

Your First Steps to Anti-Aging (Detoxification & Rejuvenation)

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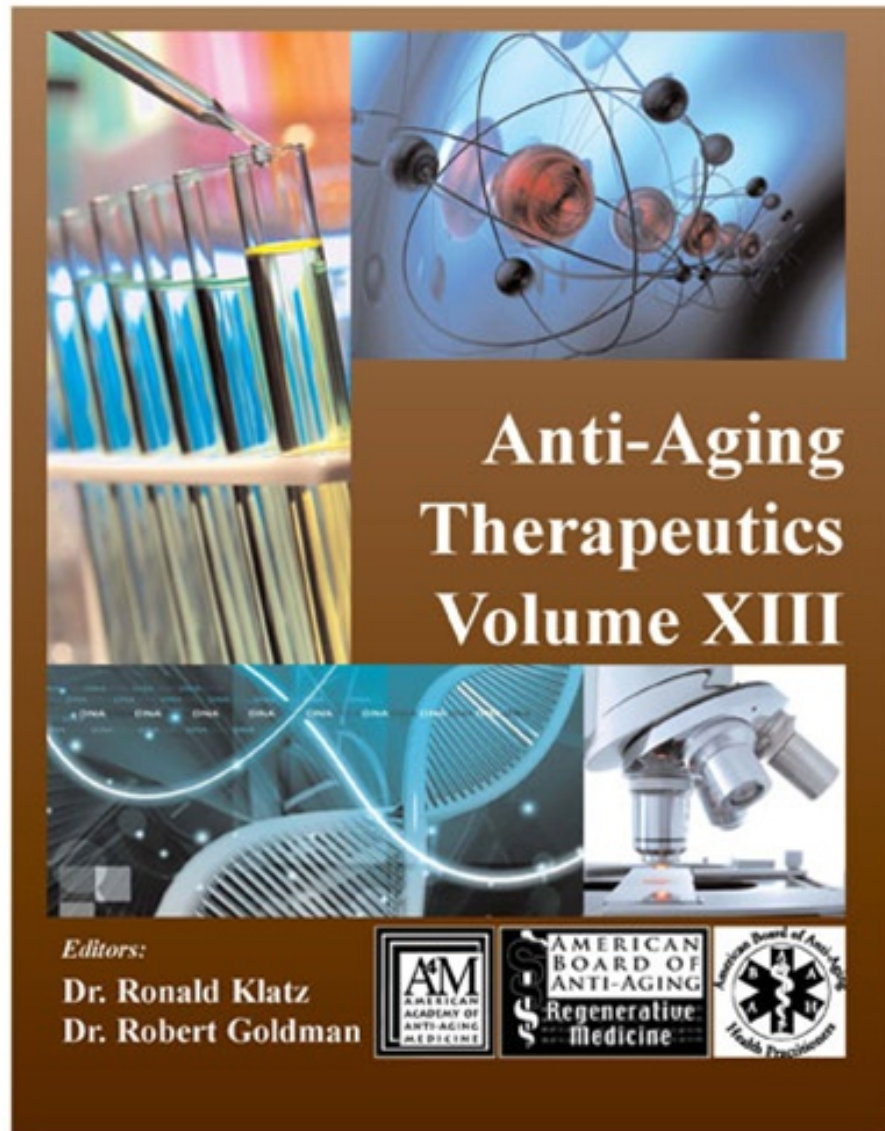
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Note on A4M



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**Abstract of the paper on:
YOUR FIRST STEPS TO ANTI-AGING
(Detoxification & Rejuvenation)**

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**Read at A4M - World Congress of Anti-Aging Medicine
San Jose, California, U.S.A. September 9th to 12th, 2009**

Anti-aging medicine has thus far had a strong basis in surgical intervention (e.g. plastic surgery) or dermatological (e.g. cosmetic) procedures to create an anti-aging effect. However, over a period of time, the body and its organs continue to age unabated, with corresponding deterioration in the overall appearance and in the performance of the body.

This paper, takes you beyond this cosmetic effect of anti-aging, to non-invasive approaches of servicing and repairing various organs of the body: changing body dimension (body sculpting); creating a glowing and healthy skin; removing dark spots and irregular pigmentation; even lightening the complexion by a few noticeable shades; and creating an almost permanent effect of youth and vitality. This is unmistakably perceived by the beholder and also experienced by the subject. These pre-treatment and post-treatment procedures help enhance and maintain the good effects of both surgical and dermatological procedures practiced in mainstream medicine today.

This paper presents clinical studies supported by pathological evaluations of the various organs of the body to strongly suggest the capability of this science to anti-age the body with a added benefit of aesthetic and cosmetic changes. As a consequence of anti-aging the body in this manner, longevity can be achieved.

Armed with this science we are now able to strongly demonstrate the existence of toxins in the body, anti-aging as a valid medical science, and aging as a pathologically detectable and reversible disease.

This paper takes you through two steps which form the foundation of true anti-aging:

A. DETOXIFICATION

Cleansing and repairing the colon, kidneys, liver, lungs, blood, and the skin of the toxic waste build-up and keeping them working at peak efficiency will ensure minimal future toxic build-up in the body. The improved functioning of the organs can be evaluated through pathological tests.

B. REJUVENATION

Rejuvenation comprises of improving the flow of gastric acids, pancreatic enzymes and the bile from the liver. This will eliminate indigestion, bloating, and flatulence and pave the way for anti-aging the body.

In this paper, a holistic approach has been advocated to simultaneously anti-age the whole body using principles of Western herbology. This will help to maintain the body in perfect health, free of medication, for a long and healthy life.

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INTRODUCTION

Overall deterioration in the appearance of the body is observed as aging. Anti-aging medicine has therefore focused at surgical intervention (plastic surgery) or dermatological (cosmetic) procedures to create an anti-aging effect. However, over a period of time, the body and its organs continue to age unabated with corresponding deterioration in the overall appearance of the body. This aging of the internal organs can be verified by studying the change in their respective pathological profile over the course of the human life.

The aim of this paper is to introduce non-invasive approaches of servicing and repairing various organs of the body: changing body dimension (e.g. body sculpting); creating a glowing and healthy skin; removing dark spots and irregular pigmentation; even lightening the complexion by a few noticeable shades; and creating an almost permanent effect of youth and vitality. This is unmistakably perceived by the beholder and also experienced by the subject. These are pre- and post-treatment procedures that enhance surgical and dermatological treatments which comprise part of mainstream medicine today.

Standard reference ranges in today's Pathology will be used to derive new standards in preventive medicine called *optimum values*. These will form the basis of a new subject called *anti-aging pathology*.

The efficacy of this anti-aging science is tantamount to and strongly supported by clinical studies coupled with pathological evaluation of the various organs in the human body. With the added benefit of aesthetic and cosmetic changes to the body, anti-aging of the body will help to achieve longevity beyond one hundred years.

Armed with this science we are now able to illustrate that aging is a pathologically detectable and reversible disease, thereby paving the way to show the existence of toxins in the body and anti-aging as a valid medical science.

This paper takes you through two basic steps that form the foundation to true anti-aging:

- a. Detoxification**
- b. Rejuvenation**

DETOXIFICATION

From everyday life, we know that owning a machine entails periodic servicing and eventual repairs as the machine ages. One of the most frequently used machine that touches our lives today is a car. We know that one must periodically change the engine oil and filter every few thousand miles. The oil becomes black due to carbon depositing from the combustion of gasoline in addition to the depositing of iron particles from the wearing off of the engine parts. The oil filter functions to trap these particles but eventually the oil does get black and viscous. At this stage, the oil and filter needs to be replaced. The carbon particles are the toxins that collect in the engine oil and are detrimental (toxic) to the functioning (life) of the engine and subsequently to the car. The removal of these toxins (e.g. carbon and iron particles) is achieved during the servicing of the car by a simple procedure known as "oil and filter change" which can only be done once every few thousand miles.

However, the daily accumulation of these particles (e.g. toxins) between two services results in the piston rings and the engine block gradually wearing out. Eventually say after 150,000 or 250,000 miles (depending on how diligently the servicing was done), the engine oil consumption goes up and we then know that the engine needs to be opened and repaired. Going from a well understood concept of servicing and repairing a car, we have now defined a concept of toxins in the engine which are toxic to the car and if not attended to periodically will cause premature failure (e.g. death) of the engine (e.g. organ) and consequently of the car (e.g. body).

We will use this analogy to explain why it is important to service and repair the human body, which is also like a “machine” and the need to remove toxins from the body to improve the performance of the various organs and consequently of the human body. The beauty of the human body is, given the right nutrition, the organs constant rebuild and repair themselves. The need to replace organs normally never arises in the lives of fairly healthy people.

It therefore becomes evident that:

1. Removal of toxins from the body (e.g. detoxification) will help to prevent premature failure of the organs
2. Creating conditions for the body to absorb optimum nutrition from the food we eat will allow the body to rebuild, heal and rejuvenate itself.

Both detoxification and rejuvenation will therefore prevent the premature death of the human body and will contribute to overall longevity. These are the fundamentals of anti-aging medicine.

The foundation of anti-aging and longevity rests upon periodic cleaning of the colon, kidneys, liver, lungs and blood of toxic waste build up, as well as servicing and repairing these and other vital organs including the heart. Keeping all the excretory organs of the body such as the colon, kidneys, lungs and the skin working at peak efficiency will ensure minimal toxic build-up within the body.

The liver helps to neutralize toxic chemicals, biological poisons and toxins produced inside the body and must be kept at peak health all the time in order to cope with this daily toxic burden. Thus, the main excretory organs like the colon and the kidneys must be kept working at peak efficiency throughout one’s life.

To understand this concept of servicing and repairing of organs, we need to understand how to properly evaluate the functioning of these organs by standard pathological tests. In order to judge if these organs are now working at peak efficiency and capacity as are found at youthful levels, we need to continue to evolve newer pathological standards. This requires us to read and interpret the results of these standard pathological tests in an entirely different manner commensurate with our goal of anti-aging.

To give an example, let us consider three commonly used parameters: creatinine, blood urea nitrogen (BUN) and serum uric acid to evaluate the functioning of the kidneys (Table 1).

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

* Correlate with clinical symptoms

Table 1 – Standard Reference Ranges for Renal Function Tests

In order to maintain the body in a state of perfect health and to achieve longevity, we now need to define a concept called *optimum values* which are those that are found in perfectly healthy young people. The goal of anti-aging should be to maintain these optimum values for at least 100 years of a person’s life.

Renal Function Tests	Optimum Value & Units	Standard Reference Range & Units	Remarks
Serum Creatinine	0.8 mg/dL	0.5 to 1.5 mg/dL	Elimination of toxins through kidneys
Blood Urea Nitrogen (BUN)	12.0 mg/dL	4.5 to 21.0 mg/dL	To prevent kidney failure / disease
Serum Uric Acid	* 4.0 to 5.0 mg/dL	3.6 to 8.2 mg/dL	To help reduce aches and joint pains / arthritis

* Depends upon daily protein intake.

RDA for Proteins = 1.0 g / Kg body weight \approx 1.75 oz. for 110 lbs (50 Kg) or 2.25 oz. for 170 lbs (77 Kg) body weight

Table 2 - Sample of some Optimum Values for Renal Function Tests

A good detoxification process of the kidneys should help a fairly healthy person to change his or her kidney profile, irrespective of their physical age, to closely match the values given under the *optimum value* column. These are the values that comprise the standards for **anti-aging pathology**.

