

# **Detoxification & Intracellular Nutrition in Anti-Aging Pramod Vora**

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# **Detoxification and Intracellular Nutrition in Anti-Aging**

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**by**

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# **Complementary to Mainstream Medicine**

The treatments we are going to discuss today are complementary to mainstream medical treatments and serve as both Pre or Post treatment procedures to help enhance and maintain for extended periods the good effects of surgical and other invasive procedures that form a part of mainstream medicine.

# If Aging Is A Disease....

- We will need to evolve a Pathology to detect Aging
- The basis of Anti-Aging Pathology will be to use the present **Standard Reference Ranges** to derive:  
**Optimum Values**
- A foundation of these **Optimum Values** will help us evolve a subject called:  
**Anti-Aging Pathology.**

# **3 Steps To True Anti-Aging**

**1) Detoxification**

**2) Rejuvenation**

**3) Intracellular Nutrition**

# **Detoxification**

**Of Main Excretory Organs like:**

**Colon**

**Kidneys**

**Lungs**

**Skin**

**(the supporting organ Liver  
and Blood)**



# **Detoxification Will Prevent:**

- **Constipation**
- **Colon Polyps & Diverticulosis**
- **Colorectal Cancer**
- **Calcium Oxalate Crystals in Urine**
- **Kidney Stones**
- **Polycystic Kidneys**
- **Allergies**
- **Fatty & Enlarged Liver - Hepatotoxicity**
- **Cirrhosis of Liver**

To give an example, let us take 3 commonly used parameters Creatinine, Blood Urea Nitrogen (BUN) and Serum Uric Acid to evaluate the functioning of the Kidneys.

<b>Renal Function Tests</b>	<b>Standard Reference Range &amp; Units</b>
<b>Serum Creatinine</b>	<b>0.5 to 1.5 mg/dL</b>
<b>Blood Urea Nitrogen (BUN)</b>	<b>4.5 to 21.0 mg/dL</b>
<b>Serum Uric Acid</b>	<b>3.6 to 8.2 mg/dL</b>

**Table 1 – Standard Reference Ranges for Renal Function**

## **Anti-Aging Pathology**

### **Defining Some Optimum Values**

<b>Renal Function Tests</b>	<b>Optimum Value &amp; Units</b>	<b>Standard Reference Range &amp; Units</b>	<b>Remarks</b>
<b>Serum Creatinine</b>	<b>0.8 mg/dL</b>	<b>0.5 to 1.5 mg/dL</b>	<b>Helps eliminate Toxins through Kidneys. To prevent Kidney failure / disease. Helps reduce skin discoloration. To help reduce aches and joint pain.</b>
<b>Blood Urea Nitrogen (BUN)</b>	<b>12.0 mg/dL</b>	<b>4.5 to 21.0 mg/dL</b>	
<b>Serum Uric Acid</b>	<b>5.0 mg/dL</b>	<b>3.6 to 8.2 mg/dL</b>	

**Table 2 - Sample of some Optimum Values for Perfect Body**

# Clinical Studies

<b>Patient: Female, Age: 39, Height: 5ft 3 in., Weight: 163.6 lb (74.36 Kg.), Fat = 42.5% (++)</b> , BP = 107 / 71, Pulse = 67, Diet: Meat Eater (Ref: BD)			
<b>Renal Profile</b>	<b># Std. Ref. Range</b>	<b>* 10/12/2007</b>	<b>** 12/03/2007</b>
<b>Blood Urea Nitrogen (BUN)</b>	<b>4.5 to 21.0 mg/dL</b>	<b>17.0 mg/dL</b>	<b>11.0 mg/dL</b>
<b>Serum Uric Acid</b>	<b>3.6 to 8.2 mg/dL</b>	<b>4.3 mg/dL</b>	<b>4.0 mg/dL</b>
<b>Creatinine</b>	<b>0.5 to 1.5 mg/dL</b>	<b>1.0 mg/dL</b>	<b>0.6 mg/dL</b>
<b>Serum Total Proteins</b>	<b>6.4 to 8.3 g/dL</b>	<b>8.70 g/dL</b>	<b>7.6 g/dL</b>
<b>Serum Albumin</b>	<b>3.4 to 4.8 g/dL</b>	<b>5.4 g/dL</b>	<b>4.9 g/dL</b>
<b># Correlate with Clinical Symptoms</b>			
<b>Note: 8 weeks Detoxification program was started on 15<sup>th</sup> of October 2007</b>			
<b>* Prior to starting Detoxification.</b>			
<b>** After 7 weeks of Whole Body Detoxification</b>			

