

VasculoSirt

"VasculoSirt is a state of the art, high tech product providing comprehensive support for healthy cardiovascular function."

Did you know that our blood vessels make up 14,000 square feet of surface area in the body? Think about that, 14,000 square feet of blood vessels that carry nutrients, minerals, amino acids, hormones, and oxygen to every one of our cells. We have anywhere from 10 to 50 trillion cells in our bodies depending on our size. And each ONE of those cells is fed by our blood vessels. You have to admit, the human body is mind blowing.

14,000 square feet is the size of 6 ½ tennis courts; and our bodies repair, rebuild, and maintain all that tubing. We never even think about it. Yet one little break in the vessels if not repaired quick enough can cause a stroke or internal bleeding. Truly the famed physician Sir William Osler was right when he said "a man is as old as his blood vessels."

Dr. Mark Houston has spent his career studying blood



vessels. Among Dr. Houston's best-selling books are The Handbook of Anti-hypertensive Therapy, Vascular Biology for the Clinician, What your Doctor may not tell you about Hypertension, Hypertension Handbook for Students and Clinicians, and The Hypertension Handbook. His latest book is What your Doctor may not tell you about Heart Disease. Dr. Houston also wrote a thorough discussion on nutrients that can repair and rebuild blood vessels natu-

rally for the 2002 Journal of the American Nutraceutical Association, which you can access below.

Dr. Houston spent 3 years developing and testing a formula that is designed to feed and repair blood vessels. During that same period, solid research became available out of Harvard documenting that longevity genes "called sirtuins" can be enhanced by natural compounds, the principle one being trans-resveratrol. Combining Dr. Mark

Houston's own research with the Harvard research on trans-resveratrol, the formula VasculoSirt was developed. Vasculo: to feed the vascular system and Sirt: to enhance the Sirt class of longevity genes. Below, you can get an audio CD of a thought provoking interview with Dr. Houston discussing new research on vascular health and anti-aging "sirtuin genes."

One of Dr. Houston's goals was to increase patient compliance by putting therapeutic doses of 5 supplements in one formula. Another goal was to provide nutrients that would enhance the mitochondrial function of the cell. The number of mitochondria per cell varies from a few hundred in skin cells and up to 10,000 per cell in the key energy centers of the body such as the brain, the skeletal muscles, heart muscle, and the eye. The number of mitochondria in the smooth muscle and endothelial cells is also extensive and several authors suggest vascular disease is caused by "primary mitochondrial dysfunction" in the vascular smooth muscle and endothelial cells of the brain.

VasculoSirt is a state of the art, high tech product providing comprehensive support for healthy cardiovascular function. VasculoSirt contains therapeutic doses of trans-resveratrol, Acetyl-L-Carnitine, emulsified Coenzyme Q10, the concentrated green tea extract EGCG, R-Alpha-Lipoic Acid, vitamin K as menaquinone -7, vitamin D3 plus a phytochemical blend of antioxidant plants and immune modulators like olive leaf extract, quercetin, ginkgo biloba, phytolens, lutein, lycopene, as well as some basic co-factor B vitamins and magnesium glycinate.

As many of you know there are other uses for the ingredients just mentioned. One of which is that this formula is a high potency

multiple that is loaded with plant based anti-oxidants. And as such, VasculoSirt will help with many of the oxidative conditions associated with aging, blood sugar regulation, increased mental clarity as well as lipid regulation to name a few.

VasculoSirt has been effective with exercise endurance and recovery. Many professional football players and cage fighters use VasculoSirt as their recovery multiple. Also, some clinicians recommend VasculoSirt for ED. Dr. Houston is famous for saying "if you have ED (erectile dysfunction), you have ED (endothelial dysfunction)."

On the other hand if you are like me or any of the 76 million baby boomers, you're starting to think quality of life and life enhancement. Things like enhanced physical and mental performance should be beginning to get your attention. For me, it's feeding my blood vessels, tuning up my genes or taking my exercise workout to the next level.

Several years ago I took my running capacity from 2 miles to 4 miles with VasculoSirt but somehow just stopped taking the product. After hearing Dr. Vasquez's work on mitochondrial dysfunction and realizing that VasculoSirt was in reality a great "multiple" to feed mitochondria, I began using it as my multiple at 3, 2 times a day. After 3 weeks of being on the product I find myself running up the 26 stairs to my second floor office. Not every day or every time but enough for me to know that something is different.

So whether it's for you or perhaps an aging parent, VasculoSirt is a product to consider adding to your nutrient program.

Thanks again for taking the time to read this week's edition. I'll see you next Tuesday.