Patient: Female, Age: 39, Height: 5ft 3 in., Weight: 163.6 lb (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 week 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(A)
Diagnosing and Preventing Kidney Failure**

The patient in Case Study 1(A) originally came to us for a treatment of “mainstream medicine induced hypothyroidism” resulting from a radioactive iodine treatment for hyperthyroidism performed many years earlier resulting in obesity. In the course of routine investigation, numerous blood tests were carried out as per the requirements of anti-aging medicine.

When we looked at the renal profile of the patient, everything looked “normal” except for the slight increase in the serum proteins and albumin levels. However, the serum magnesium and zinc levels were way above what would normally be encountered with a patient with this medical history. This gave us an indication of an underlying kidney malfunction. Based on this data, an initial diagnosis of kidney malfunction was arrived at and the patient was put through a standard detoxification program. Later on in this paper we will restudy this case in more detail and see how we immediately verified this initial diagnosis to demonstrate that a proper kidney detoxification would prevent a future chronic renal failure (CRF). The progress of this case during the first seven weeks (Table 3) shows a marked improvement in the kidney function. In addition, the kidney detoxification program paved the way for returning the kidneys back to youthful healthy levels and maintaining them at optimum levels in the future as per the goals of anti-aging medicine.

Patient: Male, Age: 40, Height: 5ft 6 in., Weight: 170.0 lbs. (77.272 Kg.), Fat = 26.7% (++) BP = 153 / 97, Pulse = 98, BPs = 174 / 99 Pulse = 87 Diet: Vegetarian (Low Protein) (Ref: DP)				
Renal Profile (Std. Ref. Range)	* 03/24/2009	** 04/22/2009	*** 06/24/2009	**** 09/01/2009
Serum Uric Acid (2.1 to 7.8 mg/dL)	7.2 mg/dL	6.5 mg/dL	4.8 mg/dL ↓	# 6.8 mg/dL ↓
Creatinine (0.5 to 1.5 mg/dL)	1.2 mg/dL	1.2 mg/dL	1.2 mg/dL	1.0 mg/dL ↓
Allopurinol	100 mg qd	100 mg qd	100 mg qd	100 mg qd
Paracetamol / Acetaminophen 500mg	bid	bid	bid, on and off	Nil for last 8 weeks
Standard 8 Week Detoxification & Rejuvenation Program		Began on 04/04/2009	Special Kidney Detoxification	Special Kidney Detoxification
Herbal Teas for Kidney Detoxification (2 Types)		2 cups per day	4 cups per day	3 cups per day
Special Vitamin C (With Neutral pH)	Nil	Nil	500 mg bid from 07/10/2009	500 mg bid
Serum Uric Acid = 10.4 mg/dL on 07/29/2005. Allopurinol 100 mg qd and Paracetamol / Acetaminophen 500 mg bid was started. Left kidney is seen in ectopic location in left iliac fossa and is malrotated. Normal high velocity low impedance flow in main renal artery. Patient only on carbohydrate diet.				
Note: 8 week detoxification program was started on 4th of April 2009.				
* Prior to starting detoxification. Condition is pre-gout stage with serious walking difficulty.				
***After 11 weeks of Whole Body Detoxification with extended kidney detoxification using herbal supplements and teas. Patient on carbohydrate diet.				
**** After 21 weeks of kidney detoxification. # Patient on a restricted diet with 0.3 oz. (10 g) max. veg. proteins / day. Weight reduced to 157.6 lbs. (71.636 Kg) and body fat reduced to 22.4 % (+). A drop of 4.3%.				

**Table 4 - Case Study No. 2(A)
Kidney Detoxification for Reducing Uric Acid and Creatinine in a Chronic Case**

The patient in Case Study 2(A) began suffering frequent bouts of joint pains about 10 years back. These were treated with Paracetamol / Acetaminophen 500 mg bid. No inference was reached as to what triggered these episodes. If inflammation ensued, it was treated with the addition of Diclofenac 50mg. This continued until 2005, with the frequency of these episodes increasing steadily, when it was finally detected that the serum uric acid levels had reached 10.4 mg/dL. At this stage, Allopurinol 100mg qd was prescribed to maintain serum uric acid at slightly lower levels. The patient came to us in March of 2009 seeking treatment for lowering serum uric acid levels through detoxification of kidneys. At that stage, joint pain was a regular symptom, with serious walking difficulty. The case appeared to be a pre-gout condition solely controlled with Allopurinol which helped to maintain serum uric acid levels at 7.2 mg/dL. During a routine check up, the patient was for the first time detected with also having high blood pressure.

An elaborate kidney detoxification was started to lower the serum uric acid and creatinine levels to prevent a future occurrence of CRF and / or stroke. This would have been the prognosis of this case under mainstream medicine today. The progress of the patient over a five month period is shown in Table 4.

A similar analysis can be done for the liver using standard pathology tests and *optimum value* standards to return the liver functions back to healthy, youthful levels.

Liver Function Tests (LFT)	Optimum Value	Standard Reference Range	Remarks
Serum Bilirubin (Total)	0.8 mg/dL	up to 1.5 mg/dL	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 42U/L	
GGPT (Gamma GT) serum	20 to 30 U/L	12 to 64 U/L	

Table 5 - Sample of Some Optimum Values after Liver Detoxification

Now that we have correlated detoxification to pathology, we are in a sound position to assist the body to return to a healthy, youthful state. This would be the first step to anti-aging and its periodic monitoring.

Here are some case studies done during the past few years at our health center:

Patient: Male, Age: 25 years, Height: 6ft., Weight: 162.4 lbs (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 liver detoxification			
*** After 8 weeks of liver detoxification			

Table 6 - Case Study No. 3

Patient: Female, Age: 38, Height: 5ft 2 in., Weight: 152.6 lbs. (69.36 Kg.), Fat = 39% (++) , BP = 94 / 69, Pulse = 72, Diet: Meat Eater (Ref: MKh)		
	* 04/19/2003	** 04/23/2005
Serum Creatinine	0.6 mg/dL	0.7 mg/dL
Blood Urea Nitrogen (BUN)	18.0 mg/dL	11.0 mg/dL
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 1st round of detoxification in April 2003		
** After 2nd round of 8 week Whole Body Detoxification Program.		

Table 7 - Case Study No. 4

Here are some advanced case studies of the cases shown above with more detailed and in depth analysis.

Patient: Female, Age: 39, Height: 5ft 3 in., Weight: 163.6 lbs. (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 g/Kg Body Weight	Unrestricted	Approximately 2.0 oz. (60 g)	Vegetarian 0.3 oz. (10 g)	Unrestricted (Avg. 1.0 oz. (35 g))
# Correlate with clinical symptoms				
Note: 8 week detoxification program was started on 15th of October 2007				
* Prior to starting detoxification. At the start of the program she was put on restricted protein (only vegetarian) diet of only 0.3 oz. (10 g) per day				
** After 7 weeks of Whole Body Detoxification Her protein (mixed) intake was increased to 25 g/day after noting the improvement in renal function				
**** After 24 weeks when there were no restrictions imposed to her protein intake for the last 16 weeks.				

**Table 8 - Case Study No. 1(B)
Preventing Kidney Failure - Advanced Analysis**

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.

**Standard Reference Range: (Random Blood Sample)
Male & Female: 0.53 to 0.95 mg/L**

**Optimum Value: (desired)
Male & Female: ≤ 0.7 mg/L**

The initial diagnosis of a serious kidney malfunction, Case Study 1(A) given above in Table 3, was immediately verified on the same blood sample by conducting the cystatin C test prior to commencing on an elaborate kidney detoxification program.

The above is a case study on kidney servicing, detoxification and rejuvenation. The patient is taken from the precipice of chronic renal failure (CRF) to good health. The kidney function has returned back to fairly youthful levels in a matter of a short period of seven weeks. Further improvements are noted at the end of 24 weeks when cystatin C has been brought down to an optimum value of 0.7 mg/L.

The next case we are going to study pertains to showing how high blood pressure, induced by renal malfunction and unresponsive to prescription drugs, can be lowered by detoxification of the kidneys.

Prior to embarking on this study, it is important to understand the procedures followed to measure the blood pressure (BP) and heart rate / pulse (P) as well as the interpretation of these results.

The Art of Measuring Blood Pressure / Cardiac Efficiency and the Meaning Behind These Numbers

The patient is seated in a chair and made to relax for ten whole minutes, before the cuff of a manually pumping digital blood pressure measuring machine is placed on the upper left arm. After manually pumping, the blood pressure (BP) is measured along with the heart rate/pulse (P).

Thereafter, the patient is asked to stand up and this measurement is once again immediately repeated. The standing blood pressure (BPs) and the heart rate/pulse (Ps) is also noted.

The interpretation of these numbers (pertaining to *cardiac efficiency*) is as follows:

1. In a normally healthy young person, with good cardiac efficiency; the systolic, the diastolic, and the heart rate should increase by 10 to 15 points upon standing up.
2. A poor or small increase in any or all of these numbers is indicative of poor cardiac efficiency.
3. A fall in any of these numbers is indicative of a serious cardiac inefficiency or inefficiencies and a foreboding of an eminent cardiac event.
4. Tachycardia or bradycardia is indicative of a serious overall nutritional deficiency pointing principally to an *intracellular magnesium deficiency*.

Patient: Male, Age: 40, Height: 5ft 6 in., Weight: 170.0 lbs. (77.272 Kg.), Fat = 26.7% (++) BP = 153 / 97, Pulse = 98, BPs = 174 / 99 Pulse = 87 Diet: Vegetarian (Low Protein) (Ref: DP)				
Renal Profile (Std. Ref. Range)	* 03/24/2009	** 04/22/2009	*** 06/24/2009	**** 09/01/2009
Serum Uric Acid (2.1 to 7.8 mg/dL)	7.2 mg/dL	6.5 mg/dL	4.8 mg/dL	6.8 mg/dL
Allopurinol	100 mg	100 mg	100 mg	100 mg
Paracetamol / Acetaminophen 500mg	X 2	X 2	X 2 on and off	Nil for 8 weeks
Amlodipine	5.0 mg		5.0 mg	Nil for 4 weeks
Blood Pressure (BP) & Heart Rate (P)	BP = 153/97 P = 98 ↑	BP = 160/100 P = 96 ↑	BP = 130/94 P = 80	BP = 130/79 P = 78
Standing Blood Pressure (BPs) + Standing Pulse (Ps)	BPs = 174/99 Ps = 87			BPs = 143/95 Ps = 89
Heart Rate (Standing) Ps	# Ps = 87 ↓			Ps = 89 ↑
Std. 8 Weeks Detox. & Rej. Program		Began on 04/04/09	Sp. Kidney Detox.	Sp. Kidney Detox.
2 Herbal Teas for Kidney Detox.		2 cups per day	4 cups per day	3 cups per day
Special Vitamin C (With Neutral pH)	Nil	Nil	500 mg X 2 from 07/10/2009	500 mg X 2
# Falling Heart Rate ↓ on exercising indicates poor cardiac efficiency and a serious intracellular magnesium deficiency. High BP ↑ not responding to Amlodipine indicates malfunctioning of kidneys is also a prime cause of hypertension.				
* Prior to starting detoxification. Condition is pre-gout stage with serious walking difficulty.				
***After 11 weeks of Whole Body Detoxification with extended kidney detoxification using herbal supplements + teas				
**** After 21 weeks of kidney detoxification. Weight = 157.6 lbs. (71.636 Kg), Weight reduced by 12.4 lbs. (5.636 Kg). Fat reduced to 22.4% (+). Fat reduced by 4.3%.				

**Table 9 - Case Study No. 2(B)
Kidney Detoxification for Lowering Hypertension – Advanced Analysis**

Another view of Case Study 2(A) given above in Table 4, where an elaborate kidney detoxification, done over a five month period, has also been shown to help lower “renal malfunction induced hypertension” and reduce heart rate which normally do not respond to hypertension prescription drugs like amlodipine.

