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AMERICAN ACADEMY OF  
ANTI-AGING MEDICINE  
**THAILAND**

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# ***Anti-Aging Medicine According to Dr. Garry Gordon***

**Dr. Garry F. Gordon, MD, DO, MD(H)  
Gordon Research Institute  
Payson, Arizona USA**

**Bangkok Thailand  
7 – 9 September 2012**

# Personal Health History

I became interested in Chelation therapy because I was very ill for the first 30 years of my life. As a young man, I had not been able to be athletic in any way and was not allowed to participate in physical education or sports.

I have suffered from a myriad of debilitating, chronic conditions, genetic and environmental in origin... including:

- **Congenital Atrioventricular Block (CAVB)**
- **Achlorhydria (Hypochlorhydria) with associated malabsorption**
- **Severe Magnesium Deficiency**
- **Mercury Toxicity (dental amalgams)**
- **Chronic Fatigue and Myalgia**
- **Strabismus (concomitant esotropia, or “cross-eyed”)**
- **Pathologic disfluency (“stuttering”)**
- **Atrial Fibrillation (AF)**

# Life-transforming Health Events

By age 29, I was so ill that I had to stop practicing medicine. It was at this time that I began to seek alternative medical therapies, embarking on a truly exciting journey of discovery that has dramatically improved my life and health.

- **Vitamin C (Hi-potency)**
  - **Chelated Minerals**
- **IV EDTA Chelation Therapy**
- **Oxidative / Ozone / UV / HBO**
- **Maca Root / Pueraria mirifica**
  - **Zeolite (Clinoptilolite)**
- **Diet / non-GMO / Probiotics**
- **PEMF (pulsed electro-magnetic frequency)**

# Dr. Garry Gordon's F<sup>2</sup>IGH<sup>2</sup>T For Your Health Program

**F<sup>2</sup> = Food and Focus** - related aspect and leaky gut, and Focus (positive mental outlook): Acidophilus, Avoid food sensitivities (wheat, dairy) food supps to include Vitamin C and D

**I = Infections** - causing cancer, cardiovascular disease, autoimmune diseases: Ozone/UVB, HBO, Silver, Vit A, C and D including IV Vit C

**G = Genetics** - and epigenetics and methylation issues needed for detoxing B-12, MSM, TMG, 5'MTHF

**H<sup>2</sup> = Heavy Metals and Hormones** - Daily detoxification of mercury, lead; Hormonal balance and support for both men and women: Oral Chelation, Zeolite, DHEA, HRT, Melatonin, GH Support, Thyroid

**T = Toxins** - BPA, phtalates, and other toxins including household chemicals and everyday products: Exercise, IR/FIR Sauna, PEMF, Magnetics, Electrotherapy, cold (soft) lasers.

**E<sup>2</sup> = Energy and Exercise** - PEMF or pulsed electromagnetic frequency therapy that promotes healing through

**Magnetically Induced Cellular Exercise, or MICE**



## The Environmental Working Group studies that have shown:



From  
Environmental Working  
Group

134 chemicals are shown to cause **CANCER**

151 chemicals cause **BIRTH DEFECTS**

154 are **HORMONE DISRUPTORS**

186 chemicals contribute to **INFERTILITY**

130 chemicals cause **IMMUNE SYSTEM TOXICITY**

158 chemicals are **NEUROTOXINS**

Autism now 1 in every 150 children.

57% increase in childhood brain cancer.

84% increase in acute lymphocytic leukemia in children (1975 – 2002)

About 7.3 million American couples have trouble becoming pregnant, or carrying to term, a 20% increase in the last 10 years. Sperm count decrease one percent every year.



***“The combined evidence suggests that neurodevelopmental disorders caused by industrial chemicals has created a silent pandemic in modern society.” ~ Lancet, November 8, 2006.***

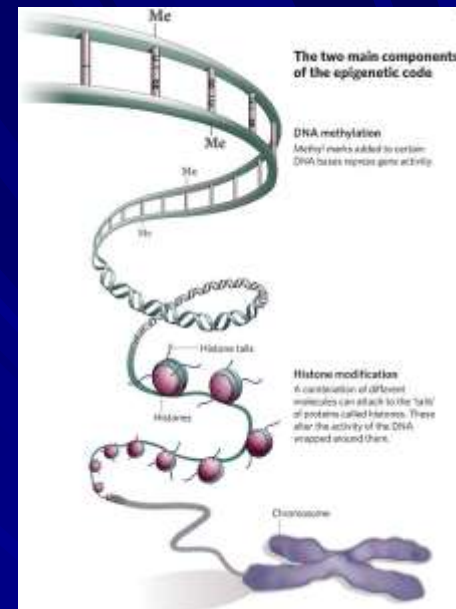
**WATCH THE VIDEO: <http://video.yahoo.com/watch/6431545/16676271>**



# Toxic and Heavy Metal Exposure Early In Life May Promote Disease Later in Life Via Epigenetics

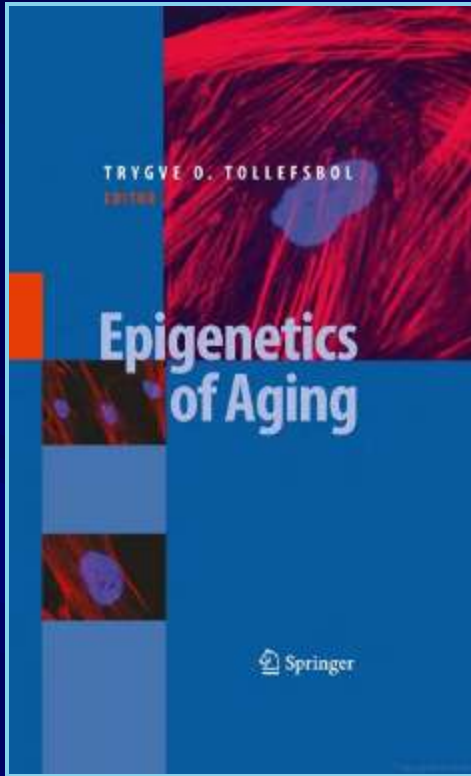
Metals and Neurotoxicology. J. of Nutr. 138,12,2007.  
Wright, RO, et al.

Minerals are necessary for normal cellular, metabolic and neurological function. It is well known that nutrient mineral deficiency can impair neurological development. Iron deficiency is a good example. However, it is also known that iron excess can also impair neurological development. Some transitional nutrients can cause later-life health disturbances when deficient in the diet, but in excess can be just as harmful. These include iron, copper, manganese and zinc as well as others. Heavy metals such as lead, cadmium, mercury, and arsenic are also neurotoxins and when present early in life can contribute to impaired neurodevelopment and detrimental health effects later in life and have been called the “fetal origins of disease.” Suggesting that early environmental metal exposure can program later life gene expression, or fetal programming. The mechanism for this phenomenon is termed epigenetics. Epigenetics is the study of heritable changes in gene expression that occur without changes in DNA sequence, that unlike mutations, are reversible and responsive to environmental influences. DNA methylation is the most studied of the epigenetic process that regulated gene silencing.



*Quinton Marine Plasma works similarly to Methylation Therapy with MSM, TMG and ACTIVE Folic Acid, B-6 and Sublingual B12 to undo the epigenetic changes that exposure to toxins like Bisphenol A are producing in our population. It is obvious that there is nothing in the world to offer this level of ULTRA TRACE MINERAL REPLETION.*

~ Dr. Garry F. Gordon, MD, DO, MD(H)



*Epigenetics of Aging*

2010, Part V, 315-326, DOI: 10.1007/978-1-4419-0639-7\_17

## ***DNA Methylation and Alzheimer's Disease***

Thomas van Groen

### ***Abstract***

Epigenetics plays a direct and indirect role in the chances of developing Alzheimer's disease. The decreased DNA methylation status with increasing age of the amyloid precursor protein (APP) gene promoter will boost transcription of this gene, leading to higher levels of APP. Furthermore, both the BACE and PS1 genes show similar decreased promoter methylation with aging, causing higher levels – and activity – of  $\beta$ - and  $\gamma$ -secretases, increasing APP processing toward A $\beta$  production. Together, this increases the levels of A $\beta$  that will lead to the development of the pathology that is characteristic of sporadic AD.

Furthermore, ***epigenetics plays a role through the nutritional status of the individual, i.e., through low folate and high homocysteine levels the DNA methylation level can be decreased. It is of interest to note that it has been shown that AD patients tend to have low levels of folate and high levels of homocysteine.*** Finally, parental influences in the inheritance of AD have been demonstrated, likely caused by gene imprinting.

# Accumulated Lead Exposure and Risk of Age-Related Cataract in Men

Debra A. Schaumberg, ScD, MPH; Flavia Mendes, MD; Mini Balaram, MD; M. Reza Dana, MD, MPH; David Sparrow, DSc; Howard Hu, MD, MPH, ScD

*JAMA.* 2004;292:2750-2754.

**Context** Low-level lead exposure may increase the risk for a number of chronic age-related diseases. Several studies have documented the presence of lead in lenses with cataract. The intrusion of lead into the lens may alter lens redox status and cause protein conformational changes that decrease lens transparency.

**Objective** To determine the relationship of cumulative lead exposure with the development of cataract.

**Design, Setting, and Participants** Tibial (cortical) and patellar (trabecular) bone lead levels were measured by K x-ray fluorescence between 1991 and 1999 in a subset of participants in the Normative Aging Study (NAS), a Boston-based

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**Dr. Gordon comments: Finally proof that bone lead levels are adversely affecting the health of our brain, as the eye is an extension of the brain. Therefore immune suppressing is occurring.**

**Results** The mean age of the study participants was 69 years and cataract was identified in 122 men. The age-adjusted OR (95% CI) for cataract for men in the highest vs lowest quintile of tibia lead level was 2.68 (1.31-5.50). Further adjustment for pack-years of cigarette smoking, diabetes, blood lead levels, and intake of vitamin C, vitamin E, and carotenoids resulted in an OR of 3.19 (95% CI, 1.48-6.90). For patella lead level, there was an increased risk of cataract in the highest vs lowest quintile (OR, 1.88; 95% CI, 0.88-4.02), but the trend was not significant ( $P = .16$ ). Blood lead levels, more indicative of short-term exposure levels, were not significantly associated with cataract (OR, 0.89; 95% CI, 0.46-1.72;  $P = .73$ ).

**Conclusions** These epidemiological data suggest that accumulated lead exposure, such as that commonly experienced by adults in the United States, may be an important unrecognized risk factor for cataract. This research suggests that reduction of lead exposure could help decrease the global burden of cataract.



## **Men with high levels of bone lead 6 times more likely to die from heart disease**

**September 10th, 2009**

**WASHINGTON - Men with high levels of lead in bones are six times more likely to die from heart disease, according to a new study.**

**Researchers from the Harvard School of Public Health (HSPH) and the University of Michigan School of Public Health found that bone lead was associated with a higher risk of death from all causes, particularly from cardiovascular disease.**

**“The findings with bone lead are dramatic,” said Marc Weisskopf, assistant professor of environmental and occupational epidemiology at HSPH and lead author of the study.**

**The results showed that the risk of death from cardiovascular disease was almost six times higher in men with the highest levels of bone lead compared to men with the lowest levels.**

**The risk of death from all causes was 2.5 times higher in men with the highest levels of lead compared to those with the lowest levels.**

**Given that bone lead may be a better biomarker of cumulative lead exposure than blood lead, it may be the best predictor of chronic disease from exposure to lead in the environment.**

*The study appears in journal Circulation. (ANI)*

# NO SAFE LEVEL OF LEAD!

## Blood lead levels and mortality

Archives of Internal Medicine (AMA Official Journal)

2002 Nov 25;162(21 ):2443-9

Lustberg M, Silbergeld E.

Department of Epidemiology and Preventive Medicine, University of Maryland

**Despite declines in blood lead levels during the past 20 years, lead exposure continues to be a public health concern. Studies have linked lead exposure with increased risk for diverse health outcomes. Few studies have evaluated the association of lead exposure and mortality in the general population. METHODS:** To evaluate the association of lead exposure and mortality in the United States, we used the recently released mortality follow-up data for participants of the Second National Health and Nutrition Examination Survey, a national cross-sectional survey of the general population conducted from 1976 to 1980. Survey participants aged 30 to 74 years with blood lead measurements were followed up through December 31, 1992 (n = 4292). **RESULTS:** After adjustment for potential confounders, individuals with baseline blood lead levels of 20 to 29 microg/dL (1.0-1.4 micromol/L) had 46% increased all-cause mortality (RR, 1.46; 95% confidence interval [CI], 1.14-1.86), 39% increased circulatory mortality (RR, 1.39; 95% CI, 1.01-1.91), and 68% increased cancer mortality (RR, 1.68; 95% CI, 1.02-2.78) compared with those with blood lead levels of less than 10 microg/dL (<0.5 micromol/L).

# Detoxification is a LIFETIME challenge

LEAD in bones requires years of continuous oral chelation with EDTA and/or Zeolite.

