

Please Silence Your Cell Phones Now



Thank You

Enlightenment

Enlightenment is real and is within our grasp at all times. At any moment, we may be awakened from our current perception of the world around us to another view all together. *With such enlightenment, nothing changes except our point of view and that changes everything forever.*

Knowledge, Ignorance and Delusion

- The human mind remains under the influence of delusion until ignorance is completely dispelled. If there is no *clarity of mind*, the data that is gathered together from the external world is not perceived in a coordinated manner, and the clouded mind conceives a *false vision*. This is one of the modifications of the mind, like fancy, fantasy, symbol and ideas.
- *Maya* is cosmic illusion, and *avidya is individual ignorance* which comes from the lack of knowledge about objects and their *true* nature; it is also an illusion.
- *Discoordinated perception leads to delusion.*

Adapted from: Living with the Himalayan Masters by Swami Rama

Philosophy of Modern Medicine

- **1. Remember the Healing Power of Nature**
 - The body has considerable power to heal itself. It is the role of the physician or healer to facilitate and enhance this process, preferably with the aid of natural, nontoxic therapies. Above all, the physician or healer must do no harm.
- **2. View the Whole Person**
 - An individual must be viewed as a whole composed of a complex interaction of mind, body and spirit.
- **3. Identify and Treat the Cause**
 - It is important to seek the underlying cause of a disease rather than simply suppress the symptoms. Symptoms are expressions of the body's attempt to heal, but causes can spring from physical, mental or emotional, and spiritual levels.
- **4. The Physician is a Teacher**
 - A Physician should be foremost a teacher, educating, empowering, and motivating the patient to assume more personal responsibility for his or her health by adopting a healthy attitude, lifestyle, and diet.
- **5. Prevention is the Best Cure**
 - Prevention of disease is best accomplished through dietary and life habits that support health and prevent disease.

Thomas Edison

“The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and the cause and prevention of disease.”

by Thomas Edison

Future Of Anti-Aging Medicine

by

**Pramod Vora, Holistic Educator &
Natural Health Counselor to Doctors
International Faculty Member
Anti-Aging Medicine**

***SpaceAge*® Anti-Aging Center**

Your Quest For Anti-Aging Ends Here !

SpaceAge®

Anti-Aging Center

**92 Corporate Park, Ste. C, #705
Irvine, CA 92606 USA**

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**YOUR QUEST FOR A
PERFECT BODY ENDS HERE !**

SpaceAge ®

Anti-Aging Center

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**YOUR QUEST FOR A
PERFECT BODY ENDS HERE !**

BABAJI



Complementary to Mainstream Medicine

The treatments we are going to discuss today are complementary to Mainstream Medical treatments and can serve as both Pre or Post treatment procedures and also help in maintenance of the good effects of the surgical and invasive procedures that form a part of mainstream medicine today.

Please Silence Your Cell Phones Now



Thank You

If Aging Is A Disease....

***We need a
Pathology
to detect Aging***

5 Steps To True Anti-Aging

We will go through five basic steps:

- 1) Detoxification*
- 2) Rejuvenation*
- 3) Intracellular Nutrition*
- 4) Whole Body Sculpting*
- 5) Intracellular Nutrition in Cosmetics*

Detoxification

Of Main Excretory Organs like:

Colon

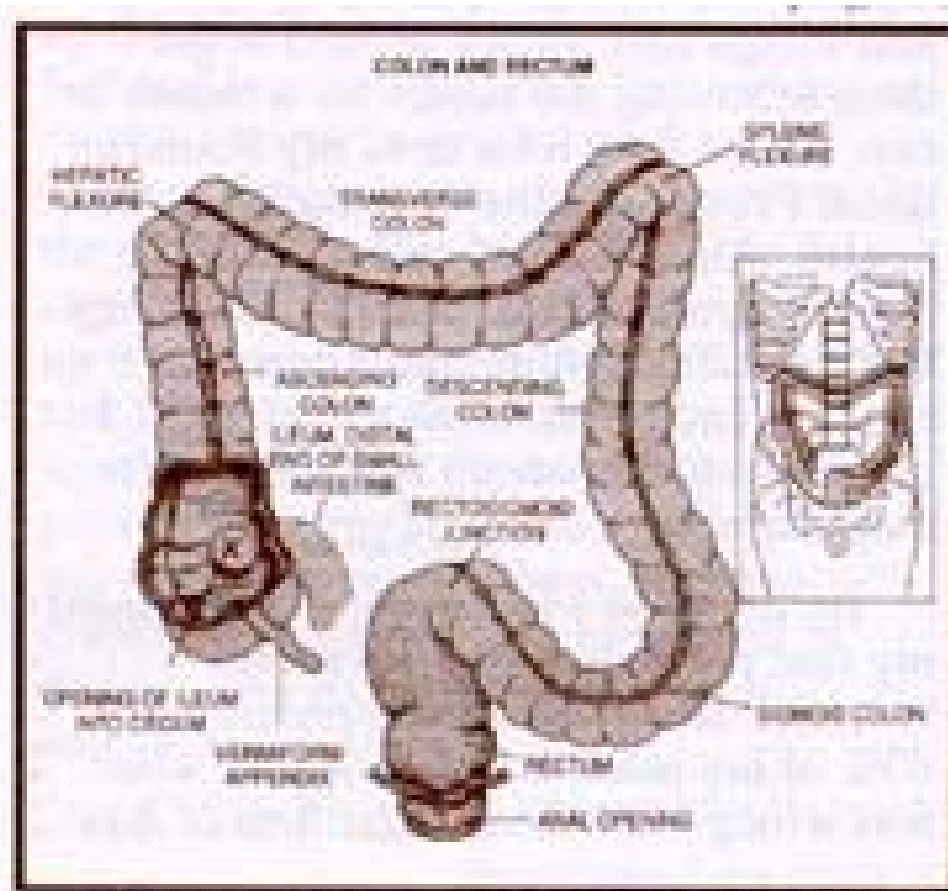
Kidneys

Lungs

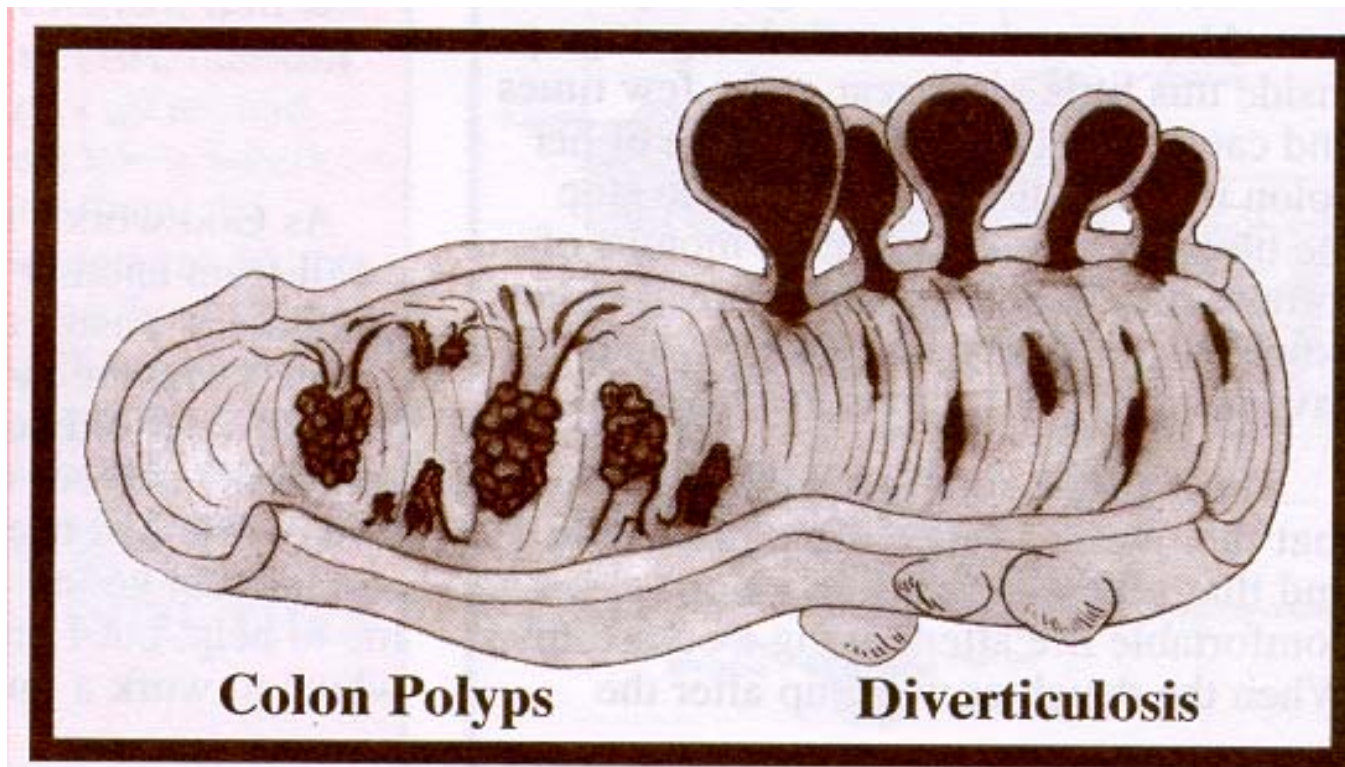
Skin

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

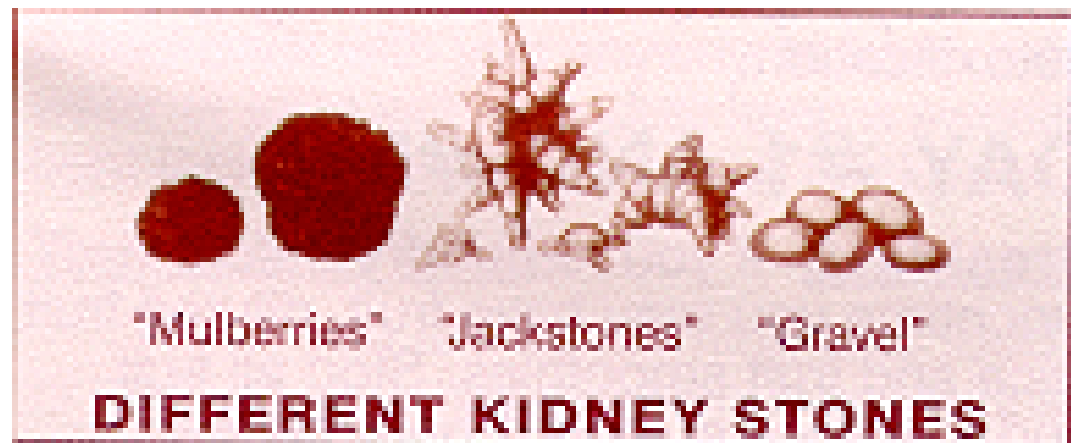
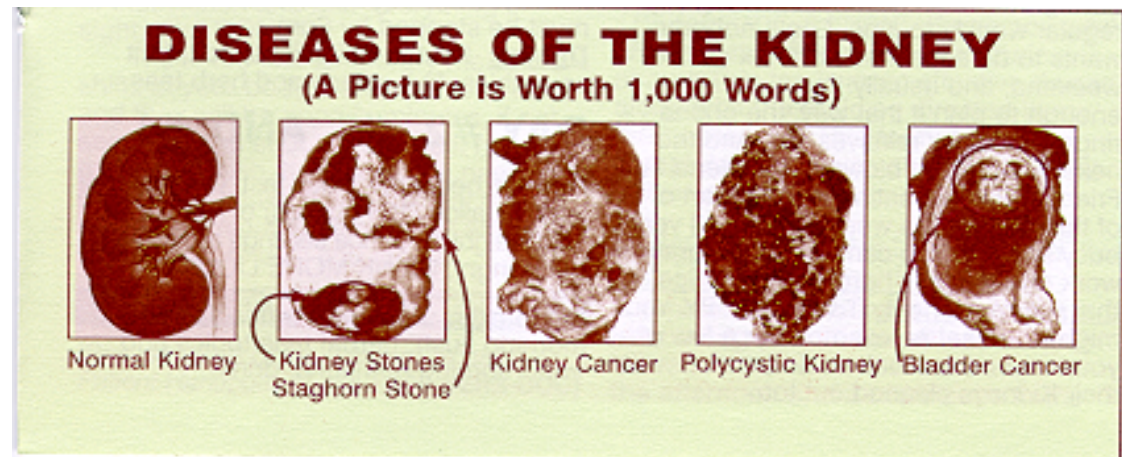
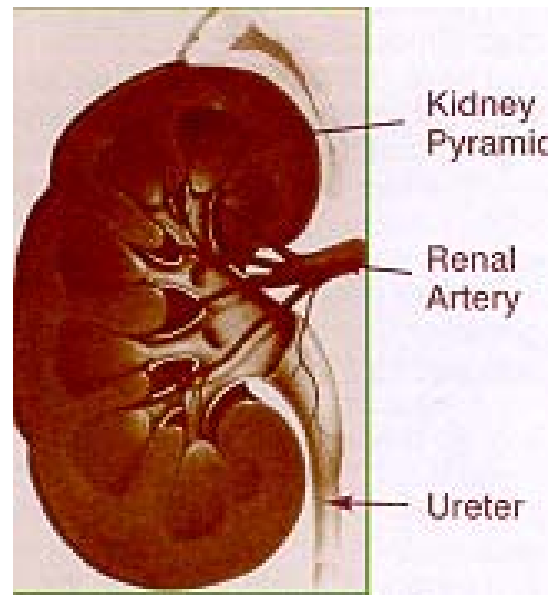
Colon



Colon Polyps & Diverticulosis

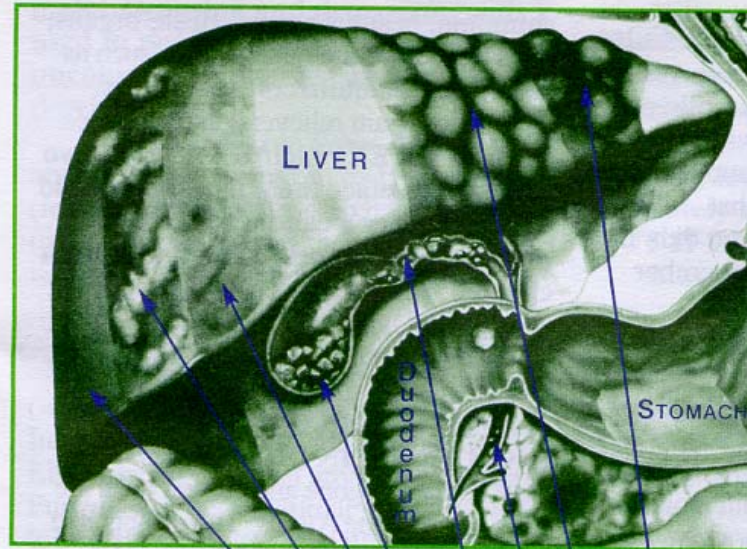


Kidneys



Liver

DISEASES OF THE LIVER AND GALLBLADDER



- Normal Liver _____
- Bacterial Hepatitis _____
- Viral Hepatitis _____
- Gallstones in:
 - Gallbladder _____
 - Cystic Duct _____
 - Common Bile Duct _____
- Cirrhosis _____
- Post Necrotic Cirrhosis _____

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
- The foundation of these Optimum Values will help us evolve a subject called:
Anti-Aging Pathology.