The heart rate prior to starting kidney detoxification, was borderline tachycardia and was also falling on standing up (exercising). At the end of twenty one weeks this has been reversed and for the first time we note the heart rate rising up on exercising (standing up).

Some of the indicators which should set off an alarm for need of immediate kidney detoxification are:

1. Values in the renal profile of the patient are on the higher end of the standard reference range;
2. Values in the renal profile are not conclusive and do not correlate with the clinical symptoms, then cystatin C and / or the GFR values should be checked and brought down to the optimum value;
3. Higher than normal levels of minerals like magnesium, zinc, calcium, etc. which appear to be falsely elevated due to improper filtration in the kidneys and its inability to maintain the body's electrolyte (mineral) balance;
4. Uncontrolled hypertension not responding to standard prescription drugs; and
5. To look for some other markers which may be inadvertently overlooked like:
 - a) Calcium Oxalate crystals in the urine
 - b) Calcification of the kidney
 - c) Formation of kidney stones

While detoxification of the kidneys will help to remove calcium deposits in the kidneys, including small stones (normally less than 4 mm in diameter), it will in no way prevent their reformation. For this, one must address the underlying cause of their formation in the first place. This means, we have to go to the root cause of their formation. Here the cause normally encountered is excess calcium in the body coupled with magnesium deficiency. The only way to resolve these problems on a permanent basis, after a proper and thorough kidney detoxification, is to administer therapeutic doses of organic magnesium at intracellular levels. In addition, the ratio of Magnesium to Calcium in the body needs to be corrected to remove calcium toxicity. This can also help to remove the presence of calcium oxalate crystals in the urine which is also an indication of a serious magnesium deficiency.

The presence of osteoarthritis, osteophytes, and bone / heel spurs are also an indication of magnesium deficiency and calcium toxicities in the body, invariably caused by intake of calcium supplements (normally taken in isolation without other supporting and essential nutrients) for prolonged periods in the belief that calcium is "good" for the prevention of osteoporosis.

Having discussed kidney detoxification in depth, let us now move over to the subject of colon detoxification.

Colon cleansing should help to clean the entire digestive tract and remove compacted matter from the walls of the entire length of the intestines including the colon. Cleaning the walls of the intestines will help to improve the absorption of nutrition from the food we eat, a first step towards anti-aging.

Today, there is a serious misconception about constipation. Many think that if they have one bowel motion per day, they are not constipated. The truth of the matter is that, if the digestive and excretory processes are running at peak efficiency, it should be possible to completely digest and excrete the food we eat within a few hours instead of a whole day or days. Assuming that an adult has two major meals per day, this should result in two bowel motions; one in the morning and one at bedtime. Having two or more bowel movements in the morning is a sign of incomplete evacuation of the bowels and poor peristaltic motion of the colon. A good colon cleanse procedure when properly implemented should reset the biological clock back to the natural cycle we were all born with. Proof of this, is to watch a few months old baby who needs a new pampers every time after a breast feed. This is the true test of proper colon cleansing or colon detoxification.

Colon cleansing, besides cleaning and resetting the body's biological clock back to what it was at the time of our birth, also helps to reseed the intestines and the colon with healthy bacteria destroyed by the use of drug antibiotics and the exposure to antibiotics in our environment. Colon cleansing will simultaneously help to improve the speed of digestion, and to reduce colic pains, acidity, and symptoms of Irritable Bowel Syndrome (IBS). Hard stools or stool which sinks in water is indicative of incomplete digestion and an unhealthy colon. Once the colon is cleaned, the stool should be soft, well formed and float on water. This is the true test of colon detoxification. Present techniques of colonics (e.g. colon irrigation or colon hydrotherapy) and the ancient art of Ayurvedic Basti may not be able to achieve all this.

Let us now study the kidney and liver profile of a patient who has regularly undergone annual detoxification over a six year period between 2000 and 2005.

Patient: Female, Age: 56 years, Height: 5ft., Weight: 138.4 lbs (62.9 Kg), Fat = 37% (+), Diet: Meat Eater (Ref: BJ)					
	* 09/13/2002	** 09/16/2003	*** 04/11/2004	# 08/06/2004	## 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. Thyroid Hormones T3 / T4 was not administered to the 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					
TSH = 2.27 μIU/ml on December 02, 2008 (Three years after discontinuing treatment with our health center and six years after TSH value was naturally brought down from a high of 23.0 μ IU/ml).					

**Table 10 – Case Study 5
Annual Detoxification & Rejuvenation Over a Period of Nine Years**

The overall impression left is that Gamma GT does deteriorate with substance abuse, but can still be corrected, in short while, by proper detoxification of the liver coupled with abstinence. Barring this, there is a good overall control and maintenance of the renal and liver profile over the entire six year period. The Table further shows that the TSH, once corrected in early 2002, was well maintained in a narrow range during the entire four year period, until 2006, when all supplements were stopped; and continued to maintain for a further three year period on its own without any further supportive treatments.

REJUVENATION

Let us now talk about *Rejuvenation*.

One of the most important causes of accelerated aging and chronic diseases is poor digestion. This can be due to poor gastric flow, or poor bile flow, or poor enzyme production, or a combination of all these factors. Inefficient digestion, which is characterized by bloating, gas, burping, acid reflux, flatulence, etc. results in improper absorption of nutrition from the food we eat. We all know, that lack of proper nutrition can cause accelerated aging and even death. Hence, in rejuvenation, we must look at ways and means to: primarily improve digestion, regenerate liver cells to improve liver function and bile flow; and rejuvenate the pancreas to increase the production of enzymes like protease, amylase and lipase to help properly digest proteins, carbohydrates and fats respectively.

If the digestive tract is damaged, due to the use of drug antibiotics, or prolonged use of aspirin, we would like to recoat and rebuild the mucus membrane lining and also reseed the intestine and colon with healthy bacteria (e.g. probiotics) to aid digestion and naturally produce B-Complex vitamins for the body.

Herbal supplements and nutrition would be a good way to go about rebuilding and recoating the entire digestive tract. A good detoxification and rejuvenation program will create a healthy glow on the face of the person and make them look and feel years younger than their present physical age. This is how we can create natural anti-aging.

Now that we have understood the basics of rejuvenation, let us find out how to evaluate and monitor this by simple pathological tests.

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

* Gastrin is inversely proportional to HCl levels

Table 11 – Optimum Gastrin Levels

Let us now understand the fundamentals of gastric digestion:

- Improper digestion due to poor hydrochloric acid (HCl) will result in poor absorption of nutrition from the food we eat and causes rapid aging.
- As a consequence:
 - 1) Any use of prescription drugs to reduce gastric acidity are contraindicated for anti-aging the body. Also, prolonged use of antacids, proton pump inhibitor, H2 receptor blockers and the like; will block digestion and cause nutritional deficiencies resulting in rapid aging and premature death.
 - 2) Similarly, the prolonged use of any prescription medication resulting in GI disturbances will also result in rapid aging and premature death of the body.
- For example:
 - Anemia can be a result of inadequate gastric flow as HCl is required for proper absorption of iron from the food we eat.
 - Due to over cultivation of land and depleted soil conditions, iron deficiency is no longer a female dominated disease. A larger number of males are also found to be anemic, especially those on prolonged use of Aspirin for “good” cardiac health.
 - CBC (Complete Blood Count) is no longer sufficient to diagnose anemia. We need to routinely check serum iron and ferritin levels along with hemoglobin. An anemia profile will help us to arrive at more accurate diagnosis of chronic or acute anemia. Iron deficiency should be treated until ferritin levels reach *optimum levels*.

It is a well established that as we age the digestion weakens, resulting in a reduction of gastric flow of acids. There is however much talk of and rampant treatment of hyperacidity nowadays. Are these truly cases of hyperacidity or are these cases of hypoacidity? To determine this let us study a few cases where gastrin hormone levels along with some other important health parameters were monitored.

Tests (Optimum Values)	Female - I 37 yrs. Meat Eater (Ref. NP)	Female - II 44 yrs. Veg (Ref. PR)	Female - III 43 yrs. Meat Eater (Ref. RK)
Hemoglobin (14.5 g/dL)	12.2	12.6	13.1
Serum Iron (100 µg/dL)	76.00	62.00	141.00
Ferritin (150 ng/mL)	7.21	119.87	39.20
Gastrin (Fast) ≤ 15 pg/ml	95.50	27.10	43.40
Gastrin (PP) ≤ 25 pg/ml	124.00	34.30	196.00
Sodium (142 µmol/L)	138.00	136.00	136.00
Potassium (4.7 µmol/L)	4.2	4.20	4.70
Chlorides (105 µmol/L)	97.00	101.00	107.00
Proton Pump Inhibitors + H2 - Receptor Antagonist	Pantaprozole 40 mg	Nil	Ranitidine 150mg (sos)

Table 12 – Case Study 6 – Hyperacidity or Hypoacidity?

What is observed here is that proton pump inhibitors and H2 receptor antagonists resulted in higher gastrin levels corresponding to poor HCl flow in the stomach. This resulted in poor ferritin levels, anemia and the consequential poor oxygenation of the body resulted in extremely low energy levels throughout the day.

In one case (Female –I), the patient had already transgressed from chronic anemia to acute anemia. This went undiagnosed for many years as her CBC did not manifest alarmingly poor hemoglobin levels. In this particular case, the patient had also abstained from salt in her diet for many years and this resulted in subnormal levels of chlorides. This subsequently resulted in impaired production of HCl. This state would continue into the future even after discontinuing the use of Pantoprazole as the body lacked chlorine or chlorides to produce hydrochloric acid (HCl).

This brings us to the question - why the patient was suffering from hyperacidity? The fact is that the patient only experienced the symptoms of hyperacidity though she was clearly hypoacidic for the simple reason that the mucus membrane lining of her digestive tract was damaged due to a prolonged history of NSAIDs for the treatment of migraines.

In conclusion, in the majority of the cases, perceived hyperacidity is actually hypoacidity and reducing gastric flow is contraindicated for anti-aging.

- Proton Pump inhibitors (e.g. Pantoprazole, omeprazole) will rapidly age the body and lead to anemia.
- Antacids containing bicarbonates and even calcium carbonate supplements (natural or otherwise) to treat acidity or osteoporosis, will neutralize the HCl in the stomach
- Hyperacidity is actually be hypoacidity in the majority of the cases!

Going back to the above three cases, we can examine the effect of prolonged abstinence from salt in the diet. A few years later, down the line, we see subnormal levels of sodium in the body (Female –II and II) and poor chloride levels (Female – I). Abstinence of salt in the diet, because it is “bad for health”, will result in poor chloride levels thereby causing subnormal HCl and hypoacidity resulting in rapid aging of the body and premature death. Dietary salt is the largest provider of chloride to the body to aid the production of HCl. Dietary salt, preferably from natural sources also contains prophylactic doses of iodine to help prevent hypothyroidism and formation of goiters which have become quite rampant in the last few years (among the population that believes that salt is bad for health).

In summation, adequate quantities of dietary salt from natural sources is necessary to achieving anti-aging and longevity.

Below is a Table showing optimum levels of pancreatic enzymes to help improve digestion.

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

Table 13 – Optimum Levels of Pancreatic Enzymes

Again, the flow of pancreatic enzymes diminishes as we age. It is however quite easy to correct these levels through supplementation. Enzymes are recycled in the body and do not need to be taken daily. A thirty day course of pancreatic enzymes is normally adequate to rectify this situation in most cases.

