

Vitamin E

Although the human body produces a new blood supply every three weeks, the scientist said it's important for red blood cells to age as little as possible during that time.

"A low number of healthy red blood cells can lead to pulmonary disorders, heart problems and a greater-than-normal susceptibility to degenerative diseases," he explained.

Dr. Thomas B. Bradley, executive secretary of the American Society of Hematology, said, "there is no way to overstate the importance of healthy blood to the body. Persons with low red blood cell counts are forcing their hearts to do more work in order to get the most benefit from the blood in their systems."

"Blood literally feeds the body, from our head

to our toes. A low red blood cell count can hinder this nourishment process. This can cause more wear and tear on the body—aging it more rapidly."

Vitamin E exists in almost all foods we eat. Those with the high quantity include vegetable oils, butter, bakery products that contain wheat flour, eggs, the leafy green vegetables, beans and grains.

But Dr. Bland said the larger doses necessary can only be obtained through vitamin E supplements. He warned, however, that most commercial vitamin E is not tocopherol D, the type used in his study— but tocopherol acetate, a type not nearly as effective as tocopherol D. "Any good pharmacy should be able to provide you with the non-acetate type," he added.

Other researchers praised the findings and said their own studies also have shown that vitamin E retards aging.

Dr. David Deamer, professor of zoology at the University of California at Davis, told The Enquirer: "Dr. Bland's results are very convincing."

"His study is extremely supportive of a continuing project here at Davis. Our project, using cell cultures, showed the ability of vitamin E to slow down the aging process in these cultures. Dr. Bland's work is significant because he was able to involve humans."

Dr. William Pryor, professor of chemistry at Louisiana State University, added: "Our study of vitamin E also points to the ability of proper doses to reduce cell damage."

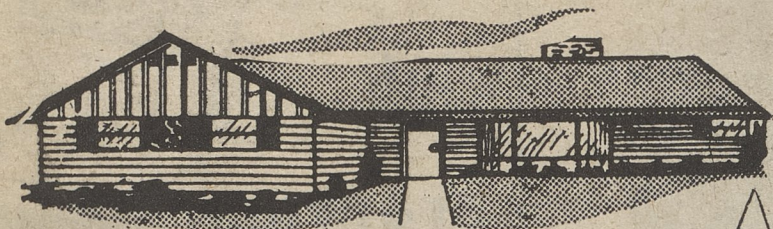
"Dr. Bland's study appears to be an important contribution to this ongoing effort."

Dr. Jonathan Vincent Wright, a physician in Kent, Wash., who has been treating a number of ailments with vitamin E for years, said it is beneficial in "restoring vitality and slowing down aging."

"Used in a balanced diet, adequately large doses of vitamin E can definitely extend the vitality of people in their later years—and very possibly keep them from spending the last decades of their life in a convalescent home," said Dr. Wright.

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