postmenopausal women had significantly increased levels of total cholesterol (10.0%), low-density lipoprotein (LDL) cholesterol (14.0%) and apolipoprotein B (8.2%). The difference was present within 3 years after onset of menopause. However, it did not show a trend towards an increase with the advancement of a number of postmenopausal years. No differences were found in high density lipoprotein (HDL) cholesterol, triglycerides, apolipoprotein A1, blood glucose, insulin, body mass index, waist-to-hip ratio and systolic and diastolic blood pressure. The results of this study add to the evidence that total cholesterol, LDL cholesterol and apolipoprotein B are the primary cardiovascular risk factors affected by menopause.

JOURNAL OF INTERNAL MEDICINE, 1999, Vol 246, Iss 6, pp 521-528

Effect of curcumin and dietary n-3 fatty acids on macrophages

Macrophages (immune system cells) from rodents fed cod-liver oil (rich in n-3 fatty acids) diet secreted lower levels of lysosomal enzymes collagenase, elastase and hyaluronidase as compared to those from rats fed coconut oil or groundnut oil diets. (A lysosomal enzyme serves to digest exogenous material, such as bacteria). Curcumin significantly lowered the secretion of these lysosomal enzymes from macrophages in animals given coconut oil or groundnut oil diet. Macrophages from rats fed cod-liver oil secreted lower amounts of eicosanoids such as prostaglandin, leukotrienes and also incorporated lesser amounts of arachidonic acid as compared to those given the cod liver oil diet. Curcumin lowered the secretion of these eicosanoids and decreased the incorporation of arachidonic acid in macrophage lipids. The study indicates that dietary cod-liver oil (rich in n-3 fatty acids), and the spice, curcumin can lower the secretory functions of macrophages in a beneficial manner.

MOLECULAR AND CELLULAR BIOCHEMISTRY, 2000, Vol 203, Iss 1-2, pp 153-161

Antioxidants and free radicals in exercise

Strenuous exercise increases oxygen consumption and causes disturbance of intracellular pro-oxidant-antioxidant homeostasis (stability in the normal physiological states). The mitochondrial electron transport chain, polymorphonuclear and xanthine oxidase have been identified as major sources of intracellular free radical generation during exercise. The free radicals are a serious threat to the cellular antioxidant defense system, such as diminished reserve of antioxidant vitamins and glutathione (endogenous), and increased tissue susceptibility to oxidative damage. However, enzymatic and

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As the word keeps on spreading about our site and the news breaking coverage of scientific discoveries in health and anti-aging topics, so does our popularity.

The Life Extension website was recently ranked as the 4th most visited natural health website in the world by Alexa (www.alexa.com), a web information company that tracks, rates and reviews websites. In terms of Internet traffic, Life Extension ranked among the top 100,000 websites visited, placing 22,987 among the over 50 million existing websites worldwide of various interest categories. That’s an impressive standing, considering that health websites comprise only a fraction of these millions of sites, and that natural health is an even smaller niche within the health category. Life Extension also boasts more than 1500 links in to its website from other web pages, which speaks to its reputability on the Net.

What makes the rating even more flattering is the fact that Life Extension does not actively promote its website. That means that more people are discovering Life Extension’s invaluable information and products on their own, through word of mouth and other website links. And many are turning to us more and more for our cutting-edge information for preserving their health and longevity.

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