Improper digestion and excretion results in abdominal distention. The digestive tract can be fine tuned, like a car, at the gastric, intestinal and pancreatic levels. This is achieved by improving the flow of gastric juices,

bile, and enzymes respectively coupled with healthy and regular bowel movements. This can help us achieve a very “flat abdomen” which no amount of gym exercises or surgical intervention can help correct.

Here is an example using detoxification and rejuvenation techniques to achieve whole body sculpting.

WHOLE BODY SCULPTING

Ms. Professional Model & Actress					
Female, Age: 24 years, Height: 5ft 5 in. Weight: 114.4 lbs. (52 Kg)					
	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 (at navel)	27.0"	26.0"	26.0"	27.5"	26.75"
* Waist – II (2" below navel)	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"
Wrist	5.75"	5.75"	5.9"	5.9"	5.75"
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
Avg. Daily Calories	2002	1987	1983	2010	2040
Metabolic Age	12 years	12 years	12 years	12 years	12 years
Leg Length	42.0" even				

Remarks: Happy with present weight. Would like to increase lean muscle mass, reduce water retention and increase Bone Mass to 5.5 lbs. Some increase desired in Mid and Full thigh measurements.

Note: This professional model was working out in a gym for over one year prior to detoxification.

* Waist II measurements are taken 2 inches (50 mm) below navel.

5 inches (125 mm) are reduced within 6 weeks of starting a detoxification program.

Maintaining the results achieved was observed over the next 6 months period with hardly any deterioration in Waist II dimensions.

Table 14 - Case Study No. 7

In this case study, we have achieved a reduction of abdominal dimension by five inches in a period of only seven weeks. This was achieved by cleaning out the colon, thereby improving the speed of digestion and excretion, so that the distention in the abdominal area, due to gas formation and toxic waste build-up was eliminated. This is a natural method of body sculpting. The good effects on the waist are maintained over the next six months even after stopping further treatment.

Your Quest For A Perfect Body Ends Here !

Detoxification and rejuvenation allows us to truly achieve anti-aging in a very gentle and natural manner. The whole body will uniformly undergo anti-aging and will not only look younger but the subject will also feel years younger and will with dedicated effort stay that way for years to come.

CONCLUSION

1. Last traces of controversy surrounding toxins, is removed once and for all, by showing changes in pathology after detoxification (removal of toxins from the body).
2. Demonstrating anti-aging of the organs through before and after pathology has for the first time:
3. Demonstrated the reversal of the aging process
4. Aging is a pathologically detectable and reversible disease
5. Firmly established anti-aging medicine as a valid medical science.

Thank you for your patience and giving me this opportunity to talk to you today.

I am truly honored to be invited to speak to you today.

Namaste!

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

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GFR
cystatin C
glomerular filtration rate
gastrin
hyperacidity
pancreatic enzymes
body sculpting

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Your Quest For Anti-Aging Ends Here !

Appendix - 1

(Not a part of the published paper)

Here is a Standard Whole Body Detoxification Kit.

WHOLE BODY DETOX KIT

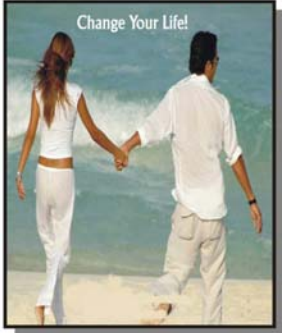
* Whole Body Detoxification Kit

Herbal Dietary Supplements

Overcome Ravages of Environmental Pollution & Exposure to Chemicals !

Helps Anti-Aging !

Four Week User Friendly Program



A. Detoxification Program

1. Special Colon Cleanse - 60 Capsules
2. Super Kidney Care - 60 Capsules
3. LivMax - 60 Capsules
4. Detoxifier - 30 Capsules
5. Lung Clear - 30 Capsules

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Natural Health Center

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Health Care - Naturally !

* Clinical Studies done using these Detoxification and Rejuvenation Kits were presented in the peer reviewed paper "Detoxification & Intracellular Nutrition in Anti-Aging" at the International Conference of AAM - American Academy of Anti-Aging Medicine at Orlando, Florida, USA in April 2009. These Clinical findings are published in the Anti-Aging Therapeutics Volume 12 Textbook Series which are used by Physicians worldwide as Desk Reference Books in their day to day practice. For more information on Clinical Studies conducted please visit: <http://www.space-age.com/naime.html>

(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.)

Detoxification of the whole body can help to create a good foundation to Reverse Aging the body. Complete Body Detox Kit to help you clean the entire body and rid its various organs of Toxic Waste Matter build up over the years. The Colon, Kidneys, Liver, Lungs and Blood are cleansed and detoxified of toxic waste build up. 4 weeks of Detoxification brings a Youthful Glow on your face. Your friends cannot help notice and compliment you about it.

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

Dosage: Capsule

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

Foundation To Arresting The Aging Process Of The Body.

A Standard Rejuvenation Kit comprises of:

REJUVENATION KIT



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* Rejuvenation Kit

Herbal Dietary Supplements

Overcome Ravages of Environmental Pollution & Exposure to Chemicals !

Helps Anti-Aging !

Four Week User Friendly Program

B. Rejuvenation Program

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

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REJUVENATION OF THE BODY HELPS TO:

- a) Improves Digestion by increasing the flow of Gastric Juices to enhance absorption of Nutrition from the food we eat;
- b) Improves Energy levels and Mental Alertness stimulating the Adrenal Glands and the Brain for improved physical and mental energies;
- c) Improves the health of the stomach and intestines by recoating its walls with a healthy layer of mucus; and
- d) Improves the performance of the Liver by Regenerating Liver Cells.

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		

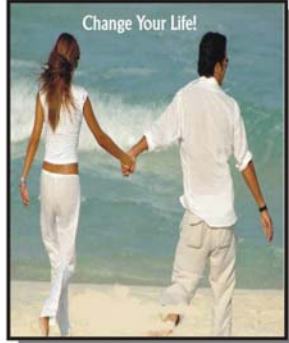
* Detoxification & Rejuvenation Kit

Herbal Dietary Supplements

Overcome Ravages of Environmental Pollution & Exposure to Chemicals !

Helps Anti-Aging !

Eight Week User Friendly Program



A. Detoxification Program

1. Special Colon Cleanse - 60 Capsules
2. Super Kidney Care - 60 Capsules
3. LivMax - 60 Capsules
4. Detoxifier - 30 Capsules
5. Lung Clear - 30 Capsules

B. Rejuvenation Program

6. Energizer - 60 Capsules
7. GastritiX - 60 Capsules
8. Liver Tonic - 60 Capsules
9. Digestive Aid - 60 Capsules
10. pH Test Kit

11. Basal Temperature Kit + Electronic Thermometer

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(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.)

Detoxification of the whole body can help to:

- a) Create a good foundation to Reverse Aging the body. Detoxification helps to clean all the excretory organs (of Toxic Waste Matter build up over the years) like the colon, kidneys, lungs, blood and also the liver;
- b) Bring a youthful and healthy glow on your face which your friends cannot help notice and compliment you about it.

Rejuvenation of the body helps to:

- a) Improves digestion by increasing the flow of gastric juices to enhance absorption of nutrition from the food we eat;
- b) Improves energy levels and mental alertness stimulating the adrenal glands and the brain for improved physical and mental energies;
- c) Improves the health of the stomach and intestines by recoating its walls with a healthy layer of mucus to reduce symptoms of acidity; and
- d) Improves the performance of the liver by regenerating liver cells and increases bile flow for proper digestion in the intestines.

Ingredients: Safe Herbal. Conditioned and Micronized for maximum potency.

No metals used in these preparations.

Dosage: Capsule

Special Colon Cleanse (60 capsules)	750mg	Helps clean the Colon and Digestive Tract
Super Kidney Care (60 capsules)	850mg	Helps Clean the Kidneys and Urinary Tract
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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 Detoxification & Rejuvenation Kit	480 capsules	To Consult / Order Click Here

Foundation For Reverse Aging The Body.

We recommend a Basic Detoxification and Rejuvenation Program to achieve optimum results in Anti Aging the body. Our Detoxification & Rejuvenation Program comes with a 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.

The complete rejuvenation of the digestive system ensures that proper nutrition is absorbed from the food you eat and the supplements you take. Nutrition is the basis of repairing, regenerating and anti-aging the body. Without proper nutrition the body will begin to age rapidly and will also manifest chronic diseases like high blood pressure, type 2 diabetes, hormonal imbalances, and other cardiac diseases.

[To Consult Click Here](#)

Compatibility of Detoxification / Rejuvenation Kits with other Medical Systems

Standard Whole Body Detoxification Kits and Rejuvenation Kits can also serve as follow up treatment to standard Panchakarma procedures done at any Ayurvedic Center. They are specially useful for foreigners who visit India for Ayurvedic Health Care and can be given as kits for follow up treatment to maintain their good health till they return back to India. Detoxification and Rejuvenation Kits can also serve as a pretreatment procedure to be done by NRIs and foreigners who wish to visit Ayurvedic / Nature Cure Health Resorts in India for their treatment.

These Kits are also compatible and complement the treatments done in Siddha, Homeopathy, Varman, Acupressure, Acupuncture, Reflexology, Unani, Rekhi, Pranic Healing and other Medical Systems.

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<http://www.facebook.com/pages/SpaceAge-Anti-Aging-Center/154567131289336>



<http://www.linkedin.com/pub/pramod-vora/11/89/aa5>



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

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* The concepts, data and methods of pathological evaluation discussed in this paper were presented at the A4M – American Academy of Anti-Aging Medicine Conference at Orlando, Florida, USA in April 2009 and San Jose, California, USA in September 2009. The supporting case studies presented at this International Conference on Anti-Aging Medicine were based on the use of the Detoxification and Rejuvenation Kits mentioned in this article. These findings are published in the Anti-Aging Therapeutics Volume XII and Volume XIII Textbook Series published by A4M – American Academy of Anti-Aging Medicine for use by Physician worldwide as Desk Reference Books in their day to day practice.

For more information on case studies conducted please visit:

<http://www.space-age.com/aging.html>

Testimonials: A4M Seminar at Orlando, Florida - April 2009

Dear Dr. Pramod Vora,

I just attended your lecture here in Orlando. I really enjoyed it. My wife and I are both here and are both OB/GYN physicians. We really need to know more about your therapies. Can we meet you here or do we need to come to your clinic to get more information on your treatments.

We really look forward to learning more about your therapies and possibly meeting you.

Thanks,

JH, M.D. FACOG

KH, M.D. FACOG

Dear Dr. Vora,

We really enjoyed meeting with you at the A4M meeting. We are very excited about all we learned and look forward to our personal consultation with you about our personal health.

Because we are OB/GYNs, we want to quickly begin implementing the transdermal hormone therapy into our practice. Many of the American compounding pharmacies that we saw are still using cream filled syringes.

Please call or email me at you convenience to discuss this further. Thank you for your time.

Thank you,

D and K H, OB/GYN

Dear Dr. Vora,

Thanks for your reply. We are very excited to work with you. Your costs are well below everyone else. I can't wait to talk with you on the phone. If I don't answer straight away its only because I'm in a C-Section or delivery. Otherwise I can answer 24 hours a day (I'm very used to being called in the middle of the night if you're back in India)

Talk to you soon.

D H, OB/GYN

Hi Pramod, I just received your email from Dr. RR, MD. He is with the California Institute and I am the Director of the Florida Institute. We have known each other for years and work together. Your email was fascinating and I would love to hear more. If you have the time, please call my cell. I look forward to hearing from you.

Warm regards,

TS, MD, FACS

Medical Director

HELLO! First of i would like to congratulate for your towering success. It is a really a great achievement & we are proud of you, being your patients. I will write a short summary with my fresh investigation in couple of days. We will cooperate in your massive project & pray to god that you will finish it before time. Please let us know any help from our side. I request you to consider me or DR.C as your trainee in this upcoming science under your expertise.

