

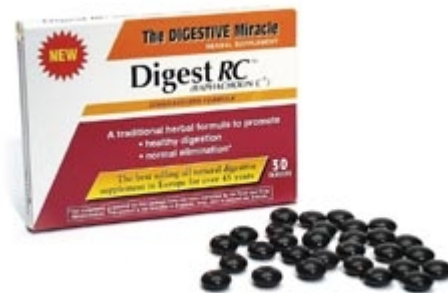
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PRODUCTS

The Life Extension Foundation regularly profiles and evaluates important new products on the market, often making them available directly to you, as well as to Foundation members at a discount via the Life Extension Buyers Club.

A European Solution For Digestive Disorders

The difference in life expectancy between the best and worst European countries is more than 10 years. In the early 1990s, overall Eastern European mortality was 20 to 100% higher compared to the West. The reasons for these differences in mortality are attributed to poor diet, excess alcohol consumption, heavy smoking and other dangerous health behaviors.



One dietary explanation for the decreased life span among Eastern Europeans is that their intake of antioxidants from fruits, vegetables and nuts is much lower compared to the West. A severe deficiency of antioxidant vitamins, along with low intake of folic acid and flavonoids, partially accounts for the high level of cardiovascular disease in Eastern Europe.

The traditional Eastern European diet consists of lots of animal fats and protein and very little in the way of fresh fruits and vegetables. This poor diet not only shortens life span, but also creates an epidemic of acute digestive disorders.

While digestive complications increase as people age, the bad health habits of the Eastern Europeans exacerbate common problems such as heartburn, bloating, gas, constipation, nausea, cramps diarrhea, and irritable bowel syndrome.

In the United States, over-the-counter and prescription medications for digestive ailments are a multi-billion dollar industry. Most Eastern Europeans cannot afford the high-priced synthetic products sold by Western drug companies and instead rely on a natural herbal remedy. Rather than masking symptoms, this herbal preparation attacks the underlying cause of many forms of digestive disorder. Considering the magnitude of the digestive disorders caused by the poor health behaviors of the Eastern Europeans, the fact that this herbal remedy has such a strong track record makes it a fascinating potential solution for Americans.

Popular in Europe

Digest RC was introduced in Europe over 45 years ago. Today, over 100 million doses of the product are sold annually in Europe.

The mechanism of action of the formula is to stimulate peristalsis of the intestines, speed digestion of fats and prevent agnation of food in the digestive tract. The benefits the user finds are a reduction in esophageal acid reflux, alleviation of the feeling of fullness and bloating after eating, decreased digestive tract tension, alkalization of the gastric content, constipation relief and normalized elimination.

Black radish juice extract is the primary active ingredient in Digest RC. Virtually unknown in the United States, the radish contains a variety of chemicals that increase the flow of digestive juices. The most important function of black radish extract is that it encourages the liver to produce fat- and protein-digesting bile and lowers the tension of the bile ducts. It also improves peristaltic movement. Constipation is another problem to benefit from radish consumption. Rich in fiber and digestive stimulants, regular consumption of radishes helps regulate the bowels. Since dehydration is a major cause of constipation, radishes help hydrate and lubricate the intestines and encourage relaxed bowel movements. The root juice extract of the black radish used in Digest RC is the most potent part of the plant.

A bonus is the radish's ability to assist the immune system, as it contains a variety of chemicals that possess natural anti-microbial actions. Regular consumption may lead to a significant improvement in the resistance against common microbial infections such as colds, sore throats, ear infections and the flu.

A French study by Prahaveanu and Esanu in which liquid radish extract was administered to mice before they were inoculated with influenza virus demonstrated protection against the influenza infection. There was a significant decrease in the mortality rate and a significant increase in the rate of survival as compared to the untreated controls. Another study, by Ivanocis and Horvath, found it to

be protective against E. coli, more so than penicillin G.

A second constituent of Digest RC is artichoke-which acts directly on the liver, further increasing production of bile and causing it to flow through bile ducts. It is used in cases of low food tolerance, troubled digestion and assimilation. Peppermint, another ingredient of Digest RC, increases secretion functions of the stomach and liver and production of enzymes.

