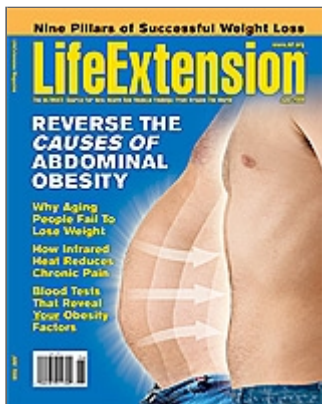


June 2009

On The Cover



**Physician’s Guide: Using Blood Test Findings To Safely Induce Weight Loss**

Obese Americans now outnumber those who are merely overweight. Overlooked are a plethora of research findings indicating substantial fat-loss effects in response to the proper use of bioidentical hormones, certain prescription drugs, and nutrients, along with lifestyle changes. The reason these proven weight-loss strategies have not caught on is that when used in isolation, they often fail to meet the expectations of corpulent individuals. In this eye-opening report, *Life Extension* discusses how to interpret blood test results to utilize an armada of medications, natural hormones, and lifestyle alterations that can safely induce substantial and sustainable weight loss.

Reports

**CRITICAL NEED FOR A MULTI-MODAL APPROACH TO COMBAT OBESITY**



Middle-age people often ask why they amass so much body fat while eating less than when they were younger and thinner. Scientists have identified biological factors to explain age-related weight gain, yet effective programs to restore youthful body contours remain elusive. The encouraging news is that there are more clinically documented weight-loss compounds than ever before. Here, we introduce a novel **multi-modal** nutritional approach to removing **excess body fat** stores, especially in the **abdominal** region.

**THE NINE PILLARS OF SUCCESSFUL WEIGHT LOSS**



A number of physiological factors contribute to stubborn weight gain as we age. The updated **Nine Pillars of Successful Weight Loss** provides a simplified science-based program to foster successful weight loss.

Departments

**As We See It**



In response to remarkable fat-loss results shown in human studies, *Life Extension®* introduced a nutrient called **Irvingia** in November 2008. Since then, **Irvingia** has become an enormously popular supplement, the latest Irvingia weight-loss trial has been published in a prestigious scientific journal, and the re-order rate for Irvingia is *higher* than any other product. Despite impressive clinical data and actual fat-loss results, *Life Extension* explains why it is not satisfied with **Irvingia** and what it is doing to rectify the issue.

**In The News**



Elevated CRP may increase cancer risk; favorable bodycomposition changes in response to **DHEA**; dangers of maternal vitamin D deficiency; carotenoids fight breast cancer recurrence; Mediterranean diet cuts heart disease, stroke risk; testosterone, protein supplement keeps you out of hospital; broccoli protects against asthma; zinc lowers risk of prostate cancer; lignans linked to thinner, healthier women; gamma tocopherol may prevent prostate cancer; tea drinking reduces stroke risk; osteoporosis drug effective in breast cancer; potato chips increase atherosclerosis risk; published study confirms weight-loss benefits of Irvingia; and more.

**FAR INFRARED THERAPY: CAPTURING THE THERAPEUTIC BENEFITS OF SOLAR ENERGY**



While FDA-approved drugs provide some relief for joint discomfort, they are not without significant side effects. Now, a novel heating device captures the healing power of the sun's far infrared rays to provide safe, soothing relief from various types of pain and tension.

## Journal Abstracts

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