THANKS

DR. DP, M.D., ENDOCRINOLOGIST & DIABETOLOGIST
& DR. CP, M. D., D.G.O., OB/GYN

Dear Sir

Congratulations!!! though it has definitely not come as a surprise to me.

Your work has always reflected that its premise is highly scientific and evidence based.

All your patients, which includes me, have been blessed with good health since they undertook your program, however it does feel nice to get an acknowledgement especially from the world experts in this field.

Your work has been included in the textbook for anti-aging but I guess I will feel you have reached your goal only when your text book gets published and reaches the needy.

Like you always mention, you have a spiritual mentor behind you but the fact that he has chosen you to be the custodian of this priceless knowledge reflects on your ability to deliver it.

Incidentally, I have spoken about you to the committee in charge of the CME program at my Hospital and they were tentatively deciding a suitable date to invite you to talk to our consultants . Even a peek preview into the vast ocean of knowledge that you have gathered would help them a long way besides making them pause and think and probably mend a few ideas which have been dogmatically prevalent.

I once again congratulate you sir and thank you for helping me and many others with your magic wand.

May god bless you and be with you always

Warm regards

Dr. NP, M.S., M.Ch.

Board Certified Plastic Surgeon

Wow, thanks for this.

I will be happy to take a look at this.

It would be interesting to be a patient myself and I appreciate the materials you have sent.

I will get to this as soon as I can :D

I really enjoyed meeting you too :)

Best!

Dr. DW, M.D.

Hi Pramod,

Great show.

Dr. SA, M. Chir, F. FCAS (Paris)

Board Certified Plastic Surgeon

Dear Pramod,

I am glad to receive your e-mail. I have no doubt that you will continue to receive many more accolades and recognition in time to come.

I am looking forward to meeting you at the A4M, San Jose Conference and learn the various programs from you.

I wanted to ask you about the current swine flu problems in India and what are your recommendation. Do you have injectable vitamin C? What is the cost of Silver kit that you have? Let me know.

Also looking forward to your book.

With regards,

Dr. BA, M.D.

Assistant Professor of Surgery

School of Medicine

Stony Brook Campus

New York State University

Dear Pramod,

I meant to write to you on my return from that long trip that started in India.

I wanted to tell you that I found your talk at Khajuraho one of the best I have heard.

"I think it has been one of the most enlightening lectures that I have heard, as you managed to encapsulate a lot of facts and interesting aspects to the clinical management by using botanicals in a very scientific way."

Kind regards

Dr. DF,

Board Certified Plastic Surgeon, South Africa

Dear Dr. Vora,

Firstly heart felt greetings to you and Congratulations!! on your achievements.

Trust all is well at your end and at the clinic.

I am really very grateful to you for sparing your precious time in sending such a detailed email to update me about the events that occurred in the past six months.

Congratulations!! once again on becoming the Faculty Member of the International Antiaging Forum and for being able to present your paper at various conferences.

I am grateful to you for appreciating my miniscule contribution if any, towards your paper presentations and also glad to be a part of the clinical studies at the centre.

The Detoxification program done at the centre for me and my family did a lot of positive changes in each one of us in different areas of imbalances that we had.

I am aware of the capabilities of the program and have also experienced the same. The knowledge that i have gained at the centre under your guidance cannot be explained in words. It has changed my approach towards life and towards medical treatment in total and I am grateful to you for that. Now, I have become more calmer and started analyzing different aspects of a problem before making a decision.

I was attending to my mother's health in the last few months as she needed lots of physical rest and emotional support as she is passing through her menopause. Hence I accompanied her to my native place in the month of May during my children's school vacation. Her Hemoglobin has risen to 14g% thanks to your medical advice.

I have not repeated my blood tests lately as i was more involved with that of my mother's.

I wish you all success in all your future endeavors and projects and rocket speed in completing the textbooks of medicine as they will bring about a world of change in the field of medicine, both in their approach and in the treatment.

Do let me know, if you need my little contribution in any ways in your projects.

Please shower your blessings on me and my family at all times.

Wishing you success !!

Best wishes and regards,

Dr. RJ, M. B. B. S.

Sir,
Absolutely fabulous!!!
So so happy for u sir.
Keep up the great work.
Good luck on ur 4 part textbook
If I can be of help do let me know
Will try my best to contribute well.

Take care
Will be in touch.

PM, B.S., M.S., (Food Sc. & Nutrition)
Certified Nutritionist

Dear Dr. Pramod Vora,

Congratulations! I am indeed very happy to know of your achievements.

Wishing you more success and recognition for the good work you are doing.

Regards
Jaya Bachchan
Member of the Parliament

Anti-Aging Case Studies

1. Ms. J & Mr. D

Ms. J (63 years old) and Mr. D (75 years old) are two senior citizen American volunteers at a NGO which operates an Educational Trust in India.

They have been in India for 7 years and have virtually become Indians. They left US after the "boom to bust" of 2008 and decided to spend the rest of their lives looking after the Adivasi villagers (natives) in rural India.

They have both begun a Detoxification and Rejuvenation cum Anti-Aging Program at our Health Center. Here are their experiences.

Attached are some extracts from their weekly feedback which makes interesting reading and gives us a great insight into the actual process of anti-aging the body and what happens with each passing week.

=====

At the end of the 1st week:

We wanted you to hear a positive report from us this week, as this is what we are feeling.... We are both feeling so much better this week... clearer, cleaner, more energy, a feeling of letting go of toxins, less puffiness.

Thank you for guiding us to better health!!!

Blessings,
J and D

=====

Dear Pramod.....thank you for your interesting and description of the very timely work you are doing in super-nutritional agriculture. I have felt for years that we and the people of this area, perhaps most of India, and the world in general is suffering from malnutrition and a very narrowed range of healthy food products. I am very interested in learning more about your work and how it can be adapted here in our villages.

=====

Dear Pramod: Already I am feeling and functioning better :):) It seems to be largely the colloidal silver effect. You may recall that I was loosing balance, but that has quickly gone and I am back to balance and confidence in my step and positioning.....also the brain fog is lifting.....and the urine flow is better.....so yeah! Anticipating more improvement and thank you!!

Yours in healthy happiness and loving kindness d

=====

I would like to introduce you to Pramod Vora, the health consultant at SpaceAge Clinic, that D and I are now meeting with to address our own health issues. We are very impressed with his ability to identify some underlying health challenges we face that the allopathic medical world overlooks. Not only does he identify via the use of blood tests, but also recommends what supplements need to be taken, and what health practices need to be adopted to get the healthy body we desire.

Pramod Vora has written this informative article on Nutritional Farming that I believe you might find interesting in terms of our ongoing Agriculture Projects.

Also, Pramod has information on using silver to clean and purify water.

Blessings,
J and D

=====

At the end of the 3rd week:

Dear Pramodji!

We continue to feel better, cleaner & look more youthful.....in only three weeks.

We have referred you to our dear friends... B & A. We gave them a copy of your book. We believe they will be calling you!

One of our friends in the states would like to know when you will be in LA again.

Many Blessings to you & your staff!
J & D

We are so thankful for our on going detoxing & can see the difference, as can our friends.

Your program is fantastic & speaks for itself!

Love & Blessings!
J & D

=====

Dear Dear Pramod.....many many thanks for the amazing rejuvenation I experience from your program. I have gone from shaky unbalanced gait to secure in my standing and walking, the brain fog has lifted, and I am a bit friskier in comparison. It is so good to feel this good again in only 3 weeks. I am looking forwards to what comes next doing this rejuvenation program.

Many blessings to you and your work.
Love and happiness
D

=====

Conclusion:

This is a good example of what positive thinking can do to the human body.

The human body is like a machine, which also needs periodic servicing, maintenance and repairs (like an automobile), but with living organs which constantly rebuild and repair themselves. We still need to service and maintain the human body.

The body is the hardware which obeys the commands of the software (thoughts) that runs it, just like a computer. The computer is the hardware that cannot do anything without the software. The software decides what the computer (hardware) will do.

So also, thoughts (our software) will determine what the body (hardware) will do. So positive thoughts repair and rebuild the body and negative thoughts destroy the body. These are the fundamentals of health / body care and anti-aging.

Herbs, nutrition, exercise (yoga), meditation *"are the catalysts and the accelerators in the chemical reaction called anti-aging"* that propel the body at higher speeds and efficiency. Thoughts are the foundation.

Without positive thoughts and visualization there is nothing.

=====

Dear D and J,

You said:

"I am looking forwards to what comes next doing this rejuvenation program."

What may come next is up to you to decide what you want and where you would like to go.

The magic to make you start thinking "higher than the Himalayas" was created during our first crucial meeting.

The rest is for you to decide.

=====

In the 4th week of the Program

Dear Pramod.....I feel like thanking you again, as I am constantly experiencing emerging from a matrix of health limitations that have gradually built up over the many years.

Blessing to you and your work.

D

=====

At the end of the 8th week of the Program

Dear Pramodji.....

We are both doing better and better. I finally have come out of the rather heavy detox feelings... and finding a new strength. I decided to put up with the pain in my knees and just finish the Kidney supplement. I am happy to say, I am almost finished with it, and my knees no longer hurt and are not swollen.

I can climb the two flight of stairs to our bedroom now with ease and freedom.

I am waking up earlier and earlier, too.

I don't have the sickley look I had.
So, I am pleased.

Blessings and Gratitude,

J

=====

My results of your health program are just marvelous, especially considering that before I started your program 2 months ago, I felt that my life was ebbing away and I might soon be gone from this world.

The loss of balance and insecurity about falling went away 2 weeks into the program.

My sinus problems cleared in a month.

My age spots are fading away.

The mental fog and memory affliction has largely receded.

My varicose veins seem to be disappearing.

The flow of urine is greatly improved.

I often feel young and a bit frisky

My interest in having effect in the world has returned.

What's not to like about these results?

Again, I am most grateful for the renewed vigor, strength and clarity you have given me.

So, in the most positive spirit of things, what lies ahead for us?

With love and appreciation for all you do, D & J

=====

"My results of your health program are just marvelous, especially considering that before I started your program 2 months ago, I felt that my life was ebbing away and I might soon be gone from this world. "

My reply:

You have much to do on this physical plane and I have been entrusted with the task to make sure you complete all the tasks you had chosen before coming down to this plane. :-)

"My interest in having effect in the world has returned."

Yes, there is much left to be done.

We will continue working on all your future health goals in a gradual and logical manner. But first we had to create a good foundation.

Thank you for all your love and appreciation.

Much appreciated.

**Blessings,
Pramod Vora**

=====

At the end of the 16th week of the Program

Happy New Year Pramodji!

We are both well. Feeling a base of strength that is evident when I climb two flights of steps to our bedroom on the third floor(Indian second floor). Very nice to feel capable again.

Blessings & Appreciation,

J

HAPPY NEW YEARS GREETINGS PRAMOD!

We appreciate so much your help with our health! And we hope and trust that you are of great benefit to many.

I seem to be quite happy and much stronger, though not yet twentyish yet, ha, ha.

We shall make this new year the best ever. Love and happiness

D

=====

At the end of the 18th week of the Program

Hello Pramod and best wishes for your health and happiness. I am delighted to tell you that the addition of coconut oil in my ears at bedtime seems to largely restored my hearing after less than a week of treatments. Not much wax came out, but the result is wonderful none the less. I am surprised to find that i can attend a meeting of people and hear everything that is spoken. Such a great gift this is to me..... i am quite grateful... thank you.

Also it appears the spider veins and bluish discoloration of my ankles/feet is disappearing along with some of the varicose veins.

