

JEAN CARPER'S UPDATE

ALL THE ANTI AGING NEWS YOU NEED TO STAY YOUNG

JULY—SEPTEMBER 2006

WOULD YOU SPEND 50 CENTS A DAY TO STOP CANCER?

New research shows a daily dose of EGCG in green tea could be well worth the half dollar it costs

■ The Food and Drug Administration says green tea has no proven health benefits. But scientists around the world say green tea possesses one of nature's most powerful antioxidants, called EGCG, that in tests, stops cancer cold.

In new research, small doses of EGCG (epigallocatechin-3-gallate) in green tea prevented prostate cancer in 9 of 10 men at high risk and reversed leukemia (CLL) in women.

EGCG also kills cancer cells—of the breast, prostate, lungs, and ovaries in tissue cultures and slows cancer spread in animals.

So isn't it time to consider getting the insurance offered by this remarkable and inexpensive natural agent that may prime your cells to resist cancer?

Here's a recap of the latest research on green tea's EGCG and cancer.

Cut Prostate Cancer 90%

Can EGCG in green tea prevent prostate cancer? "The answer is clearly yes," said Italian researcher Dr. Saverio Bettuzzi, University of Parma, after he found that it stopped the cancer in 90% of a group of men at high risk.

The men took green tea capsules providing 300 mg EGCG, daily or a placebo. All had premalignant lesions that could progress to advanced, potentially fatal prostate cancer.

After a year, only one man (3%) on EGCG developed prostate cancer compared with 9 men (28%) not getting it.

It's mind-boggling. A 50 cent dose of EGCG in a capsule

virtually wiped out the odds of life-threatening prostate cancer. (Bettuzzi S. *Cancer Res* 2006 Jan 15;66(2):1234-40)

Reversed CLL (leukemia)

Mayo Clinic researchers documented that chronic lymphocytic leukemia (CLL) did not progress or regressed dramatically in four patients who took green tea capsules or drank green tea.

They also showed that EGCG kills such cancer cells in test tubes. When patients heard of this, some started taking green tea capsules or drinking more green tea.

In one case, a CLL patient began taking 2 green tea capsules daily (each with 315 mg EGCG). After a month, a CT scan showed a regression of her cancer. Cancerous lymph nodes continued to shrink by 50% to "near normalization," over the next year.

EGCG in green tea "may provide new hope for CLL patients," says Mayo researcher Dr. Tait Shanafelt. (Shanafelt TC, et al. *Leukemia Research*, 2005, Nov. 30)

Blocks Breast Cancer

EGCG killed breast cancer cells in test tubes and blocked cancer progression in animals, says research at the Uniformed Service University of Health Sciences in Bethesda.

Animals were inoculated with human breast cancer cells and then given green tea polyphenols and specifically EGCG. Those getting the green tea and EGCG had fewer tumors and did not develop them as fast as animals given only plain water.

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Jean Carper's Update is a newsletter reporting the latest research on how to use diet and supplements to combat aging and age-related chronic diseases. It is sent free of charge to the regular users of her Stop Aging Now! supplements and to the readers of her monthly EatSmart column in USAWEEKEND.

The new information presented here is an extension of the research in Ms. Carper's best-selling books: **Stop Aging Now!**, **Miracle Cures**, **Food—Your Miracle Medicine** and **Your Miracle Brain**, all available in paperback.

To order Jean Carper's antiaging supplements contact us at

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DON'T BELIEVE THE HYPE FOR KRILL OIL

Stick with top quality fish oil. It's far better.

■ The internet is buzzing with claims about the miracles of krill oil, extracted from small shrimp-like creatures called krill. Krill oil is touted as “unique” and superior to fish oil in “supercharging” your heart, brain, joints, and “overall health.”

Don't be fooled by the hype.

The fact is krill oil is far less potent than top-quality fish oil and backed by scant proof of benefits, compared with some 10,000 studies over 40 years, concluding that fish oil helps prevent heart disease, sudden cardiac deaths, Alzheimer's disease, depression, pain and arthritis.

Krill oil does contain some omega-3 fatty acids and is being produced and tested by a Canadian company in collaboration with researchers at McGill University. So far only 2 controlled studies have been published on krill oil, showing that it may improve blood cholesterol, especially when used with cholesterol-lowering statin drugs.

Despite claims that krill oil is “an extremely powerful source of vital DHA and EPA omega 3s,” as well as antioxidants, in truth, krill oil provides only one-third to one-half the omega-3 and virtually none of the antioxidants as top quality fish oil.