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.

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

Table 1 – Standard Reference Ranges for Renal Function

Anti-Aging Pathology

Defining Some Optimum Values

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

Table 2 - Sample of some Optimum Values for Perfect Body

Clinical Studies

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

Table 3 - Case Study No. 1

Optimum Values After Liver Detoxification

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

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

Clinical Studies

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

Table 5 - Case Study No. 2

Clinical Studies

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

Table 6 - Case Study No. 3

Optimum Values After Detoxification

Test Description	Optimum Value	Standard Reference Range	Remarks *
Hemoglobin Females Males	14.0 g/dL 16.0 g/dL	11.5 to 15.0 g/dL 12.5 to 17.0 g/dL	Helps to maintain good Energy levels through out the day
Serum Iron	125 µg/dL	60 to 180 µg/dL	For good hemoglobin values
Serum Creatinine	0.8 mg/dL	0.5 to 1.5 mg/dL	For good elimination of Toxins through Kidneys
Blood Urea Nitrogen (BUN)	12.0 mg/dL	4.5 to 21.0 mg/dL	To help prevent Kidney failure / disease
Serum Uric Acid	5.0 mg/dL	3.6 to 8.2 mg/dL	To help reduce aches, joint pains / arthritis
SGPT (ALT) serum	20 to 24 U/L	0 to 48 U/L	Improved Liver function and Toxin neutralization
SGOT (AST) serum	15 to 20 U/L	5 to 42U/L	Improved Liver function and Toxin neutralization
GGPT (Gamma GT) serum	20 to 30 U/L	12 to 64 U/L	Improved Liver function and Toxin neutralization
Serum Bilirubin (Total)	0.8 mg/dL	upto 1.5 mg/dL	Improved Liver function and Toxin Neutralization

* It is presumed that all Nutritional Levels of Minerals and Vitamins have been corrected at Intracellular Levels and also brought to Optimum Value.

Table 7 - Sample of some Optimum Values after Detoxification

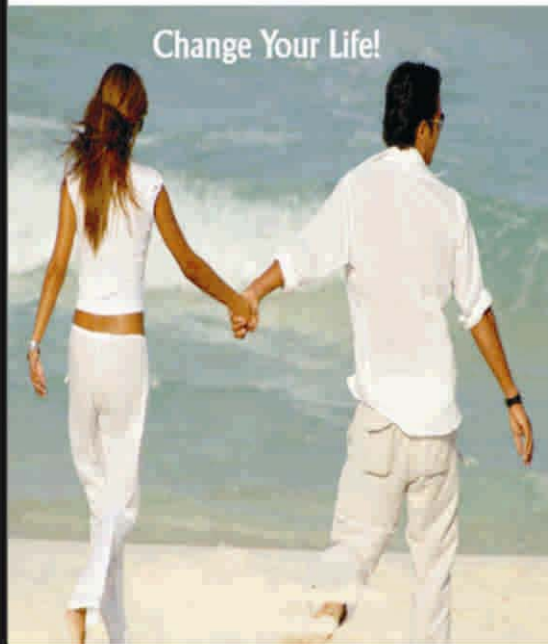
Whole Body Detoxification Kit

Herbal Dietary Supplements for Adults

Overcome Ravages of Environmental Pollution & Exposure to Chemicals !

Reverse Age !

Four Week Program to Good Health !



Change Your Life!

A. Detoxification Program

1. Special Colon Cleanse - 60 capsules
2. Super Kidney Care - 60 capsules
3. LivMax - 60 capsules
4. Detoxifier - 30 capsules
5. LungClear - 30 capsules

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Natural Health Center

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Health Care - Naturally !

WHOLE BODY DETOX KIT

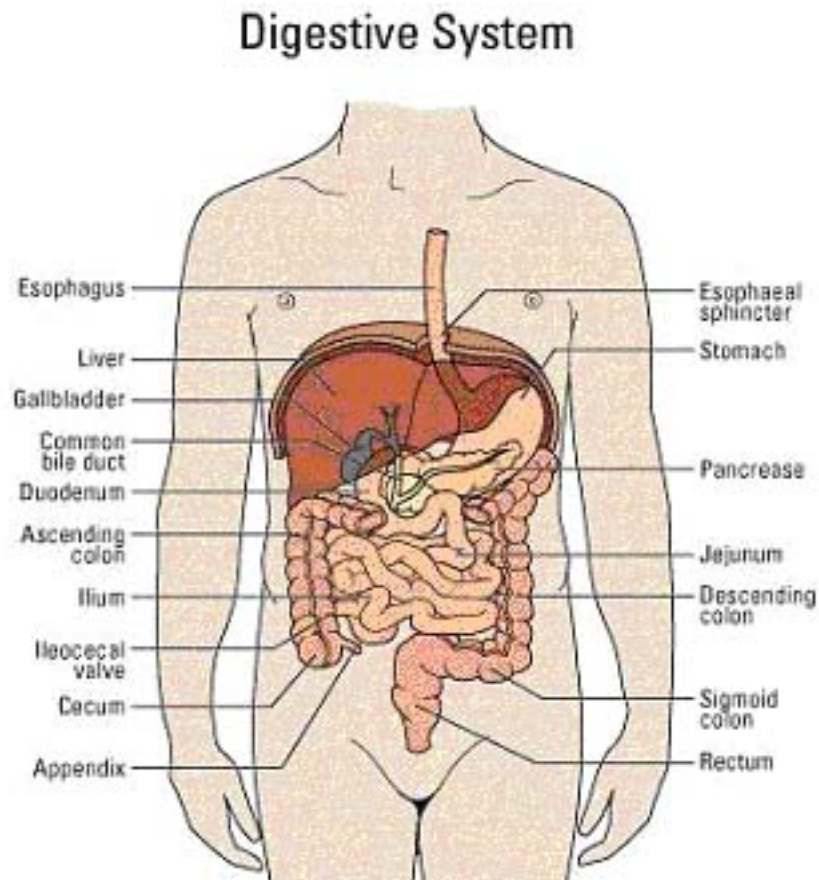
(Comes with an easy to follow Calendar guiding you on a day to day basis on how to Detoxify / Rejuvenate the various organs of your body in a systematic manner all in the privacy of your own home and at your own pace. All this is achieved using Safe Natural Herbal Dietary Supplements.)

Ingredients: Safe Herbal. Conditioned and Micronized for maximum potency.
No metals used in these preparations.
Dosage: Capsule

Special Colon Cleanse (60 caps)	750mg	Helps clean Colon and Digestive Tract
Super Kidney Care (60 caps)	850mg	Helps Clean Kidneys and Urinary Tract
LivMax (60 caps)	750mg	Helps clean the Liver
Lung Clear (30 caps)	750mg	Helps clean the lungs
Detoxifer (30 caps)	750mg	Helps purify the blood
Whole Body Detox Kit	240 capsules	4 weeks Program

Foundation To Arresting The Aging Process Of The Body.

Rejuvenation of the Digestive Tract



Gastrin Hormone Levels

Gastrin	Standard Reference Range	Optimum Value
Fasting	Up to 90 pg/ml	≤ 15 pg/ ml
Post Prandial 2 hours after meal	Up to 250 pg/ml	≤ 25 pg/ml

Gastrin is inversely proportional to HCl Levels

Table 8 – Optimum Gastrin Levels

Clinical Study of Gastrin Levels

Patient	Male, 44 yrs, Veg (SR)	Male, 34 yrs, Veg (DK)	Female, 29 yrs, Veg (SK)	Male, 30 yrs, Veg (GR)	Male, 31 yrs, Veg (GG)	Male, 45 yrs, Veg (AA)
Height	5ft 10in.	5ft 2in.	5ft 4in.	5ft 11.5in.	5ft 7in.	5ft 9in.
Weight (Kgs)	79.818 Kgs	84.0 Kgs	95.818 Kgs	112.272 Kgs	112.090 Kgs	79.181 Kgs
Fat (%)	22.6 % (+)	32.1% (++)	45.1 % (++)	39.0 % (++)	42.4% (++)	23.7% (+)
Gastrin (Fasting)	27 pg/ml	< 25 pg/ml	28 pg/ml	< 25 pg/ml	33 pg/ml	21.80 pg/ml
Gastrin (Post Prandial)	56 pg/ml	70 pg/ml	58 pg/ml	50 pg/ml	46 pg/ml	47.70 pg/ml

Table 9 – Gastrin Levels Case Study No. 4

Pancreatic Enzymes

Pancreatic Enzymes	Standard Reference Range	Optimum Value
Lipase	8 to 78 U/L	50 U/L
Amylase	25-125 U/L	90-100 U/L

Table 10 – Optimum Pancreatic Levels

Clinical Study of Enzymes

Patient	Male 44 yrs. Veg (SR)	Male 34 yrs. Veg (DK)	Male 30 yrs. Veg (GR)	Male 31yrs. Veg (GG)	Male 45 yrs. Veg (AA)
Height	5 ft 10 in.	5 ft 2 in.	5 ft 11.5 in.	5 ft 7 in.	5 ft 9 in.
Weight (Kgs)	79.818 Kgs	84.0 Kgs	112.272 Kgs	112.090 Kgs	79.181 Kgs
Fat (%)	22.6 % (+)	32.1% (++)	39.0 % (++)	42.4% (++)	23.7% (+)
Lipase	57 U/L	28 U/L	14 U/L	16 U/L	22 U/L
Amylase	124 U/L	59 U/L	58 U/L	95 U/L	50 U/L

Table 11 – Enzyme Levels Case Study No. 5

Natural Body Sculpting

Ms. Professional Model / Actress

Female, Age: 24 years, Height: 5ft. 5 in. Weight: 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 12 - Case Study No. 6

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

Cystatin - C

Cystatin C (cysteine protease inhibitor) is a serum protein that is filtered out of the blood by the kidneys and that serves as a measure of kidney function. An increased serum Cystatin C corresponds to a decreased GFR (glomerular filtration rate) and hence to kidney dysfunction.

The Cystatin C test helps identify kidney dysfunction at earlier stages, before symptoms appear and Creatinine levels rise.

It also helps predict impending cardiovascular problems such as heart attack, stroke etc, in the elderly.

Reference Range: (Random Blood Sample)

Male & Female: 0.53 to 0.95 mg/L

Optimum Value:

Male & Female: ≤ 0.7 mg/L

Clinical Studies

Patient: Female, Age: 39, Height: 5ft 3 in., Weight: 74.36 Kg., Fat = 42.5% (++), BP = 107 / 71, Pulse = 67, Diet: Meat Eater (Ref: BD)				
Renal Profile	* 10/12/2007	# Std. Ref. Range	** 12/03/2007	**** 04/18/2008
Blood Urea Nitrogen (BUN)	17.0 mg/dL	7 to 18.7 mg/dL	11.0 mg/dL	12 mg/dL
Serum Uric Acid	4.3 mg/dL	2.6 to 6.0 mg/dL	4.0 mg/dL	3.5 mg/dL
Creatinine	1.0 mg/dL	0.6 to 1.1 mg/dL	0.6 mg/dL	0.75 mg/dL
Serum Total Proteins	8.70 g/dL	6.4 to 8.3 g/dL	7.6 g/dL	7.75 g/dL
Serum Albumin	5.4 g/dL	3.4 to 4.8 g/dL	4.9 g/dL	5.07 g/dL
Serum Globulin	3.3 g/dL	1.8 to 3.6 gm%	2.7 g/dL	2.68 g/dL
A/G Ratio	1.64	1.1 to 2.2	1.81	1.89
Cystatin C	1.02 mg/L	0.53 to 0.95 mg/L	0.77 mg/L	0.71 mg/L
C Reactive Protein	2.71 mg/L	Upto 3.0 mg/L	1.95 mg/L	0.93 mg/L
Daily Protein Intake RDA = 1 gram / Kg Body Weight	Unrestricted	Approximately 50 g / day	10 g / day Vegetarian Source	Unrestricted (Avg. 35 g / day)
# Correlate with Clinical Symptoms				
Note: 8 weeks Detoxification program was started on 15 th of October 2007				
* Prior to starting Detoxification. When the program started she was put on restricted protein (only vegetarian) diet of only 10 gms. per day				
** After 7 weeks of Whole Body Detoxification Her protein (mixed) intake was increased to 25gms /day after noting the improvement in renal function				
*** After 12 weeks when there were no restrictions to her protein intake.				

Table 13 - Case Study No. 7

Clinical Studies

Patient: Female, Age: 56 years, Height: 5ft., Weight: 62.9 Kg., Fat = 37% (+), Diet: Meat Eater (Ref: JB)					
	* 09/13/2002	** 09/16/2003	*** 4/11/2004	# 8/6/2004	##02/23/2005
Serum Creatinine	0.78 mg / dL	1.00 mg / dL	0.87 mg/dL	0.89 mg / dL	
Blood Urea Nitrogen (BUN)	15.02 mg /dL	18.22 mg /dL	17.34 mg /dL	12.58 mg /dL	
Total Bilirubin	0.56 mg/dL	0.25 mg/dL	0.40 mg/dL	0.29 mg/dL	0.30 mg/dL
Direct Bilirubin	0.23 mg/dL	0.14 mg/dL	0.14 mg/dL	0.12 mg/dL	0.17 mg/dL
Indirect Bilirubin	0.33 mg/dL	0.11 mg/dL	0.26 mg/dL	0.17 mg/dL	0.13 mg/dL
SGPT (ALT)	42.37 IU/L	23.29 IU/L	21.08 IU/L	39.83 IU/L	22.0 IU/L
SGOT (AST)	29.92 IU/L	22.10 IU/L	24.30 IU/L	19.88 IU/L	21.0 IU/L
GGTP (Gamma GT)	42.00 IU/L	27.30 IU/L	41.73 IU/L	52.30 IU/L	27.0 IU/L
TSH Ultrasensitive	1.62 µIU/ml		2.97 µIU/ml		2.01 µIU/ml
TSH = 23.0 µIU/ml in October 2001. Eltroxin / Synthroid / Thyroid Hormone not administered to Patient.					
* Twelve months after first Detoxification					
** After 8 weeks of Whole Body Detoxification					
*** After 8 weeks of Whole Body Detoxification but with substance abuse resulting in higher GGPT (Gamma GT)					
# Without Detoxification for a whole year but with substance abuse resulting in elevated GGPT (Gamma GT)					
## After 8 weeks of Whole Body Detoxification done annually					

Table 14 - Case Study No. 8

Rejuvenation Kit

Herbal Dietary Supplements for Adults

Overcome Ravages of Environmental Pollution & Exposure to Chemicals !