Because bones take an average of 15 years to fully regenerate, IV EDTA chelation therapy over several months only removes lead and other toxic metals from the body's blood and tissues, NOT from bones.

Harvard studies prove that bone lead leads to heart disease and cataracts, as Bones are the MAJOR storehouse of lead in the body.

For more information see the  
**507 References Supporting Oral EDTA**

On the Gordon Research Institute Website at

[http://gordonresearch.com/articles\\_oral\\_chelation/oral\\_edta\\_references/references.html](http://gordonresearch.com/articles_oral_chelation/oral_edta_references/references.html)

# Dr. Gordon's Personal Daily Supplement Regimen

## 10 mins PEMF assisted Magnetically Induced Cellular Exercise twice per day

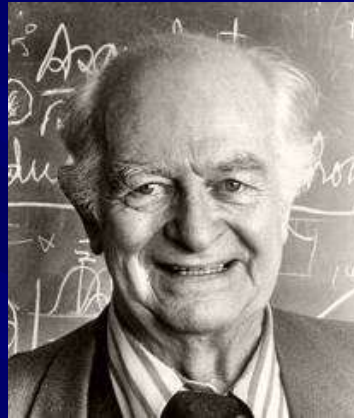
- Acetyl L-Carnitine (558 mg) 1 BID
- Adrenal Support, 1 BID
- Liquid Cellular Glutathione
- Liquid Colloidal Cellular Silver
- ACZ liquid zeolite
- Aloe caps for immune function
- B12 Sublingual, one at night
- Multivitamin and Chelation supplement
- Growth Hormonal Supplement With Resveratrol
- Lithium Orotate
- Herbal Brain Enhancer
- Boluoke Lumbrokinase
- D' Ribose
- DHEA 50 Milligram
- Benfotiamine
- 100% Chelated Magnesium Glycinate/Lysinate
- FibroBoost
- Phytosome Curcumins
- CoQ10, 100 mg one daily
- Mena Q7/Vitamin K2
- Quercetin Bromelain
- Trans-Resveratrol
- Pueraria mirifica (Herbal Remedy from Thailand)
- Hyal-Joint, 20 mg, one daily
- Immune System Support
- Kyodophilus probiotics
- L-5-HTP
- Master AntiOxidants
- Maximino
- Melatonin 10 mg, nightly
- N-Acetyl Cysteine (NAC)
- Omega 3 fish oil supplement
- Vitamin E
- Power Drink – Vitamin C, Maca, Organic Greens, stabilized rice bran and Fiber,
- Pregnenolone
- Stabilized R-Lipoic Acid
- Testosterone/Progesterone/Chry-H 150/5/200
- Thyroid 2 Grains, once daily
- Thyroid Support
- Vitamin D3, 5,000 Units
- Zeolite capsules



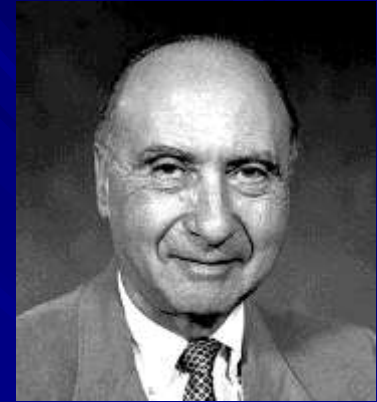
# Pioneers of Orthomolecular Medicine



**Roger J. Williams, Ph.D.**



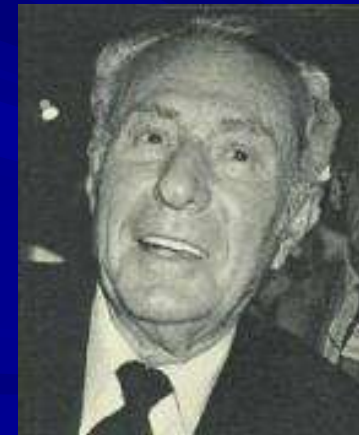
**Linus Pauling, Ph.D.**



**Abram Hoffer, M.D., Ph.D.**



**Wilfrid Shute, M.D.**



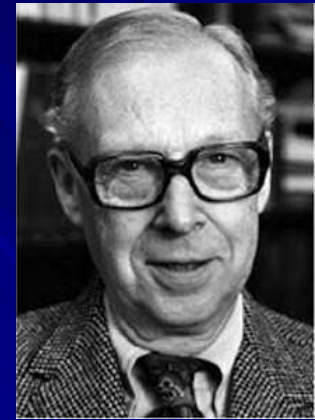
**Emanuel Cheraskin, MD, DMD**



**John Miller, Ph.D**



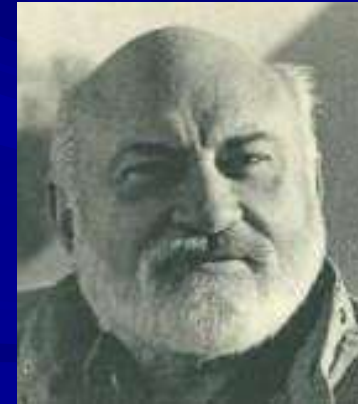
**Bruce Ames, Ph.D**



**Karl A. Folkers, Ph.D**



**Mildred Seelig, M.D., MPH, MACN**



**Hugh Desaix Riordan, M.D.**

# Townsend Letter

## Chelation Therapy

Nonsurgical Treatment of Heart Disease

## The Salt Secret

How Salt Can Lower High Blood Pressure

## The Awesome Foursome

Four Nutrients to Reverse Congestive Heart Failure

## Ground Yourself

A Surprising Remedy for Many Ills

## Milk and Obesity

Is There a Connection?

## Beyond Chelation Therapy

Device Helps Reverse Disease



The Examiner of Alternative Medicine

WWW.TOWNSENDLETTER.COM



## Chelation and Cardiovascular Disease

by Garry F. Gordon, MD, DO, MD(H)

I have spent over 35 years researching chelation therapy (CT), trying to determine how and why it helps patients with cardiovascular disease (CVD). I strongly believe that some form of CT should be a part of the treatment for anyone with CVD. My knowledge of CT has permitted me to safely advise against all bypass operations on my patients for over 30 years.

Due to my own CVD, I have intensively studied all aspects of it for most of the 50-plus years of medical practice. I have a complex medical history with lifelong heart disease issues that by age 29 had become nearly disabling; I avoided most physical activities until I was well in my 30s. When I first chelated, it was with great results: hours after my eighth intravenous EDTA treatment, I felt like Superman! I could for the first time in my life run uphill without a racing heart, or chest pain, or fatigue.

I knew that this was working, but I jumped to the wrong conclusion: I thought that somehow CT must be reversing plaque, never dreaming that removing heavy metals could bring these benefits. My error probably set back the widespread acceptance of CT by decades, as knowledgeable invasive cardiologists often found that serious "obstructing" plaque was still present after CT.

I have since identified over 30 mechanisms of action of EDTA.<sup>1,2</sup> Any one or all of these working synergistically can explain why over 80% of patients get both subjective and objective improvement. However,

it is still not possible to predict when sometimes more-dramatic benefits will occur, including occasional rapid saving of gangrenous legs, reversal of heart disease or blindness, or the occasional autistic child who within hours recovers speech. Since we have poisoned our planet, I believe that heavy metal detoxification is a big part of the explanation for the benefits seen, even in nonexposed patients.<sup>3-11</sup> All causes of morbidity and mortality have been shown to relate to how low lead levels are kept throughout life.<sup>8,9,12</sup>

There is no magic program that can remove all of our heavy metals or other toxins overnight. We need several years to decrease the body burden of lead, as bones will remodel over a period of 15 years. I recommend continuous use of one or more aids to detoxification such as chelators, high-dose vitamin C, fiber, lipoic acid, zeolite, saunas, and daily exercise.<sup>13-27</sup> These all provide benefits that greatly exceed any risks involved. For example, the various claims about chelation toxicity, such as harming the kidneys, although possible, are greatly exaggerated. In fact, repeated EDTA infusions often postpone indefinitely the need to start dialysis for many patients in early renal failure.<sup>18</sup>

I have acquired and reviewed thousands of articles and books about chelation and heavy metals; I have treated hundreds of patients, and seen many dramatic responses, yet I warn my patients that CT does not predictably by itself decrease plaque.<sup>13-17</sup> However, improved

blood flow happens in over 80% of patients. With more treatment and improved compliance with my "FIGHT" Program (Food, Infection, Genetics, Heavy metals/Hormones, Toxins), over 95% will improve, even if the angiograms report that plaque size has increased. This experience and my radiology training confirm the limitation of angiograms, which fail to identify the existence of collateral circulation, as seen with a PET scan.<sup>28</sup>

Obstructing plaque or vascular calcium scores may appear worse after CT, yet the patient has dramatic subjective and objective improvement, and is now winning in competitive sports. I prefer noninvasive tests that more accurately assess the true status. They are useful and can motivate patients to try harder, as a poor response may just be a patient's failing to address all risk factors.

In my own case, I had a mouthful of amalgam fillings, and part of my dramatic early response was due to removing heavy metals, which we now know interfere with healthy enzyme function and thus impair nitric oxide levels.<sup>29</sup> Improved nitric oxide function is another reason for the predictable improvement in blood flow seen with all noninvasive measurements, including segmental blood pressures, thermography, plethysmography, Bio Clip, and multifunction ECG.<sup>24-27</sup>

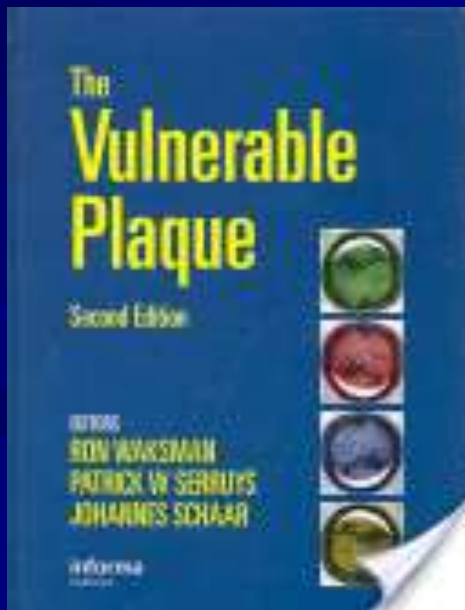
Researchers at California Institute of Technology have shown that average bone lead levels today are 1000 times higher than a few hundred





**A vulnerable plaque** is a kind of atheromatous plaque – a collection of white blood cells (primarily macrophages) and lipids (including cholesterol) in the wall of an artery - that is particularly unstable and prone to produce sudden major problems, such as a heart attack or stroke.

Researchers have found that accumulation of white blood cells and macrophages causes **inflammation** in the walls of the arteries leads to the development of "soft" or vulnerable plaque, which when released aggressively promotes blood clotting.



Patients can lower their risk for vulnerable plaque rupture in the same ways that they can cut their heart attack risk: Optimize lipoprotein patterns, keep blood glucose levels low normal, stay slender, take aspirin, eat a proper diet, quit smoking, and maintain a regular exercise program. Researchers also think that obesity and diabetes may be tied to high levels of C-reactive protein.



