

Breaking Anti-Aging News...



Experimental Alzheimer's drug shows early promise!

Plus, Important Research Update on the "French Red Wine Paradox"

Dear Friend,

There's some good news in the Anti-Aging battle.

There appears to be an exciting breakthrough with an experimental drug for Alzheimer's disease.

I am thrilled to report to you that for the first time, there's an experimental drug that is showing the promise of halting the progression of Alzheimer's disease by taking a new approach: Breaking up the protein tangles that clog victims' brains.

The encouraging results from the drug called Rember, reported late last month at a Medical Conference in Chicago, electrified an audience of Physicians, Medical Scientists and Researchers. The drug is under development by Singapore-based TauRx Therapeutics.

Even if bigger, more rigorous studies show it works, you have to keep in mind that this new drug, Rember, is still several years away from being available. But the news of this research is so exciting that even Marcelle Morrison-Bogorad, director of Alzheimer's research at the **National Institute on Aging** was quoted in the press as saying...



"These are the first very positive results I've seen..." for stopping mental decline. "It's just fantastic."

It's very important to keep in mind that the National Institute on Aging is a Federal Agency that actually funded the early research into protein tangles, which are made of a protein called tau and develop inside nerve cells.

For decades, scientists have focused on a different protein — beta-amyloid, which forms sticky clumps outside of the cells — but has yet to get a workable treatment.

The drug is in the second of three stages of development, and scientists are paying special attention to potential treatments because of the enormity of the illness, which afflicts more than 26 million people worldwide and is mushrooming as the population ages.



Over Please...

The four Alzheimer's drugs currently available just ease symptoms of the mind-robbing disease.

Claude Wischik, a biologist at the **University of Aberdeen** in Scotland, who has been doing an extensive amount of research on tau tangles and these studies suggesting that Rember can dissolve them.

Wischik is an "esteemed biologist," and the research "comes with his credibility attached to it," said Dr. Sam Gandy of **Mount Sinai School of Medicine** in New York, who also heads the scientific advisory panel of the Alzheimer's Association.

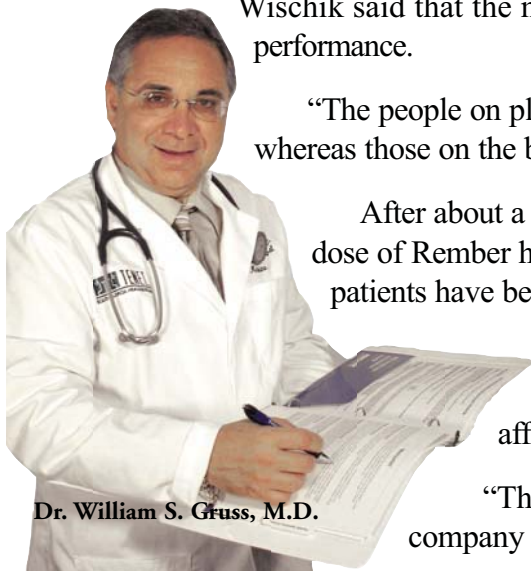
In the study, 321 patients were given one of two different doses of Rember or a placebo three times a day. Wischik said that the middle dosage helped, as measured by a widely used score of mental performance.

"The people on placebo lost an average of 7 percent of their brain function over six months, whereas those on the better treatment didn't decline at all," he said.

After about a year, the placebo group had continued to decline but those on the mid-level dose of Rember had not. At 19 months, the treated group still had not declined as Alzheimer's patients have been known to do.

Two types of brain scans were available on about a third of participants, and they show the drug was active in brain areas most affected by tau tangles, Wischik said.

"This is suggestive data," not proof, cautioned Wischik, and that's why the company is raising money now for another test of the drug to start next year.



Dr. William S. Gruss, M.D.

