



Guys, you should know about each of these nutrients and herbs. They are making anti-aging, longevity and men's health headlines.

So, you're trying to figure out what should be in a comprehensive men's health and anti-aging, longevity supplement program—which herbs and nutrients a man requires as he enters the best years of his life after 35.

VIRTUALLY ALL MEN share several common health challenges. Prostate function is the most universal concern, with heart and circulatory health and memory and cognition also ranking high in men's health priorities. Cell health is critical, too. Fortunately, some of the more highly touted herbs and nutrients actually address a wide range of issues.



PROSTATE HEALTH

Take epilobium, one of the newest emerging men's prostate health herbs. A member of the willow family, epilobium grows throughout Asia, Europe and North America.

Austrian herbalist Maria Treben pioneered use of epilobium for prostate conditions. Then, in 1991, an article in *Plant Medicine* reported that not only does this plant inhibit an enzyme that converts testosterone into toxic forms, it also appears to have powerful inflammatory health benefits.



In the study, epilobium was shown to be more effective than indomethacin, a nonsteroidal anti-inflammatory drug that blocks production of inflammatory prostaglandins. By blocking the 5-alpha reductase enzyme, the body's production of toxic dihydrotestosterone (DHT) is reduced. DHT causes prostate cells to grow and causes benign prostate enlargement. It is also linked with baldness, and there are some experts who believe what's good for the prostate might also have a modest effect on hair growth.

The news for epilobium is even better. Its most active phytonutrients are two antioxidant polyphenols. Both oenothien A and oenothien B are thought to inhibit the enzyme responsible for converting healthy testosterone into DHT. Yet, they also probably play a role in beneficially supporting the body's inflammation response.

As if this were not enough, the herb has antimicrobial properties, so it probably will help support underlying healthy processes of men with prostatitis, too. Experiments show a cancer inhibition effect; thus, it may be useful in prevention.

If you're using saw palmetto, pygeum, nettle or any other popular prostate health herb and not obtaining adequate results, switch over to epilobium. Or if you are tired of the side effects and potential complications that go with taking a prescription medication such as finasteride (Flomax), consider this natural, safe herb as an alternative. Also, many herbalists recommend rotating supplements so that the body doesn't become tolerant of any one particular herb. MRM (also known as Metabolic Response Modifiers) makes the highest quality epilobium supplements. ProLobium is their premier epilobium product specifically designed to support optimal prostate health.

By the way, their quercetin formula was used with outstanding results in a study of prostatitis cases at Harbor-UCLA Medical Center, in Torrance, California. Quercetin has an anti-inflammatory effect and also helps balance histamine production.

If you're experiencing a very difficult benign prostate condition, there may be

some underlying prostatitis, which the MRM combination of epilobium and quercetin should definitely help.

HEART HEALTH

Heart and circulatory health rank very high as issues to address. Here you need to know about specific nutrients for targeting cholesterol. A combination of herbs and nutrients should work well.

Flaphenol CCP, a bio-enhanced mixture of highly absorbable flavonoids and polyphenols, is certainly one of the most exciting new phytonutrients for cholesterol health. An investigation looking at natural nutrients in comparison to cholesterol-lowering medications (like statins) indicated that the powerful nutrients in Flaphenol CCP achieved similar endpoints with regard to normal cholesterol levels as did the drug, but without any side effects in the liver. This exclusive ingredient is in the MRM formula, **ChoLESStat™**.

Beta-sitosterol is a component found in healthy plant oils, such as soybean and rice. It has shown the ability to decrease the absorption of cholesterol in the digestive system and decrease the amount of cholesterol produced by the liver. With this phytonutrient, we get terrific benefits for prostate health, as well. Beta-sitosterol is one of the key ingredients, for example, found in saw palmetto berry, a traditional men's remedy. We also believe that this phytonutrient helps the body to maintain healthy prostate cell DNA.

