

Detoxification – Myth or Reality?

(A Pathological Evaluation of Detoxification & Rejuvenation)

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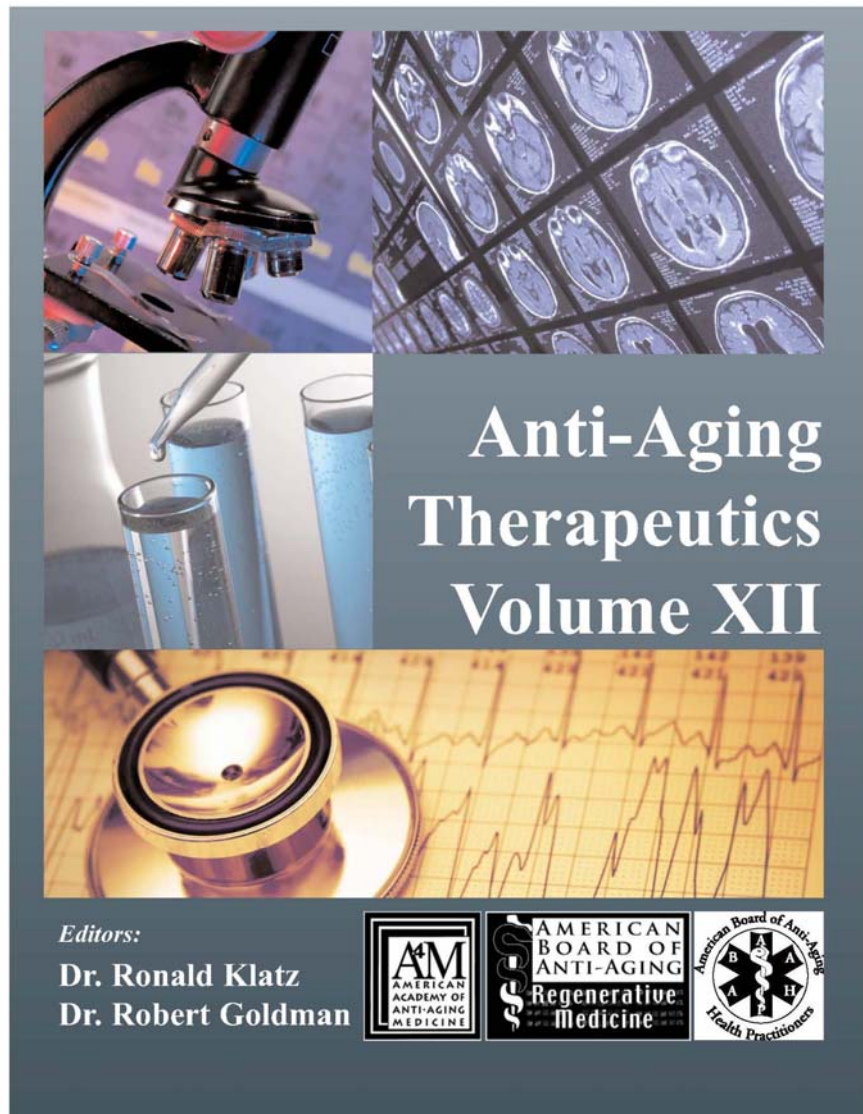
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Note on A4M



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.

Abstract of the paper on:
Detoxification – Myth or Reality?
A Pathological Evaluation of Detoxification & Rejuvenation

Pramod Vora, Holistic Educator & Natural Health Counselor to Doctors
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The subject of Detoxification which forms the basis of Alternative Medicine has been a controversial one with Allopaths denying the existence of Toxins in the body. Allopathic Doctors tend to think that there are no toxins in the body and that the human body would die if there were toxins in the body.

However, mainstream medicine today does recognize Heavy Metal Toxins and knows that the human body does not necessarily die but continues to malfunction and suffer from chronic ailments in the presence of moderately high levels of Metal Toxins like Lead, Mercury, Arsenic, Nickel, Aluminum, etc. The presence of these heavy metal toxins can be verified by simple blood tests and these levels can be brought down by standard heavy metal detoxification processes.

An attempt is made to clear up this controversy once and for all and is an interesting concept and presentation in the evolution of Modern Ayurveda and Modern Medicine.

The paper relies on reading of Pathological Reports as per the modern standards of Optimum Value which is a concept that is fast catching up in the West. Optimum Values in Blood Reports, are those values that are encountered in Perfectly Healthy young people. The focus today, is more towards preventive health management, which aims to maintain and preserve all body parameters at these healthy youthful levels throughout one's life.

The concept of Panchakarma to detoxify the body is taken to the next level, where user friendly Kits for home use can Detoxification and Rejuvenation the Body, all in the privacy of the patient's home. These unique and highly evolved Kits come with excellent documentation and a self explanatory Calendar to guide the patient on a day to day basis. The Colon, Kidneys, Liver, Lung, Blood and other organs of the body are detoxified as a result of the use of this Kit. The performance of these Kits can be evaluated through standard Pathological tests to be done before and after the detoxification.

These Kits serve as follow up treatment to standard Panchakarma procedures done at Ayurvedic Centers in India. They are specially useful for NRIs and 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 can 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 Health Resorts in India for their treatment.

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

Used both as pretreatment or post treatment procedures, these Kits will only aid to improve the effectiveness of the treatments done in any system of Medicine – Alternative or Complementary or Main Stream Medicine.

