

INTERNATIONAL HANDS-ON COURSE ON AGEING SKIN & FACIAL REJUVENATION

Ageing Gracefully : Future and Solutions Now

9TH JANUARY 08



INTERNATIONAL FACULTY

Prof. Dr. Thomas Biggs

Prof. Dr. Paraskevas Kontoes

Prof. Dr. Nimsakul Narong

Prof. Dr. Balwant Arora

Prof. Dr. Robert Goldwyn

Prof. Dr. Khalil Khatri

Prof. Dr. Abraham Baruchin

Prof. Dr. Pramod Vora

VENUE :

ASIAN HEART INSTITUTE & RESEARCH CENTRE

Bandra - Kurla Complex, Bandra (East), Mumbai - 400 051.

Detoxification and Intracellular Nutrition in Aesthetics and Anti-Aging

by
Pramod Vora, Holistic Educator & Natural Health Counselor to Doctors
E-mail: consult@space-age.com
Web: www.space-age.com

at

*Tutorials in Aesthetic Surgery - CME Series
3rd International Tutorial - January 09, 2008
International Course on
Anti-Aging & Facial Rejuvenation
<http://www.aestheticsurgerycmeseries.com/9thprog.htm>*

SpaceAge[®]

Natural Health Center

92 Corporate Park, Ste. C #705,
Irvine, CA 92606 USA
Tel: 949 - 861 - 8164

=====

9/123 Marol Co-op. Industrial Estate
Marol Sagbaug, Andheri (E), Mumbai 400 059
Tel: (022) 2850 - 3986 / 2850 - 8653
Fax: +91 - 22 - 2850 - 6214
E-mail: consult@space-age.com
Internet: www.space-age.com

Your Quest For Anti-Aging Ends Here !

Detoxification and Intracellular Nutrition in Anti-Aging

by
Pramod Vora, Holistic Educator & Natural Health Counselor to Doctors
E-mail: consult@space-age.com
Web: www.space-age.com

Tutorials In Aesthetic Surgery, CME Series International Masters' Course in Anti-Aging, Mumbai (January 09th, 2008)

The subject of Aesthetics and Anti-aging is a very interesting and challenging one and has occupied the attention of mankind for thousands of years. We have all heard of the Egyptian Queen Cleopatra, who lived about 2000 years back, who was celebrated for her exceptional beauty, as well as her exotic beauty treatments and baths in milk, honey, saffron and aromatic oils.

Today I will delineate a Natural and Holistic approach to show you the level of expertise developed in this field of Aesthetics and Anti-aging. When we want to study the Holistic approach to Aesthetics and Anti-aging, we have to consider the role of the whole Body, Mind and Soul. Due to time constraints, the presentation today will be restricted to the physical body only.

1st step in Anti-Aging.

When one looks at a machine, or for that fact, at an Automobile, one knows that it must be periodically serviced to ensure trouble free service and long life. A machine is also subject to periodic repairs where parts need to be replaced to ensure its smooth operation.

The human body is also like a “machine”. It has various parts that need to be periodically serviced and repaired, in order to maintain it in perfect working condition for more than one hundred years. Ayurveda has given us the concept of **Detoxification (Panchakarma)** and **Rejuvenation (Kaya Kapla)** of the body to ensure longevity. Sanskrit has also taken us to a more challenging concept of **Mrityunjaya or Victory Over Death**.

The foundation of Anti-aging and Longevity rests upon periodic cleaning out the Colon, Kidneys, Liver, Lungs and Blood of toxic waste build up and servicing and repairing these vital organs including the Heart. Keeping all the excretory organs of the body like the Colon, Kidneys, Lungs and the Skin working at peak efficiency will ensure minimal toxic build up within the body.

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 and further continue to evolve newer Pathological Standards to judge if these organs are now working at peak efficiency and capacity as are found at youthful levels. 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 take 3 commonly used parameters: Creatinine, Blood Urea Nitrogen (BUN) and Serum Uric Acid to evaluate the functioning of the Kidneys.

