EVEN HARVARD SAYS SUPPLEMENTS WORK!

Let's hear it for vitamins, chocolate and olive oil. Recent research brings some interesting headlines.

Especially important are two new reports from the long-term Harvard study of 90,000 female nurses; neither got nearly the attention they deserve. They show that taking vitamins C and E can prevent heart attacks and slow mental decline due to aging.

**Vitamin C Cuts Heart Attacks:**

In a first of its kind finding in the Harvard women's study, researchers report that women who took 350 to 400 milligrams of vitamin C supplements a day for sixteen years cut their risk of heart attack and other “coronary events” by 30 percent! Getting lower doses of vitamin C in foods did not prevent heart disease in the women. It’s “compelling evidence” for taking vitamin C, says vitamin C authority Balz Frei, Oregon State University. Even chief investigator Walter Willett, nutrition professor at Harvard, told me he was “surprised” at the powerful effect.

**Vitamins Slow Mental Decline:**

The long term benefits of vitamin supplements also became clear in protecting women nurse's brains. Elderly women (ages 70 to 79) who were long-term, current users of vitamin E and vitamin C scored better on cognitive tests than women who had never used vitamins E or C. In the large Harvard study, vitamin takers were better able to recall words and the contents of a short paragraph, had better verbal fluency and ability on a numbers-backwards test. Women who had taken the vitamins the longest tended to have the highest scores.

In other recent research:

**Vitamins Stretch Life**

The French say they have developed an amazing new antioxidant longevity pill. Dr. Sarge Hercrerg, at the Scientific and Technical Institute for Nutrition and Foods in Paris, had half a group of 13,000 men and women aged 35 to 60 take a vitamin-mineral capsule; the other half took a dummy pill. In men, death rates fell an amazing 37 percent and cancer rates dropped 31 percent during the seven-year study. The antioxidant capsule did not reduce heart disease, nor cancer in women.

Surprisingly, the antioxidant doses in the daily capsule were not extravagant: 6 milligrams beta carotene, 120 mg vitamin C, 90 mg vitamin E, 100 micrograms selenium and 20 mg zinc. (Such doses are matched or exceeded in the Stop Aging Now! MultiNutrient Formula with the exception of 3 mg beta carotene instead of 6 mg.)

**Hands Up for Supplements!**

Taking antioxidants and other supplements has been criticized lately by some medical types. But among the elite in the field of aging research, it's a no-brainer. When the 175 participants at a recent meeting of the American Aging Association, made up of prestigious researchers, were asked if they took supplements, almost every hand went up. “I think everyone in the world should take a multi vitamin-mineral supplement,” declared Bruce Ames, Ph.D., at the University of California, Berkeley.

**Chocolate Vs. Blood Pressure**

When German subjects with mild high blood pressure ate a 3-oz dark chocolate bar daily for two weeks, their blood pressure sank. Systolic pressure (upper number) dropped an average 5.1 mm Hg and diastolic fell 1.9 mm Hg. Experts said the reduction was very similar to that from a low-salt diet. However, eating a white chocolate bar did not lower blood pressure.

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The reason: dark, but not white chocolate is rich in antioxidants. In another Italian study, eating dark chocolate boosted antioxidant blood levels more than milk chocolate did. Clearly, dark chocolate delivers the most antioxidants and greatest benefits.

**Med Diet Helps Arthritis**

In a new Swedish test, patients with active rheumatoid arthritis who ate a Mediterranean diet, rich in olive oil, fruits and vegetables, cereals, legumes and fish and low in meat had less pain and better joint function compared with eaters of a typical Western diet. Researchers suggest the olive oil, fish fat and fruits and vegetables have antiinflammatory activity. Improvement came after only three months on the Mediterranean diet.

**MEET OUR NEW BOARD OF SCIENTIFIC ADVISORS**

*A Message from Jean Carper*

To help me interpret and keep up to date on the flood of research on food and supplements and their impact on health and disease, four leading authorities in the field have agreed to serve as scientific advisors to me. I am honored to have an advisory board of such extraordinary credentials and reputations in the field of vitamins, minerals, antioxidants, herbal remedies and toxicology. They are:

♦ **Balz Frei, Ph.D.**, director, Linus Pauling Institute, and professor, Department of Biochemistry and Biophysics, Oregon State University. Dr. Frei is a leading international authority and researcher on antioxidants, including vitamin C, vitamin E and alpha lipoic acid, and primarily their impact on cardiovascular disease and Alzheimer’s disease. He is the recipient of numerous National Institutes of Health research grants and the author of more than a hundred scientific articles on antioxidants and health.