NRIs and Foreigners who visit India for Ayurvedic and Alternative Medical Health Care would benefit immensely by the use of these Detoxification and Rejuvenation Kits.

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*** Detoxification of the Body – Myth or Reality ?**

A Pathological Evaluation of Detoxification & Rejuvenation

by

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Ayurvedic Doctors constantly talk about Toxins in the body and the need to periodically remove them. Ayurveda has evolved complex procedures like Panchakarma to help with the removal of these toxins. However, Ayurveda does not support the removal of toxins by means of standard blood test reports which form the basis of mainstream medicine today. Therefore, Allopathic Doctors tend to think that there are no toxins in the body and that the human body would die if indeed there really were toxins in the body.

However, mainstream medicine today does recognize Heavy Metal Toxins and knows that the human body does not necessarily die but continues to malfunction and suffer from chronic ailments in the presence of moderately high levels of Metal Toxins like Lead, Mercury, Arsenic, Nickel, Aluminum, etc. The presence of these heavy metal toxins can be verified by simple blood tests and these levels can be brought down by standard heavy metal detoxification processes.

With the recent evolution of Modern Ayurveda it is now possible to use standard pathological tests to monitor the removal of toxins from the body. However, the method of reading and interpreting these pathological reports is different. The reason being, standard pathological reports were set up to detect a disease after it had set in. Detection of disease is the goal of Western (Allopathic) Medicine. Modern Medicine / Modern Ayurveda however is preventive medical science with a goal to maintain the human body in *a state of perfect health*. Its goal is to prevent the onset of disease in the human body.

In the process of Detoxification of the body, it would be important to detoxify the colon, kidneys, liver, lungs, blood and other important organs. Keeping the main excretory organs of the body like the Colon and Kidney working at peak capacity will certainly help prevent the accumulation of fresh toxins in the body besides aid in the removal of existing toxins from the body.

Let us take the kidneys for example. The Standard Pathological Reference Ranges for creatinine, blood urea nitrogen (BUN) and serum uric acid are as given below:

* 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>

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

One must remember, that Standard Pathological Ranges shown above, were set up to detect Kidney failure or onset of a Kidney Disease. So, what should these values be, in order to maintain the body in *a state of perfect health*, which is the goal of Modern Medicine. These Values are defined as Optimum Values and are those that are found in perfectly healthy young people. When maintained at Optimum Levels by proper and periodic detoxification will help to maintain the Kidneys at peak efficiency and prevent the onset of Kidney disease / failure throughout our 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	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	4.0 mg/dL	3.6 to 8.2 mg/dL	To help reduce aches and joint pains / arthritis

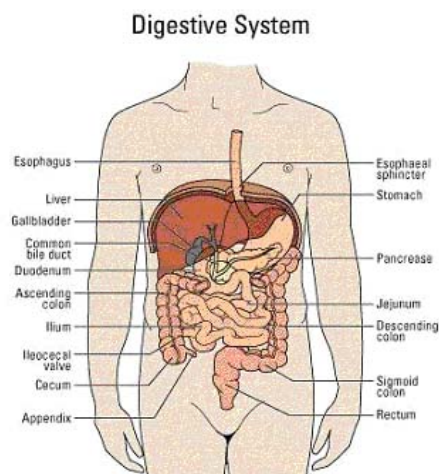
Table 2 - Sample of some Optimum Values for Perfect Health

A growing number of progressive pathological laboratories in USA and Europe now routinely mention **Optimum Values** in their Pathological Reports. This is to guide Doctors to help maintain *a state of perfect health*, free from future diseases for their Patients. For more information on Optimum Values please refer to my article “Standard Pathological Ranges are Antiquated” which appeared in the “My Doctor” Magazine February 2006 issue. Also you can access this article on the internet at:

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

A good Detoxification done on the body should be able to improve upon the previously reported Pathological values after the Detoxification process has been completed. The following is a list of some Pathological Tests that can be done before and after Detoxification to study the efficacy of the Detoxification done on the body.

- 1. Complete Blood Count (CBC)**
- 2. Complete Renal Profile**
- 3. Liver Function Test**



It is now well accepted in Western Medicine (Allopathy) that Liver is the organ where toxins are neutralized and / or quarantined. Removing toxins from the Liver is therefore important to improve its ability to function properly. Detoxifying the Liver and keeping it functioning at peak efficiency will help the body to eliminate toxins, prevent their build up in the future and reduce allergies.

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

Test Description	Your Observed Value	Optimum Value & Units	Standard Reference Range & Units	Remarks *
Hemoglobin Females Males		14.5 g/dL 16.5 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
Ferritin Females Males		200 ng/mL 250 ng/mL	10 to 291 ng/mL 10 to 350 ng/mL	Helps to maintain good Energy levels through out the day
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		4.0 mg/dL	3.6 to 8.2 mg/dL	To help reduce aches, joint pains / arthritis
SGPT (ALT) serum		20 to 24 U/L	0 to 48 U/L	Improved Liver function and Toxin neutralization
SGOT (AST) serum		15 to 20 U/L	5 to 42U/L	Improved Liver function and Toxin neutralization
GGPT serum		20 to 30 U/L	12 to 64 U/L	Improved Liver function and Toxin neutralization
Serum Bilirubin (Total)		0.8 mg/dL	upto 1.5 mg/dL	Improved Liver function and Toxin neutralization

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

Table 3 - Sample of some Optimum Values after Detoxification

Nutritional deficiencies can prevent the optimization of above values. For example if Serum Iron and / or Ferritin levels are low, say typically around 40 ug/dL and / or 35ng/mL, it will be difficult to achieve optimum value of Hemoglobin at 16.5 g/dL for males and 14.5 g/dL for females. The same difficulty will be encountered if the B-Complex Vitamin levels are low. It is now well accepted that Folic Acid, Vitamin B₁₂ play an important role in maintaining adequate levels of Hemoglobin in the body.