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

* Correlate with Clinical Symptoms

Table 1 – Standard Reference Ranges for Renal Function

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 good values for more than a 100 years during the life of a person.

Renal Function Tests	Optimum Value & Units	Standard Reference Range & Units	Remarks
Serum Creatinine	0.8 mg/dL	0.5 to 1.5 mg/dL	For good elimination of Toxins through Kidneys
Blood Urea Nitrogen (BUN)	12.0 mg/dL	4.5 to 21.0 mg/dL	To prevent Kidney failure / disease
Serum Uric Acid	5.0 mg/dL	3.6 to 8.2 mg/dL	To help reduce aches and joint pains / arthritis

Table 2 - Sample of some Optimum Values for Perfect Health

A good Detoxification Process of the Kidneys, should help a fairly healthy person, to change his or her Kidney profile to closely match the values given under the Optimum Value column. These are the values that form the standards for **Anti-Aging Pathology**.

A similar analysis can be done for the Liver using Standard Pathology Tests and evolving the Optimum Value Standard to return the Liver functions back to healthy youthful levels.

Here is a list of some of the Optimum Values that can be achieved after an elaborate Detoxification Process.

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

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

Table 3 - Sample of some Optimum Values after Detoxification

So today, we have correlated Detoxification to Pathology and now we are in a position to return the body back to healthy youthful levels found in young people. This, obviously, would be the first step to Anti-aging and its periodic monitoring.

2nd step in Anti-Aging.

Let us now talk about **Rejuvenation (Kaya Kalpa)**. One of the most important causes of accelerated aging is poor Digestion. This can be due to poor Gastric Acid 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 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 let us say antibiotics, we would like to recoat and rebuild the mucus membrane lining and also reseed the intestine and colon with healthy bacteria (Probiotics) to aid digestion and naturally produce B-Complex Vitamins for the body.

Luckily, all this can be done through the use of Herbs and Nutrition. 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 which people around you cannot help but notice and give you rich

complements. Perhaps, they may venture to ask if you went for a facial or were in the Himalayas on a vacation away from pollution and stress of urban living. The answer is: “I have serviced and repaired my body and now I experience the same energy levels that I did when I was much younger”.

So now, we have understood the second step of Anti-aging and how to evaluate and monitor this by simple Pathological Tests.

Here are some clinical studies done during the past few years at our Health Center:

Patient particulars: Male, Age: 25 years, Height: 6ft., Weight: 73.8 Kg., Diet: Vegetarian			
	* 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	-	-
Liver Detoxification done with Herbal Dietary Supplement	LivMax	LivMax	LivMax
* Before Liver Detoxification			
** After 4 weeks of Liver Detoxification			
*** After 8 weeks of Liver Detoxification			

Case Study No. 1

Patient particulars: Female, Age: 38, Height: 5ft 2 in., Weight: 69.36 Kg., Fat = 39% (++) , BP = 94 / 69, Pulse = 72, Diet: Meat Eater		
	* 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: 8 Week Detoxification was started in March 2005		
* Without prior Detoxification		
** After 8 weeks of Whole Body Detoxification Program		

Case Study No. 2

Patient particulars: Female, Age: 56 years, Height: 5ft., Weight: 62.9 Kg., Fat = 37% (+), Diet: Meat Eater					
	* 09/13/2002	** 09/16/2003	*** 04/11/2004	# 8/06/2004	## 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. Eltroxin / Synthroid / Thyroid Hormone 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					