Reverse Age !

Four Week Program to Good Health !

A. Rejuvenation Program

1. Energizer - 60 capsules
2. GastritiX - 60 capsules
3. Liver Tonic - 60 capsules
4. Digestive Aid - 60 capsules

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Natural Health Center

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Tel: 949-861-8164 Fax: 949-861-8165

E-mail: spaceage@space-age.com Internet: <http://www.space-age.com>

Health Care - Naturally !



REJUVENATION KIT

(Comes with an easy to follow Calendar guiding you on a day to day basis on how to Detoxify / Rejuvenate the various organs of your body in a systematic manner all in the privacy of your own home and at your own pace. All this is achieved using Safe Natural Herbal Dietary Supplements.)

Ingredients: Safe Herbal. Conditioned and Micronized for maximum potency.
No metals used in these preparations.
Dosage: Capsule

Digestive Aid (60 capsules)	770mg	Helps improve Digestion
Energizer (60 capsules)	850mg	Helps improve Mental and Physical Energies
GastritiX (60 capsules)	850mg	Helps improve the health of the Digestive Tract
Liver Tonic (60 capsules)	750mg	Helps improve Liver function
Whole Body Rejuvenation Kit	240 capsules	4 Weeks Program

Rejuvenation - Option You Can't Afford To Ignore

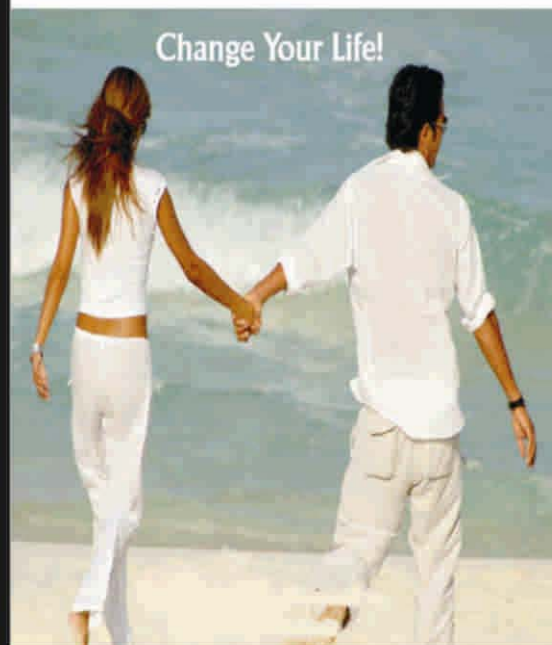
Detoxification & Rejuvenation Kit

Herbal Dietary Supplements for Adults

Overcome Ravages of Environmental Pollution & Exposure to Chemicals !

Reverse Age !

Eight Week Program to Good Health !



Change Your Life!

A. Detoxification Program

1. Special Colon Cleanse - 60 capsules
2. Super Kidney Care - 60 capsules
3. LivMax - 60 capsules
4. Detoxifier - 30 capsules
5. LungClear - 30 capsules

B. Rejuvenation Program

6. Energizer - 60 capsules
7. GastritiX - 60 capsules
8. Liver Tonic - 60 capsules
9. Digestive Aid - 60 capsules

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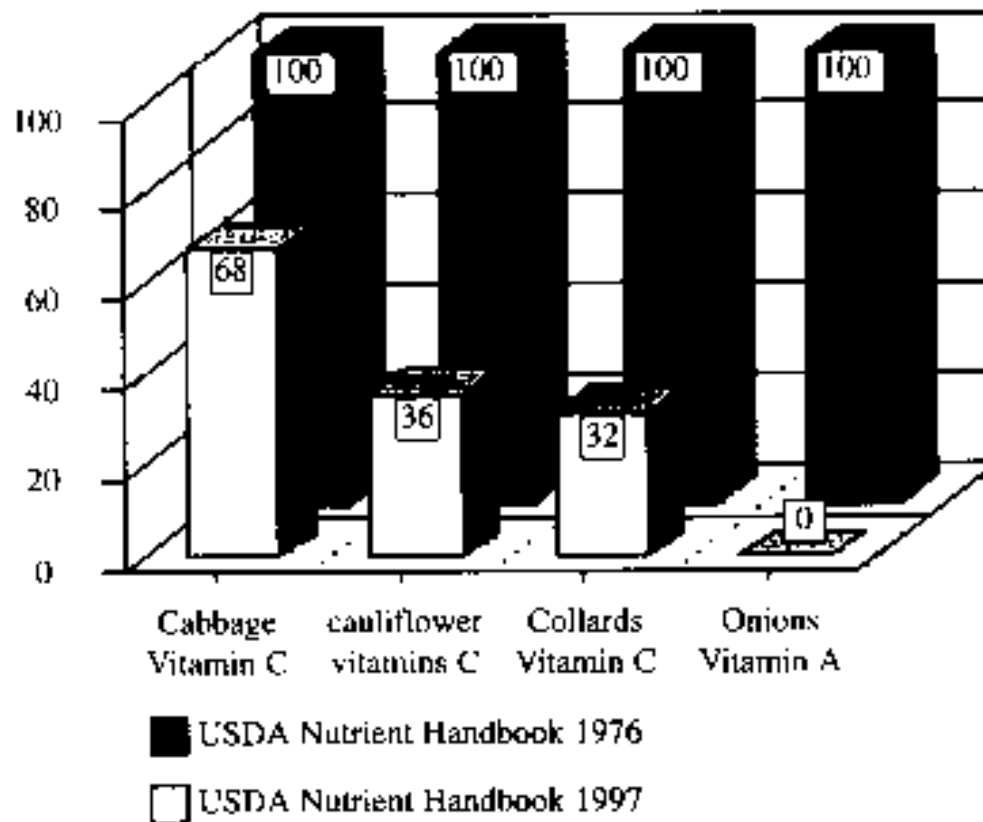
Intracellular Nutrition

- 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

Shrinking Nutrition Part 1 !

Shrinking Nutrient Levels in Food Supply

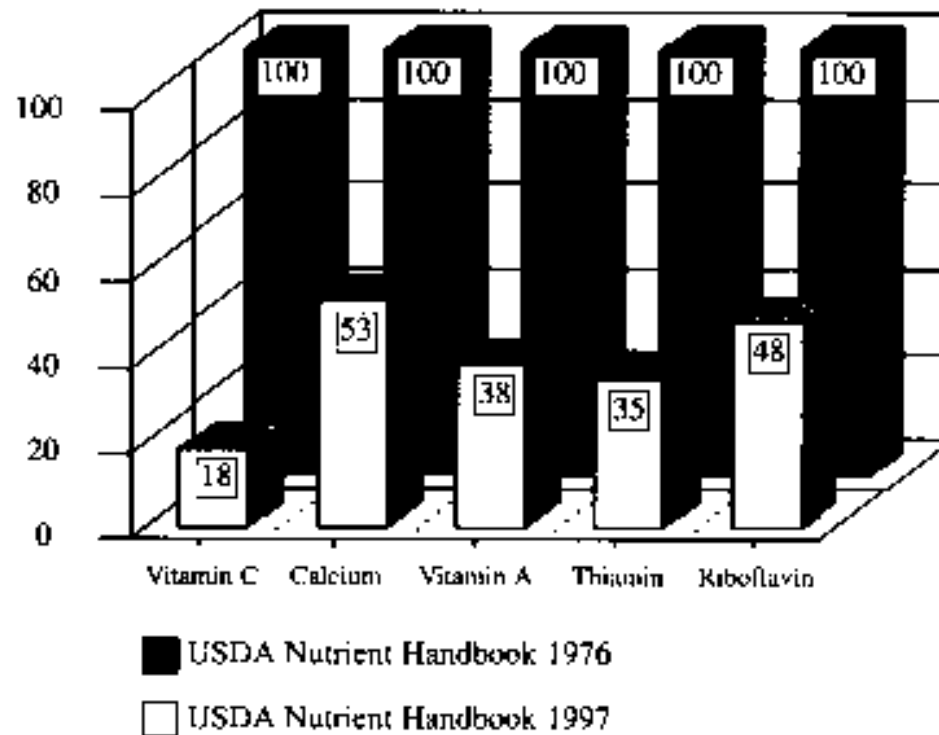
% loss per 1/2 cup serving of food



Shrinking Nutrition – Part 2 !

Shrinking Nutrient Levels in Broccoli

% of nutrients per ½ cup serving of broccoli



Major Mineral Comparison of Food Grown Organically vs. Conventional Chemical (Synthetic Fertilizer) Production

		Snap Beans	Cabbage	Lettuce	Tomatoes	Spinach
Calcium	{Org.	40.5	60.0	71.0	23.0	95.0
	{Con.	15.5	17.5	16.0	4.5	47.5
Magnesium	{Org.	60.0	43.6	49.3	59.2	203.9
	{Con.	14.8	15.6	13.1	4.5	45.9
Potassium	{Org.	99.7	148.3	176.5	148.3	257.0
	{Con.	29.1	53.7	53.7	58.6	84.0
Sodium	{Org.	8.6	20.4	12.2	5.5	59.5
	{Con.	0.0	0.8	0.0	0.0	0.8

The amount of each chemical element is expressed in milligrams per 100 grams dry weight for the above major elements.
The above Table is based on research at Rutgers University, NJ, USA.

Trace Mineral Comparision of Food Grown Organically vs. Conventional Chemical (Synthetic Fertilizer) Production

		Snap Beans	Cabbage	Lettuce	Tomatoes	Spinach
Manganese	Org.	60	13	169	68	117
	{Con.	2	2	1	1	1
Iron	{Org.	227	94	516	1938	53
	{Con.	10	20	9	1	0
Copper	{Org.	69	48	60	53	32
	{Con.	3	0.4	3	0	0.5

The amount of each element is expressed in parts per million for the above trace elements.

The above Table is based on research done at:
Rutgers University, NJ, USA.

Result Of Farming With Chemical Fertilizers

- The published results of this experiment show that the Mineral elements Calcium, Magnesium, Potassium, Sodium, Manganese, Iron and Copper were far more abundant in the five Garden Vegetables raised by Organic Methods on Organic / Nutritionally Rich Soil than the same Vegetables raised by Commercial Methods generally used to grow produce for market on over cultivated farm land treated with Synthetic Fertilizer.

Commercially grown Vegetables had only 13% of the Mineral Elements than Organically grown vegetables. This means that to obtain the same Mineral content you will have to eat 7 Commercial Tomatoes to get the Nutrition of 1 Organically grown Tomato.

Prime Cause of Chronic Disease

- Numerous Chronic Diseases – Hypertension, old age Diabetes, Heart Disease to name a few, that we see today are a result of the Poor Quality / Nutritional Value of food that our Country Produces on over cultivated land previously treated with Synthetic Fertilizer.
- Symptoms of Diseases / Imbalances in the Body will therefore not effectively respond to food grown on land with Poor Nutritional Value.

How To Correct This Problem?

- This problem can only be solved by first correcting the soil conditions and changing over to Nutritional Organic Farming i.e. farming without the use of Synthetic Fertilizers, Herbicides and Pesticides as compared to pure Organic Farming.
- Organic Farming on poor land can only yield crops with lower Nutritional / Medicinal Value.

Can Organic Farming Be The Solution?

- ***Organic Farming alone will not help to improve the Nutritional / Medicinal Value of the Food grown in the world since the Soil is already seriously depleted. The construction of Dams has prevented the deposition of fresh silt and the removal of depleted Top Soil, by a natural process called floods. This has created an ecological disaster and subjected mankind to Chronic Ailments and premature death.***

Organic Farming On Depleted Soil Does Not Make Much Sense.

- The need of using Organic Micronutrients to build up the strength of the Soil is of primary importance today. Once the Soil conditions are improved, Organic farming will help to prevent further damage to the Soil, and to improve the Nutritional value / Medicinal Value of the Food we eat.

Nutritional Farming as opposed to Organic Farming

**Paper Presented at:
International Conference on Alternative Medicine
Ministry of Health & Family Welfare, New Delhi
at
Tamil Nadu Agricultural University, Coimbatore
on March 16th to 19th, 2006
by
Pramod Vora, Holistic Educator**

**For info:
www.space-age.com/conference-tnau.html**

Please Silence Your Cell Phones Now



Thank You

Enlightenment

Enlightenment is real and is within our grasp at all times. At any moment, we may be awakened from our current perception of the world around us to another view all together. *With such enlightenment, nothing changes except our point of view and that changes everything forever.*

Knowledge, Ignorance and Delusion

- The human mind remains under the influence of delusion until ignorance is completely dispelled. If there is no *clarity of mind*, the data that is gathered together from the external world is not perceived in a coordinated manner, and the clouded mind conceives a *false vision*. This is one of the modifications of the mind, like fancy, fantasy, symbol and ideas.
- *Maya* is cosmic illusion, and *avidya is individual ignorance* which comes from the lack of knowledge about objects and their *true* nature; it is also an illusion.
- *Discoordinated perception leads to delusion.*

Adapted from: Living with the Himalayan Masters by Swami Rama

Philosophy of Modern Medicine

- **1. Remember the Healing Power of Nature**
 - The body has considerable power to heal itself. It is the role of the physician or healer to facilitate and enhance this process, preferably with the aid of natural, nontoxic therapies. Above all, the physician or healer must do no harm.
- **2. View the Whole Person**
 - An individual must be viewed as a whole composed of a complex interaction of mind, body and spirit.
- **3. Identify and Treat the Cause**
 - It is important to seek the underlying cause of a disease rather than simply suppress the symptoms. Symptoms are expressions of the body's attempt to heal, but causes can spring from physical, mental or emotional, and spiritual levels.
- **4. The Physician is a Teacher**
 - A Physician should be foremost a teacher, educating, empowering, and motivating the patient to assume more personal responsibility for his or her health by adopting a healthy attitude, lifestyle, and diet.
- **5. Prevention is the Best Cure**
 - Prevention of disease is best accomplished through dietary and life habits that support health and prevent disease.