We compared 2 softgels of Omega-T fish oil, a brand developed by antioxidant expert Andreas Papas, Ph.D., East Tennessee State University, with 2 softgels of Antarctic Pure Krill Oil. The fish oil won big-time, even though the two products cost about the same.

Ingredient	Omega-T	Krill Oil
Omega-3 EPA	420 mg	150 mg
Omega-3 DHA	240 mg	90 mg
Omega-3 other	140 mg	0 listed
Total Omega-3	840 mg	240 mg
Antioxidants (needed to prevent hazardous oxidation)		
CoQ-10	20 mg	0
Vitamin E (natural tocopherols)	200 mg	0
Vitamin E natural tocotrienols	28 mg	0
<i>Price: 1 bottle: 60 softgels</i>	<i>\$25.99</i>	<i>\$24.95</i>

Bottom line: Top-quality fish oil is more potent than krill oil, far better tested, less prone to hazardous oxidation because of antioxidant protection, and gives you two to three times the active ingredients for your money. Another drawback of krill oil: It may not be appropriate for people allergic to shellfish.

Omega-T premium fish oil is distributed by Stop Aging Now!

SCIENTIFIC STRAIGHT-TALK—NUTRITION RESEARCH YOU CAN TRUST

CoQ10:

Anti-Alzheimer's Pill?

Taking the antioxidant coQ10 may keep your brain sharp by blocking brain damage, suggest Johns Hopkins researchers who studied animals with Alzheimer's-like brain damage. Animals fed daily coQ10 showed normal brain structure and no loss of memory or intellectual functioning.

In contrast, animals not fed coQ10 suffered severe neurological dysfunction with a drop in memory and learning capacity. The coQ10 worked by stimulating energy production in brain cells and inhibiting free radical attacks on neurons, researchers explained. (*Isbrat T., Behav Brain Res 2006 Apr 16, Epub*)

Fish Oil Zaps Back Pain

You might be able to toss the painkillers if you take fish oil for back pain. Neurosurgeons at the University of Pittsburgh Medical Center had patients with non-surgical spine pain who were on NSAID painkillers, take daily fish oil. It was so successful that 59% of the patients stopped taking their prescription pain medications.

Researchers concluded that up to two-thirds of people now taking NSAIDs could discontinue them and substitute anti-inflammatory fish oil to alleviate pain, including back and neck pain. An effective dose: 2400 mg omega-3 fatty acids a day for two weeks and 1200 mg daily after that, made up of

200 mg DHA, 850 mg EPA and 180 mg other omega-3s. Or about 3 capsules of high potency fish oil such as Omega-T, distributed by Stop Aging Now!

Magnesium Lack Speeds How Fast You Age

Starved for magnesium, your cells age faster, says Bruce Ames, leading researcher at the University of California, Berkeley. That's alarming because two-thirds of Americans don't get enough magnesium.

Lacking magnesium, your cells age prematurely, lose energy and become dysfunctional, finds Ames. That leads to a shorter life and more chronic disease.

For example, a new French study reports that men with the highest magnesium blood levels had 40% lower overall death rates and were 50% less apt to die of cancer. (*Leone N. Epidemiology, 2006 May; 17(30): 308-14*)

Cherries Fight Inflammation

Sweet fresh Bing cherries may help fight the inflammation of arthritis, heart disease and cancer, says University of California-Davis research.

In a test, 18 men and women, aged 45-61, ate a total of about 45 fresh Bing cherries throughout the day for 28 days. Their blood levels of three telltale signs of inflammation, including C reactive protein, dropped 18-25%.

And to reduce muscle pain and damage induced by exercise, tart cherry juice may do the trick, report University of Vermont researchers. Muscle strength fell 22% in those getting "dummy" juice but only 4% in those getting real

cherry juice. The average pain score dropped 25% in cherry-juice drinkers compared with those on non-cherry juice.

The message: Follow your exercise with a chaser of cherry juice. It can reduce muscle pain and damage.

The E That Fights Cancer

Be sure your multi-vitamin uses a form of vitamin E called alpha tocopherol succinate.

Any form of vitamin E is a strong antioxidant, but vitamin E succinate has additional anti-cancer powers that are separate from its antioxidant activity, say Ohio State University researchers. Vitamin E succinate kills cancer cells by causing them to undergo a natural process or programmed death called apoptosis, the researchers discovered. They even modified the vitamin E succinate to make it into an ever more potent cancer-killer.

