

Appendix - III

Areas of Imbalance in the Body

(Diseases or Symptoms)

Dear Health Care Provider,

Consider for a moment that diseases listed in Harrison's Principles of Internal Medicine as symptoms, due to imbalances in the body.

Here are the 5 areas of imbalance in the body which actually need to be treated / corrected: (Our Questionnaire focuses on finding these out: <http://www.space-age.com/Questionnaire.doc>).

1. Toxins (including metal and hormone toxins)
2. pH Imbalance
3. Intracellular Nutritional Deficiencies
4. Hormonal Imbalances
(I have added Hormones, but actually the foundation for naturally producing hormones is nutrition)
5. Energy Field Imbalance

If diseases listed in Harrison are symptoms, then the areas of imbalance in the body which need to be corrected can be the real diseases in the body which need to be treated / corrected.

In Preventive Medicine you investigate the root cause of a disease and treat / correct the cause, but do not treat the symptom or shall I say disease as defined in allopathy.

The symptoms go away on their own when the root cause is treated.

In Preventive Medicine, drug induced symptoms are not to be treated but need to be isolated. They disappear when the prescription drugs that caused them are titrated downwards, which happens when the imbalances are gradually corrected.

The three areas of imbalance - Toxins, pH and Energy Field are mentioned in Ayurveda. To this, I have added Nutrition as this is a man made problem of recent times. Hormone Imbalance (besides having its roots in nutritional imbalance) is also an environmental problem due to presence of petrochemical products in our environment. These synthetic hormones (xenoestrogens) are also toxins that need to be neutralized or eliminated from the body. Unfortunately, many of these are not biodegradable and many synthetic hormone prescription drugs have numerous side effects as well.

The scope of Toxins has been expanded to also include heavy metal toxins such as aluminum, arsenic, cadmium, lead, mercury, nickel, etc. which have entered the environment and have created serious imbalances / chronic diseases in the body, at well below their lethal dose levels. There is an urgent need to return the body back to the same levels of these metals as found in unexposed population.

Trust an explanation of this concept will be helpful in your study of evolving standards of preventive and anti-aging medicine.

