

## **2009 NOBEL PRIZE IN MEDICINE VALIDATES MY PRACTICE!**

Date: November 1, 2009

To my patients and supporters:

Thanksgiving is coming, and I am once again reminded to be thankful for all your financial support to the Institute's research and clinical work.

This year I am particularly excited because the Nobel Prize in Medicine was awarded to three scientists who share the work that I do, i.e., telomere and telomerase research.

Since writing my book *Age Reversal*, first published in January 1998, I have been proposing the mechanism in which hormones play a role in activating the telomerase, which in turn prolongs the telomere portion of our DNA. This process keeps the cell young and healthy, thus accomplishing our goal of anti-aging and longevity. This year the Nobel Committee validated my position by awarding the Nobel Prize in Medicine to three scientists who showed how telomerase works to lengthen the telomere portion of our DNA and thus achieves youthful cell replications and perpetual non-dying cells in the laboratory.

Even though the prize went to three scientists, thousands more deserve to share the prize, especially the group at the University of Texas, Southwest Division, who reached the amazing goal of making human cells live "forever" in laboratory conditions. (*Science*, Vol 279, January 16, 1998)

My respect also goes to the following scientists:

1. Dr. Gomez Sanchez and his group at La Paz University, Spain, who showed that growth hormone directly activates telomerase. (*Journal of Endocrinology*, Vol 185, June 2005, pages 421-428) Yes, that is exactly what I have been doing the last seventeen years, injecting Growth Hormone daily into myself to activate the telomerase in my own cells. This year, the Nobel Prize in Medicine validates what I have been doing for the last seventeen years to lengthen the telomeres of my DNA.
2. Dr. Scott Brouillette and his group, who showed that telomere length is a predictor of the onset of coronary heart disease. (*Lancet*, Vol 369, January 13, 2007)
3. Dr. Xu and his group at the National Institute of Health and the University of Utah, who showed that the use of multivitamins is associated with longer telomere length among women. (*AM Journal of Clinical Nutrition*, Vol 89, 2009, pages 1857-1863) Yes, they validated our practice over the last fifteen years of prescribing daily multivitamins and multi-minerals to our patients.
4. Drs. Williams and Boggess at the University of North Carolina, who showed that progesterone (not progestin or medroxy-Progesterone) inhibits endometrial telomerase activity, validating my position for years that progesterone inhibits and

prevents breast, uterine, and prostate cancers. (*Journal of Clinical Endocrinology and Metabolism*, Vol 86, August 2001, pages 3912-3917)

5. Dr. Kaszubowska at the University of Gdansk, Poland, who showed that centenarians have long telomeres in their cells (lymphocytes). This proves my position that lengthening telomeres *does not* cause cancer. (*Journal of Physiology and Pharmacology*, December 2008, Vol 9, pages 169-186)
6. Last but not least, Dr. Michael Sheppard, Vice-Dean of the University of Birmingham Medical School, who says: “Growth hormone therapy *does not* induce cancer.” (*Endocrinology and Metabolism*, Oct 2005, Vol 2 No 10)

Those of you who have followed my advice the last fifteen years should be happy and assured that you have not followed the wrong doctor!

This year we have added the following recommendations to our daily anti-aging and longevity program:

1. Vitamin D – 2,000 IU. Recent research showed that vitamin D plays a key hormonal role in preventing cancer, heart disease, and many other age-related diseases and that the federal minimum daily requirement is very inadequate in most multivitamin tablets/capsules.
2. Essential fatty acids, which cannot be constructed in our body and must be obtained from the diet, play important roles in controlling cholesterol, inflammation, and DNA transcriptions.

This year we have also added Cortisol as an additional hormone to be monitored yearly and supplemented for anti-aging and longevity when it is found to be deficient in the morning.

Happy holidays and may God bless your health and longevity,

Edmund Chein, M.D., J.D.