Thomas Edison

“The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and the cause and prevention of disease.”

by Thomas Edison

Periodic Table of the Elements

Periodic Table of the Elements

1 H 1.01																	18 He 4.00	
3 Li 6.94	4 Be 9.01												5 B 10.81	6 C 12.01	7 N 14.01	8 O 16.00	9 F 19.00	10 Ne 20.18
11 Na 22.99	12 Mg 24.30												13 Al 26.98	14 Si 28.09	15 P 30.97	16 S 32.07	17 Cl 35.45	18 Ar 39.95
19 K 30.10	20 Ca 40.08	21 Sc 44.96	22 Ti 47.88	23 V 50.94	24 Cr 52.00	25 Mn 54.94	26 Fe 55.85	27 Co 58.93	28 Ni 58.69	29 Cu 63.55	30 Zn 65.39	31 Ga 69.72	32 Ge 72.61	33 As 74.92	34 Se 78.96	35 Br 79.90	36 Kr 83.80	
37 Rb 85.47	38 Sr 87.62	39 Y 88.91	40 Zr 91.22	41 Nb 92.91	42 Mo 95.94	43 Tc (97.91)	44 Ru 101.07	45 Rh 102.91	46 Pd 106.42	47 Ag 107.87	48 Cd 112.41	49 In 114.82	50 Sn 118.71	51 Sb 121.75	52 Te 127.60	53 I 126.90	54 Xe 131.29	
55 Cs 132.91	56 Ba 137.33	57 La 138.91	72 Hf 178.49	73 Ta 180.95	74 W 183.85	75 Re 186.21	76 Os 190.23	77 Ir 192.22	78 Pt 195.08	79 Au 196.97	80 Hg 200.59	81 Tl 204.38	82 Pb 207.2	83 Bi 208.98	84 Po (208.98)	85 At (209.99)	86 Rn (222.02)	
87 Fr (223.02)	88 Ra (226.03)	89 Ac (227.03)	104 Rf (261.11)	105 Ha (262.11)	106 Sg (263.12)													

58 Ce 140.12	59 Pr 140.91	60 Nd 144.24	61 Pm (144.91)	62 Sm 150.36	63 Eu 151.97	64 Gd 157.25	65 Tb 158.93	66 Dy 162.50	67 Ho 164.93	68 Er 167.26	69 Tm 168.93	70 Yb 173.04	71 Lu 174.97
90 Th 232.04	91 Pa 231.04	92 U 238.03	93 Np (237.05)	94 Pu (244.06)	95 Am (243.06)	96 Cm (247.07)	97 Bk (247.07)	98 Cf (251.08)	99 Es (252.08)	100 Fm (257.10)	101 Md (258.10)	102 No (259.10)	103 Lr (262.11)

Calculation of Elemental Weights

- **CaCO₃**
- **Ca = 40**
- **C = 12**
- **O₃ = 16 X 3 = 48**
- **Molecular weight: 40 + 12 + 48 = 100**
- **Ca % = 40/100 = 40%**
- **So in 500 mg of CaCO₃ we have only 200 mg of Calcium**
- **So Elemental Weight of Calcium = 200 mg**

Elemental Weight of Magnesium

- **MgSO₄**
- **Mg = 24**
- **S = 32**
- **O₄ = 16 X 4 = 64**
- **Molecular Weight: 24 + 32 + 64 = 120**
- **Mg % = 24/120 = 20%**
- **So in 1000 mg of MgSO₄ we have only 200 mg of Magnesium**
- **So Elemental Weight of Magnesium = 200 mg**

Supradyne

- **Supradyn**
(Nicholas Piramal India Ltd.)
- **Multivitamin Tablets with Minerals and Trace Elements**

- Each Sugar coated tablet contains:

- **Vitamins**

- Vitamin A IP (as Acetate) 10000 IU
- Cholecalciferol IP (Vitamin D3) 1000 IU
- Thiamine Mononitrate IP 10.0mg
- Riboflavine IP 10.0mg
- Pyridoxine HCl IP 3.0mg
- Cyanocobalamin IP 15.0mcg
- Nicotinamide IP 100.0mg
- Calcium pantothenate 16.3mg
- Ascorbic Acid IP 150.0mg
- Alpha – Tocopheryl Acetate IP 25.0mg
- Biotin U.S.P. 0.25mg

- **Minerals**

- Calcium Phosphate IP 129.00mg
- Magnesium Oxide Light IP 60.0mg
- Dried Ferrous Sulphate IP 32.04mg
- Manganese Sulphate BP 2.03mg
- Total Phosphorus in the preparation 25.80mf

- **Trace Elements**

- Copper Sulphate IP 3.39mg
- Zinc Sulphate IP 2.20mg
- Sodium Molybdate 0.25mg
- Sodium Borate IP 0.88mg
- Colours: Iron Oxide Black, Iron Oxide Red and Iron Oxide Yellow
- For Therapeutic Ues.
- Dosage : 1 Tablet Daily

Becadexamin

- **Becadexamin 30 Tablets Rs.24.94**
- **Multivitamin Multimineral Capsules (Glaxo)**
- Each capsule contains:
- Vitamin A IP 5000 IU,
- Vitamin D3 (Cholecalciferol IP) 400 IU,
- Vitamin E (Tocopheryl Acetate IP) 15mg
- Vitamin B1 IP 5mg, Vitamin B2 IP 5mg,
- Nicotinamide IP 45mg, D-Panthenol IP 5mg,
- Vitamin B6 IP 2mgm Vitamin C IP 75mg,
- Folic Acid IP 1000mcg, Vitamin B12 IP 75mcg,
- Dibasic Calcium Phosphate IP 70mg,
- Copper Sulphate BP 0.1 mg,
- Manganese Sulphate Monohydrate BP 0.01mg,
- Zinc Sulphate Dried equivalent to Zinc Sulphate IP 50mg,
- Potassium Iodide IP 0.025 mg,
- Magnesium Oxide IP 0.15mg (Appropriate overages added)
- Dose: Adults – 1 capsule daily
- Keep out of reach of children

BecoZinc

- **BecoZinc**
- **Zinc and B-Complex fortified with Vitamin C**
- Each Capsule contains:
- Zinc Sulphate Monohydrate 54.93 mg
- Thiamine Mononitrate IP 10 mg
- Vitamin B2 IP 10 mg
- Vitamin B6 IP 3 mg
- Vitamin B12 Coated
- Equivalent to Vitamin B12 15 mg
- Vitamin C IP 150 mg
- Folic Acid IP 1 mg
- Niacinamide IP 50 mg
- Calcium Pantothenate 12.5 mg
- Approved colours used in the empty gelatin capsules
- For Therapeutic use
- Dosage: One capsule a day or as directed by the physician.

Becosules Z Capsules (Pfizer)

- **Becosules Z Capsules (Pfizer)**
- B-Complex Fprte with Vitamin C and Zinc
- Each Capsule contains:
- Thiamine Mononitrate IP 10 mg
- Riboflavine IP 10.0mg
- Pyridoxine Hydrochloride IP 3.0mg
- Vitamin B12 IP (as stablests 1:100) 15 mcg
- Niacinamide IP 100 mg
- Calcium Pantothenate 50 mg
- Folic Acid 1.5 mg
- Ascorbic Acid IP 150 mg
- Biotin U.S.P. 100 mg
- Zinc Sulphate Monohydrate U.S.P.
- (Equvi. To 15 mg elemental Zinc 41.4 mg
- (Appropriate overages added)
- Approved colours used in the Capsule shells

Shellcal

- Calcium Carbonate from Natural sources
- Poorly absorbed less than 4% and poorly retained in the body.
- Does not reverse Osteoporosis

Optimal Calcium Intake
National Institutes of Health
Consensus Development Conference Statement
June 6-8, 1994

This statement is more than five years old and is provided solely for historical purposes. Due to the cumulative nature of medical research, new knowledge has inevitably accumulated in this subject area in the time since the statement was initially prepared. Thus some of the material is likely to be out of date, and at worst simply wrong.

<http://consensus.nih.gov/1994/1994OptimalCalcium097html.htm>

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 skin with a fair degree of accuracy.

Beauty Inside Out

- Healthy Glow on the Face
- Lighten Complexion
- Clear Skin Pigmentation – Dark Spots
- Reduce Acne & Pimples
- Anti-Wrinkle & Tighten the Skin
- Instant Face Lift

Rich Red Glowing Skin

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

Table 15 – Anemia Profile with Optimum Values

Clinical Studies

Patient: Female, Age: 37 years, Height: 5ft. 5 in., Weight: 70.6 Kg., Diet: Meat Eater (Ref: NA)			
	* 2000 - 2003	# 10/03/2003	## 12/09/2003
Hemoglobin	7.7 g/dL (Avg. Value)	10.5 g/dL	11.8 g/dL
Detoxification		Whole Body	Whole Body
Intracellular Nutritional Therapy		Prescription Strength Fortified Organic Iron + B - Complex (Forte)	
* 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 16 – Case Study No. 9

Clinical Studies

Patient: Female, Age: 37 years, Height: 5ft. 5 inches, Weight: 70.6 Kg., Diet: Meat Eater (Ref: NA)						
	* 11/03/2000	* 12/03/2002	* 03/25/2003	* 05/08/2003	# 10/03/2003	## 12/09/2003
Hemoglobin	7.4 g/dL	8.1 g/dL	7.6 g/dL	8.9 g/dL	10.5 g/dL	11.8 g/dL
	* 09/26/2000	* 12/03/2002	* 03/19/2003	* 06/02/2003	# 10/04/2003	## 12/19/2003
Ultrasensitiv TSH	3.97 μ IU/ml	8.47 μ IU/ml	7.53 μ IU/ml	17.1 μ IU/ml	7.87 μ IU/ml	2.37 μ IU/ml
Eltroxin / Synthroid Dose		-	50 mcg	75 mcg	75 mcg	50mcg
Detoxification					Whole Body	Whole Body
Intracellular Nutritional Therapy					Prescription Strength Iron + B - Complex (Forte)	
* The Historic Record shows extremely low levels of Hemoglobin for a few years before Detoxification.						
Patient confirms that low Hemoglobin levels existed for over 10 years 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						
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 17 - Case Study No. 10

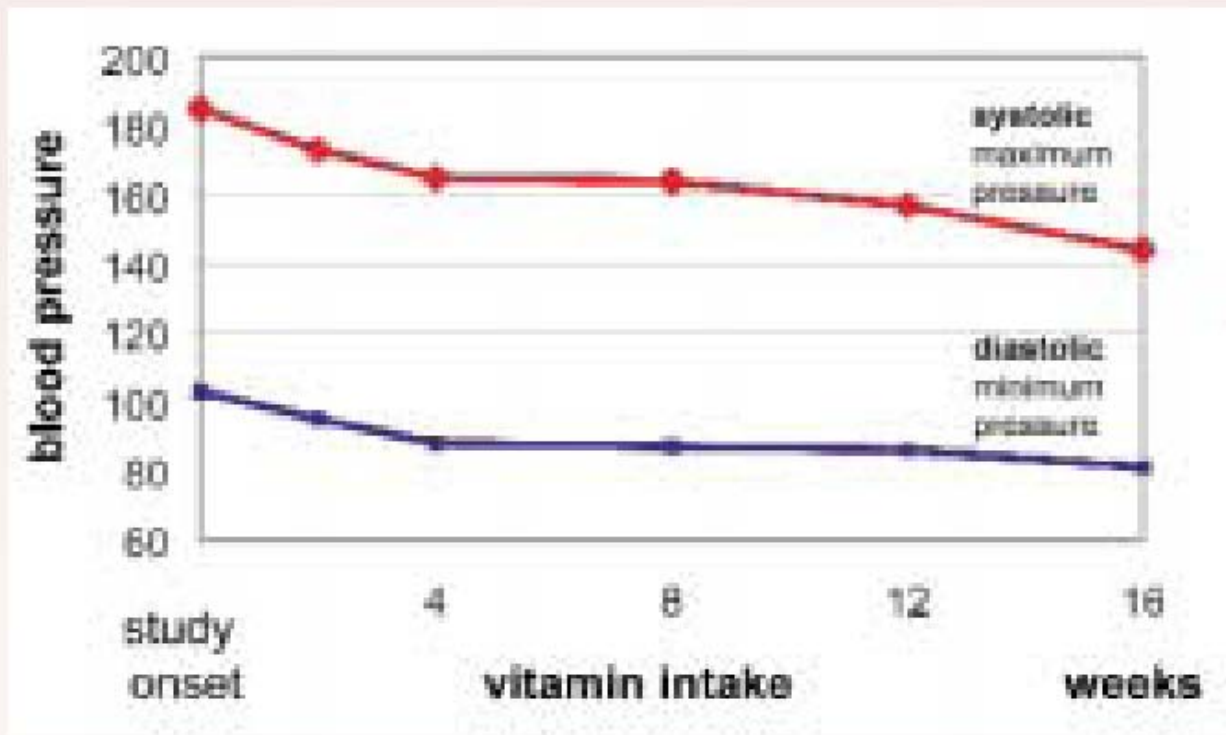
Removal Of Chronic Diseases Prior To Anti-aging

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

BP for Vegetarians and Asians with Predominantly Vegetarian Diet

- BP = 110 / 70
- Heart Rate = 70 beats per second
- BP and Heart Rate on Exercising must increase.
- If instead it goes down than it means or is a foreboding of a serious Heart Disease.
- BPs = 120 / 80 to 125 / 85
- Heart Rate = 85 beats per second

BP Reduction With Therapeutic Doses Of Intracellular Minerals & Vitamin



Homocysteine

Standard Reference Range:

Male: 6.3-15.0 $\mu\text{mol/L}$
Female: 4.6-12.4 $\mu\text{mol/L}$

Hyperhomocysteinemia:

Borderline: 12-15 $\mu\text{mol/L}$
Moderate: >16-30 $\mu\text{mol/L}$
Intermediate: >31-100 $\mu\text{mol/L}$
Severe: >101 $\mu\text{mol/L}$

Optimum Desirable Value:

<7.2 $\mu\text{mol/L}$

hs-CRP

The AHA/CDC defined risk groups as follows:

- **Low risk: less than 1.0 mg/L**
- **Moderate risk: 1.0 to 3.0 mg/L**
- **High risk: above 3.0 mg/L**

Optimum Desirable Value:

< 1.0 mg/L

**Cholesterol Reduction
with
Lowering Homocysteine
and HS-CRP**

Niacin In Cholesterol Reduction

Lovastatin verses Niacin in Cholesterol Reduction in Percentages			
Group	Week 10	Week 18	Week 26
LDL Cholesterol Reduction			
Lovastatin	26	28	32
Niacin	5	16	23
HDL Cholesterol Increase			
Lovastatin	6	8	7
Niacin	20	29	33
Lp(a) Lipoprotein Reduction			
Lovastatin	0	0	0
Niacin	14	30	35

Guggulipid On Serum Lipids

Serum Lipid Effects Of Guggulipid Compared To Standard Drugs			
Agent	Total Cholesterol %	HDL Cholesterol %	Triglycerides %
Guggulipid	-24	+16	-23
Cholestyramine	-14	+8	+10
Gemfibrozil	-10	+11	-22
Lovastatin	-34	+8	-25

Please Silence Your Cell Phones Now



Thank You

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- *Discoordinated perception leads to delusion.*

Adapted from: Living with the Himalayan Masters by Swami Rama

COMMENT SHEET

COMMENT SHEET “Future of Anti-Aging Medicine”

1. Overall evaluation (please X the Box that best describes your response):

a. Overall, how would you rate the seminar:

☐ Better than expected ☐ As expected ☐ Not as good as expected

b. Usefulness of the presentation:

☐ Very useful ☐ Somewhat useful ☐ Not useful at all

c. The presentation:

☐ Excellent ☐ Good ☐ Fair

d. To what extent has your knowledge on the subject increased from attending the seminar?