Case Study No. 3

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

Case Study No. 4

Patient particulars: Female, Age: 39, Height: 5ft 3 in., Weight: 74.36 Kg., Fat = 42.5% (++) BP = 107 / 71, Pulse = 67, Diet: Meat Eater				
Renal Profile	* 10/12/2007	# Std. Ref. Range	** 12/03/2007	*** 01/11/2008
Blood Urea Nitrogen (BUN)	17.0 mg/dL	7 to 18.7 mg/dL	11.0 mg/dL	
Serum Uric Acid	4.3 mg/dL	2.6 to 6.0 mg/dL	4.0 mg/dL	
Creatinine	1.0 mg/dL	0.6 to 1.1 mg/dL	0.6 mg/dL	
Serum Total Proteins	8.70 g/dL	6.4 to 8.3 g/dL	7.6 g/dL	7.5 g/dL
Serum Albumin	5.4 g/dL	3.4 to 4.8 g/dL	4.9 g/dL	4.7 g/dL
Serum Globulin	3.3 g/dL	1.8 to 3.6 gm%	2.7 g/dL	2.8 g/dL
A/G Ratio	1.64	1.1 to 2.2	1.81	1.68
Cystatin C	1.02 mg/dL	0.53 to 0.95 mg/L	0.77 mg/dL	
C Reactive Protein	2.71 mg/dL	Upto 3.0 mg/L	1.95 mg/dL	1.55 mg/dL
Daily Protein Intake RDA = 1 gm / Kg Body Weight	Unrestricted	Approximately 50 grams / day	10 g / day Vegetarian Source	25 g / day for 2 weeks + Unrestricted thereafter
# Correlate with Clinical Symptoms				
Note: 8 weeks Detoxification program was started on 15 th of October 2007				
* Before starting Detoxification. When the program started she was put on restricted protein (only vegetarian) diet of only 10 gms. per day				
** After 7 weeks of Whole Body Detoxification Her protein (mixed) intake was increased to 25gms /day after noting the improvement in renal function				
*** These readings were taken when there were no restrictions to protein intake. (Data recently added).				

Case Study No. 5

This is a Case Study on Kidney Servicing, Detoxification and Rejuvenation. The patient is taken from the precipice of Chronic Renal Failure to good health. Here the Kidney function has been returned back to youthful levels in a matter of a short period of 7 weeks.

Let us now go on to the **3rd step of Anti-Aging.**

Here, I would like to discuss the use of **Intracellular Nutrition** to repair and rejuvenate the various organs of the body including the entire Cardiac System.

You will all agree with me, that Anti-aging will not make much sense, if we were not to know how to free the human body of Chronic Ailments like Hypertension, Diabetes, Hormone Imbalance and its connected diseases, Obesity and Cardiac Diseases of all kinds, etc.

To me, Anti-aging means, the ability to live to more than 100 years, free from chronic ailments and medication of any type. To achieve this, we must look at Nutrition. Not just any old Nutrition, but Intracellular Nutrition and the ability to check and correct Nutritional deficiencies in a matter of a few weeks or months. This Nutrition, should allow us to repair the organs of the body, like say the Heart for instance. We should be able to correct the ECG or improve the Ejection Fraction of the Heart, no matter what the physical age of the person. The concept of this science and the word Orthomolecular Medicine was coined by the Nobel Laureate Linus Pauling in 1968 exactly 40 years back.

To understand how and why this is to be done, let me explain a few important factors.

1. With the over cultivation of the land and the consequent falling Nutritional Value of the soil and hence of the food we eat, the human body has during the last 50 years progressively become malnourished. This has given rise to chronic ailments of all types. A method must be found to correct this deficiency in a very short span of time – few weeks or a few months. For info: www.space-age.com/nutri-farm-seminar.doc
2. To achieve this
 - a) One must be able to administer Nutrition in an organic form in therapeutic doses. Prophylactic doses presently available at the local Pharmacy, Chemist or Health Food Store cannot however find any use here.
 - b) The doses administered must reach Intracellular Levels i.e. the center of the cell where nutrition is really required and not just the Serum level as most Prophylactic Nutritional doses do. For info: www.space-age.com/Multivitamin-FAQs.doc

To achieve this, one must have at ones' command two technologies:

- 1) a capacity to alter cell membrane permeability; and
- 2) a carrier mechanism to carry nutrition to the center of the cell where it is required.

