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ANTI AGING MEDICINE / VITAMIN D ALERT

THE THREE PILLARS OF ANTI-AGING MEDICINE:

1. DIET AND LIFESTYLE
2. SUPPLEMENTS
3. HORMONES

IN THIS NEWSLETTER I OUTLINE SOME IMPORTANT SUPPLEMENTS THAT HAVE GAINED GREAT ATTENTION BECAUSE THERE IS STRONG RESEARCH SUPPORTING THEIR USE.

VITAMIN D -- THE NUTRIENT EVERYONE SHOULD BE TAKING !!!

IMPORTANT MESSAGE FROM DR SOBO:

THERE IS OVERWHELMING EVIDENCE OF THE MANY BENEFITS OF SUPPLEMENTING WITH VITAMIN D . I RECOMMEND THAT EVERYONE TAKES 2,000 IU OF VITAMIN D PER DAY.

MANY PEOPLE MAY BE ADVISED TO TAKE 6,000, PER DAY

FOR BEST ABSORPTION VITAMIN D IS NOW AVAILABLE IN LIQUID FORM (Bio D-mulsion) WITH EACH DROP CONTAINING 2,000 IU

Vitamin D has long been known to be crucial to bone growth, mineral metabolism, and calcium absorption. But in recent years, a deficiency of the nutrient has been linked to a number of other health conditions.

Here is a summary of research showing the various disease preventing benefits of vitamin D:

Cancer

Research has suggested an association between vitamin D and a lowered risk for a number of cancers. The thinking is that vitamin D could keep a cancer cell from multiplying out of control.

Patients who consumed high amounts of vitamin D fish were 40 per cent less likely to develop polyps than those who got little or no vitamin D.

Another study found that giving cancer patients vitamin D could help radiation work more effectively and could help wipe out cancer cells altogether.

Researchers from Dartmouth Medical School conducted tests on mice and found that combining a form of vitamin D with radiation allowed stubborn cancer cells to be destroyed. In those given the combined treatment, tumors were around 50 per cent smaller than in those that received radiation alone.

I HIGHLY RECOMMEND VITAMIN D FOR MY PATIENTS ON HORMONE REPLACEMENT THERAPY BECAUSE OF VITAMIN D'S INFLUENCE ON ESTROGEN METABOLISM AND POSSIBLE REDUCTION OF CANCER RISK.

Heart disease

Vitamin D supplements may also help to reduce the risk of heart disease.

Researchers from the U. of California at San Francisco studied over 9,000 women aged 65 and older. They found that the women who used vitamin D supplements had a 31 per cent lower risk of heart disease death than those who did not. Researchers from University of Bonn found that levels of the vitamin are considerably lower in the blood of patients with chronic heart failure.

Osteoporosis

Vitamin D deficiency has also been linked to osteoporosis. That's because the body can't adequately absorb calcium -- which is needed for strong, healthy bones that resist fracture -- without vitamin D.

Diabetes

Some research has linked vitamin D to a reduced risk of developing Type 1 or juvenile diabetes.

Finland has the highest reported incidence of type 1 diabetes in the world. In north Finland, there are only two hours of sunlight -- a key source of vitamin D -- every day in December.

Muscle pain

Deficiency of the vitamin may also be a major cause of unexplained muscle and bone pain.

Researchers at the University of Minnesota Medical School conducted a study involving 150 children and adults with unexplained muscle and bone pain. Almost 94 per cent were found to be vitamin D deficient. Of these, 55 per cent were severely deficient.

Vitamin D may help prevent *multiple sclerosis* and *rheumatoid arthritis*.

Vitamin D improves mood

The mood elevating effect of sunshine may be due to its natural enhancement of vitamin D production. A study of patients with seasonal affective disorder (SAD) had improvement with vitamin D supplementation during the winter.

OTHER ANTI-AGING NUTRIENTS

VINPOCETIN

MEMORY, MENTAL FUNCTIONING:

Double blind clinical studies have demonstrated significant improvement in elderly patients with cerebral dysfunction. There are several mechanism that may be responsible. Vinpocetin appears to enhance circulation and oxygen utilization in the brain. It also may protect against the oxidative stress from beta amyloid which is thought to play a role in the development of Alzheimer's disease. Taken as 10mg three times per day is recommended.

Resveretrol

This amazing substance is felt to be the primary constituent of red wine which for years has been known by researchers to have proven benefits in terms of cardiovascular disease protection. The polyphenol contained in the skin of red grapes may be the missing link in terms of how we may supplement to achieve an anti-aging effect.

A mechanism found by researchers which may underlie its effects is that it activates the SrT1 gene, which when turned on appears to slow the aging process.

Resveretrol has been found to be an antioxidant with protective effects related to the nervous system, and cancer development. A recent study at the Harvard Medical School in association with the National institute of aging demonstrated a lengthening of the life span of mice given the supplement. A lowering of the rate of diabetes and liver problems was also seen. A protective effect in terms of the slowing of the progression of atherosclerosis was noted and for humans who may wish to supplement with this nutrient this may be the most attractive benefit.

Curcumin

- CANCER PREVENTION
- CARDIOVASCULAR PROTECTION
- LIVER PROTECTION AND GALLBLADDER STONE PREVENTION
- ANTI-INFLAMMATORY

Research has uncovered the ability of curcumin to inhibit cancer cell proliferation. One study found that smokers given curcumin excreted lowered amounts of suspected carcinogens than smokers not given curcumin. Another study showed the size of skin lesions in cases of squamous cell cancer. Other studies with curcumin have shown possible benefit for a number of cancers including colon cancer, oral squamous cell tumors, and prostate cancer.

Curcumin's anti-inflammatory effects have been shown in a double blind controlled study to benefit patients with rheumatoid arthritis.

Curcumin provides protection of the cardiovascular system through a number of mechanism including the reduction in platelet aggregation. The aggregation, or clumping of platelets plays a role in development of atherosclerotic plaque, and any reduction in this mechanism may forestall the development of cardiovascular disease, the nations #1 killer.

Liver protection of this important herbal compound has been shown via the prevention of the development of liver enzyme elevations, a sign of liver inflammation in response to the exposure to a variety of toxins.

BIOIDENTICAL HORMONE REPLACEMENT

As we age, our level of naturally produced hormones declines for both men and women. Staying young may involve replenishing these hormones to more youthful levels, For more information on this topic see our [Fall 2008 newsletter](#) and take a look at our bioidentical hormone information on our website www.drsobo.com.

Dr. Sobo is a Medical Doctor practicing Holistic/ Nutritional Medicine in Stamford, CT. More information about natural hormones and about Dr. Sobo's practice can be found on the Internet at <http://drsobo.com>. Dr. Sobo's office phone number is 203-348-8805. We welcome you to pass this information on to a friend and invite anyone to email us at optimalhealth@optonline.net with their address to be on our e-mail newsletter mailing list.

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