☐ A lot ☐ Somewhat ☐ Not at all

2. What did you find most valuable in the seminar?

3. What other topics would you have liked covered in this seminar that were not?

4. What action do you plan to take as a result of the information you received?

5. How did you find out about this seminar?

6. Are you interested in having someone call you to discuss this topic further?

☐ Yes ☐ No

(Telephone:- _____ Mobile No. :- _____)

GIFT



- Please complete your ***Comment Sheet*** and collect Gift Package on your way out.

Thank you.



Polar Bear I



Polar Bear II



Polar Bear III



Philosophy of Modern Medicine

- **1. Remember the Healing Power of Nature**
 - The body has considerable power to heal itself. It is the role of the physician or healer to facilitate and enhance this process, preferably with the aid of natural, nontoxic therapies. Above all, the physician or healer must do no harm.
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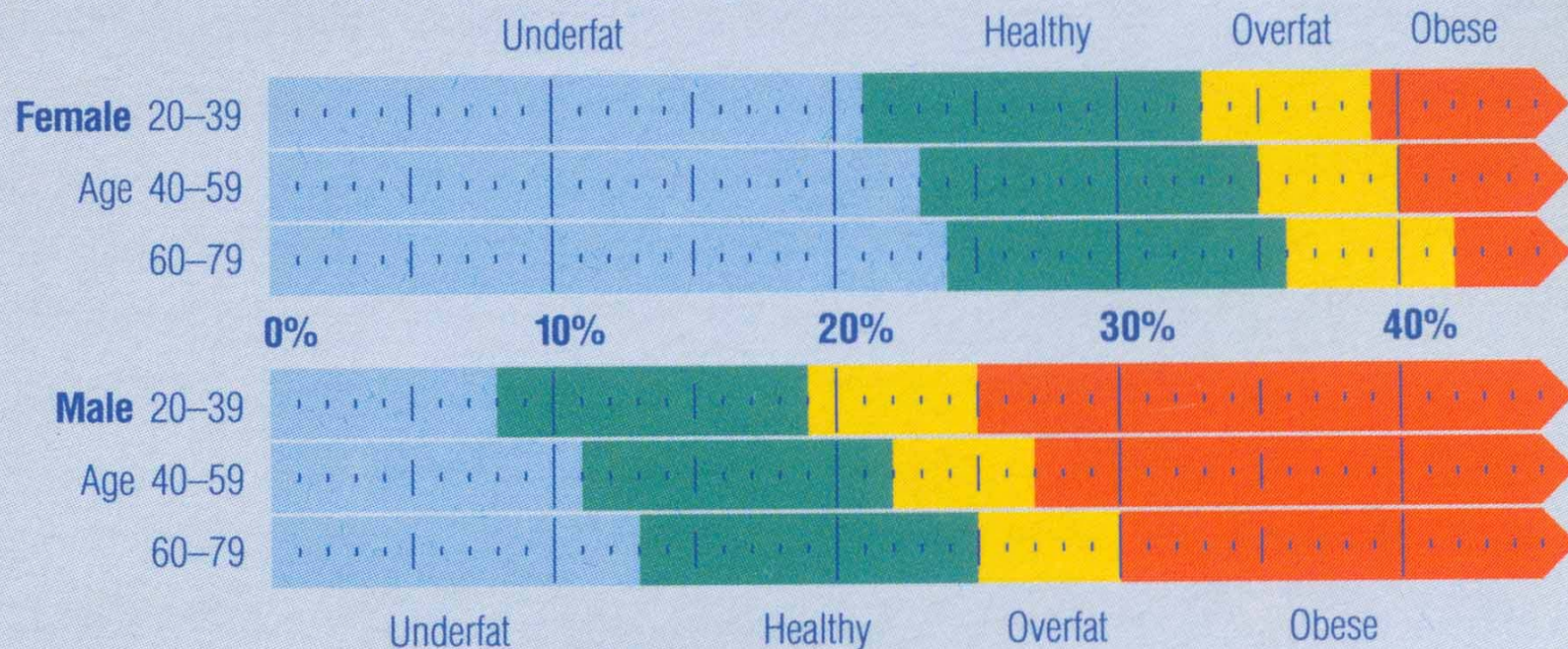
5 Steps To True Anti-Aging

We will go through five basic steps:

- 1) Detoxification*
- 2) Rejuvenation*
- 3) Intracellular Nutrition*
- 4) Whole Body Sculpting*
- 5) Intracellular Nutrition in Cosmetics*

Are You Healthy?

Body Fat Ranges for Standard Adults^{1,2}



¹ Based on NIH/WHO BMI Guidelines. ² Gallagher, et al, Am J Clin Nut 2000; 72:694-701.
To determine the percentage of body fat that is appropriate for your body, consult your physician.

Foot Pad Body Fat Measuring

- = Unhealthy

0 = Healthy

+ = Fat

++ = Obese

Higher Body Fat = Higher Cardiac Risk

FAT %



WEIGHT LOSS

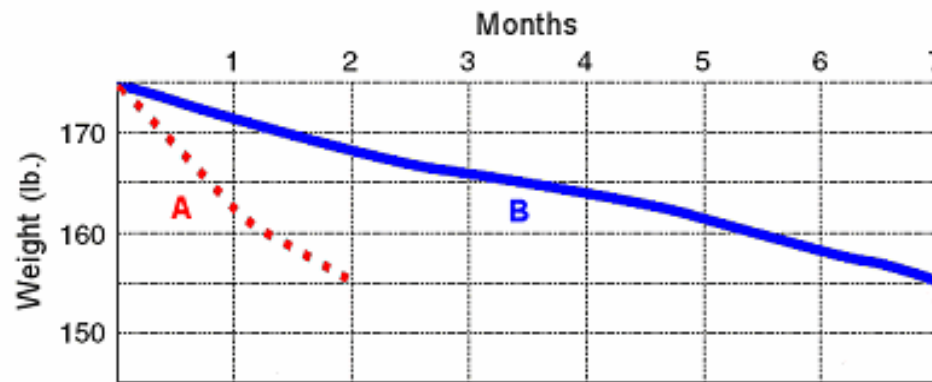
**Can make you....
FATTER**

Reduce Fat by American technique.
No Dieting & Exercise. Totally Natural.
Medically corrected. Lasting Results.

Info at:

www.space-age.com/wl.html

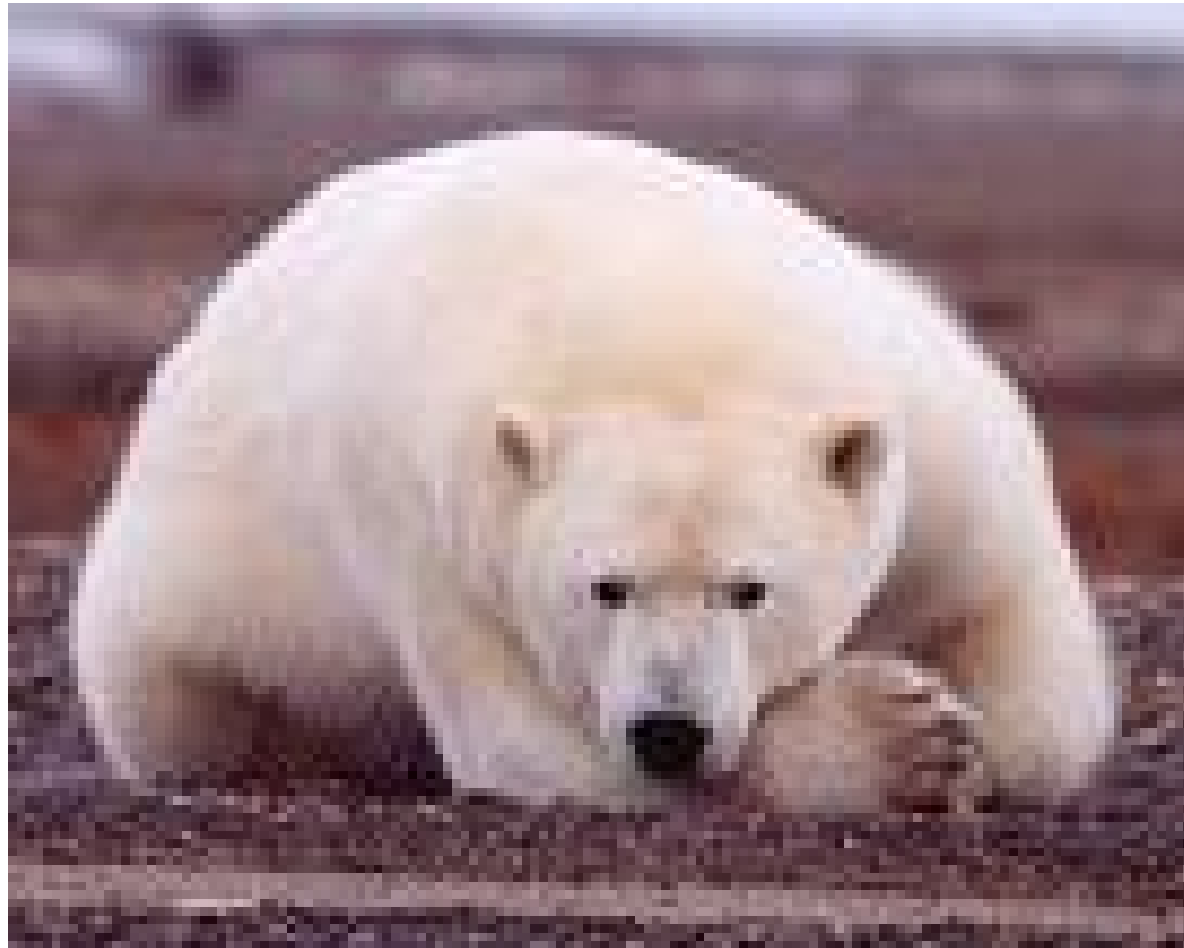
Weight Loss Can Make You *Fatter*



	A	B
Initial Body Fat Level	36.0%	36.0%
Total Weight Loss	20 lbs.	20 lbs.
Fat Reduction	6 lbs.	18 lbs.
Lean Body Mass Reduction	14 lbs.	2 lbs.
End-of-Diet Body Fat level	36.9%	28.3%

Table 18 - Weight / Fat Loss Should be Gradual Process

**Polar Bear at the end of Summer
= 1300 lbs. (600 Kg) = Body Fat ↑↑**



Polar Bear in the Middle of Winter
= 660 lbs (300 Kg) = Body Fat ↓↓



Polar Bear at Beginning of Spring = Perfectly Sculpted Body



Insulin Levels

Insulin	Standard Reference Range
Fasting (F)	2 to 25 uIU/ml
Post Prandial (PP) 2 hours after meals	12 to 82 uIU/ml

Table 19 – Insulin Levels

Insulin Levels

Anti-Aging Pathology

Insulin	Standard Reference Range	Optimum Value
Fasting (F)	2 to 25 uIU/ml	5 to 10 uIU/ml
Post Prandial (PP) 2 hours after meals	12 to 82 uIU/ml	12 to 15 uIU/ml

Table 20 – Optimum Values of Insulin to Reduce Body Fat

Clinical Studies

Insulin Levels in Males

Patient	Male 44 yrs. Veg (SR)	Male 34 yrs. Veg (DK)	Male 30 yrs. Veg (GR)	Male 31 yrs. Veg (GG)	Male 45 yrs. Veg (AA)
Height	5 ft 10 in.	5 ft 2 in.	5 ft 11.5 in.	5 ft 7 in.	5 ft 9 in.
Weight (Kgs)	79.818 Kgs	84.0 Kgs	112.272 Kgs	112.09 Kgs	79.181 Kgs
Fat (%)	22.6 % (+)	32.1% (++)	39.0 % (++)	42.4% (++)	23.7% (+)
Insulin (F)	32.6 uIU/ml	5.48 uIU/ml	25.50 uIU/ml	14 uIU/ml	8.94 uIU/ml
Insulin (PP)	113.0 uIU/ml	52.4 uIU/ml	28.0 uIU/ml	61 uIU/ml	21.9 uIU/ml

Table 21 – Insulin Levels in Males Clinical Study No. 11

Clinical Studies Insulin Levels in Females

Patient	Female 27 yrs. Veg (NG)	Female 45 yrs. Meat Eater (RF)	Female 29 yrs. Veg (SK)	Female 48yrs. Veg (DB)	Female 18 yrs. Veg (SD)	Female 38 yrs. Meat Eater (MK)	Female 54 yrs. Veg (AT)
Height	5 ft 3 in.	5 ft 2 in.	5 ft 4 in.	5 ft 4 in.	5 ft 7 in.	5 ft 2 in.	5 ft 2 in.
Weight (Kgs)	70.9.9 Kgs	71.0 Kgs	95.818 Kgs	75.272 Kgs	110.9 Kgs	69.36 Kgs	93.09 Kgs.
Fat (%)	35.2 % (+)	35.7% (+)	45.1 % (++)	42.0 % (++)	52% (+++)	39% (++)	41.1% (++)
Insulin (F)	2.87 uIU/ml	9.78 uIU/ml	4.32 uIU/ml	14.90 uIU/ml	26.5 uIU/ml	16.30 uIU/ml	16.70 uIU/ml
Insulin (PP)	20.90 uIU/ml	33.70 uIU/ml	22.30 uIU/ml	41.60 uIU/ml	55 uIU/ml	88.90 uIU/ml	52.10 uIU/ml