♦ **Norman Rosenthal, M.D.**, a psychiatrist and clinical professor, Georgetown Medical School, formerly a senior researcher at the National Institute of Mental Health. Dr. Rosenthal is an acknowledged worldwide authority on depression, and the author of four books, including *St. John’s Wort: the Herbal Way to Feeling Good* and *The Emotional Revolution: How the New Science of Feelings Can Transform Your Life*. He is author of more than 200 scientific articles, and has been listed among The Best Doctors in America.

♦ **Andreas Papas, Ph.D.**, adjunct professor, James Quillen College of Medicine, East Tennessee State University, senior scientific advisor to the Cancer Prevention Group, Harvard School of Public Health, and President of YASOO Health, Inc. Dr. Papas is a leading expert on the role of vitamin E and other antioxidants in nutrition and health, and the author of numerous scientific articles and books, as well as the popular book, *The Vitamin E Factor.*

♦ **Marvin Legator, Ph.D.**, professor of preventive medicine and community health, University of Texas Medical Branch in Galveston, former chief of the genetic toxicology branch, U.S. Food and Drug Administration. Dr. Legator is a leading toxicologist and researcher on the safety of nutrients, food additives, artificial sweeteners and environmental chemicals. He is the author of numerous scientific articles, including a new study of beta carotene.
NEW PROOF: GLUCOSAMINE-CHONDROITIN STOPS ARTHRITIS
IT’S SAFE, TOO

A large new Belgian study is the most compelling evidence yet, showing that both glucosamine and chondroitin are effective and safe treatments for osteoarthritis, the form that strikes about thirty-five million Americans over age 45. The new analysis, headed by Jean-Yves Reginster, MD at the University of Liege, involved 15 studies and 1775 patients treated with glucosamine or chondroitin.

Dr. Regnister concluded that both glucosamine and chondroitin supplements relieved pain and improved joint mobility in arthritic knees. Glucosamine (1500 mg daily) also slowed destruction of cartilage (and may even encourage its regeneration); cartilage cushions the spaces between bones in joints and X-rays commonly reveal its loss, confirming progression of arthritis. There’s evidence chondroitin also deters cartilage loss, but proper tests have not been done to confirm it, researchers said.

In some patients both glucosamine and chondroitin brought relief quickly—within two weeks.

Also important: the new study found both supplements to have an excellent safety record. Patients taking glucosamine or chondroitin suffered no more adverse effects than those taking a placebo or dummy pill.

Another new study shot down the claim that taking glucosamine could be detrimental to diabetics by raising blood sugar levels. In a test of 26 patients with diabetes and osteoarthritis, taking 1500 mg glucosamine and 400 mg of chondroitin daily for three months did not impair glycemic control, and is safe for diabetics, according to a study by doctors at Lackland Air Force Base.

The interesting question: If glucosamine, and possibly chondroitin slow progression of osteoarthritis, doesn’t it make sense that the sooner you take it after you notice initial symptoms—such as pain, enlarged finger joints—the more likely you are to fend off serious symptoms, perhaps even disability and joint replacement surgery later? Why wait until you are impaired by osteoarthritis? In short, taking these very safe supplements could act as a preventive, protecting cartilage from destruction in the first place, so the gnarled fingers and painful knees and hips never even have the chance to develop.

A NEW LOW PRICE
FOR STOP AGING NOW! OSTEO-GC

As research accumulates, showing that glucosamine-chondroitin helps reduce joint pain and rebuild cartilage, we believe more people should be encouraged to take it. We have reduced the prices of our Stop Aging Now! Osteo-GC (glucosamine-chondroitin) by 3 to 5 percent to keep our promise of offering the highest quality ingredients at the lowest price.

Also, each bottle of Osteo-GC now contains a one-month supply of 90 capsules instead of a two-months’ supply of 180 capsules. We have also discontinued free shipping. However, even with the new shipping charge, you pay LESS if you order a six month’s supply as before.