Now, let us come to standard Ayurvedic Process of Detoxification – Panchakarma is the one recommended by most Ayurvedic Physicians. This is a time consuming process for both the Physician and the Patient. Typical commitment of time is 2 to 4 hours at each visit and the need to complete 4 to 12 such treatments depending on the condition of the patient. In today's fast pace of life in the industrialized world, it is difficult for most executives to spare this time. Also these old Panchakarma procedures may not be able to cope up with modern day stress and pollution levels which were literally non existent a few thousand years back when these procedures were written.

The need today, is to have Detoxification (Panchakarma) brought to your doorstep, so that it can be done in the privacy of your own home without the expenditure of too much time.

Detoxification at our doorstep – Is this really possible?

Modern Medicine / Modern Ayurveda has therefore evolved much stronger Detoxification procedures which can be implemented in the privacy of your own home over a 4 to 8 week period. These Whole Body Detoxification Programs are powerful enough to cope with modern stress levels, pollutions in our environment and the ecological damage to our earth. Yet these are gentle enough to work in the background of our life and do not disturb or interrupt the activities we pursue in our daily lives. A good Detoxification Process should be able to reduce aches and pains / arthritis even if the person is RA Positive, help relieve the severity of Migraine Attacks and Allergies.

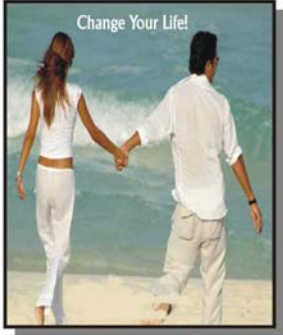
A well balanced whole body detoxification program when properly implemented should leave a healthy glow on your face which your friends could not help but notice and make you look and feel years younger than your age. This is the true test of a good detoxification program. Detoxification should be done periodically, preferably every six months failing which at least once a year to maintain the body in a state of perfect health. Detoxification should be evaluated by standard blood tests (read for Optimum Values) to be done before and after the detoxification to assess the effectiveness of the detoxification. With each round of Detoxification these should keep on improving for individuals with healthy eating habits and life style.

The Colon and the Kidneys are the main organs of the body through which the toxins are excreted. The Lungs and skin play a minor part in the removal of toxins from the body. It is only when the Colon and Kidneys do not function efficiently that the skin is forced to handle more than it is capable of excreting. It is at this stage that we see discoloration or dark patches or darkening of the skin. These are signs of too many toxins in the body. At this stage detoxification must be started immediately to prevent the onset of chronic diseases. A good detoxification can help to lighten the skin and return it back to same healthy color it was in the past.

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.

Here is a Standard Whole Body Detoxification Kit.

WHOLE BODY DETOX KIT



* 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/aging.html>

* 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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Health Care - Naturally !

(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.

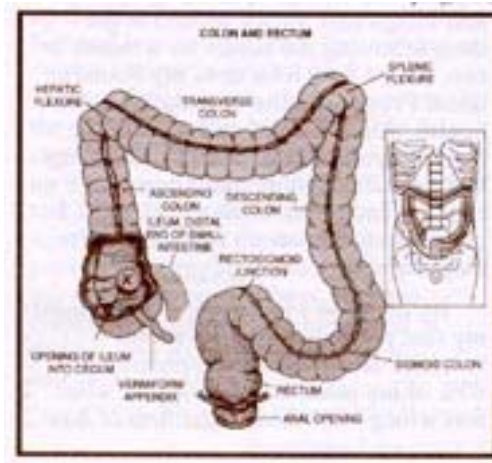
No metals used in these preparations.

Dosage: Capsule

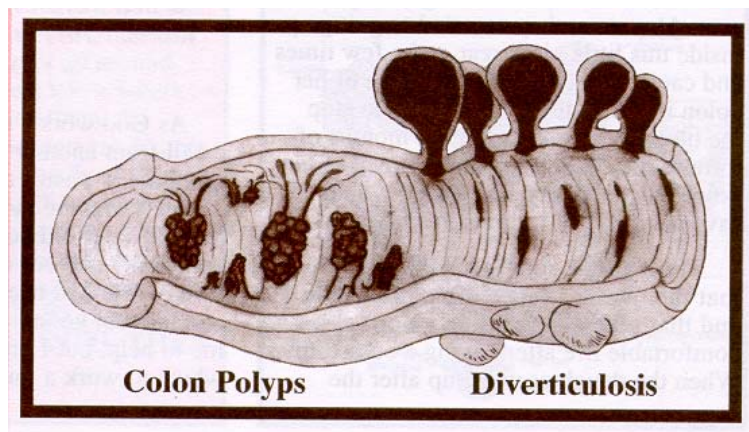
Special Colon Cleanse (60 capsules)	750mg	Helps clean the Colon and Digestive Tract
Super Kidney Care (60 capsules)	850mg	Helps Clean the Kidneys and Urinary Tract
LivMax (60 capsules)	750mg	Helps clean the Liver
Lung Clear (30 capsules)	750mg	Helps clean the lungs
Detoxifier (30 capsules)	750mg	Helps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

Foundation To Arresting The Aging Process Of The Body.