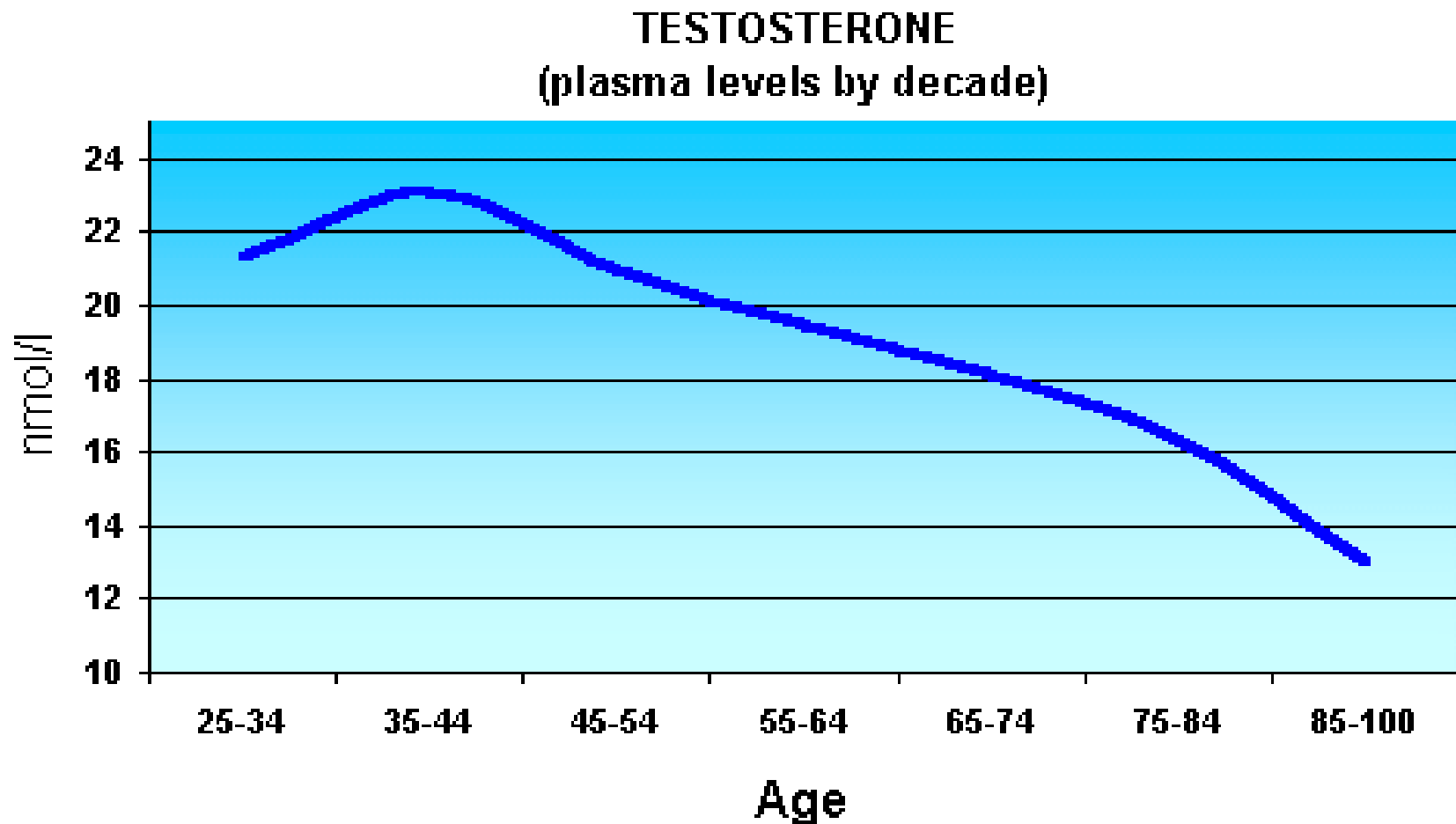
Table 22 – Insulin Levels in Females Clinical Study No. 12

Testosterone Levels

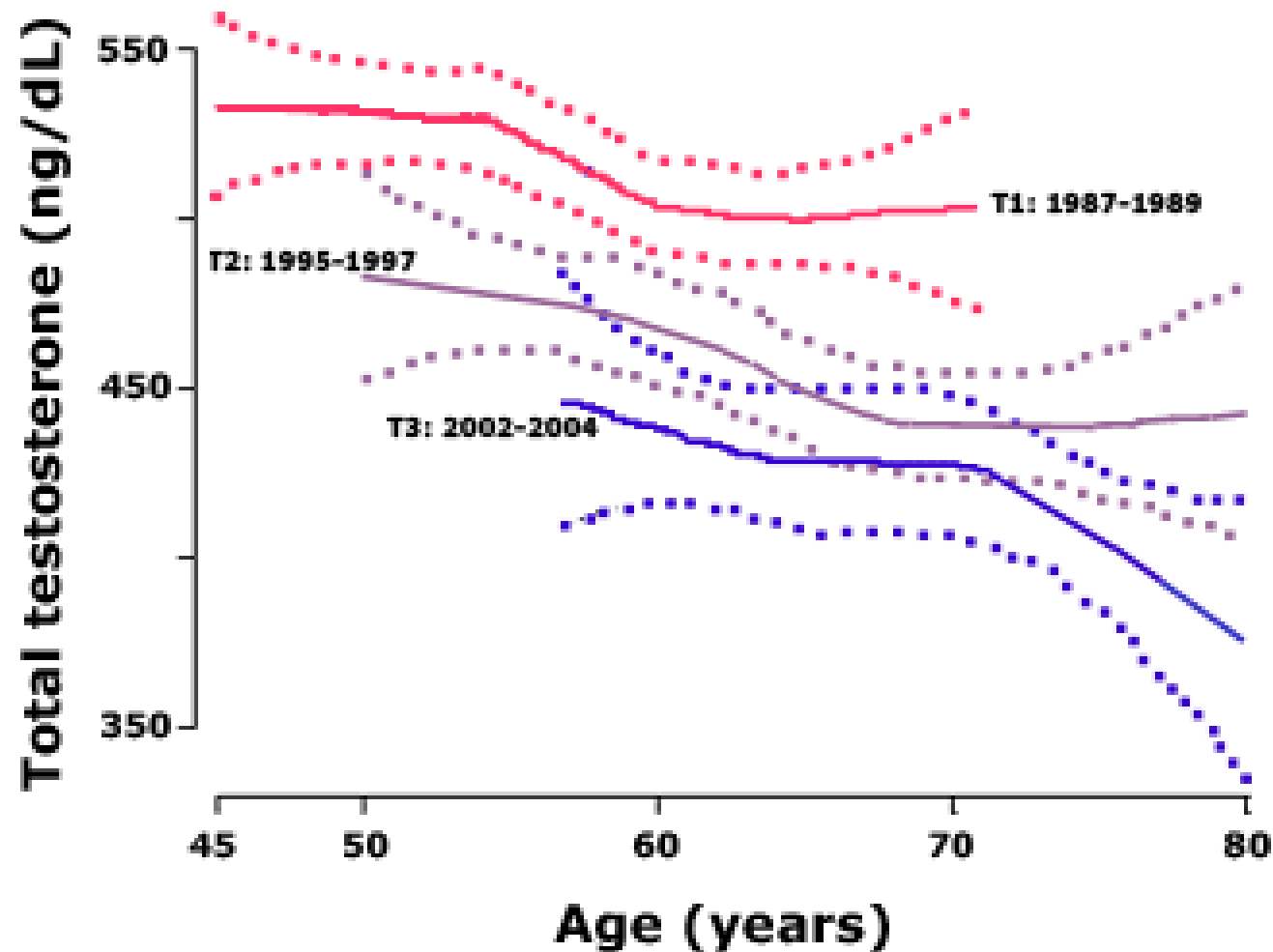
Testosterone	Standard Reference Range	Optimum Values
Free Testosterone	8.69 to 54.69 pg/ml	25 to 50 pg/ml
Total Testosterone	200-1200 ng/dL	26 - 35 yrs - 1200 ng/dL 36 - 45 yrs - 1000 ng/dL 46 - 55 yrs - 800 ng/dL 56 - 65 yrs - 800 ng/dL

Table 23 - Testosterone Levels in Males

Declining Testosterone Levels with Age



Declining Testosterone !



Clinical Studies

Patient	Male 44 yrs. Veg (SR)	Male 34 yrs. Veg (DK)	Male 24 yrs. Veg (SD)	Male 30 yrs. Veg (GR)	Male 31 yrs. Veg (GG)	Male 41 yrs. Veg (AA)
Height	5ft 10in.	5ft 2in.	5ft 11in.	5ft 11.5in.	5ft 7in.	5ft 9in.
Weight (Kgs)	79.818 kgs	84.0 kgs	91.0 kgs	112.272 kgs	112.090 kgs	73.363 kgs
Fat (%)	22.6 % (+)	32.1% (++)	23.1 % (++)	39.0 % (++)	42.4% (++)	20.0% (0)
Free Testosterone	16 pg/ml	17 pg/ml	15 pg/ml	11.50 pg/ml	8.60 pg/ml	7.0 pg/ml
Total Testosterone	440.70 ng/dL	405.70 ng/dL	390 ng/dL	441.00 ng/dL	355 ng/dL	240 ng/dL

**Table 24 - Testosterone Levels in Randomly selected Males
Clinical Study No. 13**

Clinical Studies

Patient: Male, Age: 30 years, Height: 5ft. 11.5 inch, Weight: 112.272 Kg., Fat: 30.0% (++) , BP = 139/81 P = 91 (With Co-Aprovel 300/12.5mg), Vegetarian (Ref: GR)			
	Optimum Values	02/23/2008	02/13/2009
Total Testosterone	1200 ng/dL	441.80 ng/dL	504.0 ng/dL
Free Testosterone	25 to 50 pg/mL	11.50 pg/mL	22.00 pg/mL
IGF-1 (Somatomedin – C)	350 ng/mL	100.00 ng/mL	137.00 ng/mL
Insulin (F)	5 to 10 uIU/mL	22.5 uIU/mL	13.54 uIU/mL
Insulin (PP)	12 to 15 uIU/mL	28.00 uIU/mL	24.16 uIU/mL
Gastrin (F)	< 15.0 pg/mL	≤25.00 pg/mL	≤14.60 pg/mL
Gastrin (PP)	< 25.0 pg/mL	50.00 pg/mL	44.90 pg/mL
Ultrasensitive TSH	≤ 2.0 uIU/mL	2.40 uIU/mL	1.579 uIU/mL

Table 25 - Testosterone Level Raised in a young Male with Erectile Dysfunction Clinical Study No. 14

Hormonal Slimming

- Symptoms of Hormone Imbalance
 - a) Water Retention;
 - b) Flabby body;
 - c) Faulty Ovulation;
 - d) Irregular periods in females; and
 - e) Low Testosterone levels in Males.
- No Exercise or Dieting Required

Self Inflicted Hypothyroidism

- Protein Deficiency
- Amino Acid deficiency
- Lack of Table Salt (Iodine) in Diet
- Zinc deficiency
- Selenium deficiency
- New International Standard for:
Ultrasensitive **TSH ≤ 2.0 uIU/mL**
- **Free T3 and Free T4**
to replace Total T3 and Total T4

Increase Body Fat - I

Lack of:

- Iodine
- Chlorine
- Proteins
- Toxic and / or Fatty Liver

will lead to Obesity and Increased Body Fat

Increased Body Fat - II

- High Levels of Insulin through out the day
- Sometimes caused by frequent meals throughout the day
- Also caused by Insulin Insensitivity
- Can be corrected by Therapeutic doses of Organic Chromium administered with other synergetic nutrition at Intracellular levels. Monitor Fat reduction with Ketone Test Strips. Maintain Ketones at 15mg/dL

The Science of Body Sculpting

- Detoxification
- Rejuvenation
- Intracellular Nutrition
- Resolving the Medical Causes of Obesity

Bioelectric Impedance Analysis



Whole Body Fat





How Do You Measure Up?

Automatically compares your Body Fat % to healthy range. "0" is healthy, while "+" indicates fat and "-" Unhealthy.



How Does It Work?

"Foot-pad" design sends a safe, low-level electrical signal through the body to determine its composition.

