

Live Longer and Prevent TYPE 2 DIABETES



In *Oral Oncology*, “The risk of Head and Neck Cancers was decreased (by 46%) among diabetic participants; metformin use may at least partially explain this inverse association.” Plus, they noted a 55% reduction in risk of stomach cancer. (2016 Oct;61:47-54)

In *Cardiovascular Drugs and Therapy*, “This proof-of-concept study shows that use of metformin in patients with Diabetes Mellitus is associated with lower 30-day all-cause mortality and tendency for a lower 12-month all-cause mortality following MI (heart attack) without discernible improvement in LVEF. (2015 Jun;29(3):265-75)

“Metformin treatment lowered weight and systolic blood pressure and increased HDL in women with Polycystic Ovarian Syndrome. In post-hoc analysis it increased insulin sensitivity and lowered testosterone in obese women.” (*Hum Reprod.* 2007 Nov;22(11):2967-73)

No one is going to tell you about Metformin

Even though the American Diabetic Association recommends “health-care professionals could consider metformin for anyone with prediabetes or an HbA1C level (a measure of long-term blood glucose control) between 5.7% and 6.4%.” But, according to *Annals of Internal Medicine* (April 2015), it is rarely used to prevent diabetes. Only 3.7% of people with prediabetes were prescribed metformin over a three-year period. In “Metformin: Current Knowledge,” the authors state, “Metformin drug has been shown to prevent diabetes in people who are at high risk and decrease most of the diabetic complications.” (*J Res Med Sci.* 2014 Jul; 19(7): 658–664.)

Prediabetes can be diagnosed if your fasting plasma glucose between 100-125 **OR** if Hemoglobin A1C is between 5.7 and 6.4%. Studies have shown that up to 86 million Americans may have pre-Diabetes and 30% of them will develop Type 2 within five years. If you are eating well and exercising but still struggling to get weight and blood sugar levels under control, you may be a prime candidate for this therapy.

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If I told you that you could possibly live 15% longer while improving your overall health for just \$4 per month, would you want to learn more?

The Anti-Aging Pill

In March of 2016, the FDA granted approval for the first-ever anti-aging study to be conducted on humans. The Metformin in Longevity Study (MILES) announced by the Life Extension Foundation is currently ongoing. The study of the generic, diabetes medication Metformin will investigate gene expression (for aging markers) while also assessing insulin sensitivity and insulin secretion. (clinicaltrials.gov/ct2/show/NCT02432287)

This compound, in use worldwide since 1957 and listed by the World Health Organization as an “Essential Medicine,” is indicated as an adjunct to diet and exercise to improve glycemic control in adults and children with type 2 diabetes mellitus. It is a biguanide derived from the French lilac that improves glucose (sugar) tolerance by lowering both baseline and post-meal blood sugar. It decreases how much glucose the liver produces while decreasing the intestinal absorption of dietary sugar. It also improves insulin sensitivity by increasing peripheral glucose uptake and utilization while fasting insulin levels and day-long plasma insulin response may decrease. It is mostly excreted unchanged via the urine and is not metabolized by the liver. (Package Insert)

Life-Extending Evidence

Decades of studies and anecdotal evidence have hinted at the possibilities of this simple compound. Aside from the documented beneficial effects listed in the package insert, Metformin may confer greater benefits of lowering cancer risks, decreasing heart disease risks, reducing body weight (and all the benefits this conveys) and so much more.

An aptly named study, “Can People with Type 2 Diabetes Live Longer Than Those Without?” published in *Diabetes, Obesity and Metabolism* (Nov 2014) stated, “Patients with type 2 diabetes initiated with metformin monotherapy had **longer survival** than did matched, non-diabetic controls... This supports the position of metformin as first-line therapy and implies that metformin may confer benefit in non-diabetics.” In fact, the study found that diabetics taking metformin **lived 15% longer** than non-diabetics.

And in *Proceedings of the National Academy of the Sciences* (June 2014), “We show that **metformin extends lifespan** through the process of mitohormesis and propose a signaling cascade in which metformin-induced production of reactive oxygen species increases overall life expectancy.”