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 bowels and poor peristaltic motion of the Colon. A good Colon Cleanse procedure when properly implemented should reset the biological clock back to its natural cycle we were all born with. Proof of this is to watch a few months old baby who needs new pampers every time it is breast fed by its mother. This is the true test of proper Colon Cleansing.



Colon Cleanse a Herbal Dietary Supplement (when administered in gradually increasing doses over a period of about one week) 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 Colon with healthy bacteria destroyed by the use of drug antibiotics and exposure to antibiotics in our environment. It will simultaneously help improve the speed of digestion; reduce colic pains; acidity and symptoms of Irritable Bowel Syndrome (IBS). Hard stool 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, or Colon Irrigation or Colon Hydrotherapy and the ancient Ayurvedic Basti may not be able to achieve all this.



A healthy and a clean Colon will help to prevent the onset of Diverticulosis, Polyps, inflammation / perforation of the Colon, Ulcerative Colitis and eventual Colorectal Cancer which is the number two killer in the world today after Heart Disease.

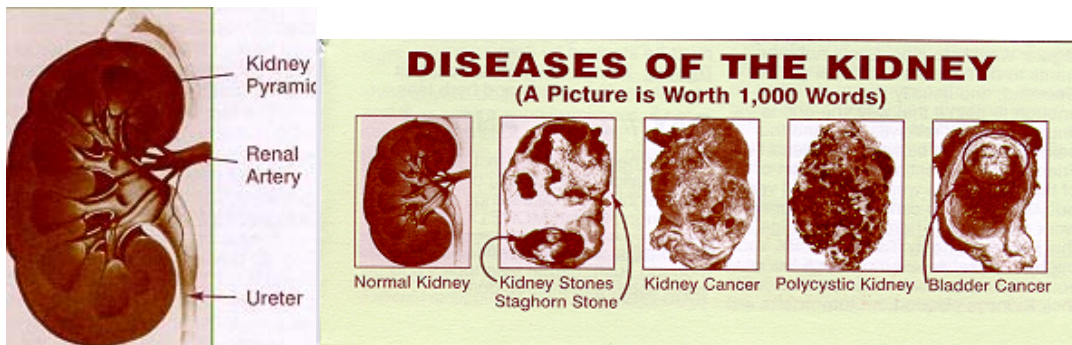
A lot of essential minerals like Calcium and Potassium to name a few, are absorbed through the walls of the Colon. Prolonged use of drug Diuretics like Thiazide, Lasix (furosemide) invariably end up reducing Potassium and Magnesium levels in the body.

The healthy bacteria in the Colon help to produce B-complex Vitamins (which help digestion) and Vitamin K (which helps in Blood Clotting).

The Blood reports of a highly constipated person will therefore manifest severe Nutritional deficiencies. Potassium deficiency hampers the peristaltic motion of the colon. This ends up increasing the severity of constipation which further depletes potassium levels. The Body is then thrown into a never ending spiral of increasing constipation and corresponding decreasing nutrition.

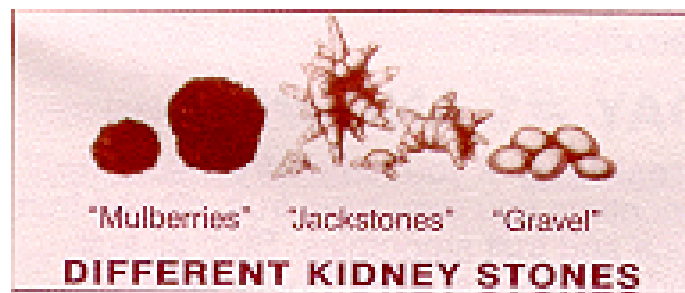
A unhealthy colon therefore results in serious malnutrition which can trigger many other serious chronic ailments.

Magnesium is a muscle relaxant and Calcium helps to contract muscles. Once Magnesium levels are depleted severe constipation results.



Super Kidney Care a Herbal Dietary Supplement helps to lower Creatinine, Blood Urea Nitrogen (BUN) and Serum Uric Acid values in the body. It also helps to dissolve deposits in the Kidneys and reduce the size of Kidney stones.

Poor levels of Magnesium and elevated levels of Calcium (due to prolonged intake of supplemental Calcium in large doses) in the body encourage the deposition of Calcium in various organs of the body and soft tissue. Presence of Calcium Oxalate crystals in the urine finally end up in the formation of Kidney Stones. Improper ratio of Magnesium to Calcium also results in the deposition of Calcium in the joints resulting in Osteoarthritis or in the formation of plaque deposits on the walls of the arteries and heart disease.