Compound in Red Wine May Fight Alzheimer's

The New York Times

WEDNESDAY, JUNE 4, 2006

"New Hints Seen That Red Wine May Slow Aging"

Red wine may be much more potent than was thought in extending human lifespan, researchers say in a new report that is likely to give impetus to the rapidly growing search for longevity drugs.

Research shows that a compound in red wine and grapes may also counter a hallmark of Alzheimer's disease. The study appeared in *The Journal of Biological Chemistry*.

The author of the study, Philippe Marambaud, PhD., said "We don't know yet and we have to be very careful." He continues, "What we have seen is just, maybe, the tip of the iceberg." Still, he says the findings are "strongly supportive [of] the fact that there is something in red wine that may be protective" and could lead to the development of new Alzheimer's drugs.

Marambaud is a senior research scientist at New York's **Litwin-Zucker Research Center for the Study of Alzheimer's Disease and Memory Disorders**. He's also an assistant professor at the **Albert Einstein College of Medicine**. Marambaud's interest

was sparked by observational studies (done by other experts) showing that Alzheimer's is rarer in populations that consume moderate amounts of red wine.

In Marambaud's lab tests, Resveratrol hampered beta-amyloid protein. That protein is a key ingredient in plaque found in the brains of people who die with Alzheimer's disease. Resveratrol didn't stop the protein's production. Instead, it encouraged beta amyloid's breakdown. That's a "very attractive mechanism for therapy" against Alzheimer's, says Marambaud.

He and his colleagues also tested a handful of other antioxidants against beta-amyloid. Only Resveratrol stood out. He adds that Resveratrol has been shown to have some "very interesting pharmacological effects" against herpes, some cancers, and possibly neurodegenerative diseases such as Huntington's.

The French Paradox:

2-3 Glasses of Wine a Day Reduced Death Rates by 30%!

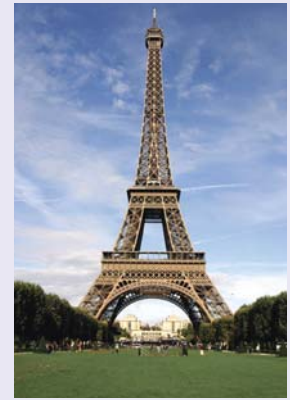
Paris (AP World News) 19 February 1998 – “The French scientist who showed the world that wine is good for the heart has a new discovery. Two to three glasses of wine a day reduce death rates from all causes by up to 30 percent.” Serge Renaud states in the *Journal of Epidemiology* ... “wine protects not only against heart disease, but also against most cancers.” His study of 34,000 middle-aged men living in eastern France supports what has become known as the “French Paradox.”

“Frenchmen eat lots of saturated fats, but still live a long time. The results were the same for smokers, nonsmokers and former smokers, he said. There were no differences between white-collar and working-class drinkers. In addition, recent studies in the United States found that a drink of almost any alcohol can lower death rates by reducing the risk of cancer. Renaud, however, maintains that wine is the answer. It acts against heart ailments in cancers because of its antioxidant action of the polyphenol compounds in the grapes (the OPCs or proanthocyanidins). He warns, however, ‘wine is a more diluted form of alcohol and must be taken in moderation. After four glasses a day, wine has an adverse affect on the death rates and, although it still protects the heart, excess drinking raises the dangers of cancers and liver disease.”

In the *Epidemiology* article, Renaud reported a 30 percent reduction in death rates from all causes from two to three glasses of wine per day, a 35 percent reduction from cardiovascular disease, and a 24 percent reduction from cancer.

He is a cardiologist who works with the prestigious Inserm Unit at the University of Bordeaux. His book,

Healthy Diet, is popular in France.”



The Scientific Research into Anti-Aging is literally exploding!

The science of anti-aging got a big boost just about two years ago when the world renowned **Harvard Medical School** released news of a breakthrough study on a key ingredient in Red Wine – Resveratrol.

According to Dr. David Sinclair of the **Harvard Medical School** Study...

“It’s the Holy Grail of aging research.”