These are great results of the continuing program and of course i am very happy about this.

May all be healthy and happy.

D

=====

Dear D,

I am really happy for you and the results you have achieved so far.

You have set an example for the whole world to truly understand what anti-aging is all about.

You have helped establish that though we all live in a highly stressful and polluted environment, which causes premature aging of the body, there is a way to reverse these effects.

Thank you for your positive attitude and timely updates.

These are highly appreciated.

As I wrote earlier you have grasped the essence of anti-aging - Thoughts are the software and the human body is the hardware. The software (thoughts) decide how the hardware (body) will behave / heal.

Blessings,
Pramod Vora

=====

2. Mr. B and Ms. A (are friends from Australia of J and D)

Mr. B & Ms. A are originally from Australia and have come to work for the welfare of natives in remote parts of India. They have been in India for 16 years helping to provide basic skills, education, farming know how and drinking water to the local people.

In the 3rd week of their Anti-Aging Program

We have now started Week 3.
The detox process has definitely started.
Best wishes,
B

=====

Bless you and your wonderful work for humanity.
A

=====

In the 5th week of the program

Yes, Pramod. We both feel that we are definitely improving.

We have finished 5 weeks now.

Our bowel movements are still not normal, although we have achieved two motions per day.

Best regards
B

=====

On completion of the 8th week of the program

Many thanks for your diligent work and what you have done for us so far, we are grateful for your Guidance and care,

A

=====

For more testimonials please visit:

<http://www.space-age.com/testimonials.html>
(these are testimonials from senior medical doctors)

and

<http://www.space-age.com/detox-testimonials.html>
(these are testimonials from our detoxification and rejuvenation program participants)

For Case Studies with before and after supporting pathology, peer reviewed and published by A4M - The American Academy of Anti-Aging Medicine in their Anti-Aging Therapeutics Volume XII and XIII please download:

<http://www.space-age.com/AntiagingOrlando.pdf>

<http://www.space-age.com/AntiagingSanJose.pdf>

These should give you a fair idea of the level of knowledge and expertise developed at our research labs and now being implemented at our Anti-Aging Center. Our focus has been on health consultations specializing on reversal of high blood pressure, type 2 diabetes, etc. to name a few chronic diseases. This covers over 10,000+ case studies done over a period of two decades.

SpaceAge®

Anti-Aging Center

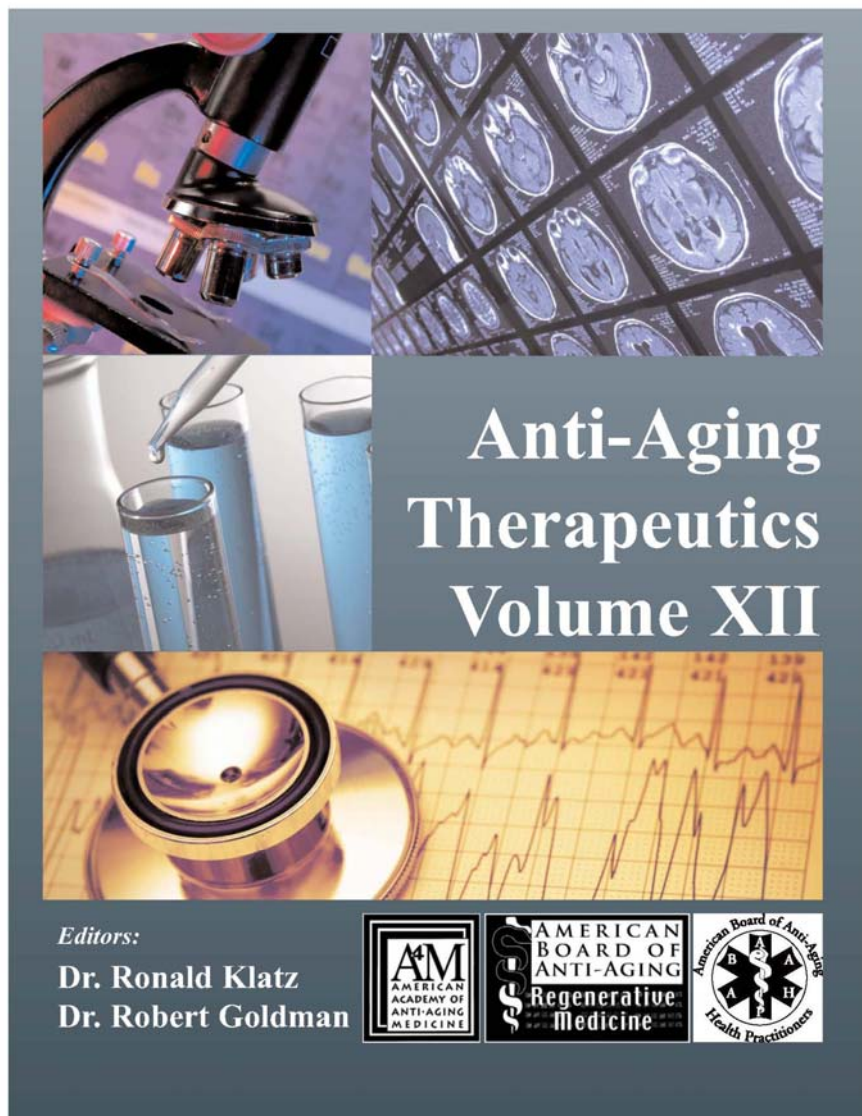
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Your Quest for Anti-Aging & Longevity Ends Here!

Note on A4M



A4M is a not-for-profit medical society dedicated to the advancement of technology to detect, prevent, and treat aging related diseases and to promote research into methods to retard and optimize the human aging process and to prevent and treat aging related disorders. A4M is also dedicated to educating physicians, scientists and members of the public on issues of advanced preventive medicine and cutting edge biotechnologies.

A4M, is now over **24,000 members** strong in 105 nations. A4M has trained over **100,000 physicians** at International Scientific Conferences over the past 15 years.

A4M provides ongoing medical and scientific education and information services to over **500,000 healthcare professionals** monthly via our on-line educational programs.

Testimonials of Senior Medical Doctors

"What I am about to relate to you is a mind boggling and astounding story of Natural Health Care recently experienced by our family." - Dr. Yeshwant More, M.B.B.S. (Bom), M.C.P.S., D.G.O., SEM, ex Superintendent of Rajawadi Hospital, Ghatkopar and R.N.Cooper Hospital, Juhu, Mumbai

Date: September 13, 2003

I am Dr. Yeshwant More, M.B.B.S. (Bom), M.C.P.S., D.G.O.,SEM, exmedical Superintendent of Rajawadi Hospital, Ghatkopar and R.N.Cooper Hospital, Juhu Vile Parle and O.S.D. in Health Department of BMC. I retired a few years back from the Cooper Hospital in Mumbai after a long career stretching over 32 years as the Superintendent / Chief of Staff of the Hospital. I am 64 years old having passed from the Grant Medical College in Mumbai in 1965.

My wife Dr. Kusum More, M.D., D.G.O. is a Gynecologist who has also retired a few years back as Senior D.M.O. of Chief of Staff of the Western Railway Hospital. She is 63 years old having passed from the B.J. Medical College Ahmedabad in 1964 and there after did her Post Graduation in Gynecology and Obstetrics in 1968 in Bombay.

We own a Nursing Home in Kurla, Mumbai since the last 32 years.

Our son Dr. Tushar, M.B.B.S., D.A., Bombay and daughter Dr. Suchitra, M.D., D.G.O., Bombay and daughter in law Dr. Vinal , M.S., Bombay and brother Dr. S.N.More, B.A.M.S., are all Doctors. So you can see we are a family of Doctor who collectively represent over a 100 years of clinical experience.

What I am about to relate to you is a mind boggling and astounding story of Natural Health Care recently experienced by our family.

My wife Dr. Kusum developed serious Diabetes during her first pregnancy, two months prior to delivery of our first child. She went into Ketosis in August 1967 and had to be rushed to the hospital. After delivery on October 6th there was no trace of Diabetes.

In 1975 Diabetes was again detected and controlled through oral medication. After the loss of our daughter in April 1978 she again went into Ketosis and had to be once again rushed to the Jajivan Ram Hospital in ICC Unit. She was immediately put on Insulin which she had to take for 3 months and later switched over to oral medication by which she was able to maintain normal blood sugar levels. Subsequent in two pregnancies she had no trace of diabetes.

In 1979 she lost her mother and immediately suffered Myocardial Infraction in September 1980 and had to once again start taking insulin.

Over the years the dose of Insulin gradually increased from the year 1998 and finally reached 30 units in the morning + 30 units in the evening = total of 60 units of insulin per day. Even with this dose of 60 units per day, there was no proper control of her blood sugar.

Her overall health condition gradually deteriorated and in her Stress Test in Jan 2001 was Positive in 2001. Dr. Kusum's Angiography report showed severe blockage in LAD and Collaterals (April 2001).

By January 2003 she was suffering from the following symptoms:

Breathlessness on exertion and during bath
Cramps in feet and legs
Neck Muscle pain, cervical and lumbar spondylitis
High frequency of urination
Hip Joint Pain
Back ache
Dryness of skin along with burning sensation on cheeks and mouth area
Pain inside throat and behind the ears
Pain in lumber region and sacroiliac joint
Dark Circles around the eyes
Reduced of hearing in left ear
Hot Cold Flashes
Swollen Feet / Ankles
Breast tenderness
Mood swings / Depression
Insomnia
Dry Aging skin
Anger / Irritability

She was taking the following allopathic medication for treating the symptoms of the diseases:

Atenolol 50mg twice a day
Angispan 6.5 mg twice a day.
Coversyl 4mg
Euglucon 2mg
Teralfa 1mg
Atenovastin 20mg
Alprax 0.25mg
Myodrops

I had been routinely receiving announcements of Health Counselor Pramod Vora's Seminars for Doctors in the Juhu Area and had the opportunity of attending some of them and learning more about the other point of view, where Modern Medicine focuses on the study of Wellness and Prevention of Disease as opposed to Western Medicine which is a very detailed study of Sickness and Diseases and its symptomatic treatment without any hope of cure. He spoke many times about the use of Orthomolecular Medicine to correct Nutritional Deficiency at intracellular levels, which was the root cause of all Cardiovascular Problems and Diabetes. Frankly speaking, I was impressed with his knowledge and the results he was achieving at his Health Center in Mumbai and the very large following of Patients who were qualified senior Doctors of Bombay that he had had the opportunity to help. In my 35 years career at various Hospitals in Bombay I had not seen anything like it. I also had the opportunity of attending / had received the proceeding of his Seminar on By Passing the By Pass and Lower Hypertension on January 19th of 2003 where I heard the live Testimony of two very Senior Doctors Dr. Pravin Kenia and Dr, Praful Dave who had been helped to overcome their very chronic Cardiac, Hypertension and Diabetic challenges which were not responding properly inspite of extensive Allopathic Medication that they were on.

So one fine day, in January, my wife Dr. Kusum and myself took an appointment and decided to go and talk to him and find out what his recommendations were. He studied Dr. Kusum's past medical records and spoke to us in detail for over one hour. Later on that evening, after we had left, he wrote out a Protocol of Treatment for her after studying in detail the medical records that we had left with him. The Protocol was a result of the Root Cause investigation, diagnosis and treatment.

We started the Treatment in early March 2003 based on his Natural Protocol comprising only of Herbs, Nutritional Supplements and some Dietary Changes. There were no drugs, chemicals or

steroids or hormones involved in his recommended treatment. The Protocol addressed all areas of imbalance of the body, like pH, Fat Mass Reduction, Nutritional deficiency, blood sugar levels, Hormonal Imbalance, Complete Cardiac Overhaul, Detoxification and correction of Dietary Imbalances.