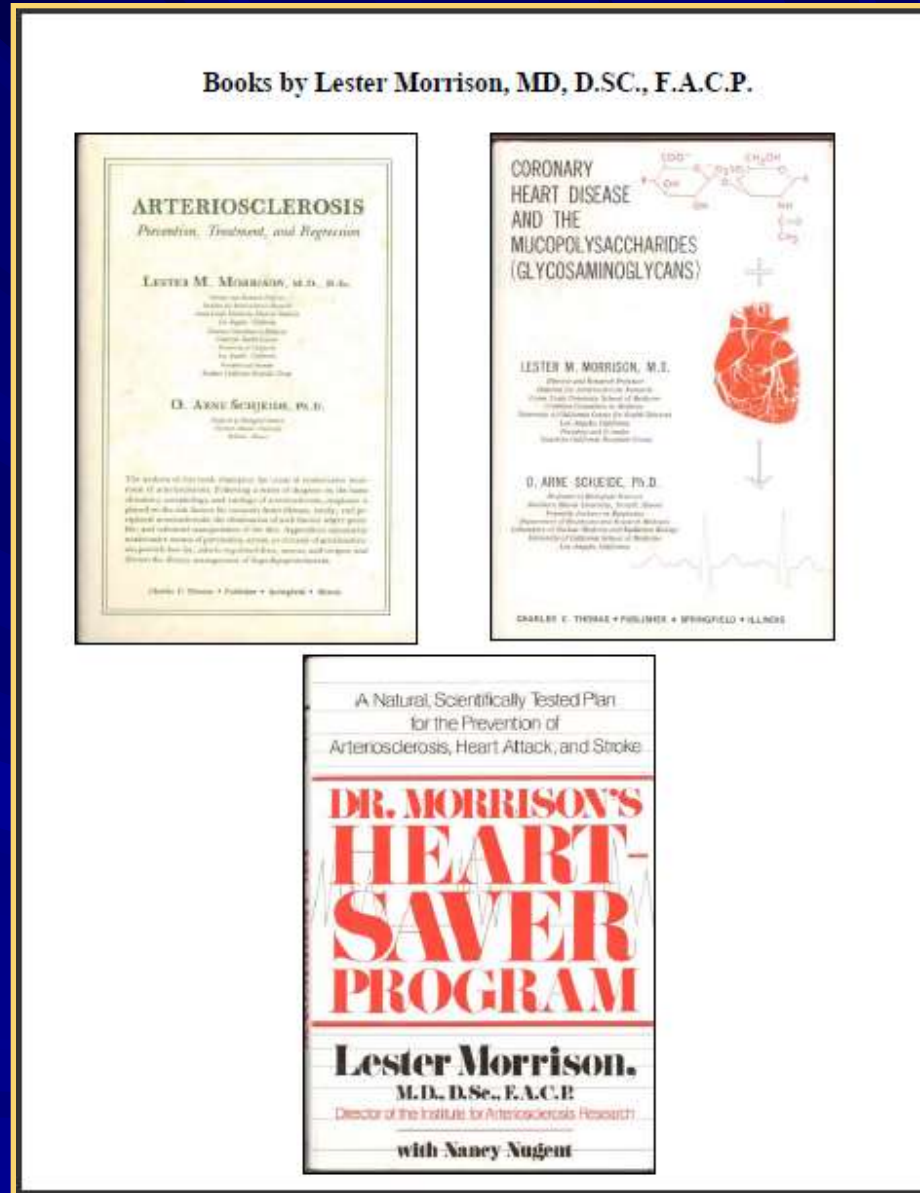
**Dr. Lester Morrison** spent \$10 million doing the research that led to his nutritional program that modifies viscosity and clotting.

He found a combination of several nutrients that act synergistically with his special mucopolysaccharides to help reverse arteriosclerosis and stop heart attacks.

The addition of EDTA made it far more effective and led to its incorporation into oral packets of nine pills. These packets include a strong multivitamin, a capsule each of omega-3 and primrose oil, a phosphatidyl serine with *Gingko biloba*, and three capsules containing the EDTA-enhanced institute formula.

*Dr. Morrison's two published studies reported an average 91% reduction in fatal heart attacks using his institute formula.*

This combination has been shown to lower viscosity using rheological testing. This is one reason that the packets help prevent fatal blood clots. Due to its weak benefits and side effects, I prefer these nine pills to aspirin, which I usually discontinue. ~ Garry Gordon, MD,DO,MD(H)



# TACT - Trial to Assess Chelation Therapy



The National Heart, Lung, and Blood Institute (NHLBI) and the National Center for Complementary and Alternative Medicine (NCCAM), both components of the National Institutes of Health (NIH), are sponsoring the Trial To Assess Chelation Therapy (TACT). TACT is the first large-scale, multicenter study to determine the safety and efficacy of EDTA chelation therapy for individuals with coronary artery disease.

**Update: TACT has completed enrollment. Participants will continue to be followed through 2011, and the results will be analyzed in 2012.**

This placebo-controlled, double-blind study includes more than 1,600 participants aged 50 years and older with a prior myocardial infarction (heart attack) to test whether EDTA chelation therapy and/or high-dose vitamin therapy is effective for the treatment of CAD.

This study, with a total cost of approximately \$30 million, is over 20 times larger than any previous study of chelation therapy. It is designed to be large enough to detect if there are any mild or moderate benefits or risks associated with the therapy.

## **Chelators as Life-Extending Substances**

**A number of studies confirm that chelating agents — particularly, EDTA — may have life-extending properties.**

**Johan Bjorksten and other scientists demonstrated the life-extending effects of EDTA on lowly rotifers (small multi-celled animals found in freshwater lakes and ponds).**

**In the Soviet Union in the 1970s, Dr. T.L. Dubina performed a series of studies with EDTA on the life span of rats. In most of the studies, the mean life span of female rats treated with EDTA was increased by nearly 50%, and in one study the maximum lifespan increased 18-25% over the control animals.**

**Other natural chelators include garlic, (10) Chlorella, (11) lactic acid, citric acid, and malic acid. Bjorksten demonstrated that lithium was also an effective aluminum chelator and crosslinkage inhibitor, stating that lithium continues to be the most effective electrolyte for aluminum detachment.**

**Bjorksten also believed that one of the benefits of exercise is that toxic heavy metals (especially aluminum) are chelated by the lactic acid that is generated.**

**Based on these and other studies, Bjorksten's associate, Prof. Donald Carpenter, calculated that the widespread use of chelation therapy would result in an average lifespan increase of over fifteen years.**

## Chelating Heavy Metals with Calcium EDTA: An Update Using Homotoxicology

© Copyright 2002 by Bruce H. Shelton, M.D., M.D.(h) DiHom & HEEL USA Medical Director, USA  
(Explore Issue: Volume 11, Number 5)

**Calcium EDTA is a vast improvement over its predecessor form of EDTA, in that by containing Calcium in the molecule, it doesn't extract calcium from the vein at its infusion site, which would otherwise cause a mild form of tetany and create the "burning" sensation that most patients complain about when getting a Chelation infusion.**

**The best advantage to this newer molecule comes with the higher concentrations obtained with faster infusion, and both MERCURY and LEAD molecules are able to be eliminated in a single IV, rather than using EDTA Chelation for lead and other Chelating molecules, such as DMPS for the MERCURY.**

**In fact caEDTA can be given "straight" as a 1-2 minute IV push, or with all of the normal Chelation "ingredients" over 15 to 30 minutes.**

- 1. Three Grams (10.0cc) of Calcium Disodium EDTA (300mg/ml) (Apothecure) adjusted if Cockcroft-Gault indicates lowered Kidney Function Creatinine Clearance below 80ml/min**
- 2. 100ml of Normal Saline**
- 3. 1.0cc vitamin B-6 (100mg/ml)**
- 4. 0.25cc vitamin B-1 (100mg/ml)**
- 5. 0.25cc vitamin B-Complex-100**
- 6. 1.0cc vitamin B-12 (1000mcg/ml)**
- 7. 2.0cc vitamin B-5 (250mg/ml)**
- 8. 3.0cc vitamin C (Beet-derived) (500mg/ml)**
- 9. 2.0cc Magnesium Chloride (200mg/ml)**
- 10. 2.5cc Potassium Chloride (2mEq/ml)**
- 11. 0.1cc Heparin (5000USP Units/ml)**



# **CALL TO ACTION!**

## **Help ACAM Rewrite Chelation Therapy Guidelines**

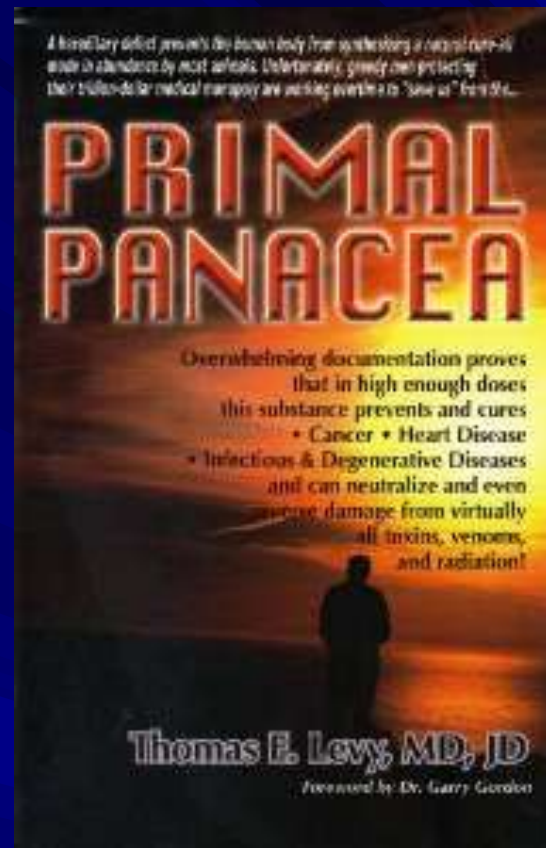
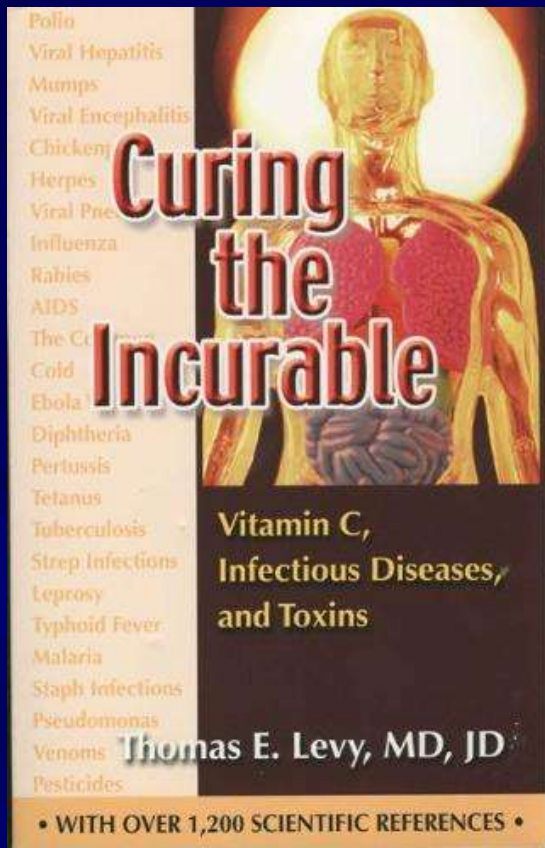


**Integrative medicine and chelation therapy are under attack. It has come to our attention that a meeting sponsored by a "medical" organization recently convened with the objective of educating healthcare providers in the process of filing complaints against chelation doctors.**

**It is not clear why chelation therapy is under siege, but medical boards are being notified. Any doctors who use any chelating agent, and who diagnose toxic metal burden or metal toxicity in their practice, are at risk.**

**As medical boards review the complaints, they are looking at ACAM's 25-year-old chelation therapy guides as the standard of care in judging these cases. ACAM's legal counsel has determined that our guidelines are out of date and need to be rewritten. Attention must be focused on the volumes of articles illustrating the affects that toxic metals have on human health, the concept of toxic metal accumulation and toxic metal burden, and the safe and proper use of all chelating agents in humans.**

**The ACAM Board of Directors, along with its advisers and legal counsel, has decided to proactively take action to protect our members and our practices. For the first time in 25 years, ACAM seeks to update, re-write, and publish its chelation therapy guidelines. We believe this will clarify the diagnosis and treatment of patients with toxic metal burden within the medical literature and reaffirm ACAM's prominent status as the leader of education and training in chelation therapy.**



## VITAMIN C

Vitamin C, given at sufficiently high doses, by itself, can cure life-threatening infections and neutralize many otherwise fatal toxin exposures, according to author Thomas E. Levy, MD, JD in his extensively referenced book, *Vitamin C, Infectious Diseases, and Toxins: Curing the Incurable*, and his newest book "Primal Panacea".

Thomas Levy's books are unmatched in the medical literature. According to Dr. E. Cheraskin, more than 80,000 scientific papers and reports have been written about vitamin C since its chemical nature was first discovered early in the 20th century. The Vitamin C Foundation credits Levy with "doing an almost impossible feat of reading, analyzing and clearly explaining the meaning of the massive science behind vitamin C."

[http://findarticles.com/p/articles/mi\\_m0ISW/is\\_2003\\_May/ai\\_100767885/](http://findarticles.com/p/articles/mi_m0ISW/is_2003_May/ai_100767885/)

**Relation between plasma ascorbic acid and mortality in men and women in EPIC-Norfolk prospective study: a prospective population study**

Prof Kay-Tee Khaw FRCP, Sheila Bingham PhD, Ailsa Welch BSc, Robert Luben BSc, Nicholas Wareham MRCP, Suzy Oakes, Nicholas Day PhD

THE LANCET

Volume 357, Issue 9257, Pgs 657 - 663

3 March 2001

doi:10.1016/S0140-6736(00)04128-3

Plasma ascorbic acid concentration was **inversely related to mortality from all-causes**, and from cardiovascular disease, and ischaemic heart disease in men and women.

