

**NEWSLETTER
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VESPRO LAB SERVICES

We are pleased to announce the availability of saliva testing for levels of steroid hormones, androtenedione, cortisol. DHEA, estrone, estradiol, estriol, IGF-1, melatonin, progesterone, and testosterone. The test is a two-part test over approximately 90 days. The cost is \$105.00.

BRAIN LONGEVITY

We are all concerned with longevity, and none is more-important than that of your brain. Of what use is it to live to be 120 if your brain "dies" at 70? It used to be scientific "fact" that you were born with all the brain cells you were ever going to have, and if something happened to some of them, well, too bad. We now know this is not true and that the brain, like the rest of you, is equipped with regenerative power and that blighted areas can be brought back to life. Like osteoporosis, the death of the brain (senility, Alzheimer's, etc.) is beginning to be viewed not as the result of fate but of ignorance.

The single most-important rule for brain longevity is optimal blood circulation, for the brain is critically-dependent on blood flow, requiring about 25% of all the blood pumped by the heart. This can be short-circuited by high stress because under stress the adrenals pump out cortisol which destroys brain cells by the billions. In addition, the hippocampus cannot lay down memory.

There is help! Lecithin (phosphatidylcholine), an absolute must for brain longevity, is now available in a pleasant-tasting liquid. B-complex vitamins and vitamin C are crucial to the brain. Phosphatidylserine, an important phospholipid which supports and maintains performance and memory, is available, although expensive. It helps release acetylcholine in the brain and is indicated for age-related deficiencies.

You can read in detail about your brain and its needs in Darma Singh Khalsa, M.D., *Brain Longevity*. This is now in paperback at Borders Bookstore in Mission Valley.

What we carry:

Lecithin, liquid: \$14 for 5 ounces, 1 tsp a day

Phosphatidylserine, 50 mg., 30 caps, \$28.00

Stress B: all B vitamins, prolonged release, 90 caps, \$10

TBMP Medulla Complex includes whole-brain tissue, 60 caps, \$14

TPIN Pineal Complex combines pineal gland with ginkgo biloba, Siberian Ginseng, and whole-brain concentrate, 60 caps, \$14.50 (**contra-Indicated in pregnancy**)

Vitamin C: Ester C, 1000 mg \$15 for 45 tabs