Foot Pad Body Fat Measuring

- = Unhealthy

0 = Healthy

+ = Fat

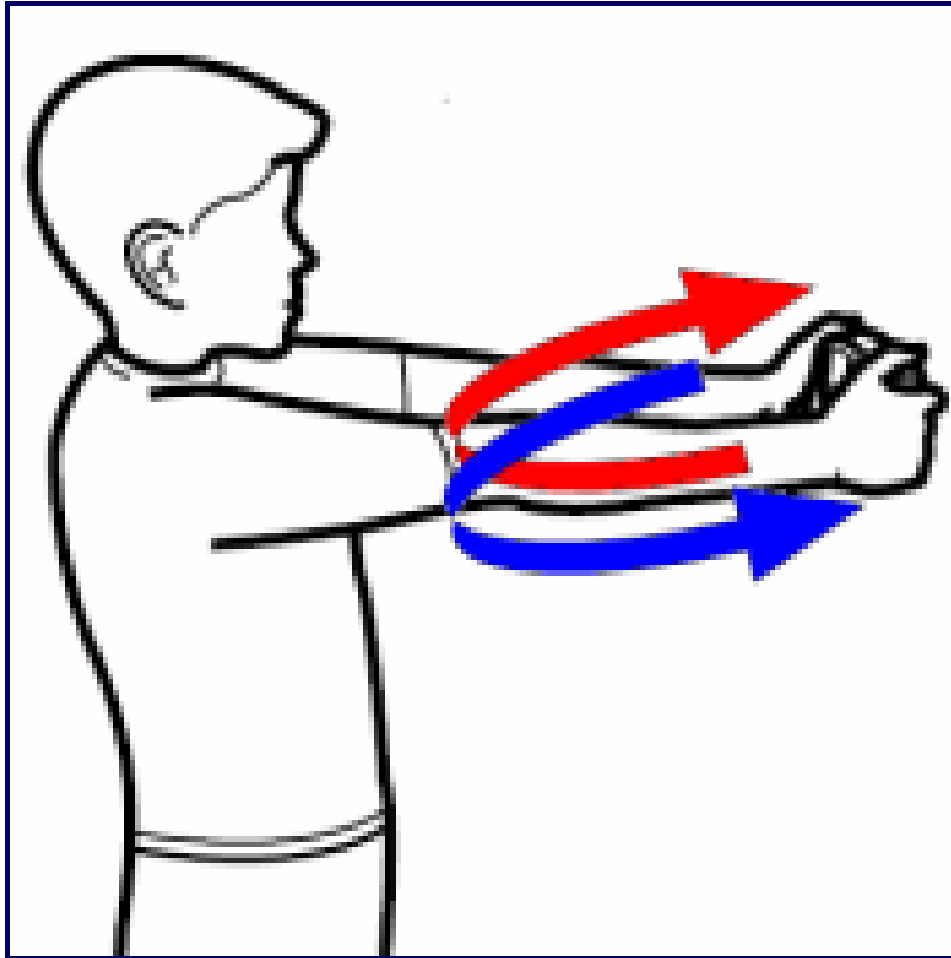
++ = Obese

Higher Body Fat = Higher Cardiac Risk

Visceral Body Fat



Hand Held Bio-electric Impedance Analysis Device



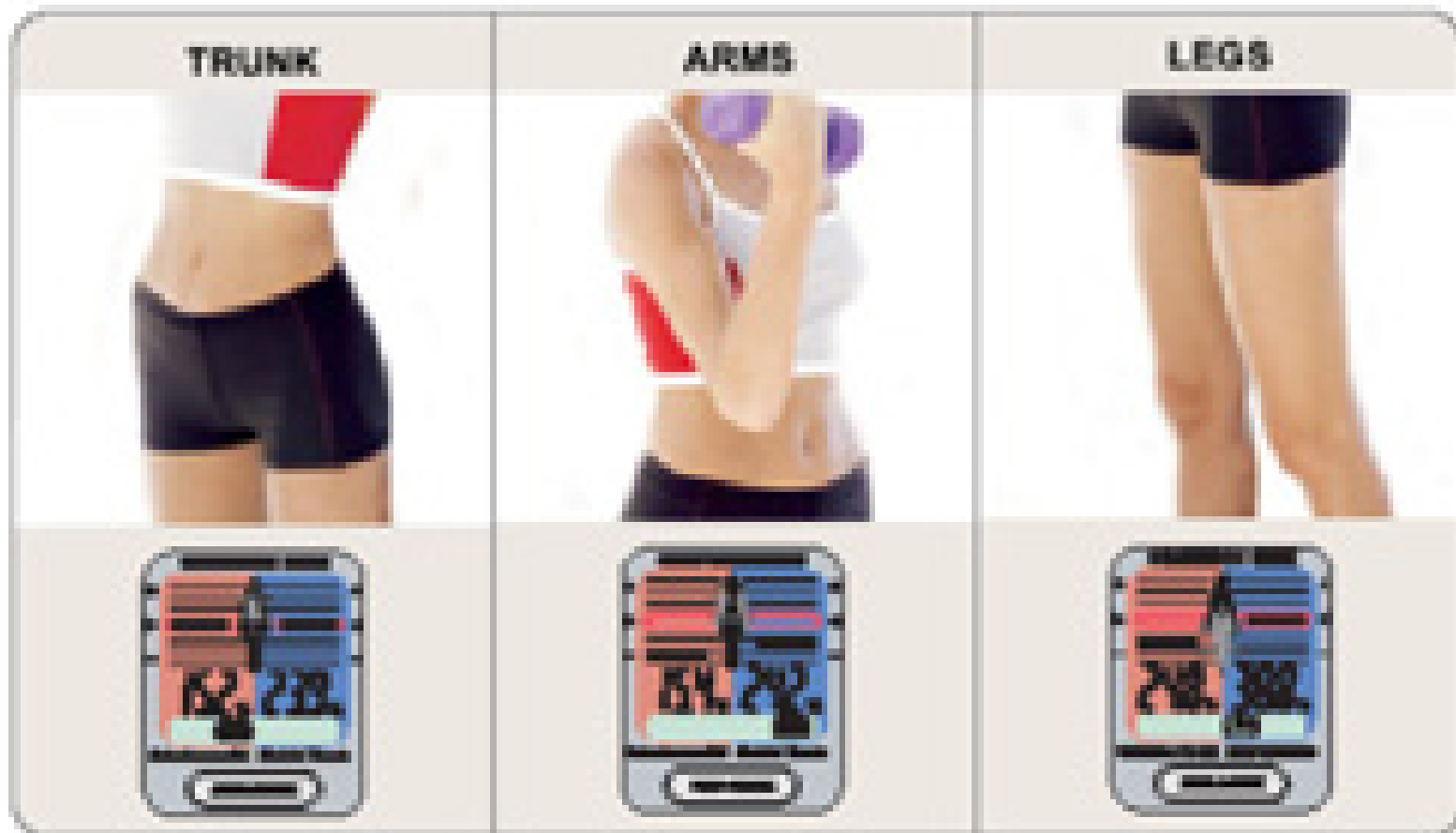
Visceral & Subcutaneous Fat



Visceral & Subcutaneous Fat



Subcutaneous Fat and Skeletal Muscle Levels



Name: _____, Age : _____ yrs, Date: _____
 Weight: _____ Kg _____ lbs. Height: _____ ft _____ inch _____ cms

UNDERSTANDING YOUR MEASUREMENT RESULTS

Interpreting the BMI Result BMI : _____ ()

BMI	BMI (Designation by the WHO)	BMI Classification Bar	BMI Rating
Less than 18.5	- (Underweight)		7.0 - 10.7 10.8 - 14.5 14.6 - 18.4
18.5 or more and less than 25	0 (Normal)		18.5 - 20.5 20.6 - 22.7 22.8 - 24.9
25 or more and less than 30	+ (Overweight)		25.0 - 26.5 26.6 - 28.2 28.3 - 29.9
30 or more	++ (Obese)		30.0 - 34.9 35.0 - 39.9 40.0 - 90.0

Source: Values for obesity judgment proposed by WHO, the World Health Organization.

Interpreting the Body Fat Percentage Result Body Fat = _____ % ()

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥ 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥ 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

Source: NIH/WHO guidelines for BMI

Source: Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

Interpreting the Skeletal Muscle Percentage Result Skeletal Muscle : _____ % ()

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	≥ 35.4
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	≥ 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	≥ 35.0
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	≥ 44.1
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	≥ 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	≥ 43.7

Resting Metabolism : _____ Kcalories, Metabolic Age: _____ years

Interpreting the Visceral Fat Level Result

Visceral Fat Level ≤ 9	10 ≤ Visceral Fat Level ≤ 14	Visceral Fat Level ≥ 15
0 (Normal)	+ (High)	++ (Very High)

Visceral fat area (0 - approx. 300 cm², 1 inch=2.54 cm) distribution with 30 levels.

Visceral Fat: _____ ()

NOTE: Visceral fat levels are relative and not absolute values.

Interpretation: (-) = Unhealthy (0) = Normal (+) = Fat (++) = Obese
 Higher Body Fat = Higher Cardiac Risk

Body Sculpting Kit

Herbal Tonics for Body Sculpting



Applications: Helps raise the rate of metabolism of the body, reduce absorption of fat and encourage body fat metabolism. Removes excessive fatty deposits, improves digestion and eliminates bloating, gas formation, constipation to achieve the ultimate in Body Body Sculpting.

Kit Contains:

- | | |
|---------------------|-------------------|
| 1) Gastric Sculptor | 2) Body Sculptor |
| 3) Abdo Sculptor | 4) Colon Sculptor |

Helps to accelerate reduction in total Body Fat / Weight and Abdominal dimensions; and for Natural Abdominal Sculpting. **Recommended to be used with Detoxification & Rejuvenation Kit.** To be used as pre and post treatment to Liposuction, Abdominoplasty and other Plastic Surgery procedures.

SpaceAge[®]

Natural Health Center

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Internet: <http://www.space-age.com>

Health Care - Naturally !

CosmeNutricals®

- Intracellular Nutrition in Cosmetics
- Totally Natural and so Safe that you can even eat them
- Instant Face Lift
- Reverse Aging
- ***CosmeNutricals, the next generation technology to Cosmeceuticals.***

Beauty Inside Out

- Face will look years younger
- Body dimensions will change
(Body Sculpting)
- Complexion will lighten
- Dark Patches / Pigmentation Spots removed
- Abdominal dimension will reduce
- For info: www.CosmeNutricals.com

You Can Achieve - I

- 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

You Can Achieve - II

- Reduce acne and pimples
- Reduce Body Aches and Pains
- Reduce your Metabolic Age to half your Physical age
- Repair and Rejuvenate damaged skin
- Antiwrinkle Treatment and Tightening of Skin
- Instant Face Lift

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

To Repair & Rejuvenate Skin

- **Ester C**
(Fat soluble Vitamin C)
- **Alpha Lipoic Acid**
- **DMAE - Dimethyl Amino Ethanol**
- **Alpha & Beta Hydroxy Acid**

For that Instantaneous Face Lift.

Ester C

Helps in treatment of skin in the following manner:

- Fine lines, wrinkles and Photo aging.
- Helps simulate the growth of fibroblasts cells that produce collagen and elastin in human skin. By boosting collagen production, sagging skin can be made firm once again for a more youthful appearance.
- Sunburned, inflamed and irritated skin can be calmed down.

Alpha Lipoic Acid

- Both water and fat soluble
- Works to improve the overall appearance of the skin and make it look fabulous by reducing lines and wrinkles, under eye bags and puffiness, enlarged pores and acne scars.

DMAE

- Helps boost antioxidant activity to reduce free radical damage.
- Helps firm the skin on the face and whole body – legs and arms for instance
- Helps reduce fine lines around the lips
- Helps give fullness to thin lips and to make them attractive.

For an instantaneous Anti-Aging Face Lift

Alpha & Beta Hydroxy Acids

Powerful Antioxidants

- Repair and rejuvenate rough, dry skin with fine lines
- Remove uneven pigmentation and agespots

Alpha Hydroxy Acids

- Derived from food
- Lactic Acid is derived from milk
- Glycolic Acid is derived from sugarcane
- The legendary Queen Cleopatra used milk baths (containing Lactic Acid) to give a glow to her beautiful skin.

CosmeNutricals®

- Prescription strength formulations are made using a natural base like Aloe Vera Gel and adding Antioxidants like Ester C, Alpha Lipoic Acid, DMAE, Alpha & Beta Hydroxy Acids and fortifying the same with Intracellular Nutrients for anti-aging skin.
- For info: www.CosmeNutricals.com

Facial Rejuvenation Kit

Herbal Tonics for the Face



Applications: Helps to impart a healthy glow and luster to the Skin. Removes discolorations and tones the skin. For the ultimate in Anti-Aging experience. Results your friendly will notice & envy.

Kit Contains:

- | | |
|--|--------------------------------------|
| 1) Skin Care - 60 Caps | 2) Skin Glow - 30 Caps |
| 3) Cleanser - 4 oz. (120 ml) | 4) Moisturizer SPF-30 - 2 oz. (60 g) |
| 5) Revitalizer Lotion - 4 oz. (120 ml) | 6) Pigmentation Gel - 2 oz. (60 g) |
| 7) Anti Aging Gel - 2 oz. (60 g) | 8) Anti Wrinkle Gel - 2 oz. (60 g) |
| 9) Eye Creme - 0.5 oz. (15g) | 10) Cucumber Gel - 2 oz. (60 g) |
| 11) Face Lift Gel - 2 oz. (60 g) | 12) Silky - 60 Caps |
| 13) Silver Gel - 2 oz. (60 g) | |

Recommended to be used with **Detoxification & Rejuvenation Kit**.
To be used as pre and post treatment to Facial treatments and Plastic Surgery.

SpaceAge®

Natural Health Center

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Internet: <http://www.space-age.com>

Health Care - Naturally !

Aromatherapy

*Is there a Therapy in
Aromatherapy?*

Body Contouring With Aromatherapy

- The *inherent intelligence of Medicinal plants* and Essential Oils derived from them is of prime importance to understand their mode of healing. The *Power of Positive Thoughts* to influence the essential oils and the human body to *promote healing* is of equal importance. The capability of all medicinal plants to *respond to thought and to behave as intelligent adaptogens creates miraculous healing.*

Action of Essential Oils

- Essential Oils require a few days before you begin to notice their effect. Being natural substances, they continue to retain in the body for long period of time and continue working for few days even after the application is discontinued.

PainLess

- Formulation to reduce Pain and Inflammation.
Good for sprains, backache and joint pains.
- Main Ingredients:
Clove
Peppermint
Almond Oil
- Mode of application:
Apply a few drops topically to the area of concern. Can be used to replace Asprin, Crocin, Advil, Ibuprofen, Motrin and Soma or Tramadol.

Treatment Of Cellulite

- Essential Oils like Grapefruit, Cedarwood and Rosemary are some that are very effective for the treatment of cellulite and help towards Body Contouring
- Hips, thighs and abdomen are some of the areas where cellulite normally develops
- Regular applications of massage oils break up cellulite under the skin for those perfect looking legs

Transdermal Lecithin

- Rich source containing phosphatidyl choline (PPC)
- When applied to abdomen and legs can help to reduce the fatty layer which is broken down by phosphatidyl choline and then metabolized in the liver and excreted
- The transdermal method of delivery is a slow and steady process which does not unnecessarily tax the capabilities of the liver and the excretory organs through which the fat is finally excreted.

Volumetric Face Lift

- Oils when applied to the skin travel transdermally and act as natural fillers under the skin for that healthy glowing skin especially on the face, simultaneously preventing the loss of moisture.
- Using oils like Almond, Olive, Grape seed, Jojoba or a combination of the same enriched with intracellular nutrition like fat soluble Vit E, C, A , Beta Carotene and the water soluble B-Complex can help to deliver fat at the subcutaneous level to give a fuller face.
- The intracellular nutrition can also help to repair and rejuvenate the skin cells and tighten the skin to give a *Natural Face Lift.*

Pathology for Anti-Aging – Females

- **ESR**
- **BLOOD GROUP**
- **ANAEMIA PROFILE (MINI)**
- **PROGESTERONE (21st to 24th day after Periods)**
- **THYROID ANTIBODY – ATAB (MICROSOMAL & THYROGLOBULIN ABS)**
- **Free T3, Free T4, Ultrasensitive TSH**
- **ESTRADIOL (E2) (Random and 21st to 24th day after Periods)**
- **LH, FSH, Prolactin**
- **DHEA**
- **IGF – 1 (Somatomedin – C)**
- **ACTH (Adreno Corticotropic Hormone)**
- **SHBG (Sex Hormone Binding Globulin)**
- **TOTAL TESTOSTERONE**
- **CORTISOL (AM/PM)**
- **COMPLETE RENAL PROFILE (MAXI)**
- **LIVER FUNCTION TEST (Maxi)**
- **LIPID PROFILE (Maxi)**
- **DIABETES PROFILE, (MAXI) (CBC, FBS, PPBS, CHOLESTEROL,TRIGLYCERIDE, CREATININE, ELECTROLYTES, URIN rt, INSULIN ANTIBODY, MICROALBUMIN, C-PEPTIDE, HbA1c)**
- **SERUM COPPER (Biochemical)**
- **SERUM ZINC (Biochemical)**
- **SERUM MAGNESIUM (Biochemical)**

- **SERUM CALCIUM (Biochemical)**
- **SERUM PHOSPHORUS**
- **SERUM ELECTROLYTES**
- **SERUM FOLIC ACID**
- **BLOOD SUGAR (FASTING / PP)**
- **INSULIN (FASTING / PP)**
- **VITAMIN A**
- **VITAMIN B6**
- **VITAMIN B12**
- **VITAMIN D3**
- **VITAMIN E**
- **SERUM SELENIUM (AAS / ICPS)**
- **SERUM CHROMIUM (AAS / ICPS)**
- **SERUM LEAD (AAS / ICPS)**
- **SERUM ARSENIC (AAS / ICPS)**
- **SERUM MERCURY (AAS / ICPS)**
- **SERUM ALUMINIUM (AAS / ICPS)**
- **SERUM NICKLE (AAS / ICPS)**
- **PARA THYROID HORMONE (PTH)**
- **C REACTIVE PROTEIN**
- **CYSTATIN – C**
- **PANCREATIC (ACUTE) PROFILE**
- **CARDIAC INJURY PROFILE (MINI)**
- **CARDIAC RISK PROFILE (HOMOCYSTEINE)**
- **URINE, ROUTINE**
- **STOOL, ROUTINE**
- **Comprehensive Health Check-up**

Pathology for Anti-Aging - Males

- ESR
- BLOOD GROUP
- ANEMIA RISK PROFILE (MAXI)
- THYROID PANEL 2 - FREE (Free T3, Free T4, Ultrasensitive TSH)
- FREE TESTOSTERINE
- TOTAL TESTOSTERONE
- DHEA
- ESTRADIOL (E2)
- PROGESTERONE
- CORTISOL (AM / PM)
- IGF – 1 (Somatomedin – C)
- PSA, FREE PSA
- SERUM HGH
- SERUM ZINC (Biochemical)
- SERUM COPPER (Biochemical)
- SERUM MAGNESIUM (Biochemical)
- SERUM CALCIUM (Biochemical)
- SERUM PHOSPHORUS
- COMPLETE RENAL PROFILE (MAXI)
- LIVER FUNCTION TEST (Maxi)
- LIPID PROFILE (Maxi)