Vitamin C Not Cut in Fruit

Don't worry that packaged ready-to-eat cut fruit loses nutrient-power. It differs little from whole fruit in vitamin C and other main antioxidants, says a new University of California (Davis) study. Vitamin C losses were less than 5% in cut and packaged mango, strawberry and watermelon pieces, 10% in pineapple pieces and 12% in kiwifruit compared with whole fruit, after 6 days of refrigeration.

Oddly, packaged mango and watermelon cubes had slightly more carotenoids, such as beta carotene and lycopene than the whole fruits. The secret of retaining nutrients is keeping the fruit cold.

Coffee Fights Diabetes

More good news for coffee lovers. Coffee, especially decaf, lowers your risk of type 2 diabetes, says University of Minnesota findings. And the more coffee, the lower the risk.

Women who drank more than six cups of coffee a day were 22 percent less likely than non-coffee drinkers to develop diabetes over 11 years. Drinking more than six cups of decaf coffee a day cut risk 33 percent. Coffee is also tied to less liver damage and depression, but some experts still worry high amounts are not good for your heart. So check with your doctor before going on a coffee binge.

Chocolate as Sun Screen

No kidding. Consuming cocoa and dark chocolate could fortify your skin against sunburn, wrinkles, aging and cancer, say German researchers. In a test, women who drank hot cocoa, very high in "flavanoid" antioxidants, daily for three months, had 25% less skin reddening after UV irradiation and moister and less scaly skin than women drinking low-flavanoid cocoa.

Antioxidants consumed in food can actually migrate to the upper layers of your skin, bolstering resistance to UV sunlight damage, experts explain.

High-antioxidant low-calorie cocoa used in the study and supplied by Mars, Inc. is not yet on the market. But you get the same high flavanoid dose in 3.5 ounces of dark chocolate, researchers note. Downside: It comes with a whopping 400 plus calories. *Heinrich, U. J. of Nutrition: 2006, 136(June): 1565-1569.*

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Not surprisingly, new research also shows that Asian Americans who drink green tea have a lower risk of breast cancer. (*Thangapazham RL, Cancer Lett 2006 Mar 3*).

May Treat Ovarian Cancer

EGCG induces ovarian cancer cells to commit suicide, leaving normal cells unaffected in tissue cultures, say researchers.

Indeed, EGCG may not only help prevent but also *treat* ovarian cancer, says Marion M. Chan, at The State University of New Jersey. She finds that EGCG both kills ovarian cancer cells and increases the potency of cisplatin (a common drug used to treat ovarian cancer) by 6 times. Thus, a lower dose of cisplatin could work if combined with EGCG.

This is “potentially very important,” says Dr. Chan, because high doses of cisplatin have serious side effects limiting the drug’s use. EGCG, she concludes “may alleviate the problem

Jean Carper’s Stop Aging Now! High Antioxidant Green Tea Extract

has 315 mg EGCG in one capsule. Special Auto-ship price: \$15.99 a bottle (30 capsules) when you buy 3 bottles—only 53 cents a day for a daily dose.

of cisplatin toxicity and resistance, a major obstacle in chemotherapy for ovarian cancer.”

Other new research in cell cultures finds that EGCG inhibits activity that promotes colon cancer and liver cancer.

How EGCG Blocks Cancer

EGCG short-circuits cancer by blocking a cancer-triggering protein, and does it better than cancer drugs do, says Dr. Thomas A. Gasiewicz, University of Rochester Medical Center.

Specifically, EGCG deactivates a protein called HSP90 that signals the start of the cancer process. “As a result, potentially harmful genes are less likely to get turned on, and the cascade of events leading to cancer is cut off before it begins,” explains Dr. Gasiewicz.

Further, he says, EGCG promises to shut off the earliest genetic changes that launch all cancers, including breast, prostate, bladder, colon, stomach, pancreas and esophagus.

Drug companies have tried, without success so far, to develop pharmaceuticals that match EGCG’s anticancer precision, says the American Institute of Cancer Research in Washington.

Why Capsules Over Brewed Tea?

You can get EGCG in brewed green tea (not instant

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or bottled), but how much is uncertain. That’s why capsules are a surer bet.

- ❖ The EGCG content of brewed green tea varies greatly by brand, studies show. You can’t know if you’re getting an effective dose consistently.
- ❖ The EGCG is standardized in green tea capsules, guaranteeing the dose noted on the label.
- ❖ Capsules are convenient, so you never need miss a day of high EGCG because you did not take time to brew and drink several cups of green tea.

Bottom Line: Green tea capsules are the most reliable way to get super-high doses of EGCG day after day.

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