The charcoal in Digest RC is particularly useful in absorbing toxins. It is used in emergency departments to treat drug overdoses. It also calms a stressed digestive system allowing digestive enzymes to be produced and released. Indigestion and nervous vomiting are also treated with this ingredient. The charcoal in Digest RC is actually a special herbal preparation of linden tree bark, traditionally used in Europe as a digestive aid. Unlike the specially prepared linden wood bark in Digest RC, ordinary activated charcoal is derived from materials such as peat or coconut shell. Digest RC has antibacterial properties, which when used as directed, helps balance the digestive tract and supports the creation of the proper intestinal flora. At the same time it creates an inhospitable environment for parasitic infestation.

Another key ingredient in Digest RC is cholic acid, or pure processed ox bile, a liver enzyme used for digestion. It is particularly helpful in digesting fats and meat protein. Also in Digest RC is calcium phosphate, which neutralizes stomach acid.

Digest RC uses a layered delivery system to ensure that the various herbal extracts perform their intended function in the right part of the digestive tract. The ingredients are cultivated in Europe in a pesticide-free environment and are standardized to ensure uniform potency. The safety profile and demonstrated efficacy of herbs such as artichoke, black radish and peppermint suggest that here is the answer to the digestive problems of millions of Americans.

Used extensively in Europe and hailed as a huge success, Digest RC uses a formulation that simultaneously relieves digestive disorders while strengthening the digestive system. While there are numerous products that work on individual symptoms of poor digestion and elimination, Digest RC stands out because it relieves more than one symptom at the same time. Digest RC helps the liver function properly by enabling the organ to release toxins, and encouraging it to produce the correct amount of bile.

Clinical Studies

Immunologist Dr. Mark Pasula, president and research director of Signet Diagnostic Corporation at Oxford Nutritional Center in Florida, believes the product works because of its two-pronged approach that relieves most digestive disorders while it helps to build a healthy digestive system.

In short, Digest RC has the capacity to rapidly relieve symptoms in the short-term, while healing the source of the problems in the long run. Digest RC is the formula of choice for patients with digestive complaints who have not responded to food elimination therapy. Within a short time of regularly using the product, their digestive problems disappear and their digestive system actually strengthens.

Independent clinical research was conducted on Digest RC to analyze the therapeutic effectiveness of the product among patients with chronic digestive problems. Results showed statistically significant improvement in patients' symptoms during treatment. Digest RC was most successful in eliminating the most frequently occurring symptom, gas, in over 95% of the cases. Symptoms such as constipation, intestinal pains and cramps, heartburn (reflux), and stomach pains and cramps, were helped or completely eliminated in over 90% of the cases. Bloating ceased in over 80%, diarrhea in about 75%, and nausea and vomiting in approximately 65% of the cases. Digest RC was found to minimize the assimilation of undigested toxic products, which often stay in the gut for a prolonged period of time. Due to its cholepoietic and cholagogic abilities, Digest RC was particularly effective in preventing the stagnation of food and bloating in those patients whose diet was rich in animal protein and fat. As there are no specific contraindications, Digest RC can be taken together with any medication and can be taken by patients suffering from different respiratory, cardiovascular and musculoskeletal disorders. The only group of people who should avoid Digest RC are those with biliary tract obstruction or gall bladder disease because of the bile stimulating effects of the black radish and artichoke extracts. It is not known how this product would affect those who have had their gall bladder removed.

A new clinical study on Digest RC is being initiated at a medical school in the United States to validate the results of the European studies.

Aging becomes a critical factor that negatively impacts the digestive system. As we age, we become acutely aware of the limitations now placed on our diets. Foods that were part of our carefree eating styles in younger years have become the culprits in our declining years. The variety of products marketed for digestive problems is astounding. Looking for relief, consumers purchase a myriad of remedies and yet continue to suffer. Digest RC presents a time honored solution with proven benefits. As a result, symptoms are relieved and over time they may even disappear. Digest RC may be a potent weapon in halting this digestive epidemic.

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