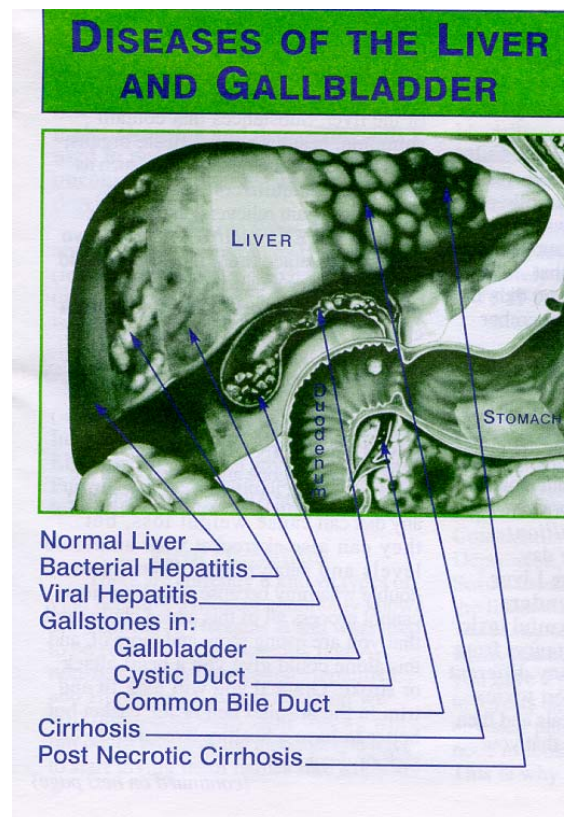


Prolonged uses of Drug Antibiotics is known to increase Creatinine levels to well above normal values and can eventually damage the kidneys. Antibiotics which are directly injected into the body are more dangerous than oral Antibiotics in this respect.

Antibiotics administered orally end up destroying the healthy bacteria in the Intestines which aid digestion and help produce essential Vitamin B-complex and Vitamin K.

Since Antibiotics are in our environment and in the food we eat, it is best to periodically Detoxify the Kidney to ensure low values of Creatinine throughout our life.

Healthy Kidney allow the reabsorption of Calcium and Magnesium from the urine being excreted from the body. Healthy Kidneys working at peak efficiency can therefore help prevent a lot of Cardiac Diseases which are normally a result of Magnesium deficiency.



LivMax a Herbal Dietary Supplement helps to lower Total Bilirubin, SGPT (ALT), SGOT (AST) and GGPT values of the Liver. It can help to improve the functioning of the Liver and return it speedily back to normal even after an attack of Jaundice. It can help to

improve the functioning of the Liver even in cases of Hepatitis or Cirrhosis of the Liver due to excessive consumption of alcohol and reduce allergies.

A healthy Liver helps digestion by producing adequate quantities of Bile which secretes into the small intestine. Any excess Bile is stored in the Gall Bladder and helps in the digestion of Fats. A lot of hormones are synthesized in the liver and can help increase Libido and Sex Drive. Cholesterol is produced in the Liver and most Statins (Drug used to lower cholesterol) work by interfering with the function of the Liver to lower blood cholesterol values. Prolonged use of Statins cause a general degradation in all values of the Liver Function Test. Other drugs¹ which are known to damage Liver and cause hepatotoxicity are Paracetamol (Acetaminophen), Oral Contraceptives, Anti-TB Drugs, Anti-Cancer Therapy and Antibiotics besides Alcohol. If you have used any of these drugs or suffered Jaundice or Typhoid any time during your lifetime, it would be prudent to undergo an elaborate Liver Detoxification.²

Liver Detoxification when properly done can improve Liver function, help lower cholesterol, improve Hormone Balance and improve Libido and Sex Drive. If you are looking to reduce body weight and especially lower body fat, it is important to keep your Liver working at peak efficiency; otherwise you may end by lowering your body weight and might inadvertently increase percentage of body fat.

One of the most important jobs of the liver is bile production. Bile helps stimulate peristalsis in the large intestine. Peristalsis is the rhythmic movement of the large intestine (also called the colon), which promotes proper bowel evacuation. Without proper liver function people are likely to become constipated, because they don't have sufficient bile to flow into the gut and promote a complete bowel movement. Such people also end up with multiple bowel movements as each evacuation is incomplete. Detoxification of the liver will help stimulate the liver to produce adequate quantity of bile which helps prevent constipation.

Lung Clear a Herbal Dietary Supplement is useful to help improve functioning of the lungs and breathing, helps expel excess mucus and phlegm from the lungs and relieve congestion. It helps to improve lung function even in case of lungs damaged due to smoking. Clearing of the Lungs is of great help to practitioners of Pranayam.

Once Detoxification is done it is advisable to follow it up with a Rejuvenation Program. As a matter of fact, both these programs can run simultaneously, so that you have completed the same in an 8 week period of time.

Why the need to Rejuvenate the body?

In Holistic Medicine and in Modern as well as the old Ayurveda in particular, the human being is viewed as a single unit, with each organ and system inside the body having equal importance.

The digestive tract and its functions have the highest importance to health and should never be comprised at any stage. This means that the gastric flow of acids in the stomach, the flow of bile from the liver and the production of enzymes in the pancreas should be kept at peak performance throughout one's life.

With passing years the gastric juices that help digestion decrease in volume. This causes digestion problems which result in poor absorption of Nutrition from the food we eat and this hastens the aging process, weakens the body and its immune system. The **Digestive Aid** Herbal Dietary Supplement helps to increase the flow of gastric juices which aid digestion. It is now possible to eat foods that are hard to digest without gas formation which distends the stomach and increases discomfort after consuming meals. Some times this discomfort can be so serious that it can cause the Blood Pressure to rise to precariously high levels and also cause shortness of breath. Once digestion improves the Blood Pressure will return to normal. Other Cardiac Emergencies can arise with abnormally high internal pressures caused by improper digestion. This helps to explain the importance of maintaining proper and healthy digestion in the body.