Policosanol is the subject of numerous clinical studies demonstrating that it is safe and effective in reducing low-density lipoproteins. Some doctors believe that policosanol represents a “breakthrough” in nutraceutical science because it actually outperformed conventional drugs in head-to-head trials. The studies indicate that only 10 to 20 milligrams (mg) will lower LDL cholesterol 17 to 24 percent, while increasing high-density lipoprotein (HDLs, the “good” cholesterol) by 7 to 20 percent.



In addition to these dramatic results, there is evidence to suggest that policosanol increases endurance, reduces inflammation (which narrows the blood vessels), and inhibits abnormal platelet aggregation (which promotes arterial blood clotting.) Most importantly, the studies revealed no side effects, and it does not inhibit the HMG-CoA enzyme like the statin cholesterol-lowering drugs. (Policosanol has shown to be so effective that individuals who use it should have their cholesterol levels consistently monitored by a health care professional in order to avoid reducing cholesterol levels too far.)

Guggul is an herb that has been traditionally used in Ayurvedic Medicine, an Indian system of healing going back to ancient times. Various studies have confirmed the cholesterol-modulating effects of guggul. Doctors have known since the 1950s that niacin in large doses can remedy cholesterol abnormalities in the blood, while sharply raising levels of HDLs. *Inositol hexanicotinate*



(IP-6) offers this high dose of *niacin* without the negative “flushing” experienced by some people.

DETOXIFICATION

Many men have special needs due to their occupations or where they live. Men who work with toxic substances or who live in industrialized polluted areas will want the support of oral detoxification designed to meet the needs of those suffering from exposure to toxic heavy metals. Ethylenediaminetetraacetic acid (EDTA), used as a stabilizer in the food industry, was approved by the government over 50 years ago for the treatment of lead, mercury, aluminum, chromium, or cadmium toxicity.

This is due to its ability to bind to, or “normalize” the distribution of, metal elements within the body. EDTA, which is simply a nutrient, was used with great success as an oral chelation agent in the 1950s, but was eventually replaced with intravenous use of EDTA and other pharmaceutical chelators.

Today, MRM offers a superior quality EDTA in their product called Cardio-Chelate. The binding action of EDTA within the body warrants its use in helping the body maintain healthy blood flow and arterial linings, as well as promoting healthy cholesterol levels. In essence, it helps to detoxify the body of heavy metals and promote heart health at the same time.



ANTIOXIDANT PROTECTION

We also recommend a complete vitamin E supplement. Most vitamin E supplements today provide only a small spectrum of the vitamin E family, and the body functions best when it gets them all. Complete E, also from MRM, is a full-spectrum *vitamin E with tocopherols, tocotrienols, alpha-lipoic acid, and vitamin C*. Vitamin E is a fat-soluble vitamin that exists in eight different forms (including alpha, beta, delta, and gamma tocopherols and tocotrienols). Each form has its own biological activity—the measure of potency or functional use in the body. Alpha-tocopherol is the most abundant form of vitamin E in humans, and is a powerful antioxidant. But all of the tocopherols and tocotrienols together bring greater healthy benefits than vitamin E isolates.

Antioxidants such as vitamin E act to protect cells against the effects of free radicals, which are potentially damaging byproducts of the metabolism that characterizes life in all its forms. Free radicals can cause cell damage that may contribute to the development of cardiovascular disease and cancer. Vitamin E also protects cell



membranes and other fat-soluble parts of the body from damage, including protection against oxidized LDL. (Only when LDL is damaged does cholesterol appear to lead to heart disease.) However, other recent double-blind trials have found either limited benefit, or no benefit at all from supplementation with the synthetic form of vitamin E, and that's why we recommend a "mixed tocopherol" rather than simply alpha tocopherol. Foods, wheat germ oil, nuts and seeds, whole grains, egg yolks, and leafy green vegetables contain vitamin E.

Tocotrienols are members of the vitamin E family as well and are potent antioxidants against lipid peroxidation (the damaging of fats by oxidation). Human studies indicate that, in addition to their antioxidant activity, tocotrienols have other important functions, especially in maintaining a healthy cardiovascular system. In a double-blind study in patients with severe blocked arteries—the main artery supplying blood to the head—tocotrienol administration reduced the level of lipid peroxides in the blood, leading to reductions in clogged arteries. Recent clinical investigations have reported that tocotrienols can reduce total cholesterol levels significantly.

