors approach 2 million per year (05/02/2009)

High folate levels could help prevent allergic reactions and reduce symptoms (05/05/2009)

White tea fights fat (05/08/2009)

More good fat, less bad, reduces age-related macular degeneration risk (05/12/2009)

DHEA improves bone density in women (05/15/2009)

Higher vitamin E levels predict improved prostate cancer survival (05/19/2009)

Higher vitamin D levels associated with speedier brain processing (05/22/2009)

Meta-analysis finds lower risk of stroke among tea drinkers (05/26/2009)

Mayo Clinic finds green tea extract fights leukemia (05/29/2009)

June 2009

New model of cancer development proposed (06/02/2009)

Greater adherence to positive dietary practices linked with reduced mortality over 10 year period (06/05/2009)

Review finds dietary measures may aid in prostate cancer prevention and treatment (06/09/2009)

Review affirms multiple benefits for resveratrol (06/12/2009)

D is for dieting (06/16/2009)

Green tea extract reduces PSA and other biomarkers in prostate cancer patients (06/19/2009)

Reduced vitamin E levels linked with poorer quality of life in older individuals (06/23/2009)

Aging "no longer an unsolved problem" (06/26/2009)

Higher vitamin C levels associated with improved vascular function in type 1 diabetes (06/30/2009)

July 2009

Vitamin D insufficiency is a global issue (07/03/2009)

Vitamin C protects against tumors in rodent model of breast cancer (07/07/2009)

Twenty year study finds calorie restriction works in primates (07/14/2009)

Bioflavonoid prevents metabolic syndrome and obesity in mice (07/17/2009)

Carnosine combats cataracts (07/21/2009)

Vitamin C and E supplementation associated with reduced five year mortality (07/24/2009)

JAMA articles report the effects of positive behaviors on the heart (07/28/2009)

Reduced omega-3 and elevated trans-fatty acid levels predict nonfatal heart attack better than established risk factors (07/31/2009)

August 2009

Resveratrol's anti-inflammatory mechanism defined (08/04/2009)

Review confirms omega-3 benefits (08/07/2009)

Studies associate Mediterranean diet with lower risk of Alzheimer's disease, cognitive decline (08/11/2009)

DHEA helps protect against the effects of stress (08/14/2009)

Higher vitamin B6 levels correlated with lower heart attack risk in women (08/18/2009)

Regular intake of polyphenols elevates brain levels (08/21/2009)

Vitamin C levels up, but low income groups and smokers still at risk of deficiency (08/25/2009)

Adequate zinc intake protects DNA (08/28/2009)

Reduced omega-3 and elevated trans-fatty acid levels predict nonfatal heart attack better than established

risk factors (07/31/2009)

September 2009

Chlorophyllin-chemo cocktail proposed (09/04/2009)

Vitamin C deficiency linked to metabolic syndrome components in young adults (09/08/2009)

Folic acid supplementation improves blood flow in peripheral arterial disease (09/11/2009)

Few Americans at low risk of cardiovascular disease (09/18/2009)

How vitamin C protects the skin (09/22/2009)

Vitamin K study supports triage hypothesis of degenerative disease (09/25/2009)

Reduced premenopausal vitamin D levels predict hypertension later in life (09/29/2009)

October 2009

Tea catechins promote fat loss in overweight (10/02/2009)

Higher vitamin D levels associated with increased survival among older women over a 6 year period (10/06/2009)

High folate intake associated with lower incidence of hearing loss in men (10/09/2009)

Low protein diet improves mitochondrial function (10/13/2009)

The September phenomenon (10/16/2009)

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