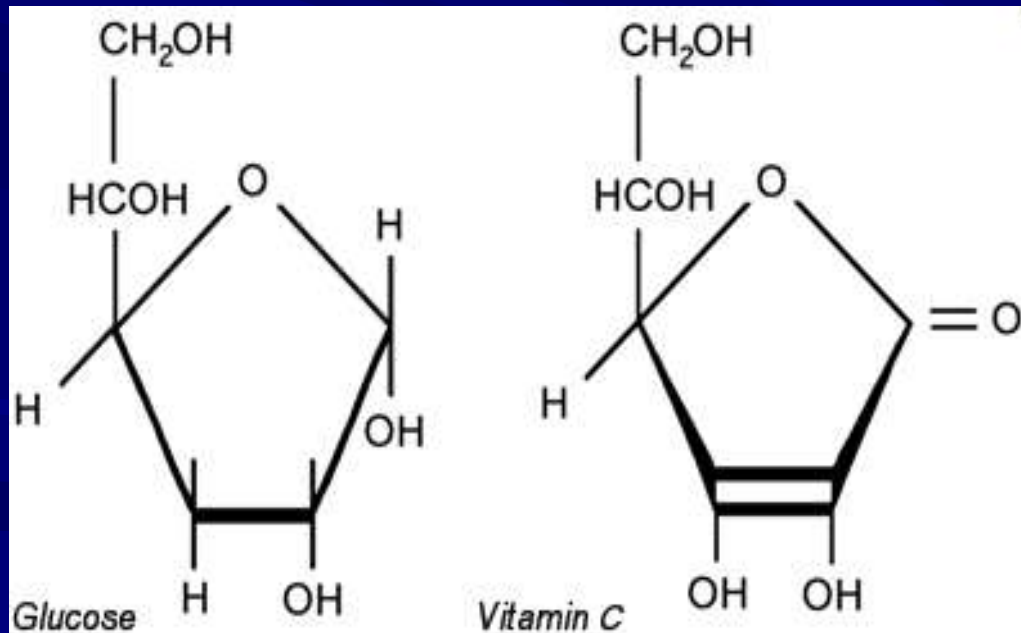
**Risk of mortality in the top ascorbic acid quintile was about half the risk in the lowest quintile ( $p < 0.0001$ ).**

The relation with mortality was continuous through the whole distribution of ascorbic acid concentrations. A 20  $\mu\text{mol/L}$  rise in plasma ascorbic acid concentration, equivalent to about 50 g per day increase in fruit and vegetable intake, was associated with about a 20% reduction in risk of all-cause mortality ( $p < 0.0001$ ), independent of age, systolic blood pressure, blood cholesterol, cigarette smoking habit, diabetes, and supplement use.



# Vitamin C – A “Trojan Horse” for Cancer Cells

Vitamin C is similar to Glucose in chemical configuration. Cancer cells have up to 24 times more receptor sites for glucose than healthy cells. By limiting dietary sources of glucose and supplementing with high doses of Vitamin C, cancer cells will up take in a disproportionate dose of Vitamin C, which can now act like a Trojan Horse – entering and destroying cancer cells from within.



Once inside the cell, Vitamin C metabolizes into hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) which selectively destroys cancer cells due to their relative deficiency of the enzyme catalase. Catalase metabolizes hydrogen peroxide into water and free oxygen in healthy cells, but is absent in cancer cells.



# Natural Nutrients, Chelators and Detoxifiers

**MSM**, methylsulfonylmethane (METH-ə-l-sul-FON-il-METH-ane) provides sulfur, a vital building block of joints, cartilage, skin, hair and nails, and methyl groups, which support many vital biochemical processes in the body, including energy production.

MSM is a naturally-occurring nutrient found in small amounts of many foods. As a dietary supplement, MSM is synthesized. When made correctly, it is identical to that found in nature. MSM can be taken alone or in combination with other joint health supplements, such as glucosamine and chondroitin.

**MALIC ACID** is both derived from food sources and synthesized in the body through the citric acid (Krebs) cycle. Its importance to the production of energy in the body during both aerobic and anaerobic conditions is well established. Studies have concluded that the use of malic acid may be beneficial for patients suffering from fibromyalgia, as well as other conditions.

**BETAINE HCL (hydrochloric acid)** is used to increase the level of hydrochloric acid in the stomach. The stomach needs a ready supply of hydrochloric acid (HCl) to convert the inactive precursor pepsinogen into the active digestive enzyme pepsin, which is needed for the digestion of protein. HCl also protects the body from orally ingested pathogens, prevents bacterial and fungal overgrowth in the small intestine, and encourages the flow of both bile and pancreatic enzymes. It also helps the body to absorb folic acid, vitamin C, beta-carotene, iron, calcium, magnesium, and zinc.



## **Alfalfa Leaf**

**Alfalfa leaf has an extraordinary ability to alkalize and detoxify the body. It balances blood sugar and hormones, and acts as a diuretic**

## **Barley Grass**

**Containing lots of chlorophyll and other essential nutrients that act in a way to help detoxify the body of toxins such as heavy metals and pollutants.**



## **Cilantro**

**A perennial herb also known as coriander or Chinese parsley. It binds to heavy metals and helps remove them from your body.**



## **Dandelion Leaf**

**Helps stimulate a sluggish gallbladder and promotes bile excretion from the liver so the body can more efficiently process foods and liquids while also purging harmful toxins.**

## **Garlic**

**An effective blood purifier and liver/gastrointestinal detoxifier, garlic has native organosulfurs that boost levels of enzymes in the body that detoxify potential carcinogens.**



## **Red Yeast Rice**

**Used for more than 1,000 years in China as both a food and a medicinal product. Today it is known as a nutrient that has been shown in clinical trials to lower LDL ('bad') cholesterol and triglyceride levels, and raise HDL ('good') cholesterol levels.**





## Carrageenan

A seaweed extract common in the Atlantic Ocean. A promising microbicide, The laboratory of Cellular Oncology at the National Cancer Institute reported that carrageenan is an extremely potent infection inhibitor for a broad range of sexually transmitted HPVs.



## Chlorella

Chlorella is one of the top nutrients for absorption of toxic metals. Well known in the field of environmental toxicology, Chlorella readily absorbs toxins such as uranium, cadmium, and mercury.

## Spirulina

Providing more than 12 times more digestible protein than beef, Spirulina is also known to be good natural bone medicine due to its high calcium content. It helps to regulate blood sugar, helps to detox the body from heavy metals, is good for the liver and assists with weight loss.





## 24 – Medical Applications of Zeolite

Kresimir Pavelic and Mirko Hadzija  
*Ruder Boskovic Institute, Zagreb, Croatia*

Zeolites are among the most important inorganic cation exchangers. The aluminosilicate structure is negatively charged and attracts cations that come to reside inside the pores and channels. Zeolites have large empty spaces, or cages, within their structures that can accommodate large cations, such as  $\text{Na}^+$ ,  $\text{K}^+$ ,  $\text{Br}^+$ , and  $\text{Ca}^+$ , and even relatively large molecules and cationic groups, such as water, ammonia, carbonate ions, and nitrate ions. The basic structure of zeolites is biologically neutral (pg 1141).

### HANDBOOK OF ZEOLITE SCIENCE AND TECHNOLOGY



EDITED BY  
SCOTT M. AUERBACH  
KATHLEEN A. CARRADO  
PRABIR K. DUTTA

#### IV. Removal Of Heavy Metals and Organopoisoning

Heavy metals released in wastewater are among the most worrisome pollution problems due to their cumulative effects along the food chain. The natural zeolites clinoptilolite, phillipsite, and chabazite are particularly useful in selectively eliminating ammonia and heavy metals such as  $\text{Cd}^{2+}$ ,  $\text{Pb}^{2+}$ ,  $\text{Zn}^{2+}$ ,  $\text{Cu}^{2+}$ , and particularly  $\text{Cr}^{3+}$ . Generally, clinoptilolite is stable in an acidic environment and shows high selectivity for many heavy metals.

#### V. Antimicrobial Effects

Tissue conditioners containing silver-exchanged zeolite showed a strong in-vitro antimicrobial effect on *Candida albicans*, and also on nasocomial respiratory infections of *S. aureus* and *P. aeruginosa*. All microbes were killed whether they have been immersed in saliva or not.

A new type of antibacterial temporary filling material in dentistry was incorporated into urethane acrylate monomer paste. These materials exhibited prominent in-vitro antibacterial activity against *Streptococcus mutans* and *Streptococcus mitis*.

## **Visible benefit using Zeolite-based topical cream.**

**Zeolite has the ability to draw out impurities, and neutralize free radical damage that age the skin.**



**Zeolite as an antioxidant also helps to restore natural pH-value, balancing acid and irritated skin conditions.**



#1 NEW YORK TIMES BESTSELLER

"I hope Dr. Hyman's new book will inspire you as he has inspired me."

—PRESIDENT BILL CLINTON



# THE BLOOD SUGAR SOLUTION

The UltraHealthy Program for Losing Weight,  
Preventing Disease, and Feeling Great Now!



Mark  
Hyman, MD

Author of the bestsellers *UltraMetabolism*  
and *The UltraMind Solution*

**Obesity is the #1 cause of preventable death in America.** Gaining just 11 extra pounds doubles your risk for type 2 diabetes, while gaining over 17 pounds triples it.

**Diabetics have a four-fold increased risk for dementia.** The link is so strong that some experts today call Alzheimer's "type 3 diabetes."



**"Will Inspire You As He Has Inspired Me."**

"In the last decade, the rise of obesity and diabetes has emerged as a crisis that threatens our families, the global economy, and the success of our next generation. I've made drastic changes to my own diet and exercise routine since my heart troubles surfaced in 2004 and I hope Dr. Hyman's new book will inspire you as he has inspired me."

—President Bill Clinton

**Diabetes is the leading cause of high blood pressure.** Some 75% of diabetics have it or will develop it.

**Diabetes** is also the leading cause of kidney failure, liver failure from fatty liver, and blindness among people aged 20 to 74, is a major cause of depression, leads to nervous system damage in 60% to 70% of diabetics.



# How Toxins Make You Fat: 4 Steps to Get Rid of Toxic Weight

by Dr Mark Hyman – February 20,2012

**Scientists recently uncovered a surprising and disturbing fact: environmental toxins make you fat and cause diabetes.**



Inside the body, these chemicals monkey with our ability to balance blood sugar and metabolize cholesterol. Over time, the changes can lead to insulin resistance.

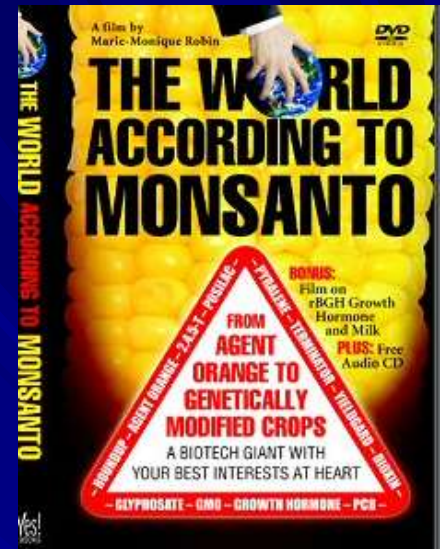
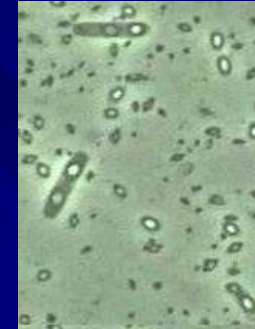
This discovery should be headline news but no one is talking about it. Why? Because there are no drugs to treat it. In the quest to conquer the two biggest epidemics of our time—diabetes and obesity—we've got to turn our attention to the heavy burden environmental toxins put on our bodies.

The Centers for Disease Control and Prevention's National Report on Human Exposure to Environmental Chemicals, found that nearly every person they tested was packing a host of nasty chemicals, including flame retardants stored in fatty tissue and BPA (Bisphenol A), a hormone-like substance found in plastics, excreted in urine.

**Even babies are contaminated. The average newborn has 287 chemicals in her umbilical cord blood, 217 of which are neurotoxic (poisonous to nerves or nerve cells).**

# GM FOODS IN DIET SHOWS TOXIC REACTIONS IN THE DIGESTIVE TRACT

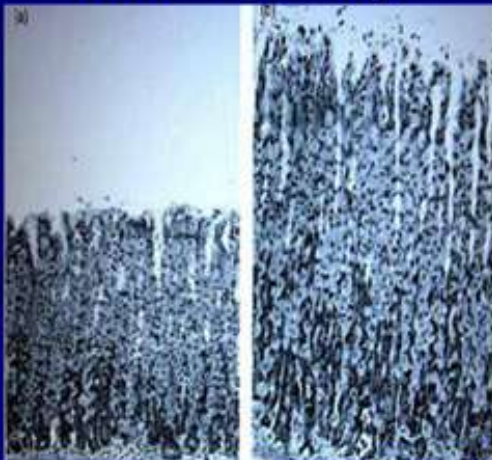
Monsanto's genetically modified Bt corn, engineered to kill the larvae of beetles, such as the corn rootworm, contains a gene copied from an insect-killing bacterium called *Bacillus thuringiensis*, or Bt.



Bt-toxin has been identified in the blood of both pregnant and non-pregnant women, as well as the umbilical blood of their babies.

Researchers believe this can be explained by its presence in the normal diet.