Improving Digestion can also help to reduce abdominal dimensions and help you go past the point of a flat abdominal area which can be achieved by regular exercises in the gym.

Digestive Aid also helps alleviate Anorexia, indigestion and stimulates a healthy appetite. Overcoming loss of appetite is a major challenge for those experiencing difficulty putting on weight.

Poor Digestion results in the food taking longer periods to be excreted from the body because of the increased time it takes to digest food at each stage of digestion. Thus poor digestion can also be one of the causes of chronic constipation.

Due to high levels of stress today, the Adrenal Glands can get weak or exhausted. The Herbal Dietary Supplement **Energizer** helps to stimulate the Adrenal Glands to cope up with the higher stress levels of the world we live in today. It also helps stimulate the brain and improve its memory retention and recall capabilities.

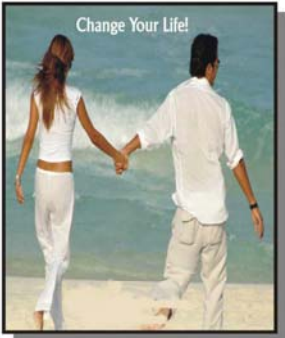
The mucus membrane lining of the stomach and intestines weakens with passing years, use of Drug Antibiotics, exposure of Antibiotics in our environment and use of drugs like Aspirin, Acetaminophen (Paracetamol) and other NSAID. This causes acidity, acid reflux and ulcers. **GastritiX** is a Herbal Dietary Supplement that helps to recoat the stomach and intestinal lining. This prevents the leakage of food particles into the blood stream which phenomena is known as **Leaky Gut Syndrome**. It is this leakage of undigested food particles that leak through the gut wall that is one of the causes of **Auto Immune Disorders**.

It is unfortunate today, that people with poor gastric flow are wrongly classified as having higher gastric acidity (hyperacidity). They are prescribed antacids or acid reducing drugs like H2 Receptor Blockers e.g. Zantac, Tagamet and Pepcid; or Proton Pump inhibitors like Prilosec (Omeprazole), Nexium (Esomeprazole), Protonix (pantaprazole), etc. Pathological studies show that the Gastrin levels of these people are high, which is an indication of poor Hydrochloric Acid flow in the stomach. Ingestion of acid reducing drugs only helps to compound this situation as they further reduce the flow of gastric acids which aid digestion. The absorption of nutrition from the food we eat is therefore further compromised which only helps accelerate the aging process and the manifestation of chronic ailments which accompany malnutrition. The only reason why these people with low gastric acidity experience the symptoms of hyperacidity is that they have damaged the mucus membrane lining of the digestive tract. The solution to this problem is to repair and rebuild the mucus membrane lining of the entire digestive tract.

This can be achieved by administration of Herbal Dietary Supplement **GastritiX** for about 4 weeks. Once this has treatment has been started we can gradually begin the process of increasing the flow of gastric acids which aid digestion. This is the goal of Rejuvenation as a step towards anti-aging the body.

A Standard Rejuvenation Kit comprises of:

REJUVENATION KIT



* 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/aging.html>

* 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

SpaceAge®

Natural Health Center

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

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

E-mail: spaceage2008@space-age.com

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Health Care - Naturally !

(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.)

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

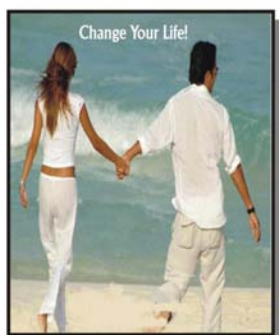
* Detoxification & Rejuvenation Kit

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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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/aging.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:

- 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
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
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.

The Liver is the largest and one of the most complex organs in the body. Consumption of alcohol can destroy the cells in the Liver. Herbal Dietary Supplement **Liver Tonic** helps to regenerate damaged Liver Cells and improve the functioning and life of the Liver.

Rejuvenation of the body focuses on various areas of the body to make you feel years younger than your real age and helps slow down the aging process of 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.

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.

Used both as pretreatment or post treatment procedures, these Kits will only aid to improve the effectiveness of the treatments done in any system of Medicine – Alternative or Complementary or Mainstream Medicine.

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

SpaceAge®

Anti-Aging Center

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



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[To Consult Click Here](https://www.space-age.com/consultform01.html)

or go to (<https://www.space-age.com/consultform01.html>)

* 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>

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7. 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>
Anti-aging Pathology.

Case Studies:

For more information on numerous case studies published in peer reviewed papers and read at international conferences please go to:

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

and

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

Some Important Observations:

* 1. Twenty five years in which I used (prescribed) drugs and 33 years in which I have not *prescribed* drugs, should make any belief that drugs are unnecessary and in most cases injurious, worth something to those who care to know the truth.

John H. Tilden, M.D. 1851 – 1940

* 2. Repeated doses of drugs known to be associated with liver damage, over a long period, could possibly lead to cirrhosis in much the same way as alcohol.

Alex Paton, British Medical Journal, (1976) : 2, 1126

[To Consult Click Here](#)

or go to (<https://www.space-age.com/consultform01.html>)

Testimonials of Detoxification & Rejuvenation Program

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

November 29th, 2002

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 was the most incredible source of natural healing that I have yet to experience thus far in my life. 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.

