

A woman with dark hair, wearing a white long-sleeved top and white pants, is sitting in a meditative pose on a sandy beach. Her arms are raised and extended outwards, and she has a serene expression. The background shows a blue sky with light clouds and waves breaking on the shore.

Your Tip-to-Toe

Health Calendar 2010

USE THESE TIPS TO FEEL GREAT ALL YEAR!

LifeExtension[®]
For Longer Life[®]

A woman with long dark hair, wearing a white lace dress, stands on a beach. She is holding a large white sheet aloft with both arms, and the sheet is blowing in the wind. The background shows the ocean and a clear blue sky.

Don't
Tiptoe
Around Your Health!

Life Extension® has never been known to tiptoe around health, let alone the truth. And the truth is that the current medical establishment has yet to wholeheartedly embrace all of the possible health care alternatives available to you. Life Extension has been funding research, exploring science-based alternative protocols, and creating cutting-edge supplements for the past 30 years. We have made it our mission to educate health-conscious consumers like you on the newest and most effective ways to achieve and maintain optimal health in order to live healthier longer.

So, go ahead, kick off another year with more than just a healthy outlook. Begin to achieve your health goals month by month. Incorporate these tips into your life and you'll surely experience the benefits of good health from tip to toe.

Thyroid Awareness Month

Your thyroid gland secretes hormones that control your metabolism, the complex set of chemical processes that keep you alive. An efficient metabolism makes energy and discards toxins easily. And helps everything – from calorie-burning to muscle-building to breaking down foods for fuel – work at an optimal level.

Support Normal Thyroid Function

Exercise regularly. Work out at least 30 minutes, 3–5 times a week. It does wonders for your stamina, strength, and stress level. It also supports a healthy immune system and metabolism.

Eat plenty of seafood. Add fresh fish and shellfish to your diet ... cod, shrimp, tuna, you name it. They're loaded with iodine, the trace mineral crucial for normal thyroid function. Wakame seaweed is also a great source of iodine.

Check your thyroid function. Take a blood test to measure your thyroid hormone levels. (Life Extension[®] offers several.) If they're abnormally low, you might be low in iodine. Limiting your iodized table salt intake or eating strictly vegetarian can contribute to a deficiency. So talk to a Life Extension Health Advisor about the best way to supplement with iodine.



JANUARY 2010

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 2

New Year's Day

3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22 23

Martin Luther King, Jr., Day

24 25 26 27 28 29 30

31

Call toll-free 1-800-544-4440
or visit www.LifeExtension.com

UV Safety Month for Eyes

Yes, your eyes can actually get sunburned, just like your skin. That's why your parents always said, "Don't stare into the sun!" But in the summer, being in the sun, not just looking at it, can be dangerous. Summer sun is especially bright, and exposure to ultraviolet rays can cause eye damage that could lead to cataracts and vision loss.

Protect Your Peepers

Wear your sunglasses. UV sunglasses block out almost 100 percent of UV-A and UV-B Rays. And it wouldn't hurt to wear a wide-brimmed hat!

Limit your exposure. Too many hours in the sun, especially from 10 a.m. to 2 p.m. when UV light is most intense, can lead to development of cataracts and macular degeneration.

Beware of reflections. Sunlight reflected off water, snow, and pavement is intensified UV light and is the *most dangerous* to your eyes.

Maintain your eye health. The eye's macular pigment is composed of carotenoids. And dense macular pigment, so essential to proper vision, declines over time. So don't wait. Speak to a Health Advisor about supplementing with carotenoids now to help prevent macular deterioration.



LifeExtension[®]
For Longer Life[®]

JULY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
Independence Day						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Call toll-free 1-800-544-4440
or visit www.LifeExtension.com