- **DIABETES PROFILE, MAXI (CBC, FBS, PPBS, CHOLESTEROL, TRIGLYCERIDE, CREATININE, ELECTROLYTES, URIN rt, INSULINE ANTIBODY, MICROALBUMIN, C-PEPTIDE, HbA1c)**
- **INSULIN (FASTING / PP)**
- **VITAMIN A**
- **VITAMIN B6**
- **VITAMIN B12**
- **VITAMIN D3**
- **VITAMIN E**
- **SERUM FOLIC ACID**
- **SERUM SELENIUM (AAS / ICPS)**
- **SERUM CHROMIUM (AAS / ICPS)**
- **SERUM LEAD (AAS / ICPS)**
- **SERUM ARSENIC (AAS / ICPS)**
- **SERUM MERCURY (AAS / ICPS)**
- **SERUM ALUMINIUM (AAS / ICPS)**
- **SERUM NICKLE (AAS / ICPS)**
- **THYROID ANTIBODY – ATAB (MICROSOMAL & THYROGLOBULIN ABS)**
- **PARA THYROID HORMONE (PTH)**
- **CARDIAC INJURY PROFILE (MINI)**
- **CARDIAC RISK PROFILE (HOMOCYSTEINE / hc -CRP)**
- **C REACTIVE PROTEIN**
- **CYSTATIN – C**
- **PANCREATIC (ACUTE) PROFILE**
- **Serum Gastrin (FASTING / PP)**
- **URINE, ROUTINE**
- **STOOL, ROUTINE**
- **Comprehensive Health Check-up**

Your First Case

**Patient: Male, Age: 50 years, Height: 5ft. 9 inch,
Weight: 77.181 Kg., Diet: Meat Eater**
(Complains of Acidity & Allergy) (Ref: OKV)

	Std. Ref. Range	Optimum Value	Patient Value
Gastrin (F)	Up to 90 pg/mL	< 15.0 pg/mL	86.00 pg/mL
Gastrin (PP)	Up to 250 pg/mL	< 25.0 pg/mL	< 30.00 pg/mL
Insulin (F)	2 to 25 uIU/mL	5 to 10 uIU/mL	9.50 uIU/mL
Insulin (PP)	12 to 82 uIU/mL	12 to 15 uIU/mL	62.10 uIU/mL
Gross Body Fat	11% to 22%	15% to 17%	27.7% (++)
Visceral Fat	≤ 9	7	10 (+)

Breast Augmentation Kit

Herbal Tonics for Breast Care



Applications: Helps to Firm, Tone and Enlarge.

Kit Contains:

- 1) Breast Excel - 100 Caps
- 2) Breast Excel Gel - 4 oz. (120 g)
- 3) Special Breast Excel - 100 caps
- 4) Breast Excel Triest Gel - 2 oz. (60g)
- 5) Aloe Vera Gel (Rose) - 4 oz. (120 g)

Recommended to be used with Detoxification & Rejuvenation Kit. To be used as pre and post treatment to Breast Augmentation Surgery.

***SpaceAge*®**

Natural Health Center

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E-mail: space-age2008@space-age.com

Internet: <http://www.space-age.com>

Health Care - Naturally !

Growth Hormone Kit - Female

Dietary Supplements to increase Growth Hormone production



Applications: Precursor to Human Growth Hormone (HGH). Helps raise IGF-1 (Somatomedin C) / Serum HGH values when taken over a prolonged period (typically 12 weeks). HGH and Bioidentical Hormones are known to be helpful to rebuild and Reverse Age the body.

Kit Contains:

- | | |
|------------------------------------|------------------------------------|
| 1) HGH Pro (Forte) - 60 Caps | 2) HGH Pro Patch - 30 Patches |
| 3) DHEA (F) Gel - 0.5 oz. (15 g) | 4) Progest XL Gel - 0.5 oz. (15 g) |
| 5) Triest XL Gel - 0.5 oz. (15 g) | 6) Wild Yam (Forte) - 100 Caps |
| 7) Chaste Berry (Forte) - 100 Caps | |

Helps increase Growth Hormone Levels. Increase muscle mass and reduce Body Fat. Recommended to be used with **Detoxification & Rejuvenation Kit**. To be used as pre and post treatment to Plastic Surgery and other Anti-aging procedures.

SpaceAge[®]

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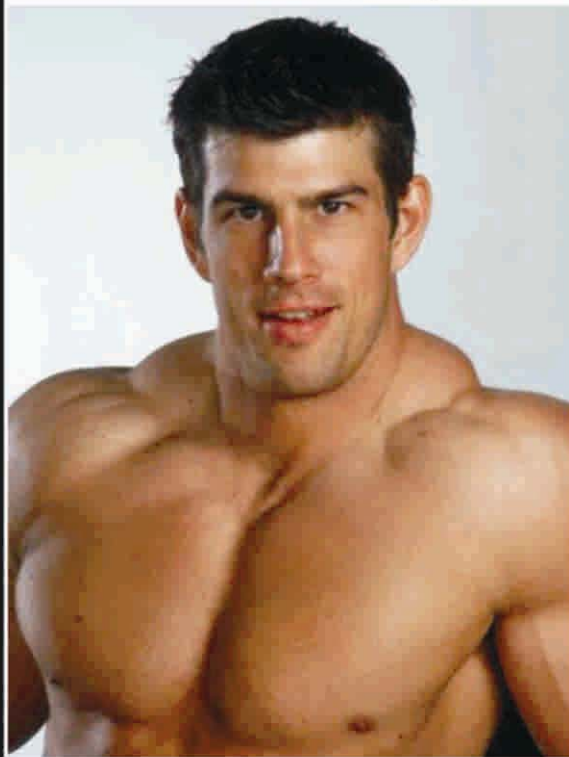
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Health Care - Naturally !

Growth Hormone Kit - Male

Dietary Supplements to increase Growth Hormone production



Applications: Precursor to Human Growth Hormone (HGH). Helps raise IGF-1 (Somatomedin C) / Serum HGH values when taken over a prolonged period (typically 12 weeks). HGH and Bioidentical Hormones are known to be helpful to rebuild and Reverse Age the body.

Kit Contains:

- | | |
|---------------------------------------|----------------------------------|
| 1) HGH Pro (Forte) - 60 Caps | 2) HGH Pro Patch - 30 Patches |
| 3) DHEA Pro Gel - 0.5 oz. (15 g) | 4) Andro XL Gel - 0.5 oz. (15 g) |
| 5) Tribulus Terrestris (F) - 100 Caps | 6) Saw Palmetto - 100 Caps |
| 7) Royale - 100 Caps | |

Helps increase Growth Hormone Levels. Increase muscle mass and reduce Body Fat. Recommended to be used with **Detoxification & Rejuvenation Kit**. To be used as pre and post treatment to Plastic Surgery and other Anti-aging procedures.

SpaceAge[®]

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Internet: <http://www.space-age.com>

Health Care - Naturally !

Jala Neti / Nasal Irrigation Kit

(for Saline & Colloidal / Nano Silver Solution)

Kit contains:

1. Porcelain Neti Pot
2. 100 grams Non Iodized Sea Salt
3. Herbal Eye Drops
4. Neti Pot Cleaning Brush
5. Instructions Manual



SpaceAge[®]

Natural Health Center

9/123, Marol co-operative Industrial Estate
Marol Sagbaug Road Andheri (E), Mumbai 400 059

Tel: 2850 - 3986 / 2850 - 8653 Fax: 2850 - 6214

E-mail: spaceage@space-age.com

Internet: www.space-age.com

Natural Antibiotic Mono Atomic Silver™



***Average Cost of Treatment
is less than Rs. 10/- per Patient.**

* For most Bacterial and Fungal Infections.

Prepare within seconds, in your own Home or Clinic or Hospital. Totally Safe and Natural with Side Benefits - Antiviral, Antibacterial, Antifungal. For Oral / Sub Lingual and Topical use. Excellent for Colds, Sore Throat, Flu and other Viral Infections Skin Burns. Disinfects drinking water.

SpaceAge®

Natural Health Center

9/123 Marol Co-op. Industrial Estate

Marol Sagbaug Road, Andheri (E), Mumbai 400 059

☎ 2850 - 8653 / 2850 3986 ☎ 2850 - 6214

✉ spaceage@space-age.com 🌐 <http://www.space-age.com>

Health Care - Naturally !

MonoAtomic Silver™ Kit

An Amazing Natural Antibiotic

- Portable, Pocket Sized Machine makes Colloidal Silver in Seconds. Auto Off.
- High purity Silver Electrodes good for over 1,000 glasses of Silver suspension solution.
- 9 Volt Alkaline Battery for long life.
- 125ml Brown Colored Bottles - 2 Pcs
- Adaptor for 230 Volt AC Mains operation.
- 25ml Spray Bottle for Topical application.
- Sodium Chloride additive for use with Distilled Water.

Application: For Oral and topical applications. Natural Antibiotics, Antibacterial, Antifungal and Antiviral. Good for treatment of Colds, Sore Throats, Infection of all types and Fevers of unknown origin. Disinfects drinking Water.

Dose: To build strong immunity take 1 to 2 teaspoon daily. For Therapeutic application: 1 to 2 tablespoon every six hours when conditions are acute. Reduce dose gradually thereafter. For Topical application use Spray Bottle. Apply frequently as required. Good for Burns, Cuts and Bruises.

Precaution: Colloidal Silver Solutions prepared with this apparatus should be stored in dark colored Bottles. Good for Oral and topical applications. Totally safe and Non Toxic.

SpaceAge® Natural Health Center

9/123, M.C.I.E., Sagbaug, Andheri (E), Mumbai 400 059

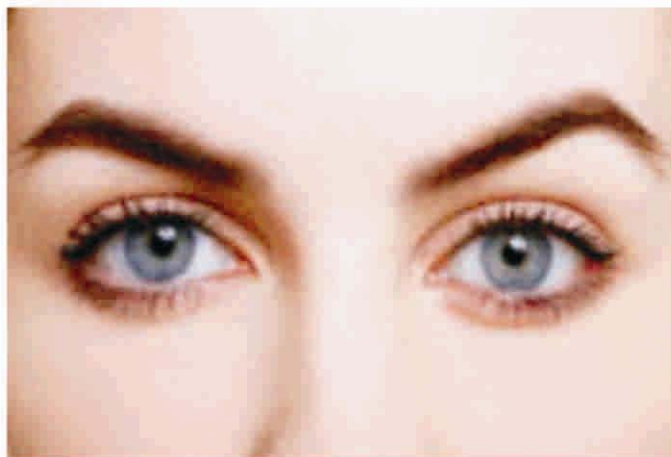
Tel: 2850 - 3986 / 2850 - 8653 Fax: 2850 - 6214

E-mail: spaceage@space-age.com Internet: www.space-age.com

Natural Eye Care / Yoga Kit

Kit contains:

1. Herbal Eye Drops
2. Eye Wash Cup
3. Eye Wash Powder
4. Nano Silver Solution
5. Nano Silver Eye Drop Bottle
6. Eye Wash Solution - 100ml (to be freshly prepared)
7. Magnetic Eye Glasses (Size 54)
8. Neti Pot
9. Neti Pot Cleaning Bursh
10. Non Iodized Sea Salt 100 grams
11. Nutritional Support for Eye Health
12. Instruction Manual with detailed Eye / Yoga Exercises



SpaceAge[®]

Natural Health Center

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Health Care - Naturally !

Our Website

For more information go to:

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

Standard References Ranges in Pathology Reports are Antiquated

Modern Method of Reading & Analyzing
Pathology in Anti-Aging Medicine

To download the complete article in pdf
format please visit:

www.space-age.com/pathology.pdf

**(Article appeared in:
My Doctor Magazine, February 2006 issue)**

Complementary to Mainstream Medicine

The treatments we have discussed today are complementary to Mainstream Medical treatments and can serve as both Pre or Post treatment procedures and also help in maintenance of the good effects of the surgical and invasive procedures that form a part of mainstream medicine today.

Website Co-ordinates

- For the complete text of this presentation please visit:
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- Please feel free to pass on or e-mail this information to anybody who will benefit from this information and to our colleagues who could not attend today's Tutorials due to pressing problems at their own Clinics.

Textbook Of Anti-Aging Medicine 2050

**Pramod Vora, Holistic Educator
& Health Counselor**

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Namaste

- Thank you for your patience and for giving me this opportunity to speak to you today.
- I feel truly honored and privileged to be in your midst and must say I have enjoyed every minute of your company.
- God Bless

Please enter your Name, Address, Tel. No. and E-mail id in the Visitor's Book (BLOCK LETTERS PLEASE) to request for the complete text of this paper.

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- ***Modern Methods of reading Pathology in Anti-Aging Medicine – February 2006***
- ***Nutritional Farming as Opposed to Organic Farming – March 2006***
- ***Detoxification and Intracellular Nutrition in Anti-Aging Skin at IMCAS, Paris – Jan 2009***

Future Of Anti-Aging Medicine

by

**Pramod Vora, Holistic Educator &
Natural Health Counselor to Doctors**

International Faculty Member

Anti-Aging Medicine

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Your Quest For Anti-Aging Ends Here !

Enlightenment

Enlightenment is real and is within our grasp at all times. At any moment, we may be awakened from our current perception of the world around us to another view all together. *With such enlightenment, nothing changes except our point of view and that changes everything forever.*

Knowledge, Ignorance and Delusion

- The human mind remains under the influence of delusion until ignorance is completely dispelled. If there is no *clarity of mind*, the data that is gathered together from the external world is not perceived in a coordinated manner, and the clouded mind conceives a *false vision*. This is one of the modifications of the mind, like fancy, fantasy, symbol and ideas.
- *Maya* is cosmic illusion, and *avidya is individual ignorance* which comes from the lack of knowledge about objects and their *true* nature; it is also an illusion.
- *Discoordinated perception leads to delusion.*

Adapted from: Living with the Himalayan Masters by Swami Rama

Philosophy of Modern Medicine

- **1. Remember the Healing Power of Nature**
 - The body has considerable power to heal itself. It is the role of the physician or healer to facilitate and enhance this process, preferably with the aid of natural, nontoxic therapies. Above all, the physician or healer must do no harm.
- **2. View the Whole Person**
 - An individual must be viewed as a whole composed of a complex interaction of mind, body and spirit.
- **3. Identify and Treat the Cause**
 - It is important to seek the underlying cause of a disease rather than simply suppress the symptoms. Symptoms are expressions of the body's attempt to heal, but causes can spring from physical, mental or emotional, and spiritual levels.
- **4. The Physician is a Teacher**
 - A Physician should be foremost a teacher, educating, empowering, and motivating the patient to assume more personal responsibility for his or her health by adopting a healthy attitude, lifestyle, and diet.
- **5. Prevention is the Best Cure**
 - Prevention of disease is best accomplished through dietary and life habits that support health and prevent disease.

Thomas Edison

“The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and the cause and prevention of disease.”

by Thomas Edison

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