BOTTOM LINE SAVINGS:

Previously, you paid $126 for a six month’s supply with free shipping.
❖ Now you pay only $122.89 for a six month’s supply, including shipping—a saving of $3.00.
❖ The savings are even greater if you are on the premium plan automatic shipment of a six month’s supply every six months.

Previously, you paid $119.85 for the premium plan with free shipping.
❖ Now you pay only $113.89 for a six month’s supply, including shipping—a savings of about $6.00 for a discount of 5 percent.

This makes Stop Aging Now! OSTEO-GC the lowest priced premium glucosamine-chondroitin among leading brands—a cost of only 58 cents a day. That's half as much as other leading brands that range from $1.30 to 60 cents per day.
EGGS ARE NOW GOOD FOR YOU—AND OTHER SURPRISES

In the 1940’s eggs were the perfect food. In the 1960’s they were demonized as cholesterol-packed spheres that could clog arteries and incite heart attacks. By 1995 American egg consumption dropped 40 percent. Never mind that no studies ever showed that people who ate more eggs had more heart disease. A recent Harvard study, in fact, showed no link in 100,000 men or women between eating eggs and heart disease. In fact, there’s no evidence that eating eggs or high cholesterol foods raises blood cholesterol in most people.

Putting eggs on the nutritional poison list was a mistake that some scientists are now trying to correct. Harvard nutrition professor Walter Willett says for most people an egg a day is just fine. He thinks diabetics should restrict eggs to three a week.

Indeed, new research shows that nutrients in eggs may help control weight, play a key role in memory and early brain development, help prevent heart disease, strokes and vision impairment due to aging. Egg yolks are one of the richest sources of choline, a nutrient essential for proper memory and brain functioning. Stephen Zeisel, M.D. University of North Carolina, an expert on choline, fears some people are now deficient in the brain-nutrient because they avoid eggs. Choline is especially critical for the proper development of fetal and infant nervous systems.

New Reasons to Eat Eggs

- Egg yolks are a potent source of lutein, an antioxidant thought to reduce cataracts by 20 percent and decrease risk of age-related macular degeneration by 40 percent, as well as lessen clogging of carotid (neck) arteries and help prevent cancers, notably of the breast.
- Japanese researchers found that individuals who ate the most eggs, fish and dairy products were 20 percent less apt to die from a stroke.
- Lab animals given extra choline, rich in yolks, had less age-related decline in memory capacity and precision, as did their offspring throughout their lives, according to Duke University research.

Other Good News:

Nuts Don’t Make You Fat:
Actually, nuts are one of the most wholesome foods and people who eat nuts do not have a higher body mass index or tendency to gain weight, studies show. The good-type fat in nuts (monounsaturated) tends to suppress appetite and make people feel fuller so they often eat less. Eating two or three tablespoons of peanut butter daily, for example, has helped people lose weight in controlled studies.

Coffee Benefits:
Nearly 25 years ago, a study suggested coffee was linked to pancreatic cancer; other research found it untrue. And there’s no evidence indicting coffee in other cancers. Indeed coffee has benefits: coffee drinkers have fewer kidney stones and gallstones, a lower rate of Parkinson’s disease and a 50 percent lower suicide rate than non-coffee drinkers. Caffeine acts as a mood-elevator or antidepressant in some people.

Coconut vs cholesterol
Long thought harmful to arteries, coconut oil actually raised good-type HDL cholesterol, not bad LDL cholesterol, in new tests. Coconut fatty acids are also anti-inflammatory, anti-bacterial and antiviral, and may help fight heart disease, say experts. This doesn’t mean you should go overboard on coconut oil, but a little doesn’t hurt and may be good for you.

NOW YOU CAN:

- Get all your antiaging vitamins, minerals and antioxidants in one bottle!
- End the frustration and confusion of shopping for the perfect supplement.
- Save money by getting the best quality supplement at extraordinarily low prices.
  Regular formula: 1 bottle or 1 month’s supply, $33.95; 3 month’s supply, $91.50; 6 month’s supply, $167. PLUS formula with ginkgo: 1 month, $44.95; 3 months, $124.50; 6 months, $233.70. Shipping and Handling $6.95 for one bottle, $8.95 for three bottles and $9.95 for six bottles.

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