**Table 3 - Case Study No. 1**

## Optimum Values After Liver Detoxification

<b>Liver Function Tests (LFT)</b>	<b>Optimum Value &amp; Units</b>	<b>Std. Ref. Range &amp; Units</b>	<b>Remarks</b>
<b>Serum Bilirubin (Total)</b>	<b>0.8 mg/dL</b>	<b>up to 1.5 mg/dL</b>	<b>For improved Liver Function and Toxin Neutralization</b>
<b>SGPT (ALT) Serum</b>	<b>20 to 24 U/L</b>	<b>0 to 48 U/L</b>	
<b>SGOT (AST) Serum</b>	<b>15 to 20 U/L</b>	<b>5 to 42 U/L</b>	
<b>GGPT (Gamma GT) Serum</b>	<b>20 to 30 U/L</b>	<b>12 to 64 U/L</b>	

**Table 4 - Sample of some Optimum Values after Liver Detoxification**

# Clinical Studies

<b>Patient: Male, Age: 25 years, Height: 6ft., Weight: 162.4 lb (73.8 Kg.), Diet: Vegetarian (Ref: TH)</b>			
	<b>* 02/28/2003</b>	<b>** 03/24/2003</b>	<b>*** 05/23/2003</b>
<b>Total Bilirubin</b>	<b>1.9 mg/dL</b>	<b>1.2 mg/dL</b>	<b>0.9 mg/dL</b>
<b>Direct Bilirubin</b>	<b>1.2 mg/dL</b>	<b>0.7 mg/dL</b>	<b>0.6 mg/dL</b>
<b>Indirect Bilirubin</b>	<b>0.7 mg/dL</b>	<b>0.5 mg/dL</b>	<b>0.3 mg/dL</b>
<b>SGPT (ALT)</b>	<b>28 IU/L</b>	<b>12 IU/L</b>	<b>13 IU/L</b>
<b>SGOT (AST)</b>	<b>20 IU/L</b>	<b>-</b>	<b>-</b>
<b>GGPT (Gamma GT)</b>	<b>18 IU/L</b>	<b>-</b>	<b>-</b>
<b>* Prior to Herbal Liver Detoxification</b>			
<b>** After 4 weeks of Herbal Liver Detoxification</b>			
<b>*** After 8 weeks of Herbal Liver Detoxification</b>			

