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| <div style="background-color: #8B4513; color: white; padding: 5px; text-align: center;">update</div> | | <h2 style="color: #8B4513;">Life Extension Update</h2> | | | |
| <p style="text-align: center;">November 11, 2004</p> <p>In this issue</p> <p>Life Extension Update Exclusive:</p> <p style="color: #8B4513;">Adding psyllium to simvastatin as effective as doubling dose</p> <p>Protocol:</p> <p style="color: #8B4513;">Cholesterol Reduction</p> <p>Featured Products:</p> <p style="color: #8B4513;">Chitosan</p> <p style="color: #8B4513;">Fiber Food capsules</p> <p>Life Extension magazine November 2004 issue:</p> <p style="color: #8B4513;">Novel Dietary Supplement Shows Dramatic Effects in Lowering Cholesterol, LDL, and</p> | | | | | |
| <p style="text-align: center;">-----</p> <p>Life Extension Update Exclusive</p> <p>Adding psyllium to simvastatin as effective as doubling dose</p> <p>Research presented on November 9 2004 at the American Heart Association's scientific sessi when psyllium, a widely available fiber supplement, was added to 10 milligrams simvastatin, tl effects were as effective at lowering low density lipoprotein (LDL) cholesterol as doubling the Statin drugs are effective in lowering LDL cholesterol, thereby reducing the risk of cardiovascu the drugs have side effects that preclude many individuals from taking optimal doses.</p> <p>Researchers at Robert Wood Johnson Medical School in New Jersey randomized 67 patients LDL to receive 20 milligrams simvastatin plus a placebo, 10 milligrams simvastatin plus a plac milligrams simvastatin plus psyllium for eight weeks. Treatment was preceded by a four week period. At the conclusion of the treatment regimen, the group who received psyllium experien greater reduction in LDL cholesterol than those who received 10 milligrams simvastatin alone. comparable to the benefit provided by 20 milligrams simvastatin.</p> <p>Lead author and professor of medicine at University of Medicine and Dentistry New Jersey R Johnson Medical School, Abel E. Moreyra, MD, stated, "The results of this study present a br treatment of high cholesterol, providing patients with a viable option to taking high-dosage sta cholesterol. This is an important new perspective because while statins are a safe and effectiv cholesterol, there are risks associated with a higher dosage treatment."</p> <p>Chairman of the National Fiber Council and professor of the Metabolic Research Group at the Kentucky James Anderson, MD, commented, "This new research further validates what doct researchers have been saying for decades -- fiber plays a critical factor in a nutritionally balan millions of Americans falling short of the recommended 32 grams of fiber per day, these findin more critical for physicians to educate all consumers about how fiber works in the digestive sy contributes to overall health."</p> | | | | | |

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Protocol

Cholesterol Reduction

High intake of soluble fiber is a very effective way of lowering serum cholesterol. Most people that high amounts of fiber produce gastrointestinal upset, and therefore do not consistently tal lower cholesterol levels.

Chitosan is a fiber composed of chitin, which is a component of the shell of shellfish. Scientist processed chitin to provide a magnetic binding affinity for fat and cholesterol in the digestive t absorb as much as seven to eight times its weight of fat and bile in the digestive tract. The fat are then excreted through the bowel, thereby improving bowel function and reducing choleste body.

One of the first studies to show a direct correlation between lowering of serum cholesterol witi suggesting that the agent could be used to inhibit the development of atherosclerosis in indivi hypercholesterolemia-appeared in the June 1998 issue of Atherosclerosis Journal. Researche Department of Medicine, University of Auckland, New Zealand, found that animals fed for 20 \ containing 5% chitosan or on a control diet attained blood cholesterol levels significantly lower fed animals throughout the study and at 20 weeks were 64% below that of control animals.

Additionally, when the area of aortic plaque in the two groups of animals were compared, a hi inhibition of plaque deposits was observed in the chitosan-fed animals-42% and 50%, compai control animals. Earlier in the August-October 1994 issue of the journal ARM Medicina, Helsir with chitosan demonstrated that in 5 weeks total cholesterol (LDL) was reduced by 32%, HDL 7.5%, and triglycerides were lowered by 18%.

Another study done almost 20 years ago in the April 1980 American Journal of Clinical Nutritic 30% reduction in cholesterol over a several-month period, initially documenting chitosan's pot lowering effectiveness.

Because of chitosan's ability to bind fat, chitosan is also an excellent aid in weight loss as wel of cholesterol levels in the body.

<http://www.lef.org/protocols/prtcl-032.shtml>

Featured Products

Chitosan

Chitosan is a fiber composed of chitin, which is a component of the shell of shellfish. Scientists have processed chitin so that it has a high binding (absorption) affinity for fat and cholesterol in the digestive tract. Fibers such as chitosan can absorb many times their weight of fat and cholesterol. Since cholesterol is normally secreted with the bile and reabsorbed in the intestine, fibers like chitosan can help remove cholesterol from inside of the body. The absorbed fat and cholesterol are excreted through the bowel, improving bowel function.

Ascorbic acid (vitamin C) helps activate chitosan in the stomach and intestine into a fat-absorbing gel.

<http://www.lef.org/newshop/items/item00216.html>

Fiber Food capsules

Fiber Food provides natural, bulk-producing soluble fiber. These fibers help maintain healthy bowel function and help to maintain cholesterol levels that are already within the normal range. Fiber Food helps clean the walls of the intestines and enhances the elimination of fecal mutagens.

<http://www.lef.org/newshop/items/item00229.html>

Life Extension magazine November 2004 issue

Novel Dietary Supplement Shows Dramatic Effects in Lowering Cholesterol, LDL, and T **Jim English**

A newly available, all-natural supplement has been shown in human studies to significantly lo levels—particularly of LDL, triglycerides, and apolipoprotein B—thus helping to reduce the risl cardiovascular disease. This supplement, called Sytrinol™, is an important option for health-c seeking a safe, effective, and convenient way to lower cholesterol levels without the side effer drugs.

http://www.lef.org/magazine/mag2004/nov2004_report_sytrinol_01.htm

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