

More On Melatonin

15 more "papers" on Melatonin, were presented at the Stomboli Conference on Aging and Cancer. They are available in the New York Academy of Sciences Volume 719, book of Scientific papers.

They confirm that melatonin is lost through aging; is vital to sleep patterns; is an anti-cancer hormone (its role in preventing breast cancer is well documented, now there is evidence it is also effective on prostate cancer); and is a catalyst in extending lifespan.

Doctors should read them. Space restricts this report to a few quotes from but a few of these papers.

"Not only does Melatonin production decline clinically with age, but administration Of melatonin or the implantation Of pineal tissue from young donors both median and absolute survival times of older mice."

L.A. Edmonds Jr. University of New York, Division of Biological Sciences: "Clocks, Cell Cycles Cancer and Aging."

"Aging itself may relate to accumulated damage to the cells as a consequence of oxidative stress... its beneficial effects in the prevention of many diseases must be considered. Melatonin's important actions as antioxidant may be its primary significance as well as the basis of its evolution." **R. J. Retire et al. Department of Cellular Biology, University of Texas Health Center: "Melatonin as a Antioxidant."**

Melatonin exerts direct and indirect beneficial effects in delaying developmental and aging process. Because similar effects are elicited by dietary restriction, it may be assumed that the anti-aging effects of food restriction are mediated by an increase formation of melatonin levels in experiment4 animals and may be also in human subjects. Indeed, food restriction causes an elevation of circulating melatonin.

Gerald Huether, Psychiatrische Universitätsklinik, Göttingen, Germany: "Melatonin & The Gastrointestinal Tract."

Melatonin, the main hormone of the pineal gland, when chronically injected into young mice or mice immunosuppressed by aging or by cyclophosphamide treatment, was able to enhance the antibody response to a T-dependant antigen. The enhancement of T helper cell activity and IL-2 production as evidence in mice immunosuppressed by aging or by cyclophosphamide treatment. These observations suggest that melatonin may be successfully used in the therapy of immunosuppressive conditions, M. C. Caroleo, Chair of Pharmacology, Department of Biology, University of Rome: "Melatonin Restores Immunosuppression on Aged and Cyclophosphamide-Treated Mice."

Circadian chronic administration of melatonin and young-to-old pineal grafting into the thymus have provide evidence for the existence of an endogenous, primary and central "Aging Clock" in the pineal gland. The new model described here serves to definitely demonstrate that the replacement of the pineal gland of an old mouse with the pineal gland of a young, syngeneic donor mouse remarkably prolongs its lifespan, conversely, the "old" pineal transplanted into a younger mouse will considerably shorten its lifespan. Pineal cross-transplantation thus provides clear-cut evidence for the central role of the pineal gland in the initiation and progression of senescence. It offers a novel basis for interventions into the aging process Valadimir A. Lesnikov, Institute of Experimental Medicine, Russian Academy of Medical Science: "Pineal Cross-Transplantation as Evidence For an Endogenous "Aging Clock"."

Melatonin

There are over 5,000 studies on melatonin's ability to prevent and treat cancer, and/or extend lifespan, published; and 2,000 more being published yearly. **Melatonin should only be taken at night just prior to sleep. To take it any other time is to waste it.** Each capsule of life Extension melatonin contains 3 Mg. **Of pure pharmaceutical-grade Melatonin.** Most melatonin available, is not pharmaceutical grade.