With much love and appreciation I thank you 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

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, nitroboost and alkaboost---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

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

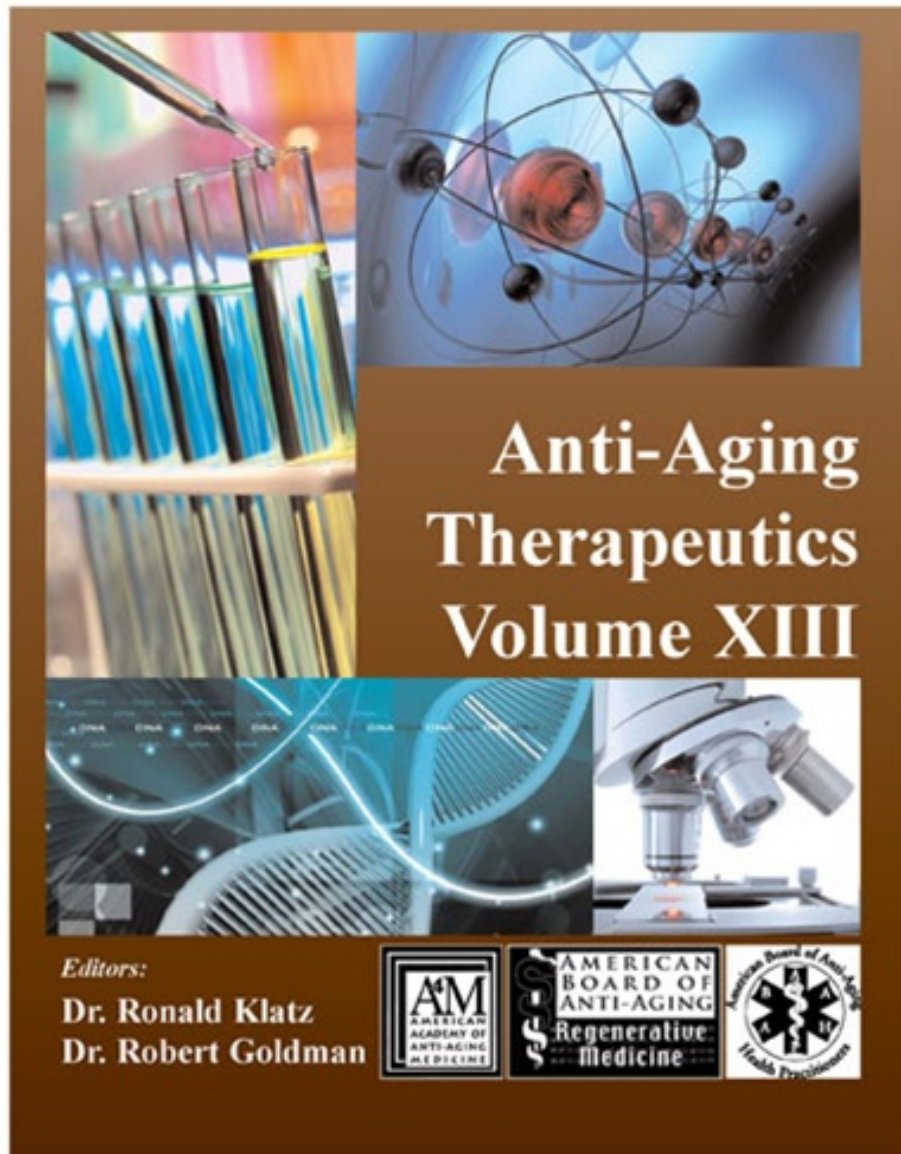
"My constipation is not a problem anymore and my skin too has greatly improved, infact people have commented that I am glowing." -S. Nanda

January 28th, 2001

Spoke to my mother the other day who told me you were in town. I am continuing with the treatment and am greatly benefiting from 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.

Look forward to hearing from you, S. Nanda

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: 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

Appendix - I

Frequently Asked Questions on Detoxification

1. Why does anyone need a detox? How does it help? If it has not many takers among the scientific community, how do you verify it's effectiveness?

The human body is also like a “machine” and needs periodic servicing like an automobile. Detoxification helps to keep the various Organs of our Body and the Whole Body working at peak efficiency like a perfectly tuned up car.

The absence of periodic Detoxification of the whole body results in the accumulation of Toxins in the body, which triggers the onset of Chronic Ailments.

The effectiveness of a good Detoxification can be verified by Standard Pathological Blood Tests and careful observation of the way your body works - the working of your Bowel Movement, the way you breathe, and your physical and mental Energy levels to give a few examples. Those in the Scientific Community who have kept themselves abreast of the technical developments will know of the scientific techniques used in evaluating the Detoxification Process. These evaluating techniques have become more apparent to the scientific community with the introduction of the “Optimum Value Standard” in Pathological Reports. Please refer my article ***“Standard Reference Ranges in Pathological Reports are Antiquated”*** which appeared in the February 2006 issue of “My Doctor” magazine. You can also access this on the internet at:

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

The Scientific Community does recognize Heavy Metal Toxins like Lead, Mercury, Aluminum, Nickel and Arsenic in our environment and body and has standard chemical detoxification process to remove these from the human body.

2. What exactly is done in a detox program?

The Detoxification Program comprises of polyherbal formulations designed to specifically target some important organs of the body for Detoxification. Some of the important organs are the Colon (Large Intestine), Kidneys, Liver, Lung, Blood, lymphatic system, and the complete digestive system to name a few. These can be compared to the Engine, the Transmission, the Gear Box, the Radiator and the Air Filter in an automobile. These Herbal formulations are in the form of capsules to be taken orally over a period of a few weeks. A lot of water preferably 8 to 12 glasses per day should be taken to allow the easy excretion of Toxins from the body.