**Stomach Lining**



**NON-GM**

**GM**

**Intestinal Wall**



**NON-GM**

**GM**

Genetically engineered corn is present in the vast majority of all processed foods and drinks in the form of high fructose corn syrup, and you also ingest it when eating meat from animals fed Bt corn, which most livestock raised in confined animal feeding operations (CAFO, or so-called "factory farms") are.

Bt-crops may play a role in the rise in health problems such as gastrointestinal problems, autoimmune diseases, food allergies, and childhood learning disorders

*Science* 25 March 2005:

Vol. 307 no. 5717 pp. 1920-1925

## **Immunity, Inflammation, and Allergy in the Gut**

Thomas T. MacDonald, Giovanni Monteleone

### **Abstract**

The gut immune system has the challenge of responding to pathogens while remaining relatively unresponsive to food antigens and the commensal microflora.

In the developed world, this ability appears to be breaking down, with chronic inflammatory diseases of the gut commonplace in the apparent absence of overt infections.

In both mouse and man, mutations in genes that control innate immune recognition, adaptive immunity, and epithelial permeability are all associated with gut inflammation. This suggests that perturbing homeostasis between gut antigens and host immunity represents a critical determinant in the development of gut inflammation and allergy.





## **Diet, nutrition and telomere length**

Paul L. - Jean Mayer USDA Human Nutrition Research Center on Aging  
at Tufts University, Boston, MA 02111, USA.



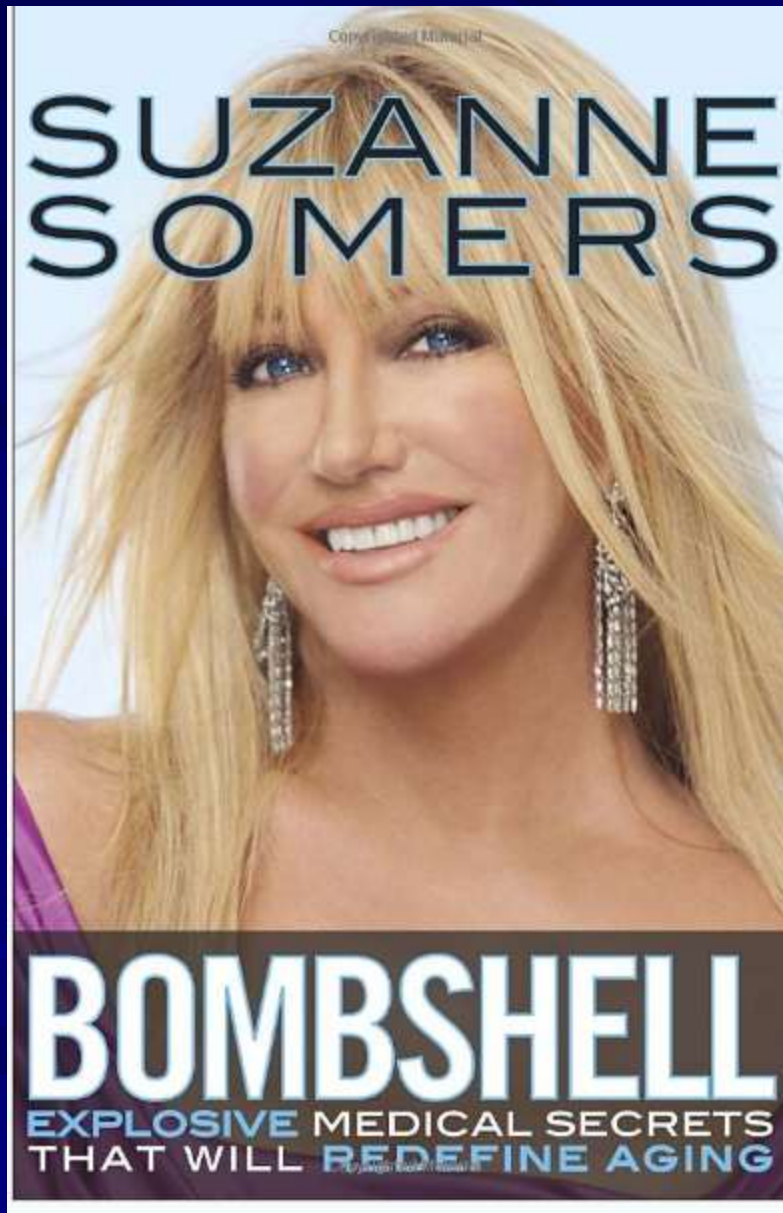
U.S. National Library of Medicine  
National Institutes of Health

### **Abstract**

The ends of human chromosomes are protected by DNA-protein complexes termed telomeres, which prevent the chromosomes from fusing with each other and from being recognized as a double-strand break by DNA repair proteins. Due to the incomplete replication of linear chromosomes by DNA polymerase, telomeric DNA shortens with repeated cell divisions until the telomeres reach a critical length, at which point the cells enter senescence.

Telomere length is an indicator of biological aging, and dysfunction of telomeres is linked to age-related pathologies like cardiovascular disease, Parkinson disease, Alzheimer disease and cancer. Telomere length has been shown to be positively associated with nutritional status in human and animal studies. **Various nutrients influence telomere length potentially through mechanisms that reflect their role in cellular functions including inflammation, oxidative stress, DNA integrity, DNA methylation and activity of telomerase, the enzyme that adds the telomeric repeats to the ends of the newly synthesized DNA.**





## **BOMBHELL** by Suzanne Somers

Dubbed a health pioneer by the *Wall Street Journal* and called “crazy smart” by Dr. Mehmet Oz, Suzanne Somers has repeatedly opened up new terrain to health seekers worldwide. And now, with *Bombshell*, she does it again.

Acting like your personal medical detective, she has found the most advanced scientists, doctors, and health professionals and gotten them to share jaw-dropping advances that will stop deterioration and set you on the path to restoration and healthy longevity.

By taking advantage of these new bombshell advancements, you can live longer than ever with great quality of life, and experience a different way to age: with great health, strong bones, vitality, a working brain, and sizzling sexuality. All of it is yours for the taking if you are willing to make some simple, effective changes.

Original Article

## Effects of Human Growth Hormone in Men over 60 Years Old



The NEW ENGLAND  
JOURNAL of MEDICINE

Daniel Rudman, M.D., Axel G. Feller, M.D., Hoskote S. Nagraj, M.D., Gregory A. Gergans, M.D., Pardee Y. Lalitha, M.D., Allen F. Goldberg, D.D.S., Robert A. Schlenker, Ph.D., Lester Cohn, M.D., Inge W. Rudman, B.S., and Dale E. Mattson, Ph.D.  
N Engl J Med 1990; 323:1-6 July 5, 1990

The declining activity of the growth hormone-insulin-like growth factor I (IGF-I) axis with advancing age may contribute to the decrease in lean body mass and the increase in mass of adipose tissue that occur with aging.

To test this hypothesis, we studied 21 healthy men from 61 to 81 years old who had plasma IGF-I concentrations of less than 350 U per liter during a six-month base-line period and a six-month treatment period that followed.

Plasma IGF-I levels were measured monthly. The administration of human growth hormone for six months in group 1 was accompanied by an 8.8 percent increase in lean body mass, a 14.4 percent decrease in adipose-tissue mass, and a 1.6 percent increase in average lumbar vertebral bone density ( $P < 0.05$  in each instance). Skin thickness increased 7.1 percent ( $P = 0.07$ ).

**Conclusions:** Diminished secretion of growth hormone is responsible in part for the decrease of lean body mass, the expansion of adipose-tissue mass, and the thinning of the skin that occur in old age. (N Engl J Med 1990; 323:1-6.)

## Growth Hormone Herbal Blend

In addition to resveratrol, chromium picolinate and arginine, contains herbal complex made up from whole plant extracts of tribulus terrestris, schizandra, licorice and moomiyo, designed to maximize the output and anabolic (skeletal muscle growth) effects of IGF-1 (insulin like growth factor -1) and to reduce body fat (catabolic effects).



**Tribulus terrestris** is a herb that has been used in the traditional medicine of China and India for centuries. Research performed in Bulgaria and Russia indicates that tribulus increases levels of the hormones testosterone (by increasing luteinizing hormone), DHEA, and estrogen.



The hardy **schizandra** plant, also called the magnolia vine, is an ancient and traditional Chinese remedy, used to help alleviate a wide range of illnesses and conditions, and is believed to work by activating enzymes to produce glutathione.



**Moomiyo**, or “mumie” is a bio-stimulator, serves to elevate the immune system and neuro-hormonal regulation, controls oxidation-reduction processes, and has a positive influence on mineral metabolism. has been used by the elite Russian military and sports establishment for nearly four decades for increasing strength and muscle mass as well as for its recuperative powers.



# Dieting Monkeys Don't Live Longer

The latest news from a long-term study of calorie restriction in rhesus macaques shows better health, but no boost in lifespan, in monkeys who eat less.

By Sabrina Richards | August 29, 2012

Increased longevity has been a hallmark of calorie restriction—the reduction of caloric intake by 10 to 40 percent—since the early 20th century, when researchers first began to restrict the diets of laboratory animals, including rats, mice, and nematode worms. More recently, scientists have also focused on health benefits, showing that restraining caloric intake can decrease incidence of type II diabetes and cancer.

However, “there were reasons to believe [benefits from lower animals] might not translate to humans,” said NIA researcher Julie Mattison. **Monkeys live much longer than lab rats and mice, and in contrast to the much-studied inbred rodents, are genetically diverse, like humans.**

Much aging research has “ignored health and focused on longevity,” said Steven Austad of the University of Texas Health Science Center San Antonio, who wrote the *Nature* commentary on the study but was not involved in the research. **The NIA “monkeys got less diabetes and cancer, yet didn't translate this didn't translate to longer life,”** he said, suggesting that these two effects can—and should—be separated.





The Wall Street Journal - Health Industry

## U.S. Cell-Aging Researchers Awarded Nobel

### Three Scientists Share Prize for Discovery of Enzyme That Has Opened New Avenue of Research Into Several Serious Diseases

by Gautam Naik – Oct 9, 2009

The scientists discovered the workings of telomerase, an enzyme that produces tiny units of DNA that seal off the tips of chromosomes. These DNA units, known as telomeres, act like the plastic caps at the ends of a shoelace, keeping the chromosomes from fraying and the genes inside them from unraveling.

As we age, though, these caps lose their ability to protect. One result is that some cells go into a state known as senescence, where they are alive but stop dividing. Researchers believe this may contribute to aging.

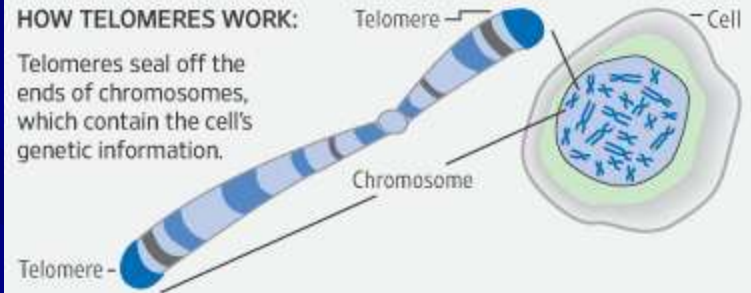
Their findings have sparked a new line of research into possible treatments for age-related maladies, such as cancer, blindness and cardiovascular disease.

#### Unraveling a Cellular Mystery

The Nobel Prize went to scientists who described the workings of the telomere, which helps protect cells from age-related damage.

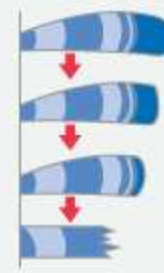
#### HOW TELOMERES WORK:

Telomeres seal off the ends of chromosomes, which contain the cell's genetic information.

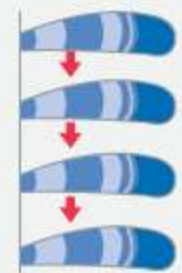
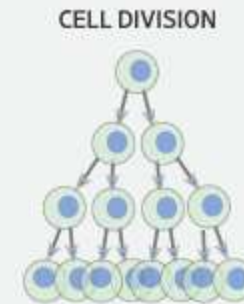


As cells replicate, telomeres can fray, allowing chromosomes to become damaged. This becomes increasingly common with age.

Scientists discovered a protein called telomerase, which maintains the telomeres, keeping chromosomes intact longer.



Chromosome tips without telomerase



Chromosome tips with telomerase

Source: The Nobel Committee for Physiology or Medicine, illustrations by Annika Röhl

<http://online.wsj.com/article/SB125472880070963893.html>

## Aging Ills Reversed in Mice

Scientists Tweak a Gene and Rejuvenate Cells, Raising Hopes for Uses in Humans

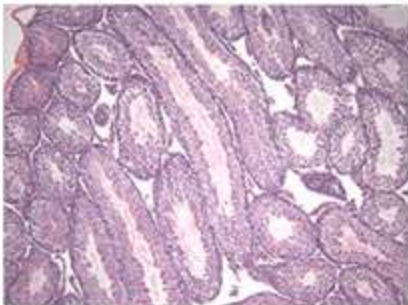
The research team led by Dr. Ronald DePinho of Dana Farber Cancer Institute made genetically engineered mice that aged prematurely.