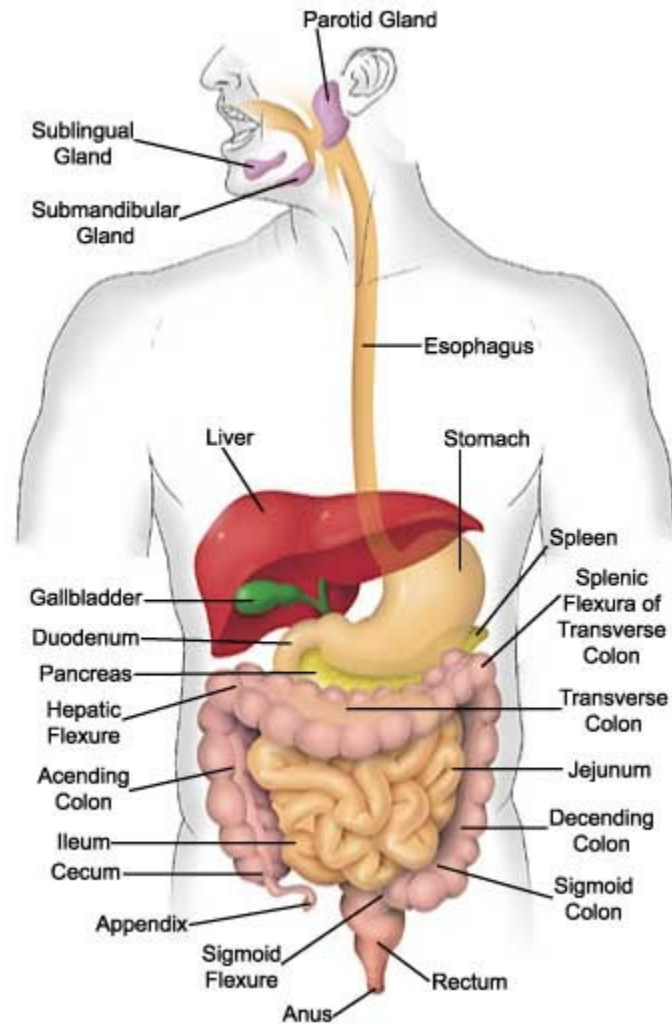
**Table 5 - Case Study No. 2**

# Clinical Studies

<b>Patient: Female, Age: 38, Height: 5ft 2 in., Weight: 152.6 lb/69.36 Kg.          Fat = 39% (++) , BP = 94/69, Pulse = 72, Diet: Meat Eater (Ref: MKh)</b>		
<b>Liver Function Tests</b>	<b>* 04/19/2003</b>	<b>** 04/23/2005</b>
<b>Total Bilirubin</b>	<b>0.8 mg/dL</b>	<b>0.3 mg/dL</b>
<b>Direct Bilirubin</b>	<b>0.1 mg/dL</b>	<b>0.1 mg/dL</b>
<b>Indirect Bilirubin</b>	<b>0.7 mg/dL</b>	<b>0.2 mg/dL</b>
<b>SGPT (ALT)</b>	<b>52 IU/L</b>	<b>20 IU/L</b>
<b>SGOT (AST)</b>	<b>24 IU/L</b>	<b>22 IU/L</b>
<b>GGTP (Gamma GT)</b>	<b>28 IU/L</b>	<b>12 IU/L</b>
<b>Note: 2<sup>nd</sup> round of 8 Week Herbal Detoxification was started in March 2005</b>		
<b>* Prior to Detoxification</b>		
<b>** After 8 weeks of Whole Body Detoxification Program.</b>		

**Table 6 - Case Study No. 3**

# Rejuvenation of the Digestive Tract





# Gastrin Hormone Levels

<b>Gastrin</b>	<b>Standard Reference Range</b>	<b>Optimum Value</b>
<b>Fasting</b>	<b>Up to 90 pg/ml</b>	<b><math>\leq 15</math> pg/ ml</b>
<b>Post Prandial 2 hours after meal</b>	<b>Up to 250 pg/ml</b>	<b><math>\leq 25</math> pg/ml</b>

**Gastrin is inversely proportional to HCl Levels**

**Table 7 – Optimum Gastrin Levels**

# Pancreatic Enzymes

<b>Pancreatic Enzymes</b>	<b>Standard Reference Range</b>	<b>Optimum Value</b>
<b>Lipase</b>	<b>8 to 78 U/L</b>	<b><math>\geq 50</math> U/L</b>
<b>Amylase</b>	<b>25-125 U/L</b>	<b><math>\geq 90</math> U/L</b>

**Table 8 – Optimum Pancreatic Levels**

# Natural Body Sculpting

Ms. Professional Model / Actress

Female, Age: 24 years, Height: 5ft. 5 in. Weight: 114.4 lb (52 Kgs)