Let me explain the need for this in more simple terms.

Imagine, a time few hundred years ago, a soldier on horseback with a sword in his hand outside the thick walls of a Fort. By himself, the soldier will not be able to penetrate the thick walls of the Fort. Now imagine Canon Balls being fired at the thick walls of the Fort. These Canon Balls will soon create an opening in the walls of the Fort through which the soldier will now be able to enter the Fort.

These Canon Balls have changed the permeability of the walls of the Fort. The horse is the carrier mechanism to help carry the soldier inside the Fort. The soldier is the Nutrition.

Orthomolecular Nutrition when equipped with cell membrane permeability altering capabilities and further equipped with a carrier mechanism to easily carry the nutrition inside the cell to its center is the basis of Intracellular Nutrition.

For info: www.space-age.com/Multivitamin-FAQs.doc

Now, we couple this with Therapeutic Doses of Nutrition, which when correctly administered in a synergetic manner at Intracellular levels, can help to free the body of chronic ailments like Hypertension, Diabetes, Hormone Imbalance with its connected diseases like Hypothyroidism, Prostate Enlargement / Inflammation, Obesity and also help to repair hardened arteries, improve the Ejection Fraction of the Heart and also repair minor damages to various other organs of the body with a fair degree of accuracy.

Reducing Prostate Size / PSA Values Naturally!

Patient particulars: Male, Age: 76, Height: 5ft 4 in., Weight: 56 Kg., Fat = 16.2% (0), BP = 129/ 69, Pulse = 59, Diet: Vegetarian (Ref: JAS)				
Parameters	Std. Ref. Range	* 02/18/2005	* 05/13/2006	** 11/26/2007
PSA - Prostate Specific Antigen	0.27 to 4.8 ng/ml (above 60 years)	1.89 ng/ml	1.28 ng/ml	0.72 ng/ml
USG KUB & Prostate				
Prostate Size	3 × 4 × 2.5 cms	4.3×4.2×3.4 cms	4.5×3.9×3.6 cms	3.3×4.0×3.5 cms
Weight	20 gms. (Adult)	34.4 gms	34 gms	24 gms
Grade of Prostate enlargement		Grade II	Grade II	*** Normal Prostate
Prevoid volume		366 ml	150 ml	254 ml
Post void residue	non-significant, minimal	24 ml (7.6%) Not significant	61 ml (40%) Very Significant	41 ml (15%) Not significant.
Organic Zinc (Forte) (Intracellular Nutrition)		None	None	60 caps of 60 mg + 60 caps of 100mg
Herbal Tea				One cup of Herbal Tea morning and evening for 30 days
Natural Treatment with herbs and intracellular nutrition began on 06/06/2006. Detoxifications of various organs was done in stages.				
* Readings taken prior to starting treatment with Natural herbs and intracellular nutrition				
** Readings were taken after the patient underwent detoxification in June 2006 and treatment with Organic Zinc (Forte) and Herbal Tea (doses mentioned above).				
*** Prostate appears normal. No intra vesical enlargement of Prostate Gland is seen.				

Case Study No. 6

When we combine Detoxification, Rejuvenation and Intracellular Nutrition we can truly achieve Anti-aging in a very gentle and natural manner. The whole body will uniformly undergo Anti-aging and will not only look but will also feel years younger. With dedicated effort will stay that way for years to come, perhaps well past the age of one hundred years.

Today, I am very proud to say that at SpaceAge Natural Health Center in Mumbai our Doctors are able to achieve this by means of a totally natural and drugless therapy with a success rate of over 85%.

