

Bryon - This is a follow-up to the other article & gave you...

# Health pills slow aging process

## 'Old rats got up and did the macarena' after eating natural supplements

BOSTON — A pill that could rejuvenate aging humans has been tested successfully on a group of elderly rats, scientists say.

Researchers gave a combination of two natural substances that are available in health-food stores to elderly rats and the results were dramatic.

"With the two supplements together, these old rats got up and did the macarena," said Professor Bruce Ames, from the University of California at Berkeley. "The brain looks better, they are full of energy — everything we looked at looks more like a young animal."

A team led by Ames fed older rats the dietary supplements: acetyl-L-carnitine and an antioxidant, alpha-lipoic acid. Not only did the older rats do better on memory tests, they had more energy,

and their mitochondria — the power packs in their cells — worked better.

In Canada, carnitine is a restricted compound but the alpha-lipoic acid is available in health stores.

At Finlandia, a natural pharmacy on West Broadway, product specialist Shawn Yakimovich said alpha-lipoic acid is very safe, with no known side-effects that helps the anti-aging process, such as slowing down wrinkles.

Yakimovich said it's been known for quite some time but the most recent study he believes confirms earlier findings.

The study, published in three articles in *Proceedings of the National Academy of Sciences*, was discussed in a session on aging research held at the American Association for the Advancement of Science.

"The animals seem to have much more vigour and are much more active than animals not on this diet, signaling massive improvement to these animals' health and well-being," said Dr. Tory

Hagen at the Linus Pauling Institute at Oregon State University, Corvallis.

"And we also see a reversal in loss of memory. That is a dual-track improvement that is significant and unique. This is really starting to explode and move out of the realm of basic research into people."

Based on the group's earlier studies, the University of California has patented the use of the combination of the two supplements to rejuvenate cells.

One study published by the team concluded that the two chemicals "tune up" mitochondria, whose deterioration is an important cause of aging, according to Ames.

The results of a second study were just as dramatic. Elderly and lethargic rats became much more active after taking the supplement.

In a third study, the team found that the treatment improved both spatial and temporal memory in old rats.

*The Daily Telegraph*

with file from Kim Pemberton, Vancouver Sun

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