The Protocol appeared so simple, that it was difficult to believe at first that it could bring the body of Dr. Kusum with its chronic problems spanning over two decades back to normal. But with each passing week we began to notice that the Blood Pressure and Blood Sugar and Cardiac symptoms began to diminish and she was able to reduce her dependence on the allopathic medication which she had been taking for the past two decades.

Being worried about her Angiograph which showed extensive blocks on left side and collaterals, we had tried last year a product called Myodrops for over six months without much success. The symptoms of Breathless just did not improve even after administering this Herbal formulation for twice the duration normally recommended.

Now within a few weeks of starting the Program we noticed her condition began to improve noticeably. Her breathlessness disappeared and she could resume her walks and could climb stairs without any difficulty.

With the diminishing of the Hormonal Imbalance her hot flashes reduced, water retention in her feet and ankles disappeared and she became calmer and more relaxed, less irritable, losing her temper less frequently, and the confusion in her mind began to diminish and she became more focused and decisive rather than the mental confusion and turmoil of the past. With each passing day the symptoms kept reducing and she became a very pleasant and easy going person like she was many years back.

Her Hypertension medication was reduced gradually and her insulin levels were cut back each week a little at a time. On June 25th she was taking 4 units of insulin the morning and 6 units in the evening. Her Blood sugar levels were Fast = 93mg/dL and PP = 120mg/dL. By July 7th she had totally stopped insulin and was able to maintain proper sugar levels by following proper dietary habits.

In early September 2003 she was only left on Atenolol 25mg b.i.d. and her Diastolic was going precariously low to 70 and below and she was constantly complaining of giddiness. Health Counselor Pramod Vora recommended that we maintain her diastolic around 80 which per body was comfortable with and not to overdose her with Atenolol. We have therefore reduced her to 12.5mg Atenolol twice a day and look forward to the disappearance of her discomfort.

On the recommendation of her Cardiologist, her Insulin levels in September 2003 are 8 units in the morning and 10 units a night. We could easily switch over to a tablet at this stage but would like to continue with this minimum dose of Insulin for some more weeks as the Cardiologists normally recommend Diabetic patients to take insulin over tablets. This is a great improvement over the $30 + 30 = 60$ units of insulin that she was taking in the past.

Her ECG reports are normal and her LVEF is 65%. She is now able to climb the staircase and go up 3 floors of a building non stop without panting.

We are more than completely satisfied with achievements of the Protocol drafted by Health Counselor Pramod Vora and do not mind recommending him to any motivated person seeking genuine health care for any chronic health challenge they may be facing .

I am sure he has the wisdom and insight to determine the root cause of any chronic ailment and to diagnose it and come up with a Natural course of treatment for it.

I am thankful to health Counselor Pramod Vora for his good treatment and for taking Personal Interest in my case.

I recommend him for all types of Chronic and difficult cases, and for Detoxification of Body where his Herbal and nutritional formulations are very effective. I am happy to recommend his Oral Chelation Therapy to any one who is in need of a complete Cardiac Overhaul.

Dr. Yeshwant More, M.B.B.S. (Bom), M.C.P.S., D.G.O.
Dr. Kusum More, M.D., D.G.O. Gynecologist
September 13, 2003

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"I started feeling better within two weeks of beginning the Program. My Breathlessness disappeared and I started feeling a sense of well being and got more energy to work. At the end of four weeks of treatment, there was further significant improvement in my condition." -Dr. Pravin B. Kenia

Date: December 02, 2002

I Dr. Pravin B. Kenia, 59 year old, came to Health Counselor Pramod Vora about two months back, for the problem of High Blood Pressure, Breathlessness, general weakness and Diabetes Mellitus - which I had since long time. In addition, my Angiogram done in June 2001 showed 90% blockage on Left side, 30% on Right side and 80% on Colaterals. There was heavy Calcification on the walls of all the major and minor arteries. I am a Family Physician practicing in Juhu Scheme since last 32 years and attached with two institutions practicing Allopathic Medicines. I was taking numerous Allopathic medicines for my treatment, but my Hypertension (high of 170/100) was uncontrollable in spite of heavy doses of Hypertension medicines; proper Diet control; and walking exercises.

I had previously attended Health Counselor Pramod Vora's lectures and Seminars for Doctors in Juhu Area on three different occasions and I was impressed and convinced with this thoughts and theories on Natural By Pass / Oral Chelation and other Health topics. So I decided to go to him in August 2002 and take his advice and treatment.

I took his appointment and he took my History and spent over one hour going through my Medical Reports, prepared a Custom Ten Week Protocol and gave me a Calendar for the 1st month based totally on Herbal Dietary & Nutritional Supplements like Cardio-Pak, Osteo-Pak, Kidney Care, Lung Clear, Liver Detoxifiers, Therapeutic doses of Vitamins, Energizer and other Herbs for lowering Cholesterol, Triglycerides etc. It was a totally Drugless Therapy which also stressed a lot on Diet containing Juices, Vegetables and Raw foods.

I started feeling better within two weeks of beginning the Program. My Breathlessness disappeared and I started feeling a sense of well being and got more energy to work. At the end of four weeks of treatment, there was further significant improvement in my condition.

I continued my Allopathic medication with his Natural Program. I had to take many capsules, but I was determined to take them with faith which was further re-enforced because of the results I was continuously experiencing every week.

First month was soon over and he gave me another Calendar and more advice for the second month during the second appointment. I was continuously monitoring my BP three times a day

and now all readings were under control (130/60). So I started small reduction in my Allopathic Hypertension medication. My Diabetes was under control, Urine Albumin, Serum Creatinine, Cholesterol, Lipid Profile readings all improved.

At the end of the second month, my early morning Blood Pressure came down to 120 / 60 and during the day my BP started remaining below 130 / 60 mm of Hg. I began further reduction of my Allopathic Medication as sometimes the BP dropped to 100/60 and I started feeling uncomfortable.

My Nephrologist, Diabetologist and Cardiologist also agreed that my readings I have improved and I am doing very well and agreed to allow me to a trial reduction in all doses.

Before I had come to Health Counselor Pramod Vora, I had undergone Angiography, Stress Test, 2-D Echo, etc. My 2-D Echo done 8 weeks after beginning the Drugless Therapy has improved and urine albumin for 24 hours had gone down. My 24 hours Creatinine Clearance Test has also improved. My 2D Echo showed that the enlarged Left Ventricle had finally returned back to its normal size.

For the 3rd month Health Counselor Pramod Vora has given me a much reduced Herbal and Nutritional Supplements Program which has fewer capsules and I am feeling even more energetic.

I am thankful to Health Counselor Pramod Vora for his good treatment and for taking Personal Interest in my case.

I recommend him for all types of Chronic and difficult cases, and for Detoxification of Body where his Herbal and Nutritional formulations are very effective. I am happy to recommend his Oral Chelation Therapy to any one who is in need of a complete Cardiac Overhaul.

Dr. Pravin B. Kenia, M.B.B.S. (Bom), M.C.P.S. (Bom)
Family Physician and Surgeon

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"With a comparatively simple Protocol that he Custom Designed specially for her, she gradually became symptom free over the next 12 weeks of treatment. As a matter of fact she could move around in her house within 4 to 6 weeks of beginning the Program" - Dr. Rajendra Vora

About 1 year back, I had the opportunity, of bringing my close relative, a lady of 55 years, who had been advised a By Pass Surgery way back in Nov 1999 as she had a 90% blockage on the left side. By July 2001 her left side had reached 100% blockage and her colaterals showed 60% blockage. She was panting badly after even a few words and her movement in her own home was highly restricted. Climbing a stair case was impossible. But she refused surgical intervention, in spite of my advise and her own husbands pleadings. Finally, we brought her to Health Counselor Vora's Health Center at Andheri. He also advised her to undergo By pass Surgery. However she once again refused. With a comparatively simple Protocol that he Custom Designed specially for her, she gradually became symptom free over the next 12 weeks of treatment. As a matter of fact she could move around in her house within 4 to 6 weeks of beginning the Program and two months later did a trip to Palitana. A few months later she did a second trip to Palitana. Today 1 year later and after a six months of treatment she is almost symptom free and is leading

a perfectly normal life. She was truly fortunate to have met Pramod and to have seriously implemented his Protocol which she religiously did. His Protocols are a Drugless Therapy without any use of Chemicals, Steroids or Hormones; safe, totally Natural and Non invasive.

I and my wife have also done his Detoxification Program and noticed a marked improvement in the functioning of our bodies. As a matter of fact it left a youthful glow on our face which was noticed by everybody. I recommend every Doctor to experience it.

I am truly happy to have met Pramod and wish him all success in Modernization of Medicine and Ayurveda and in his Quest for Perfect Health for all and in continued education of the Medical Profession.

Sincerely yours,

Dr. Rajendra Vora, M.B.B.S.
Family Physician & Surgeon

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"I must say that I was benefited only after four to six weeks of treatment, although the whole course of treatment was for three months. On the whole it was a smooth course and the response remained steady and sustained." - Dr. Dave

Date: 11.08.2002

I have the great pleasure in giving a testimonial to Shree Pramod Vora who gave me treatment for presistant Systolic hypertension of about six to seven years duration.

He gave me two long sessions for history - taking and counselling, each session of more than one hour duration, During which he was very particular to know in detail all the aspects of my case.

I appreciate his multi angular as well as holistic approach with good clinical judgement after careful and thorough study of my case and I also appreciate the treatment he gave me, particularly Ayurvedic herbal formulae - which proved to be a wonderful boon to me.

I must say that I was benefited only after four to six weeks of treatment, although the whole course of treatment was for three months. On the whole it was a smooth course and the response remained steady and sustained.

My family members and my self are really grateful to him and will always remain so, for what he has done for us.

With good wishes,

Dr. Praful Dave
Family Physician

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"I derived a lot of benefits from Detoxification, Rejuvenation and Hormonal Imbalance Correction 3 month Program of SpaceAge Natural Health Care Center." - Dr. A. Awsare, MD; D.G.O. / Obstetrician & Gynecologist

Date: 13.09.2001

TO WHOM SO EVER IT MAY CONCERN

I derived a lot of benefits from Detoxification, Rejuvenation and Hormonal Imbalance Correction 3 month Program of SpaceAge Natural Health Care Center.

I am a Patient of Cervical Spondylitis with bilateral extra ribs. Of course I do exercises everyday. But pain in Cervical area was a constant feature with me. Along with that pain or aches all over the Body due to Osteoporosis, also reduced to a very great extent. I always had Gastrointestinal intolerance with allopathic Calcium preparation; which I do not have with Natural Calcium. Hormonal Imbalance Correction improved my Skin Tone which became softer; also people comment that I always look fresh and slimmer now. I also lost 3 to 4 kgs of weight may be due to Hormonal (i.e. Progesterone Imbalance)

I thank you Mr. Vora for this. I am still continuing Natural Calcium, Wild Yam which gives Natural Hormones to me.

Thanking you,

Sincerely yours,

Dr. A. Awsare, MD; D.G.O.
Obstetrician & Gynecologist

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"The healthcare concepts developed by SpaceAge are very innovative and credible" -Dr. B. Gopalan, M.B.B.S.

August 28, 2001

TO WHOM SO EVER IT MAY CONCERN

I have personally experienced the Detoxification cum Rejuvenation Herbal Program of SpaceAge Natural Health Care Center. I have also experimented with their recommendation for lowering my Blood Pressure (for which I have been on Allopathic Medication these last 10 years).

I have achieved a 7kg (15lbs) reduction in weight without any alteration in my regular dietary habits and also experienced significant lowering of my Blood Pressure.