The face will look years younger, the body dimensions will change (**Natural Body Sculpting**) and the complexion lighten. Dark patches on the skin can be removed or considerably lightened, the abdominal dimensions reduced to give a perfectly flat abdomen, to point well past what regular exercises at the Gym can achieve. This is the concept of **Beauty Inside Out**. 80% of the focus of the treatment must be inside the Body and the balance 20% must be in the form of topical treatment. This kind of treatment would have effects that will maintain over a longer period of time. If this topical treatment can have

intracellular penetration, we can also rejuvenate the skin and tighten it, reduce the wrinkles and create an instant face lift. Combining the capabilities of Intracellular Nutrition with Cosmetics results in a new concept called **CosmeNutricals**. For more information visit: www.CosmeNutricals.com

Going inside the body to cleanse the major excretory organs like the Colon and Kidneys will reduce the toxic load on the skin. Dark patches and skin discoloration can be greatly reduced and / or removed with ease. If the insides of the body are not clean, no amount of topical applications and cleaning procedures will really be effective in the long run. The severity of Pimples and Acne can also be reduced by proper Detoxification and cleansing the body on the inside. This is the concept of **Beauty Inside Out and Natural Aesthetics**.

Obesity can be corrected by identifying the underlying medical causes that result in repeated weight increases and procedures can be outlined to resolve them with lasting effects. Body Fat can be reduced with permanent lasting effects.

Here is a case study done showing reduction of abdominal dimension by 5 inches in a period of only 7 weeks. This has been achieved by cleaning out the Colon and improving Digestion so that the distention in the abdominal area due to gas formation and toxic waste build up is eliminated. This is a natural method of Body Sculpting.

Body Sculpting – Naturally !

Ms. Professional Model & Actress

Female, Age: 24 years, Height: 5ft 5 in. Weight: 52 Kgs

	2/15/2007	3/20/2007	4/5/2007	5/15/2007	10/9/2007
Breast	34.0"	34.75"	34.75"	34.5"	34.5"
Waist - I	27.0"	26.0"	26.0"	27.5"	26.75"
* Waist - II	34.0"	32.0"	29.0"	29.0"	29.75"
Hips	36.5"	36.0"	35.5"	36.0"	36.0"
Full Thigh	22.0"	21.5"	21.5"	22.0"	22.0"
Mid Thigh	19.0"	19.25"	19.5"	19.25"	19.0"
Mid Arm	9.25"	9.5"	9.5"	9.5"	9.5"
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: * 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.
This Professional Model was working out in a Gym for over one year prior to Detoxification.

Case Study No. 7

More details can be found on our website at:

www.space-age.com

Here you will also find: 5 medical reasons that cause weight / fat increase and how to correct these for a lasting effect. How to naturally lower TSH and gradually taper off the dose of Thyroid Hormones – Eltroxin, Thyronorm or Synthroid being administered to the patient?

For more info: www.space-age.com/thyroid.html

How to naturally lower Hypertension or Blood Sugar levels not responding to allopathy?

How to correct and reverse Osteoporosis? Why not to administer Calcium on a continued basis. Why excessive Calcium can be quite toxic to the body and causes calcium deposits on the walls of the arteries, kidney stones and osteoarthritis. Refer my article on Osteoporosis which appeared in the My Doctor Magazine in the November 2002 issue. For more info:

www.space-age.com/calcium_osteoporosis.pdf and Osteoporosis Revisited 2007 which can be www.space-age.com/OsteoporosisRevisited.doc

You will also find an article on Calcium and Osteoporosis written in 2002 and Osteoporosis Revisited in 2007 which will tell you how Osteoporosis can be caused by excessive Calcium especially Calcium Carbonate supplements – natural or otherwise.

How to remove Calcium and plaque deposited on the arteries to avoid a Bypass Surgery, etc. etc. Everything you need to know about Anti-aging and living to more than one hundred years in perfect health free from chronic diseases and medication.

For more information visit: www.space-age.com/bypass.html and www.space-age.com/andro.html

Here you will find a detailed and a pioneer paper supported with Clinical Studies entitled:

Detoxification – Myth or Reality? A Pathological Evaluation.