The animals had short, dysfunctional telomeres and suffered a range of age-related problems, such as:

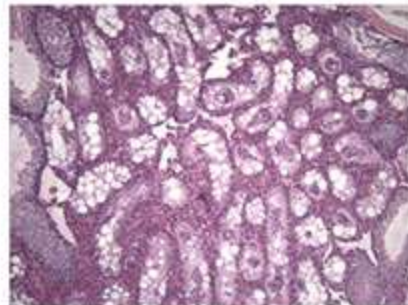
- atrophied spleens
- intestinal damage
- impaired sense of smell
- shrunken brains
- shrunken testes, depleted sperm count.
- Their telomeres had lengthened and the levels of telomerase increased, waking dormant brain stem cells, producing new neurons. **The mice spleen, testes and brains were rejuvenated and grew in size.**



**Two mice involved in an experiment on age-related degeneration. Mouse on left, whose telomerase gene was activated, showed notable improvements.**



aged testicular tissue



telomerase activated



## **Pueraria mirifica (Thai kudzu)**

**Pueraria mirifica is an indigenous herb of Thailand, known as "Kwao Kru" or "Kwao Kru Kao" (White Kwao Kru). It belongs to the Leguminosae, subfamily Papilionoideae, or the soy, bean & pea subfamily.**

**Active principles in this plant are found in the tuberous root, which looks like a chain of round-shaped bulbs of various sizes connected to the next one via small root throughout the entire length of the root. The shape and size of the tuberous root are diverse depending on the environment in which it exists.**



**In a 2007 comparison study of the efficacy of Pueraria mirifica (PM) against Conjugated Equine Estrogen (CEE) with/without Medroxyprogesterone Acetate (MPA) in the treatment of climacteric symptoms in perimenopausal women –**

**PM was found to have estrogenic effect as similar as CEE, alleviating climacteric symptoms, but without risk of increase of breast cancer incidence typically associated with CEE and/or MPA treatments.**



## **Estrogen-like activities and cytotoxicity effects of Thai herbal medicines as natural ingredients in anti-ageing**

Yingham B, et al.

The objective of the study was to search for the appropriate herbal extracts by comparative analysis of their estrogenic and cytotoxic activities. Some potentially estrogenic activity of herbal extracts in the management of female disorder symptoms was investigated by E-screen assay.

The extract of *P. candollei var mirifica* exerted the strongest estrogenicity and gave the highest level in growth promoting activity. It significantly stimulated cell proliferation at concentrations of 0.1-50  $\mu$ /ml ( $p < 0.05$ ) whereas higher concentration (100  $\mu$ g/ml) suppressed the growth of such cells. The maximal proliferative effect of this extract was achieved at 50  $\mu$ g/ml which is higher than the effect displayed by 0.1 nM E2.

**Results indicated that the phytoestrogenic substances in the extracts exerted their estrogenic activities through estrogen receptor pathways.**



## **Pueraria mirifica, a phytoestrogen-rich herb, prevents bone loss in orchidectomized rats.**

Urasopon N, Hamada Y, Asaoka K, Cherdshewasart W, Malaivijitnond S.

Biological Science Ph.D. Program, Faculty of Science, Chulalongkorn University, Bangkok 10330, Thailand.

**Estrogens and estrogen-like substances have been reported to play an important role in male bone homeostasis and to prevent bone loss. We examined the effects of crude Pueraria mirifica (Leguminosae), a Thai herbal plant, containing a high amount of phytoestrogens, on bone loss and influences on reproductive organs in male rats.**

**Using fully mature and orchidectomized (ORX) rats, the effects of 0, 10, 100 and 1000 mg/kgB.W./day of P. mirifica and 0.1mg/kg B.W./day of 17 alpha-ethinylestradiol (a positive control) were evaluated on bone mineral density and bone mineral content.**

**Bone loss in trabecular and cortical bones of the various sites of axial bone (fourth lumbar vertebral body) and long bones (tibia and femur) after ORX was dose-dependently prevented by P. mirifica. The effects were specific on bone types and sites. The weights of the accessory sex organs, seminal vesicle and ventral prostate gland, which significantly decreased after 3-month of ORX, were not altered by P. mirifica.**

**The results suggest that P. mirifica treatment may be useful to prevent an osteoporosis in elderly hypogonadism subjects without influences on reproductive organs.**



## **Maca Root** (*Lepidium meyenii* Walp)

Maca's reputation as a powerful enhancer of strength and stamina and as a libido-fertility herb goes back more than 500 years, and today it is gaining worldwide attention for its effectiveness.

Maca is a radish-like root that grows in the mountains of Peru. Peruvian Maca Root naturally contains significant amounts of amino acids, carbohydrates, vitamins, and minerals.

**Maca is both a hormone balancer and an adaptogen.**

It helps stimulate the pituitary gland, acting as a kind of tonic for the hormone system.

When the pituitary gland functions optimally, the entire endocrine system becomes balanced, because the pituitary gland controls the hormone output of the other three glands.



## **Lepidium meyenii (Maca) reversed the lead acetate induced damage on reproductive function in male rats.**

Rubio J, Riqueros MI, Gasco M, Yucra S, Miranda S, Gonzales GF.



### **Abstract**

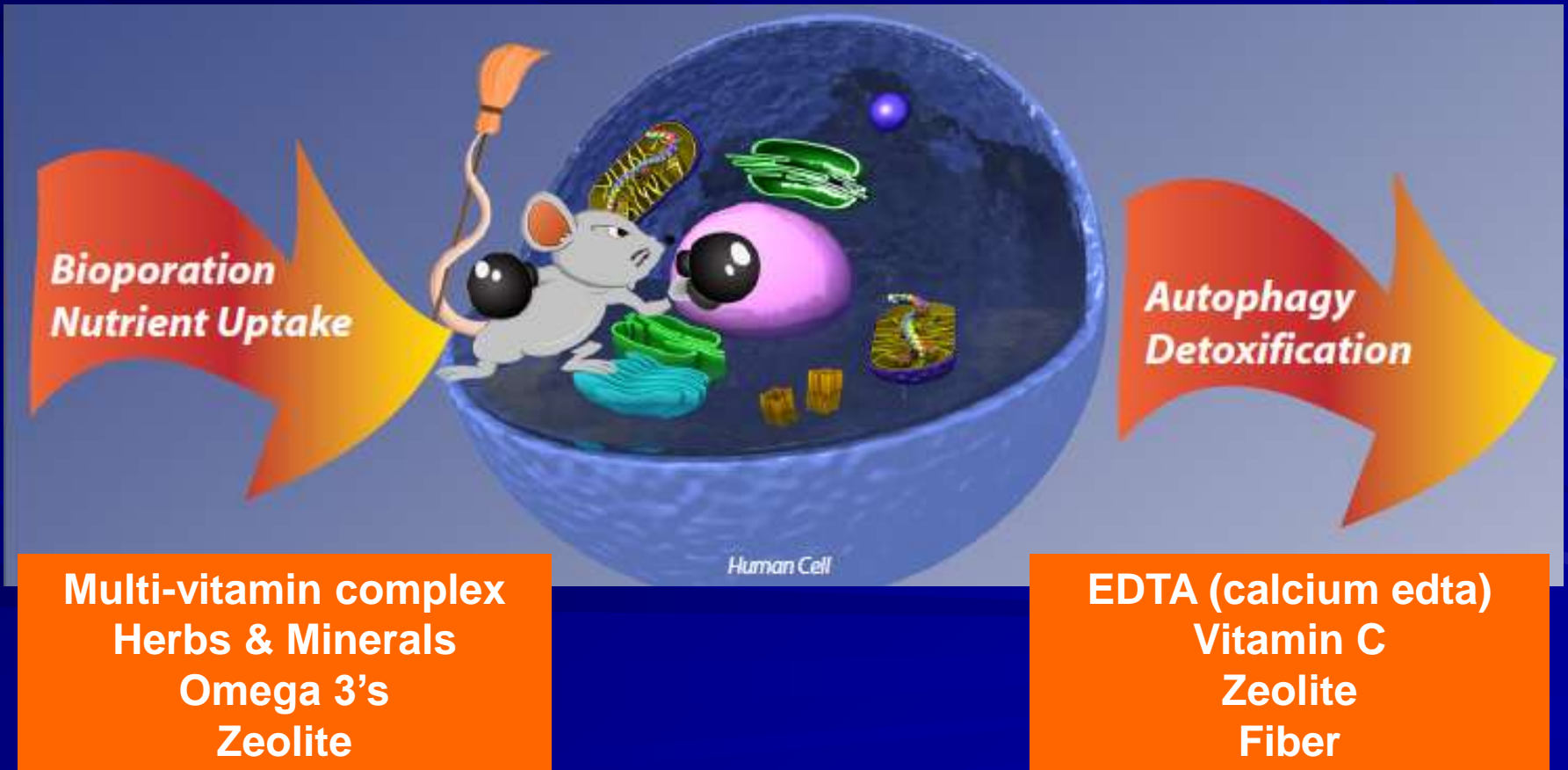
Rats were treated with 0, 8, 16 and 24 mg/kg of lead acetate (LA) (i.p.) for 35 days with or without Maca. Maca was co-administrated orally from day 18 to day 35. The lengths of stages of the seminiferous epithelium were assessed by transillumination. Also, sex organ weights, testicular and epididymal sperm count, sperm motility, daily sperm production, sperm transit rate and serum testosterone levels were measured.

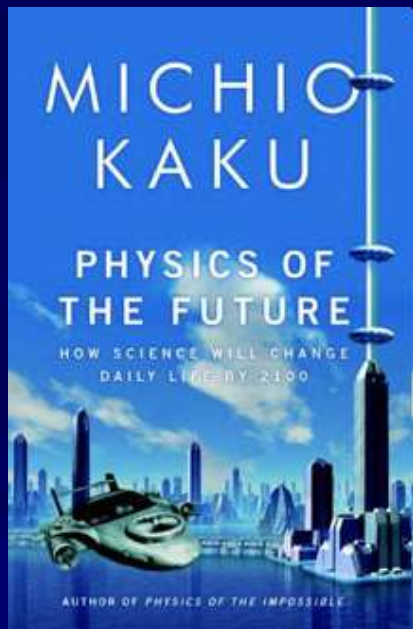
Lead acetate treatment resulted in a dose-response reduction of lengths of stages VIII and IX-XI, and serum testosterone levels. However, rats treated with 8 and 16 mg/kg but not 24 mg/kg of lead acetate showed a low number of testicular spermatids, low daily sperm production (DSP) and low epididymal sperm count. Administration of Maca to rats treated with lead acetate resulted in higher lengths of stages VIII and IX-XI with respect to lead acetate-treated rats. Moreover, treatment with Maca to lead acetate-treated rats resulted in lengths of stages VIII and IX-XI similar to the control group.

**Maca administration also reduced the deleterious effect on DSP caused by lead acetate treatment. Maca prevented LA-induced spermatogenic disruption in rats and it may become in a potential treatment of male infertility associated with lead exposure.**

# M.I.C.E. = Magnetically Induced Cellular EXERCISE

Pulsed electro-magnetic frequency (PEMF) therapy recharges the body's 70+ trillion cells. Like physical exercise, it increases cellular bioporation, oxygenation, alkalinity, energy production, and nutrient uptake – while promoting vital autophagic processes and detoxification of harmful toxins and metals.





**Physics of the Future** presents revolutionary developments in medicine, computers, quantum physics, and space travel that will forever change our way of life and alter the course of civilization itself.

Dr. Michio Kaku is the co-creator of string field theory, a branch of string theory. He received a B.S. (summa cum laude) from Harvard University in 1968 where he came first in his physics class.

**Michio continues Einstein's search for a "Theory of Everything," seeking to unify the four fundamental forces of the universe—the strong force, the weak force, gravity and electromagnetism.**





# HOW TO REGROW A SEVERED FINGER

**1** Start to make 'pixie dust' by cutting open a pig's bladder and flattening it out.



**2** Scrape away the layer of muscle before 'cleaning' the remaining collagen-rich tissue by shaking it in acid.

**3** Dry out the paper-like 'extracellular matrix' and grind into powder form.

**4** Regularly sprinkle powder on severed finger tip.



**5** Within a few weeks, tip grows to normal length, complete with nail and 'fingerprint'.



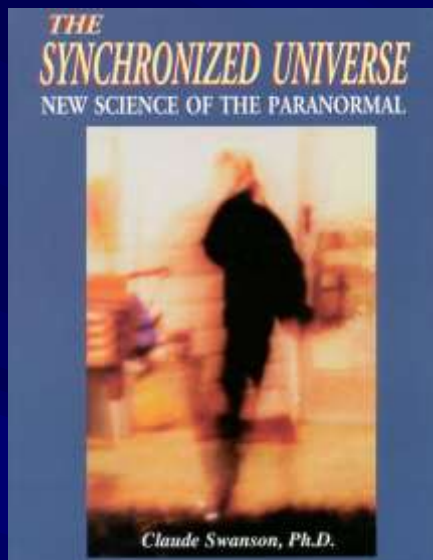
## Future Medicine Human Tissue Regeneration

Lee Spievack, a model aircraft enthusiast from Cincinnati in the U.S. who, in 2005, accidentally sliced an inch off the tip of his index finger with a model aeroplane propeller.