	2/15/2007	3/20/2007	4/5/2007	5/15/2007	10/9/2007
Breast	34.0"	34.75"	34.75"	34.5"	34.5"
Waist - I	27.0"	26.0"	26.0"	27.5"	26.75"
Waist - II	34.0"	32.0"	29.0"	29.0"	29.75"
Hips	36.5"	36.0"	35.5"	36.0"	36.0"
Full Thigh	22.0"	21.5"	21.5"	22.0"	22.0"
Mid Thigh	19.0"	19.25"	19.5"	19.25"	19.0"
Mid Arm	9.25"	9.5"	9.5"	9.5"	9.5"
Weight	52.818 Kg	52.00 Kg	52.00 Kg	53.454 Kg	52.272 Kg
Fat	18.8% (-)	18.0% (-)	18.0% (-)	19.4% (-)	15.3% (-)
Hydration	56.10%	56.60%	56.40%	55.70%	58.50%
Bone Mass	4.8 lbs	4.8 lbs	4.8 lbs	4.8 lbs	5.0 lbs
Metabolic Age	12 years	12 years	12 years	12 years	12 years

Table 9 - Case Study No. 4

# Abdominal Distention

- **Improper Digestion**
  - a) Gastric - Acids
  - b) Liver - Bile
  - c) Pancreatic – Enzymes
- **Enlarged and / or Fatty Liver**
- **Chronic Constipation**
- ***Cannot be corrected by any amount of Gym Work***

# Detoxification & Rejuvenation Benefits

- Healthy Glow on your face
- Look and Feel years younger than your physical age
- Experience higher Energy levels and improve mental clarity, memory retention and recall
- Lighten complexion by a few shades
- Clear Skin Pigmentation – dark spots

# Intracellular Nutrition

- Concept created by:  
**Nobel Laureate Linus Pauling**  
in 1968 about 40 years back.
- Word coined:  
**Orthomolecular Medicine**
- To repair and rejuvenate the various organs of the body including the skin

# To achieve Intracellular Nutrition

We need the following technologies:

- To alter **cell membrane permeability**
- **Carrier Mechanism** to carry nutrition to the center of the cell where it is required
- **Administer Therapeutic Doses** of Nutrition in a synergetic manner to help repair the body with a fair degree of accuracy.

# Rich Red Glowing Skin

<b>Anemia Profile</b>	<b>Standard Reference Range</b>	<b>Optimum Values</b>
<b>Hemoglobin</b>	<b>F: 11.5 to 15.0 g/dL M: 12.5 to 17.0 g/dL</b>	<b>F: 14.0 g/dL M: 16.0 g/dL</b>
<b>Serum Iron</b>	<b>35 to 150 µg/dL</b>	<b>100 µg/dL</b>
<b>Ferritin</b>	<b>F: 10 to 291 ng/mL M: 22 to 322 ng/mL</b>	<b>F: 200 ng/mL M: 250 ng/mL</b>
<b>TIBC</b>	<b>250 to 450 µg/dL</b>	<b>350 µg/dL</b>
<b>Transferrin Saturation</b>	<b>14 to 50 %</b>	<b>25 - 30 %</b>

**Table 10 – Anemia Profile with Optimum Values**



# Clinical Studies

<b>Patient: Female, Age: 37 years, Height: 5ft. 5 in.,                  Weight: 155.3 lb (70.6 Kg.), Diet: Meat Eater</b> (Ref: NA)			
	<b>* 2000 - 2003</b>	<b># 10/03/2003</b>	<b>## 12/09/2003</b>
<b>Hemoglobin</b>	<b>7.7 g/dL (Avg. Value)</b>	<b>10.5 g/dL</b>	<b>11.8 g/dL</b>
<b>Detoxification</b>		<b>Whole Body</b>	<b>Whole Body</b>
<b>Intracellular Nutritional Therapy</b>		<b>Prescription Strength Fortified Organic Iron + B - Complex (Forte)</b>	
* Patient had low levels of Hemoglobin for a few years before Detoxification in spite of continuous Iron supplementation including Ferrous Sulfate, and other Ferrous preparations.			
* Before Detoxification. Detoxification was started in July 2003. # After 12 weeks of Whole Body Detoxification + Intracellular Nutrition. ## After 20 weeks of Whole Body Detoxification + Intracellular Nutrition.			
## Hemoglobin Level was successfully raised within 20 weeks of whole body detoxification and intracellular therapeutic doses of Fortified Organic Iron and B-Complex supplements.			

