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# TimeStop

**A 'Time Machine' in every capsule**

## WHAT IT IS:

- L-ergothioneine (L-ET), an amino acid found in mushrooms and bacterial fermentation with antiaging antioxidant and cytoprotective properties

## WHY YOU NEED IT:

- Important for patients interested in AntiAging: helps protect chromosomal telomeres and reduce DNA damage, both hallmarks of human aging
- Supports neurological and cognitive health
- Provides powerful antioxidant support by enhancing Nrf2-mediated gene activity
- Supports healthy glutathione levels, a key molecule in detoxification and human health
- Boosts mitochondrial function for substantially improved energy production
- Targets patients with depression and anxiety
- Good for patients who wake frequently during sleep

## HOW IT HELPS:

L-ET is a critically important antioxidant and cell protector that cannot be synthesized by humans. We can only get L-ET through our diets or supplementation. L-ET is found primarily in mushrooms but occurs in very small amounts in other foods. In the US, we get approximately 1mg daily of L-ET, while Europeans get 4.6mg daily from their 'healthier' diets. For reference, one capsule of TimeStop has 12.5mg of this powerful molecule and has been proven to significantly boost the blood levels of L-ET.

We all know that aging does not just happen on the outside of our bodies, but also on the inside of our cells. One such biomarker of aging are our telomeres. Telomeres are the molecular 'tassels' that hang off the ends of our chromosomes. These tassels help

to protect the sensitive DNA within the chromosomes. As we age, those tassels get shorter, thereby exposing the DNA to damage. Shortening of the telomere tassels is a hallmark of aging, and L-ET can significantly slow this process down which is important for extending longevity. Additionally, L-ET can also help stabilize and protect DNA which is also necessary for healthy aging.

TimeStop also helps to maintain glutathione levels, a key detoxification molecule made by the liver that helps rid the body of toxic waste and environmental pollutants. By boosting the activity of the powerful Nrf2 antioxidant gene complex, TimeStop helps protect cells from the many ravages of oxidative stress and toxins.

Studies have also shown that blood levels of L-ET decline as we age, and those subjects with early cognitive impairment have even faster rates of L-ET decline. Lower L-ET levels have also been correlated with thinning of the brain's gray matter and shrinkage of the memory organ within the brain, the hippocampus. Brain shrinkage = Not good...and L-ET is an important factor in maintaining healthy brain volume and cognitive function.

A healthy mood and sleep pattern are also critical factors in slowing the aging process and improving health. After one month of L-ET supplementation, research in both animals and humans show that regular use of L-ET also reduces anxiety, depression and improves sleep quality by reducing the number of times subjects woke during the night.

Bench-top research has shown that L-ET can increase lifespan, reduce insulin resistance, improve energy metabolism, and enhance other longevity pathways (such as autophagy).

TimeStop usual dosage: take one capsule twice daily with meals. Allow up to 30 days to see and feel improvements.