A collagen powder derived from pigs' bladders, appeared to provide a suitable "matrix" or framework, stimulating regrowth of the tissues and division of the cells, to enable Mr Spievack's finger to grow back - in just a month - flesh, tendon, skin, fingernail, fingerprints and all!

Dr Stephen Badylak of the University of Pittsburgh is the scientist who developed the pixie dust. It consists of a mixture of protein and connective tissue which is already used by surgeons to repair tendons.

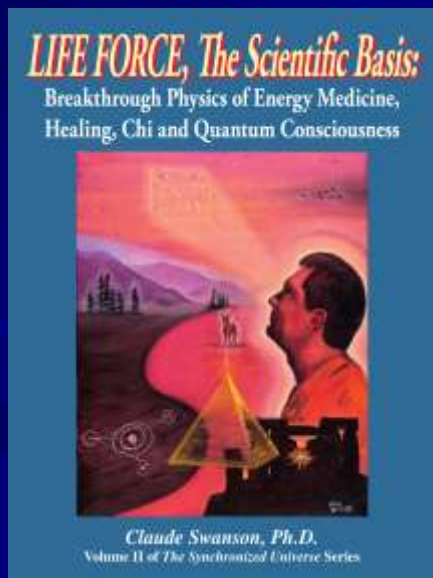
# The Synchronized Universe - A new scientific revolution!



Physicist Dr. Claude Swanson, educated at MIT and Princeton University, describes the latest discoveries in Energy Medicine.

**“We are learning the ‘Secret of Life’, how the body’s trillions of cells grow, repair and heal... Electromagnetism and Earth energies hold part of the answer... we are witnessing the integration of CONSCIOUSNESS with physics“**

It is called CHI, PRANA, MANA, ORENDO, WAKEN, BARAKA, and LIFE FORCE.



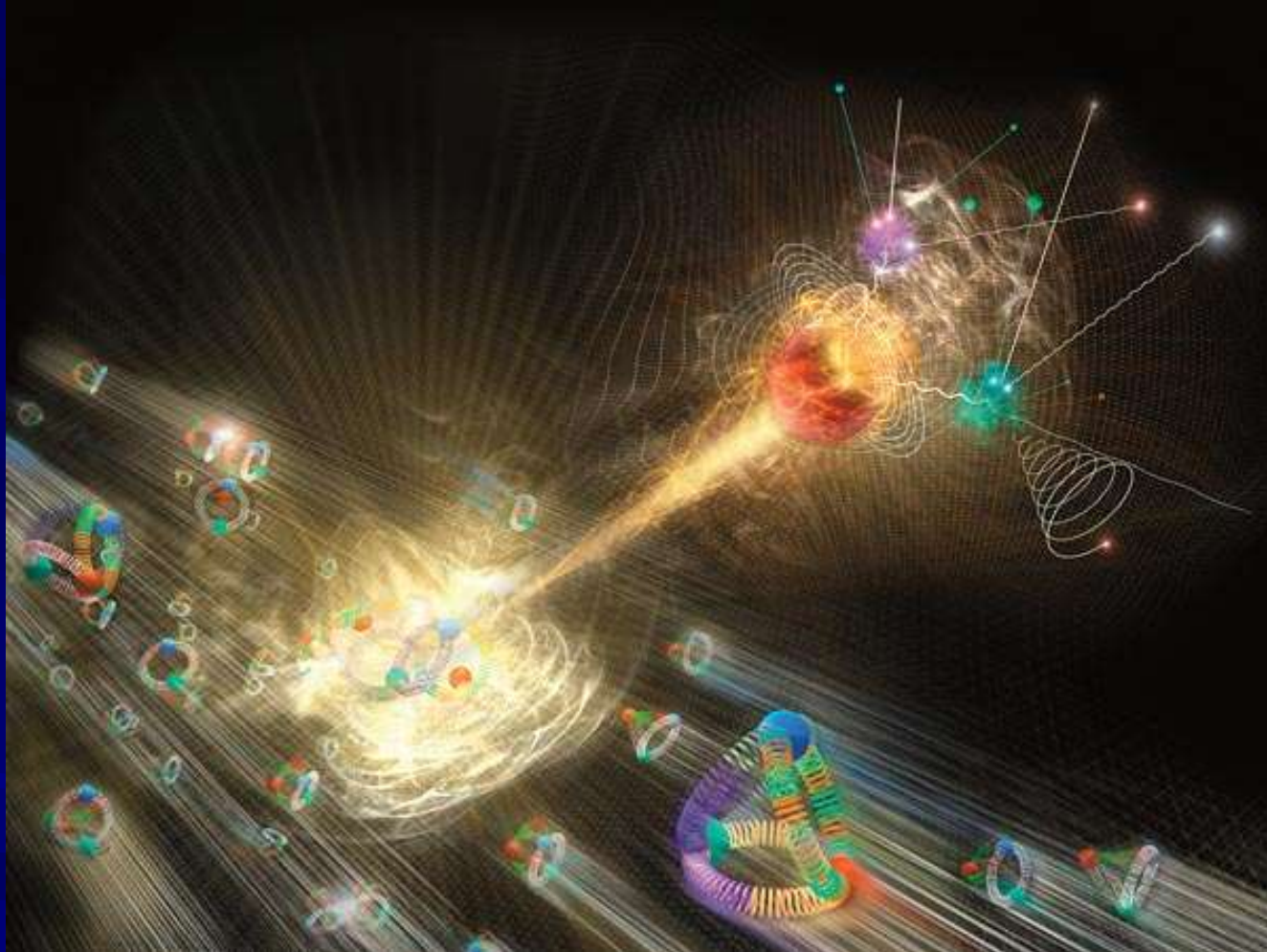
It is the energy which enables adepts, Yogis and Shamen to achieve the miraculous feats they do. It enables QiGong masters from China to project their energy over thousands of miles to heal injured cells and to cure cancer in laboratory experiments.

Today we have documented proof of how this energy changes the laws of physics, bringing together the Theory of Relativity and Quantum Mechanics, and is the explanation for many strange phenomena which we in the West call "paranormal.“

<http://synchronizeduniverse.com/>



# AS ABOVE – SO BELOW: Higgs Boson “God Particle” Discovered?



The long-sought particle, thought to be at the core of ALL existence, may complete the standard model of physics by explaining why objects in our universe have mass—and in so doing, why galaxies, planets, and even humans have any right to exist.

**In an artist's conception, a Higgs boson erupts from a collision of protons.**

*Illustration by Moonrunner Design Ltd., National Geographic*



# Why Do We Need Magnetism?

Most people know we need food (earth), water (water) and oxygen (air) to survive.

And many people also know they need full spectrum sunlight (fire) or you get what is referred to as SAD (seasonal affective disorder).

That makes FOUR critical elements:

**EARTH/FOOD**



**WATER**



**FIRE/SUNLIGHT**



**AIR/OXYGEN**



However, every organism on earth (that includes people) has evolved to the natural magnetic signals of the earth and that part of the solar radiation that is able to penetrate our atmosphere.

We have learned that these PEMF signals are of great importance to internal regulation of every organism.



# The Earth's Magnetic Field is Weakening

Over the last 165 years, scientists have measured the Earth's magnetic field and have recorded a decline of its' strength.

Today the magnetic field of the Earth is measured at 0.5 gauss. It is estimated that the field of the Earth 4,000 years ago was 5.0 gauss.

***That is a decrease of 90%!***

In addition, the Earth's natural magnetic signal is often distorted by our modern way of living. The power grid, electrical appliances, mobile phone's, mobile phone towers, Satellite signals, TV broadcast stations, tall buildings, asphalt, draining pipes and more are responsible for us not getting the signals we have evolved to. The immune system suffers because of this.



# **A role for the geomagnetic field in cell regulation.**

**Liboff AR.**

**Center for Molecular Biology and Biotechnology, Florida Atlantic University**

## **Abstract**

**Wellness can be described in physical terms as a state that is a function of the organism's electric polarization vector  $P(r, t)$ . One can alter  $P$  by invasive application of electric fields or by **non invasive external pulsed magnetic fields (PMF) or ion cyclotron resonance (ICR)-like combinations of static and sinusoidal magnetic fields.****

**We advance the hypothesis that biological systems utilize the geomagnetic field (GMF) for functional purposes by means of ion cyclotron resonance-like (ICR) mechanisms.**

**Numerous ICR-designed experiments have demonstrated that living things are sensitive, in varying degrees, to magnetic fields that are equivalent to both changes in the general magnetostatic intensity of the GMF, as well as its temporal perturbations.**

**In like manner, combinations of different resonance frequencies all coupled to the same local magnetic field provide a unique means for cell regulation.**



## The cells of living tissue are electrical direct current (DC) systems

All life generates an electrical DC charge



This natural DC charge is created by the movement of ions in and out of cell membranes which are responsible for a healthy cell membrane's electrical charge of approximately – 70 mV.

***Any challenge to the cell***, such as oxygen/nutrient deficiency, toxicity, tissue changes or inflammation, **alters ion movement and the charge on the cell membrane changes.**

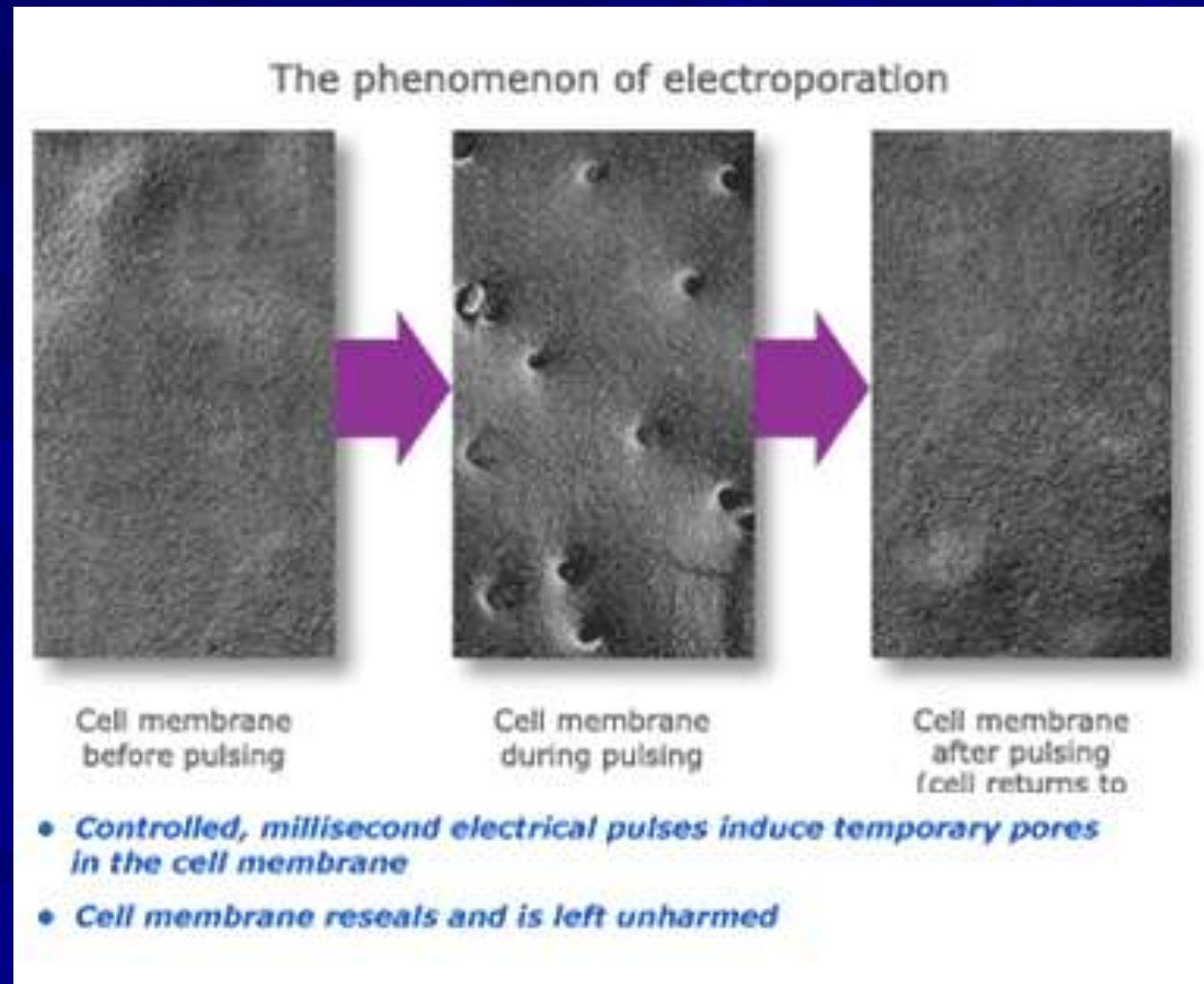
This altered charge profoundly affects the homeostasis of the cell and normal metabolic processes, including the movement of nutrients into, and waste products of metabolism out of the cell.