The Abstract, the complete text and Frequent Asked Questions can be found at this link:

www.space-age.com/detox.html

Also here you will find my article on Modern Methods of Reading & Analyzing Pathology Reports For Optimum Health & Long Healthy Life and why the present methods of reading and interpretation are antiquated. For more information visit:

www.space-age.com/pathology.pdf

These treatments we have discussed today are complimentary to mainstream medical treatments and can serve as both pre or post treatment procedures and also help in maintenance of the good effects of the surgical procedures that are going to be discussed later today.

Your Quest For Anti-Aging Ends Here !

For the complete text of this presentation please visit:

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

For the Power Point Presentation please go to:

<http://www.space-age.com/AntiagingSeminar.ppt>

I am giving these website links to download and study this information for those of our colleagues who could not attend to this Tutorial due to pressing emergencies at their own Clinics. Please feel free to pass on or e-mail this information to anybody who will benefit from this information.

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!

by

Pramod Vora,

Holistic Educator &

Natural Health Counselor to Doctors

SpaceAge®

Natural Health Center

92 Corporate Park, Ste. C #705,

Irvine, CA 92606

USA

SpaceAge®

Natural Health Center

9/123 Marol Co-op. Industrial Estate,

P.O.Box 7432

Marol Sagbaug, Andheri (East),

Mumbai 400 059 INDIA

Tel: (022) 2850-3986 / 2850-8653

Fax: +91-22-2850-6214

E-mail: consult@space-age.com

Internet: www.space-age.com

Go to the 4th step of Anti-Aging if time permits.

This will explain the role of the Mind in Anti-aging.

Explain the Software and Hardware theory of Anti-aging.

Go to the 5th step of Anti-Aging if time permits.

This will explain the Spiritual Laws of the Universe.

Your Quest For Anti-Aging Ends Here !

References:

1. Nutritional Farming - Paper read at the Seminar on Alternative Medicine, sponsored by the Ministry of Health, Tamil Nadu Agricultural College, in March 2006.
(Info: <http://www.space-age.com/conference-tnau.html>
or directly download the paper on Nutritional Farming from:
<http://www.space-age.com/nutri-farm-seminar.doc>
or
for Power Point Presentation go to:
www.space-age.com/nutri-farm.ppt
For abstract go to:
www.space-age.com/nutri-farm-abstract.doc
2. For more up to date information on need for Intracellular / Orthomolecular Nutrition please download "Do I Need To Take Multivitamin / Mineral Supplements? Frequently Asked Questions." from:
<http://www.space-age.com/Multivitamin-FAQs.doc>
3. For more information please refer my article on Calcium and Osteoporosis which appeared in the My Doctor Magazine November, 2002 which can be download from:
http://www.space-age.com/calcium_osteoporosis.pdf
The Elemental Weights given in this article in milligrams are given only for the purpose of establishing the ratios between the various Minerals and Vitamins required for enhancing bone formation / reversing Osteoporosis and should not be confused with doses recommended for daily oral intake in the form of supplements.
4. For more up to date information on Osteoporosis and Magnesium deficiency, please download "Osteoporosis Revisited 2007" from:
<http://www.space-age.com/OsteoporosisRevisited.doc>
5. Magnesium Research 1988 Jul; 1(1-2):85-7
6. Fundamentals Applied Toxicology 1997 Feb;35(2):205-15; British Poultry Science 1998 Mar;39(1):11-5
7. Israel Journal Medical Science 1981 Dec;17(12):1123-5
8. Journal Bone Mineral Research 1994 Oct; 9(10):1657-67
9. For Modern Methods of Reading and Analyzing Pathological Reports For Optimum Health please download "Standard Reference Ranges in Pathological Reports Are Antiquated" from:
<http://www.space-age.com/pathology.pdf>
Pathology for Anti-aging.