When the results from this **Harvard Medical School** study on Resveratrol, which may have revealed the French secret to living a lot healthier and longer, were released, it spread like wild fire all over the world.

Headlines blazed “New Evidence of the ‘French Paradox’ Miracle Released!”

Literally hundreds of major TV news stations, newspapers, and news magazines in dozens of languages around the world picked up the story, many of which sought my thoughts on the implications.

My name is Dr. William S. Gruss M.D., and the reason the press sought my opinion on the Harvard Study was because I am the author of a “*Cardiologists Guide Guide to Anti-Aging, Antioxidants & Resveratrol*.”

The subtitle of my book really says it all: *How Red Wine Extract, Resveratrol and Super Anti-Oxidants are Conquering Heart Disease, Cancer, Diabetes, Alzheimer’s, Obesity and Old Age.*

The medical and scientific research that has been coming out the past few years has been really incredible. Just last year, the Department of Biochemistry at the **University of Texas** Health Science Center at Tyler, Texas showed evidence that...



Resveratrol Possesses Preventive Properties Against Several Cancers and Cardiovascular Diseases!

Plus, shortly before the **University of Texas** study, **John's Hopkins University** scientists released an animal study that showed giving Resveratrol to mice before artificially inducing stroke like damage, helped reduce brain damage when compared to similarly damaged mice who were not treated with this compound.

Meanwhile, also last year, the Department of Pharmacology and Toxicology, **University of Alabama at Birmingham** released a study that indicates...

Resveratrol comes in two forms: cis-resveratrol and trans-resveratrol. Scientists say trans-resveratrol is the key ingredient to look for in dietary supplements because it activates the SERT1 enzyme that may be responsible for anti-aging effects in mice. The enzyme is thought to mimic calorie restriction, the most documented method of prolonging life span.

When added to cells outside the body, resveratrol has been found to inhibit the production of several human cancer cell lines, including those from breast, prostate, stomach, colon, pancreatic and thyroid cancers. In animals, resveratrol inhibited the development of esophageal, intestinal, and mammary (breast) cancer induced by chemical carcinogens.

Other studies suggest that the alcohol in wine is heart healthy and provides the benefits. Some benefits of alcohol include:

- Raises high-density lipoprotein (HDL) cholesterol – the good cholesterol
- Helps lower blood pressure
- Inhibits the formation of blood clots
- Helps prevent artery damage caused by high levels of low-density lipoprotein (LDL) cholesterol – the bad cholesterol



However, one large Danish study has shown that red wine has more heart benefits than other types of alcohol. This study revealed that red wine drinkers had about half the risk of dying of heart disease than nondrinkers.

The fact is, all of these studies simply tell us more about what many of us in the medical industry already suspected, which is... Resveratrol may be the single most important anti-aging supplement ever discovered by science.

I've seen many promotions for Resveratrol products promising consumers 120 even 125 years of healthy living. I'm afraid anyone making that claim is really committing fraud. I always tell my patients that...

Your goal should be to live a healthy and active 90+ years. That's really my goal and why I will keep you updated on Anti-Aging Research periodically.

Sincerely,

Dr. William S. Gruss MD
For Natural Health News Report



About William S. Gruss, M.D.

Dr. Gruss is a well-respected Internist and Cardiologist who specializes in cardiac care for patients who suffer from chronic heart problems, high cholesterol and blood pressure, and diabetes. Research has convinced Dr. Gruss that the right nutrients combined with a healthy lifestyle can help you live longer and live your life to the fullest well into your 80s and 90s.



Dr. Gruss is also the author of *A Cardiologist's Guide to Anti-Aging, Antioxidants & Resveratrol*. Dr. Gruss is Board Certified in Internal Medicine and treats mostly patients who are over age 50 at his private practice in Boca Raton, Florida. Dr. Gruss is a graduate of the University of Maryland Medical School and did his residency and Fellowship in Cardiology at the prestigious Mt. Sinai Medical Center in Miami.