It has left me feeling lighter and more Healthy then I have felt in the last 10 years and have produced a youthful look on my face. I now look a few years younger than my Physical Age.

The Healthcare concepts developed by SpaceAge are very innovative and credible and their knowledge of Preventive Health Management is excellent.

I have no hesitation in recommending others to also experience SpaceAge Herbal Detoxification cum Rejuvenation and Nutritional Healing Programs.

Dr. B. Gopalan, M.B.B.S.
Family Physician

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"I am impressed with the Health Care Technology at SpaceAge and do not have any reservations to recommend others from benefiting from the same." -Dr. A. Solanki, B.A.M.S.

August 24, 2001

TO WHOM SO EVER IT MAY CONCERN

This is to certify that I began a Herbal Detoxification cum Rejuvenation and Weight increase Program with SpaceAge Natural Health Care Center in April 2001.

I have increased by 4kgs in the first 4 weeks of the treatment. The Detoxification cum Rejuvenation has left a Youthful Glow on my face.

As of today my weight in 65kgs which is 7kgs increase over my earlier weight of 58kgs; my height is 5ft 10 inches.

I have received compliments from my family, friends and colleagues.

I am impressed with the Health Care Technology at SpaceAge and do not have any reservations to recommend others from benefiting from the same.

Dr. A. Solanki, B.A.M.S.

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"I have achieved excellent results, which are unbelievable, within the 1st five weeks itself." -Dr. A. Shaikh

TO WHOM SO EVER IT MAY CONCERN

I had come to SpaceAge Natural Health Care Center with multiple Chronic complaints, such as: Migraine for last 20 years; Lower back pain and neck stiffness since last 15 years; Numbness & Tingling of both hands and legs 10 years duration; Gastrointestinal Problems such as Constipation and Acidity for last 20 years; Loss of memory and Concentration; Nocturia; Left side involuntary movements of the Facial & Eye muscles (after extensive Dental Root Canal work was done); and substantial Loss of Hearing.

I started on Detoxification, Rejuvenation and Hormonal Imbalance Correction Ten Weeks Program of SpaceAge Natural Health Care Center on August 1st.

I have achieved excellent results, which are unbelievable, within the 1st five weeks itself. Now in my 8th week of the Program. I have been cured of almost 90% of my Chronic Ailments. There has been a very substantial improvement in my Hearing.

I thank SpaceAge Center for this remarkable change which has left me feeling lighter and more healthy than I have felt in the last 20 years. It has produced a youthful glow on my face. People have told me that I now look a few years younger than my physical Age.

The Healthcare concepts devised by Mr. Pramod Vora are very innovative and his knowledge of Natural Health management is excellent.

I have no hesitation what so ever in recommending my Patients with Chronic Complaints to also experience SpaceAge Herbal Detoxification cum Rejuvenation and Nutritional Healing Program.

Thanking you,

Sincerely yours,

Dr. A. Shaikh
(Consulting Homeopathic Physician)

SpaceAge[®]

Anti-Aging Center

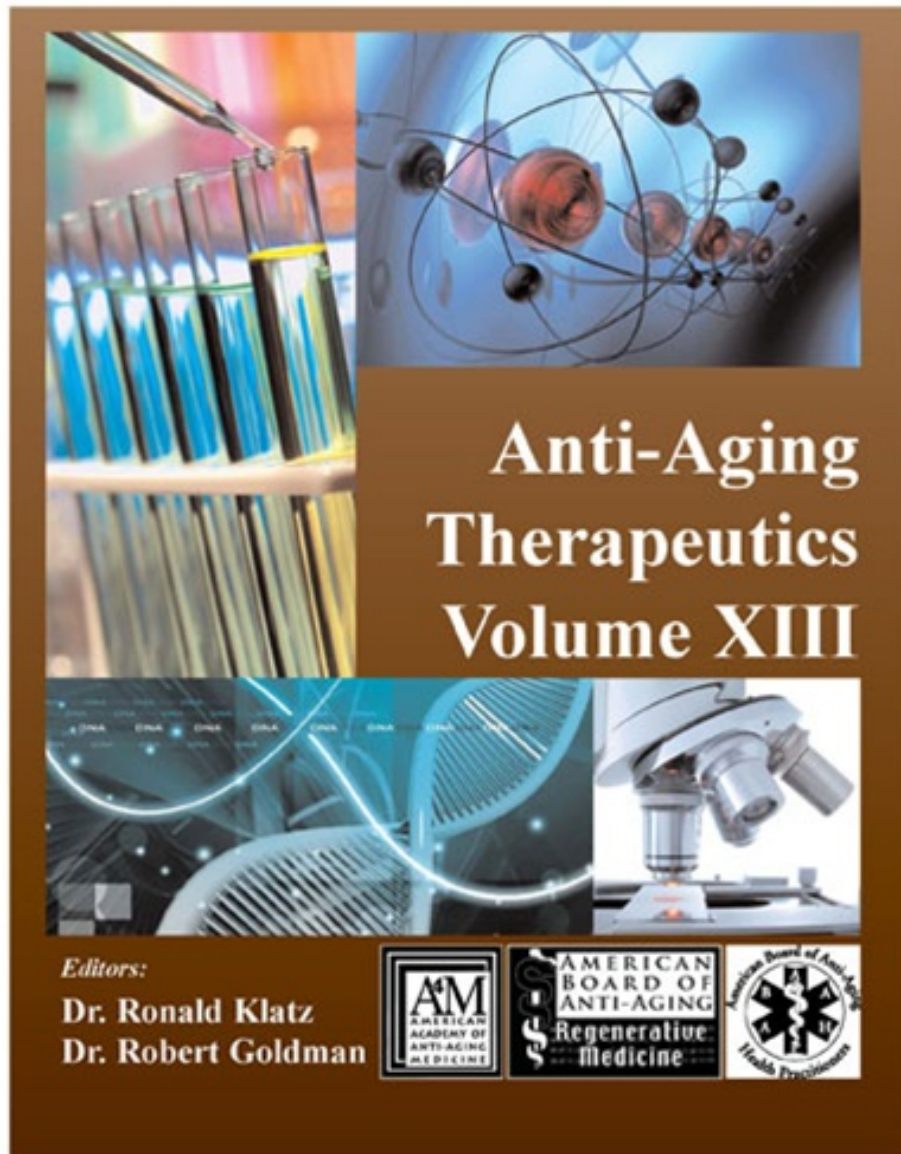
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Your Quest for Anti-Aging & Longevity Ends Here!

Note on A4M



A4M is a not-for-profit medical society dedicated to the advancement of technology to detect, prevent, and treat aging related diseases and to promote research into methods to retard and optimize the human aging process and to prevent and treat aging related disorders. A4M is also dedicated to educating physicians, scientists and members of the public on issues of advanced preventive medicine and cutting edge biotechnologies.

A4M, is now over **24,000 members** strong in 105 nations. A4M has trained over **100,000 physicians** at International Scientific Conferences over the past 15 years.

A4M provides ongoing medical and scientific education and information services to over **500,000 healthcare professionals** monthly via our on-line educational programs.

Testimonials on Detoxification

Appreciation From The Bachchans

October 25, 2002

Dearest Pramod Vora:

We are writing to you for being with us on the 11th of October 2002.

Your presence and the warmth of your affection shall linger in our memory always. You have been an important part of our growth through several years. Without your love, it would have been difficult to share our delight and happiness.

Thank you.

With warm regards,
Amitabh Bachchan & Jaya Bachchan

"Miss World 1999 Visits SpaceAge Clinic in India"

July 15th, 2002

Miss World 1999 realized that crash dieting can be detrimental and visits the SpaceAge clinic in Mumbai, India for treatment. Read the article from the "Times of India," July 15th, 2002 edition.

[CLICK HERE FOR ARTICLE](#)

(~ 101kb JPG, 26 seconds @ 28.8kbps)

"The most incredible source of natural healing that I have yet to experience thus far in my life." - B. Nei

November 29th, 2002

Dear Arti and Paul-

It has been a GREAT pleasure to know you and your many products! Approximately one year ago I came to you for a "detoxification kit". I had heard about this process but had never experienced it. I was in a very bad state- physically and mentally. I had tried numerous vitamins and special diets in search of a natural solution. What I found through meeting Arti and Paul, was the most incredible source of natural healing that I have yet to experience thus far in my life. Both these individuals are so caring and incredibly knowledgeable in their fields of health. My results are many, but mainly I feel I have been given my life back through proper balancing of my hormones and nutritional needs. I went through the detoxification process and found it to be extremely gentle and quite uplifting! I had a peaceful feeling and a calmness about me... My physical body also reduced in size- naturally. My depression disappeared and I have had more energy than I can remember and a joyful attitude! I also wear the magnetic necklace daily and it helps ease any stiffness in my shoulders as well as give me energy. I also have my arthritic dog sleeping on a magnetic mattress and I have noticed great improvement of his leg. The first week I started on their herbs I noticed a big difference- as if my body and mind were finally being fed real nutrition! I have continued on these organic herbs for almost a year and will continue to do so. Along with the physical support and balancing from the products I have so appreciated Arti's emotional support. She has given me "coaching" sessions - always eager to support me in my journey for peace of mind- body, mind and spirit!

With much love and appreciation I thank you both for your commitment to my health.

- B. Nei

"We want to let you know that we think that the Liver cleanse of yours is better than any of the others we have tried, and I have been studying and researching health products for over forty years." -L. Kocsmaros and S. Williams

November 16th, 2002

Dear Arthi,

We want to let you know that we think that the Liver cleanse of yours is better than any of the others we have tried, and I have been studying and researching health products for over forty years. During the cleanse we did not have side effects. it is gentle but really works. After this particular cleanse we noticed more energy and a general feeling of well being. Today we received our reorders for liver cleanse, colon cleanse, nitri boost and alka boost---all superior products. Thank you for the book.

Best Regards,
L. Kocsmaros and S. Williams

"I am thankful to you for the awareness imparted by you towards health and nutrition. I have benefited in many ways from the detoxification and the nutritional supplements taken as advised by you." - Simran

June 4th, 2002

Dear Mr. Vora,

Hope things are very well with you. We are all fine here in the London.

As I shared with you during my last telephone call to you before leaving Mumbai, I am thankful to you for the awareness imparted by you towards health and nutrition. I have benefited in many ways from the detoxification and the nutritional supplements taken as advised by you.

I must admit that I was really skeptical of your treatment when I first heard you, and consulted you. At the same time, things were making sense at the basic level, so could not ignore the whole concept. I

believe the skepticism was also due to the background that I was used to using allopathy and homeopathy since childhood. So alternative methods were not really tried, beyond certain home remedies. And with the busy schedules of today's life, I ignored the health issues at the basic level.

Needless to say, I and my family have now become very conscious of what we eat.

My mother has also benefited from your treatment, in terms of the energy levels.

Thanks and regards,

Simran.

"My constipation is not a problem anymore and my skin too has greatly improved, infact people have commented that I am glowing." -S. Nanda

January 28th, 2001

Dear Dr Vohra,

Spoke to my mother the other day who told me you were in town. I am continuing with the treatment and am greatly benefiting form it. My constipation is not a problem anymore and my skin too has greatly improved, infact people have commented that I am glowing. My health and energy levels too are good. For instance everyone in my entire family including the kids have had bad colds and I have remained fine. Thank you so much. I am following the plan you have sent me for Jan, and if it isn't a big hassle could you make one for Feb too? I would be soo grateful. Also I have finished my bottle of Natural calcium and would need a replenishment, so if it could be sent to Barbara she would forward it to me.

Look forward to hearing from you, S. Nanda