Blessings,

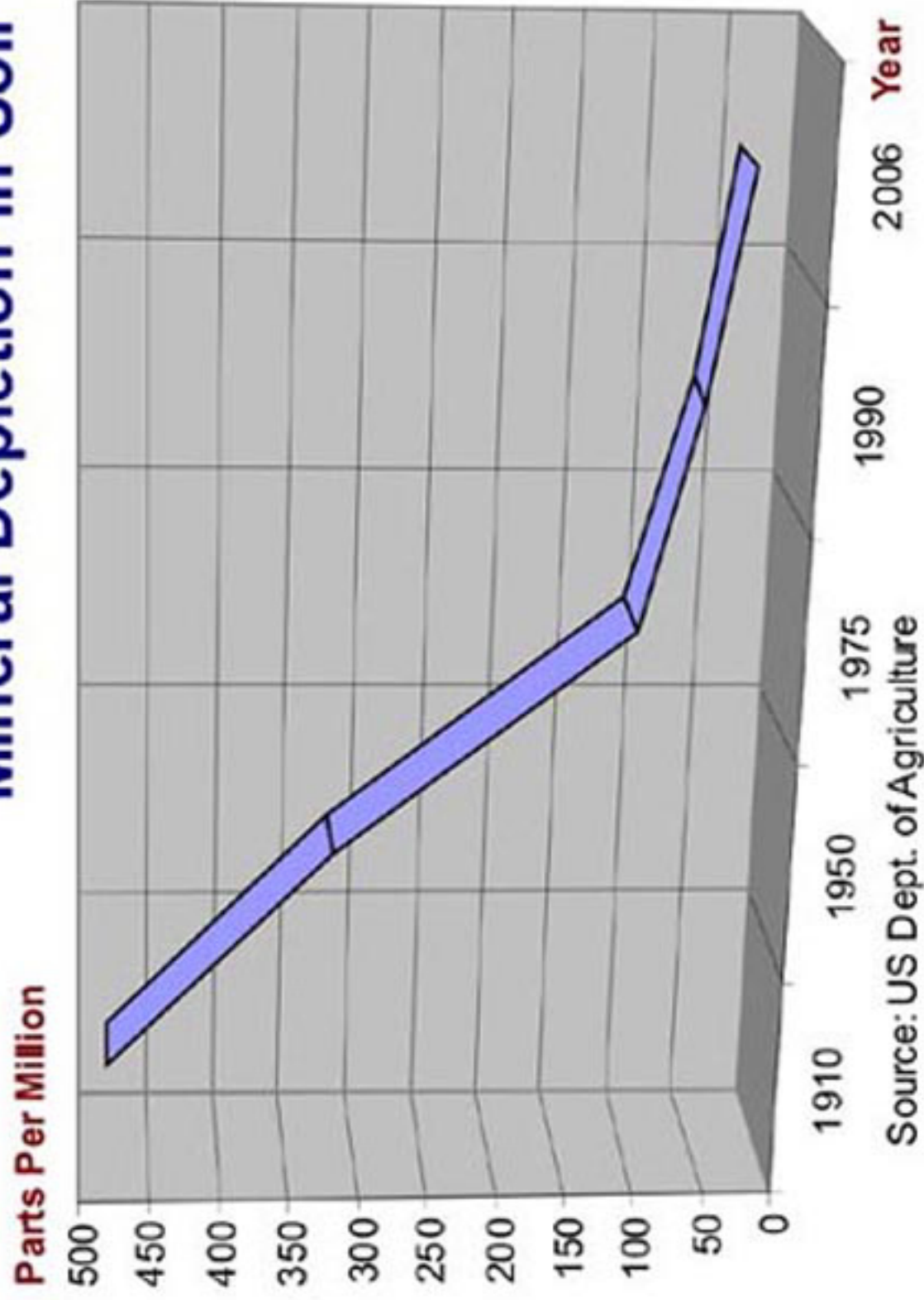
Pramod Vora

Medical Scientist

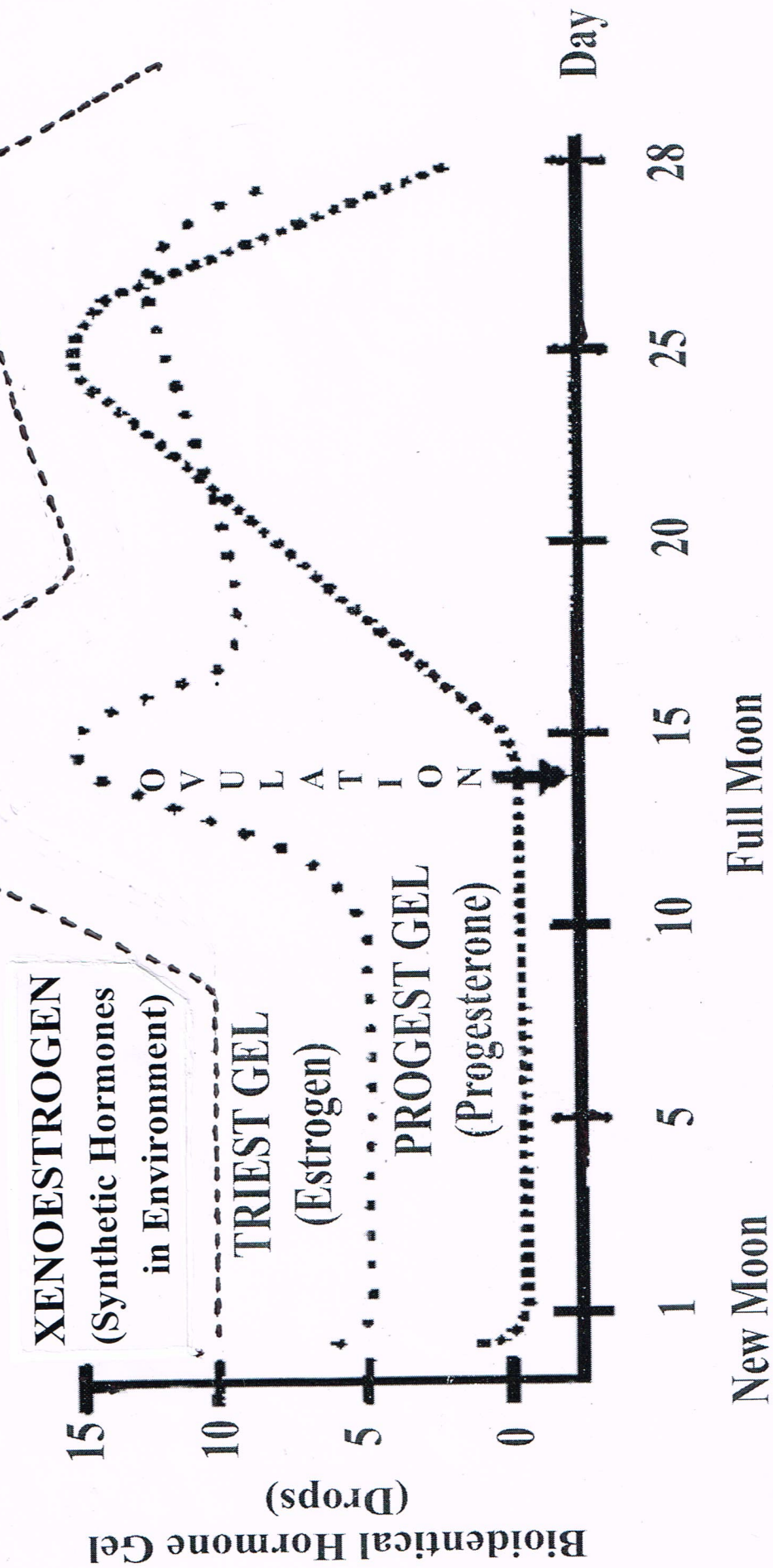
E-mail: consult2008@space-age.com

(For the complete paper on detoxification and rejuvenation please download:
<http://www.space-age.com/Detox.pdf>)

Mineral Depletion in Soil



A Woman's Typical Normal Cycle & Lunar Cycle



Toxic Heavy Metal Testing

Toxic Metals	* Whole Blood Levels in Unexposed Population	ThyroCare, Mumbai, India	LabCorp., USA	Quest Diagnostics, USA	Possible Sources	Remarks
Aluminum Serum	1.0 µg/L (Serum)	3 to 9 µg/L Plasma / Serum	1.0 to 20.0 µg/L Whole Blood	Cooking in aluminum pots and pans with damaged Teflon coating. Aluminum cans for Beer / soft drinks. High levels found in Alzheimer's patients		
Arsenic Whole Blood	0.5 µg/L	0.1 to 5 µg/L Whole Blood	2 to 23 µg/L Whole Blood	Ground water, sea food. Causes: pigmentation, renal + hepatic toxicity, hypertension, Diabetes.		
Cadmium Whole Blood	0.15 µg/L	0.1 to 1.5 µg/L Whole Blood	0.1 to 1.2 µg/L Whole Blood	Tobacco, cigarette smoke, KDM gold jewelry and canned foods. Causes: cardiac diseases, peripheral cyanosis.		