~ *Martin Milner, ND*

# PEMF induces Electro-poration – Increasing Cellular (TMP) Transmembrane Potential

Applied PEMF stimulates electroporation of the cell membrane, where tiny pores or “ion channels” are opened during pulses.

This effect increases trans-membrane potential, electron transport, and free radical scavenging, which is significantly important for anti-aging and treating chronic diseases including cancer.



# Electromagnetic Therapy

## for energy production and cellular detoxification

In an article published in *Plos One*, November 2010, volume 5, issue 11 (Wang), page 4, Johns Hopkins' researchers found a **38% increase** in ATP production in P12 cells that were placed in a static magnetic field device that we supplied.

This increase could be much higher *in vivo* with the brain's pulsed DC electromagnetic field interacting with an enhanced earth-type field resulting in increased resonance of the mitochondria. All of this leading to enhance electron transfer in the creb cycle resulting in more ATP production.

↑ ATP equals ↑ Na<sup>+</sup> K<sup>+</sup> pump function  
which leads to ↑ charge of the cell  
wall and ↑ metal excretion.



# Far Infrared Saunas (FIR Saunas)

**Saunas and Sweat Therapy** - The skin is our largest organ and sweating is the most effective way to remove toxins from the body. Sweat Therapy helps the body detoxify while strengthening the bodies immune system to fight off everything from the common cold to serious life threatening diseases such as cancer.

Far Infrared (FIR) technology considerably improves the heating, sweating and energizing effects from the sauna.

FIR Treatment may result in:

- Significantly lowered blood pressure
- Significant weight loss
- Significantly lowered blood sugar
- Significantly increased blood flow
- Lowered cholesterol
- Lowered triglycerides

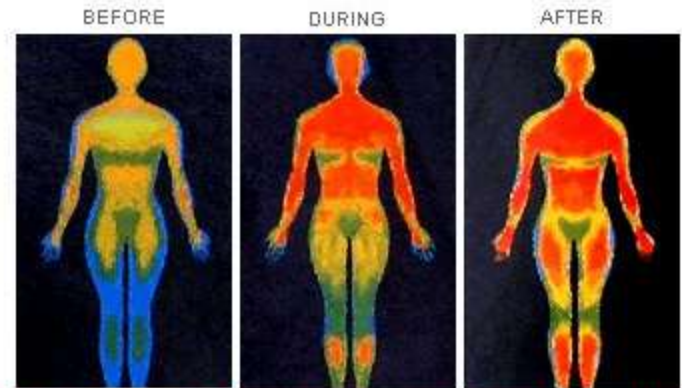


Far-infrared heat improves circulation, expels dirt & chemicals and removes dead cells on the surface of the skin.

All of these benefits lead to a more soft and firm complexion.



## FIR: A Unique Form of Sweating



Far Sauna Heat Therapy Promotes Blood Circulation

Since the air temperature in an FIR sauna remains much lower than in a traditional sauna, the individual feels more comfortable. Sweating often begins before the person feels very hot at all and the sweating is more profuse than in a traditional sauna, without the same degree of discomfort involved.

# Magnetic Sleep Pads

Dr. Dean Bonlie developed and patented a high strength, clinical treatment static magnet called the **Magnetic Molecular Energizer (MME)**.



## Classic Sleep Pad



We recommend the Classic Sleep Pad for:

- Healthy children (from infancy to the early teen years)
- Healthy young adults
- Individuals with extreme sensitivities
- Maintaining good health

The Classic Sleep Pad is most effective when used with a mattress that is between 4" and 8" thick.

## Core/Booster Pad



We recommend the Core Sleep Pad for:

- Individuals aged 40 or more
- Busy, active teens who are under stress, play sports, or study
- Individuals who have physically demanding careers
- Athletes who desire improved performance and recovery times
- Individuals who suffer from high stress
- Easing arthritic pain
- Individuals with health deficiencies
- Increasing sleep quality and energy
- Anti-aging
- Prevention

The Core Sleep Pad is suitable for use with a mattress that is between 10" and 14" thick.

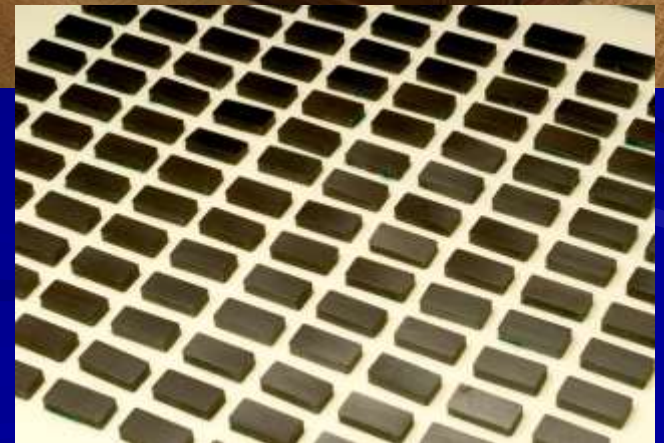
## Super Sleep System



We recommend the Super Sleep Pad for:

- Individuals aged 55 or more
- Individuals with particularly challenging health problems
- All of the circumstances listed above
- Anyone who wants the best magnetic product available

The Super Sleep Pad System is necessary if your mattress is more than 14" thick, but it can be used with any thickness of mattress.



# Health Consultations

**Get a personalized health consultation! Dr. Garry Gordon offers his 53+ years of advanced medical experience to you via telephone, or in-person, for \$300 per hour.**

Arrangements may be made with Katie Isham, by calling her at the Gordon Research Institute at 928-472-4263, ext. 134, Fax to 928-474-3819, or by emailing Katie at [kisham@longevityplus.com](mailto:kisham@longevityplus.com), to learn more.

Appointments may include a review of all prior medical records and/or any new tests that can be ordered in preparation for your personalized consultation. Test panels can be more focused on ANTI-AGING, or cancer, depending on your concerns.

Since Dr. Gordon does not accept insurance, he has made arrangements for cash paying patients to obtain substantial discounts of 70% or more for any blood tests that he orders. In Addition, Dr. Gordon now offers the most advanced and comprehensive 72 gene test panel available anywhere for \$425.

**NOW YOU too can have your OWN PERSONALIZED \$10,000 PILL!**

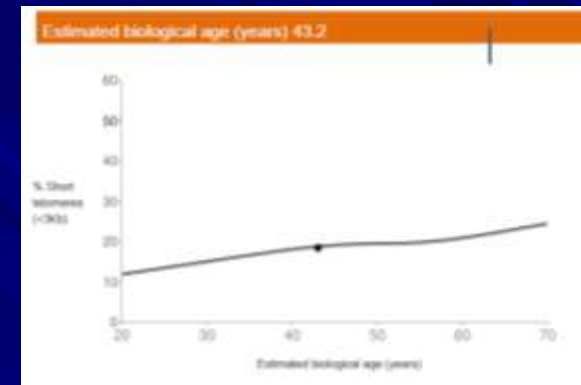




## TELOMERE TESTING

- Life Length is the only company in the world able to measure percentage of short telomeres in individual cells, which is the relevant indicator of cellular aging, rather than mean telomere length
- Life style and nutritional habits as well as stress, heredity, environmental factors, all influence on the percent critically short telomeres and our rate of aging
- Life Length has been founded based on the technology developed by Dr. María Blasco, Director of the prestigious Spanish National Cancer Research Center
- Life Length's Telomere Analysis Technology (TAT) is the reference test for use by physicians and individuals in preventive, personalized healthcare and for its clinical and diagnostic value in aging and age-related diseases

Graph correlation between age and % of short telomeres <3kb; point on line reflects biological age



Percentage of short telomeres – Comparative analysis by age range and pop percentiles

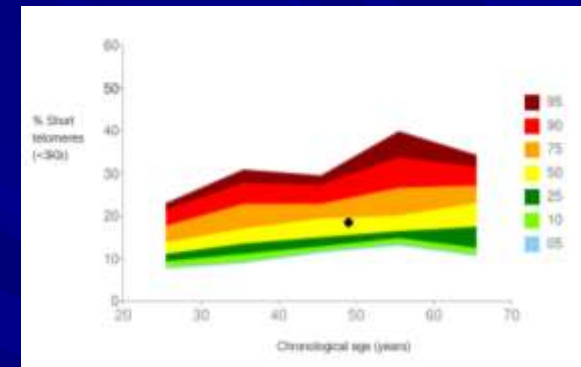
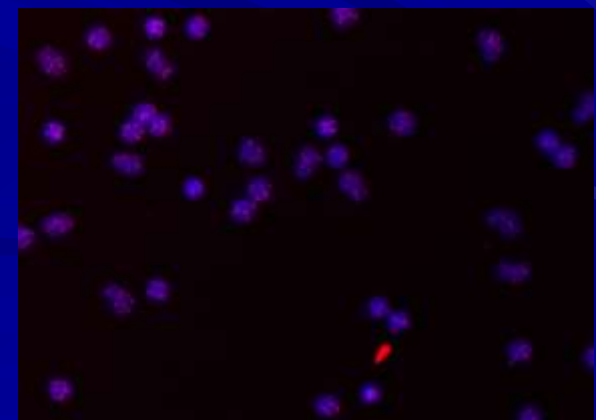


Image capture taken from the HT Q-FISH analysis – color intensity of end caps indicates telomere length





## Genetic testing for 70+ specific markers

Full Screen	Nutrigenomic Weight Management	Autism/ADHD Nutritional Support	Gene	SNPs	Name	Markers - Metabolic & Micronutrient	Nutritional Products	Protocol / Intervention
Lipid	Lipid Metabolism Type	Lipid Metabolism						Refer to specific Panel <a href="#">smart DNA Report</a>
Lipid	HDL regulation	Type Metal Binding	APOE	2	Apolipoprotein E			
Lipid			APOA1	1	Apolipoprotein A-I			
Lipid			APOC3	1	Apolipoprotein C-III			
Lipid			APOB100	1	Apolipoprotein B			
Lipid	Plasma Triglycerides		APOA5	2	Apolipoprotein A-V			
Lipid			CETP	2	Cholesteryl ester transfer protein			
Lipid	Fat absorption		FAPB2	1	Fatty acid binding protein type 2			
Lipid			ABCA1	1	ATP binding cassette transporter 1	1. Liposcan 2. Micronutrients Cu, Zn, selenium 3. Lipid Peroxidation 4. Fatty Acid Profile 5. Oxidated LDL		
Lipid			LPL	3	Lipoprotein lipase			
Lipid			LDLR	2	Low density lipoprotein receptor			
Lipid	Body fat metabolism	Body fat metabolism	ADRB2	2	Beta-adrenergic receptor 2			
Lipid	Body fat metabolism	Body fat metabolism	ADRB3	1	Beta-adrenergic receptor 3			
Lipid	Insulin resistance	Insulin resistance	PPAR-γ	1	activated receptor gamma			
Lipid N/A	Adiponectin/obesity		ADIPOQ	1	Adiponectin			
Lipid N/A	Childhood obesity		FTO	1	Fat mass and obesity associated gene			
Lipid N/A	Inhibition of lipolysis		PLIN	1	Perilipin 1			
Lipid			E-selectin	1	CD62 antigen-like family member E or endothelial-			
Lipid	HDL level		LIPC	1	Lipase			

- \* Phase I and Phase II Detox (Anti-aging) \* Oxidative Stress \* Bone Health
- \* Lipid Profiling \* Diabetes \* Inflammation \* Nutria-gen \* Lactose Intolerance
- \* Weight & Exercise Management

# **FACT** (Forum on Anti-Aging and Chelation Therapy)

**FACT** is the world's largest **FREE** online school of Advanced Alternative Medicine with over 3000 practicing Healthcare Professionals participating and sharing their wisdom and experience with one another.



**For registering for today's Electron Deficiency Webinar, you are also receiving a complimentary FACT subscription!**

**As a member of **FACT**, you will have access to the most current protocols for managing any health condition, including, Autism, ADHD, Alzheimers's, Cancer, Chronic Infections, Diabetes, Fibromyalgia, Guillian Barre Syndrome, Heart Disease and Hypertension, Insomnia, Lyme Disease, Menopause, Metabolic Syndrome, Multiple Sclerosis, Obesity, Parkinson's Disease, and more.**

**When you have a need to know, **FACT** is your resource! **And It's FREE!****  
*You may opt out of membership at any time simply by sending an email request to "unsubscribe".*



***THANK YOU***



***Garry F. Gordon MD, DO, MD(H)***