**Table 11 – Case Study No. 5**

# Clinical Studies

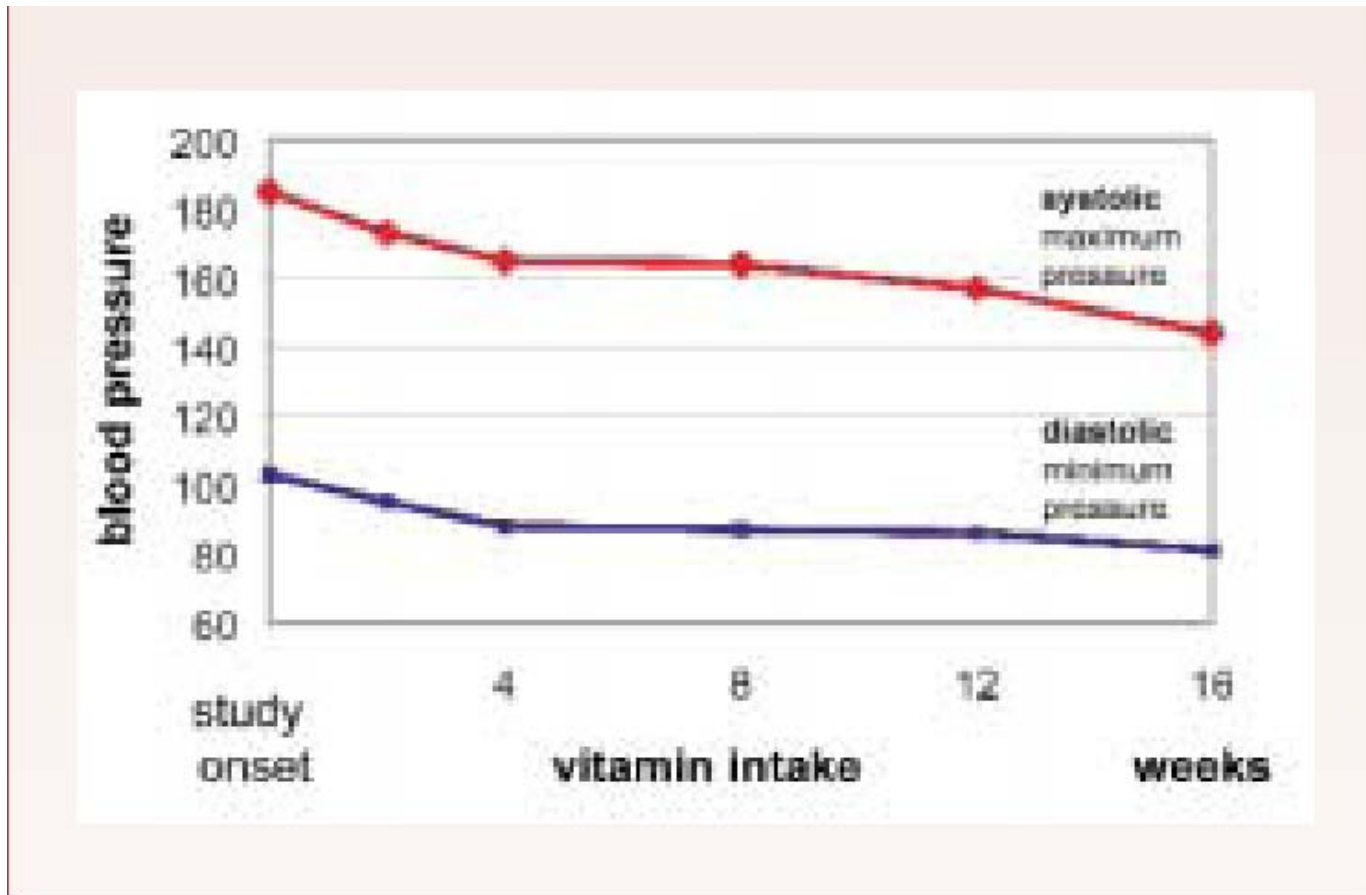
<b>Patient: Female, Age: 37 years, Height: 5ft. 5 inches, Weight: 155.3 / 70.6 Kg., Diet: Meat Eater (Ref: NA)</b>						
	<b>* 11/03/2000</b>	<b>* 12/03/2002</b>	<b>* 03/25/2003</b>	<b>* 05/08/2003</b>	<b># 10/03/2003</b>	<b>## 12/09/2003</b>
<b>Hemoglobin</b>	<b>7.4 g/dL</b>	<b>8.1 g/dL</b>	<b>7.6 g/dL</b>	<b>8.9 g/dL</b>	<b>10.5 g/dL</b>	<b>11.8 g/dL</b>
	<b>* 09/26/2000</b>	<b>* 12/03/2002</b>	<b>* 03/19/2003</b>	<b>* 06/02/2003</b>	<b># 10/04/2003</b>	<b>## 12/19/2003</b>
<b>Ultrasensitiv TSH</b>	<b>3.97 µIU/ml</b>	<b>8.47 µIU/ml</b>	<b>7.53 µIU/ml</b>	<b>17.1 µIU/ml</b>	<b>7.87 µIU/ml</b>	<b>2.37 µIU/ml</b>
<b>Eltroxin / Synthroid Dose</b>		<b>-</b>	<b>50 mcg</b>	<b>75 mcg</b>	<b>75 mcg</b>	<b>50mcg</b>
<b>Detoxification</b>					<b>Whole Body</b>	<b>Whole Body</b>
<b>Intracellular Nutritional Therapy</b>					<b>Prescription Strength Iron + B - Complex (Forte)</b>	
<b>* The Historic Record shows extremely low levels of Hemoglobin for a few years before Detoxification.</b>						
<b>Patient confirms that low Hemoglobin levels existed for over 10 years in spite of continuous Iron supplementation including Ferrous Sulfate, and other Ferrous preparations.</b>						
<p>* Before Detoxification. Detoxification was started in July 2003.            # After 12 weeks of Whole Body Detoxification + Intracellular Nutrition            ## After 20 weeks of Whole Body Detoxification + Intracellular Nutrition</p>						
Intracellular Nutrition requires the use of Therapeutic Doses of Nutrition to be given by altering Cell Membrane permeability coupled with a carrier mechanism to deliver Nutrition to the Center of the Cell where it is required.						