Lead Whole Blood	15 µg/L	10 to 150 µg/L Whole Blood	10 to 190 µg/L (1 to 19 ug/dL) Whole Blood	Paint, cosmetics, leaded petrol. Causes: reduced motor skills / hypertension. high uric acid (gout) and urinary microalbumin.		
Mercury Whole Blood	0.5 µg/L	0.1 to 5.0 µg/L Whole Blood	0.1 to 14.9 µg/L Whole Blood	Fish, sea food. Causes: kidney insufficiency / failure, high uric acid (gout) and urinary microalbumin.		
Nickel Serum	0.2 µg/L (Serum)			Cooking in stainless steel pots /pans, costume jewelry, stainless steel body parts. Deposits in Prostate cause Prostate Cancer.		

Essential Micro Nutrients	Levels in Healthy Population	ThyroCare	LabCorp	Quest Diagnostics	Remarks
Chromium Whole Blood	5.0 to 10 µg/L	1.0 to 30 µg/L Whole Blood	0.1 to 2.1 µg/L Plasma	0.1 to 1.4 µg/L Serum	Helps lower insulin, blood sugar and Inflammation.
Selenium Whole Blood	300 to 350 µg/L	60 to 350 µg/L Whole Blood	79 to 326 µg/L Serum / Plasma		Lowers arsenic and mercury levels. Improves Thyroid function; and Testosterone in males.

* = Levels found in unexposed population as indicated by the Department of Toxicology, U.S. Department of Health and Public Health Services; and levels that have been repeatedly achieved at our Health Center after an elaborate Heavy Metal Detoxification Program.