Complete E, in addition to the power of vitamin E and tocotrienols, also contains alpha-lipoic acid and vitamin C to provide more complete antioxidant protection.

RESOURCES

MRM's line of high-quality and "value-driven" nutritional supplements are available at natural health centers and from health professionals.

Call toll-free
800-948-6296 or visit
www.mrm-usa.com.

ALC's Time Has Come



EVERY MAN TODAY ought to be supplementing with these nutrients as well: acetyl L-carnitine (ALC) and alpha-lipoic acid (ALA). These powerful nutritional molecules and phytochemicals are critical to maintaining healthy mitochondrial function, which is the basis for overall men's health. They're good for your heart, cell health and cognitive abilities, and appear to be useful in prevention of neurological conditions. We really do think these are important; their research background is highly pedigreed.

Recent studies on the effects of aging as well as cognitive dysfunction and degenerative diseases suggest the addition of ALC to daily diets can make a healthy difference. The time to begin taking ALC depends on multiple factors, including age and eating habits. In general, a good time to start is around age 40. Even with the best intentions, mitochondrial damage is an unavoidable aspect of aging.

In a study done at UC Berkeley's Lester Packer Laboratory, ALC reversed aging at the cellular level in biological studies conducted by the legendary Dr. Bruce Ames, a professor of molecular and cell biology. Ames refers to the problem as micronutrient malnutrition.

ALC is the acetyl ester of the amino acid L-carnitine, which transports fatty acids into the mitochondria, and it has a strong affinity for cellular energy factories, helping to keep them healthy. In the production of energy, free radicals are also produced. These cause heart disease, liver disease, some cancers, and degenerative diseases. For example, damaged nerve cells in the brain are believed to contribute to both Parkinson's and Alzheimer's. ALC helps to reduce this type of cellular decay. It isn't a drug and should not be used to cure or treat diseases. Yet, it's a strong candidate for more studies to consider whether it should be put into the nutrition regimens of people at risk for these conditions—and you're hearing this news first here. To further demonstrate the effects of ALC, the aged subjects in an experiment showed decreased spatial memory compared with young rats. However, with the addition of oral ALC, the aged had some of their spatial memory function restored. In addition, the study observed that with age, motivation and locomotor activities may decrease. Although these are not indicators of cognitive function, the improvement of motivation and locomotion can add to cognitive results. As a result of this study, it is suggested that reversing mitochondrial decay through the supplementation of ALC may reverse age-associated declines in nervous, cardiovascular, visual and auditory systems as well as improve motivation and physical strength. These are all positives that work toward keeping us healthy as we age. ALC is truly an anti-aging workhorse.

Liquid ALC Is a Breakthrough

MRM has created a liquid supplement of ALC just for the very reason that liquids are most easily absorbed by aging digestive tracts. They spent over two years in an effort to find the best liquid delivery system to provide enhanced absorption. MRM's liquid ALC, as recent

research suggests, can help reverse oxidative mitochondrial decay, making it one of the most important anti-aging supplements today.



ALC & ALA Combo Effect

While it has been proven that ALC alone reverses mitochondrial damage due to aging, by combining ALC with alpha-lipoic acid (ALA), an antioxidant that is naturally found in the mitochondria, the result is even more significant. In fact, in three articles of the

Proceedings of the National Academy of Sciences, Dr. Ames and his colleagues reported that with the two supplements not only did the lab animals do better on the memory tests, they also exhibited pep. Ames stated, "With the two supplements, these old rats got up and did the Macarena." He went on to report that from the research team's observations, the old animals looked more like young ones—on a physiological level. While ALC reverses the damage to the mitochondria due to aging, the antioxidant ALA limits the damage by free radicals. The research teams concluded that by tuning up the mitochondria with both supplements, the onset of age-related problems can be delayed, and the combination can possibly reverse damage that has already occurred.