Serum Iron levels are measured after discontinuing Nutrition for about 5 to 7 days prior to drawing blood sample. This ensures that there is proper retention of Nutrition at Intracellular levels and the reading do not pertain to serum levels which are likely to be excreted from the body in the normal course of a few hours after ingestion.						

**Table 12 - Case Study No. 6**

# Removal Of Chronic Diseases Prior To Anti-aging

- Hypertension
- Diabetes
- Hypothyroidism / Hyperthyroidism
- Cardiac Diseases of all types
- Osteoporosis
- Hormone Imbalance
- Premature Menopause / Andropause

# BP Reduction With Therapeutic Doses Of Intracellular Minerals & Vitamin



# Cleansing Excretory Organs like the Colon and Kidneys

- Dark patches / Skin Discoloration removed
- Severity of pimples / Acne can be reduced
- Constipation can be eliminated
- Complete Bowel evacuation each day
- Improved Serum Uric Acid and reduced Body Aches and Pains / risk of Gout

# Our Website

**For more information go to:**

**[www.space-age.com](http://www.space-age.com)**

# Detoxification – Myth or Reality? A Pathological Evaluation

For the:

Abstract

Complete Text of the paper and

Frequently asked Questions (FAQs)

Visit our website:

[www.space-age.com/detox.html](http://www.space-age.com/detox.html)

# **Standard References Ranges in Pathology Reports are Antiquated**

Modern Method of Reading & Analyzing Pathology Reports

To download the complete article in pdf format please visit:

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