Many people confuse Colon Irrigation, Colon Hydrotherapy, Colonics, Enema, and the Ayurvedic Basti offered in many cities in India and the

rest of the world as Detoxification. This is really Detoxification of only one organ - the Colon, and not the whole body.

3. What are the sources of toxins that get into one's body?

Toxins are there in the environment around us and also in the food we eat. The environment has Lead for example, which got introduced due to the use of leaded gasoline until a few years ago. Synthetic Hormones are in the meats, milk and other dairy products we eat. Pesticides, Herbicides and Fungicides are also present in the grains and produce we eat. These are some of the thousands of Toxins that enter our Body on a continuous basis due to our daily exposure to chemicals in our very homes and environment.

4. When did this concept catch up in the west?

The concept of Detoxification is a few thousands years old in India and China. It is the foundation and an integral part of Ayurveda, and Siddha Medicine. Ayurveda has evolved complex procedures like Panchakarma to detoxify the human body. The concept of Detoxification became popular in the west only during the last few decades. In Modern Ayurveda, the Detoxification is done by the use of polyherbal formulation in capsule form. This method is more popular in the west and is fast catching up in India as it is able to counteract the highly toxic levels in the environment today. These Toxins were non-existent a few thousand years back when the ancient Ayurvedic Panchakarma was designed. Also it can neutralize toxins created in our body due to the high levels of stress of modern society.

5. There are arguments that detox isn't doing any good to our bodies and that our bodies have natural detoxification agents like liver and lungs and digestive systems. That human body eliminates waste by itself. What could be your counterpoint to this?

It is true that our Body has natural detoxification mechanisms like the Liver, Lung, Kidneys, Colon etc. The human body was designed to cope up with extremely low levels of Toxins that existed in the environment thousand of years back. It is incapable of handling the Toxic Overload / Stress of our environment today. There is therefore a need to do a thorough detoxification of each and every organ in the body with the use of polyherbal formulations.

It is advisable to do a proper pathological evaluation of the body before and after Detoxification to understand the real capabilities and effectiveness of the Detoxification process carried out. If the body was capable of handling the Toxic Overloads of today, the pathological levels of the human body would not change for the worse with each passing year in our life. Chronic ailments would not be the fear factor of mankind today. There is a general acceptance in the Medical Community today that Pathological values degrade with each passing year of human life.

6. Can Whole Foods be used to detox the body? Can you briefly sketch out the details of such programs?

Whole Foods can be used for mild Detoxification just like water alone or Juices alone or total fasting. These are firstly not capable of handling the Toxic Overload of today's environment. Some of these Detoxification techniques can leave the person malnourished. Proper Nutritional studies need to be carried out before and after to determine the damage left to the human body. We have done various Clinical studies of Jain community fasting and found that today there is a general decline in nutritional values because of the poor quality of the produce grown in the world we live in today. The Jain Fast can therefore prove to quite dangerous and leave one seriously malnourished.

7. I hear about stomach wash, enema, colon cleansing, colonoscopic examination, etc. What are they and are they parts of a whole body detox program?

Stomach wash, enema, and colon cleansing are targeted at one particular organ and not the whole body, which is the aim of a good Whole Body Detoxification Program. Colonoscopic examination has nothing to do with detoxification. It is a technique used to study the Colon for any diseases which might have set in like Polyps, Diverticulosis, colon inflammation, perforation, ulcerative colitis, and colon cancer to name of few.

8. What's a toxic megacolon?

Megacolon is condition which arises when a person does not have proper daily bowel movements. These are heavily constipated people with an enlarged colon, full of Toxic waste which the body is incapable of excreting. The normal size of the Colon is 1 to 2 inches in diameter. The Megacolon can go up to 6 to 8 inches in diameter and cause pressure to buildup on other organs in their vicinity and cause them to also malfunction. The Toxins in the waste buildup in the Colon get reabsorbed in the Body and make the body highly Toxic. This can manifest as chronic diseases, skin discoloration and other skin diseases.

A lot of essential minerals like Calcium, Magnesium, and Potassium to name a few are absorbed through the walls of the Colon.

The healthy bacteria in the Colon help to produce B-complex Vitamins (which help digestion) and Vitamin K (which helps in Blood Clotting).

The Blood reports of a highly constipated person will therefore manifest severe Nutritional deficiencies. Potassium deficiency hampers the peristaltic motion of the colon. This ends up increasing the severity of constipation which further depletes potassium levels. The Body is then thrown into a never ending spiral of increasing constipation and corresponding decreasing nutrition.

A unhealthy colon therefore results in serious malnutrition which can trigger many other serious chronic ailments.

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 bowels and poor peristaltic motion of the Colon. A good Colon Cleanse procedure when properly implemented should reset the biological clock back to its natural cycle with which we were all born. Proof of this is to watch a new born baby who needs new pampers every time it is breast fed by its mother. This is the true test of proper Colon Cleansing.

Colon Cleanse a Herbal Dietary Supplement (when administered in gradually increasing doses over a period of about one week) 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 Colon with healthy bacteria destroyed by the use of drug antibiotics and exposure to antibiotics in our environment. It will simultaneously help improve the speed of digestion; reduce colic pains; acidity and symptoms of Irritable Bowel Syndrome (IBS). Hard stool 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, or Colon Irrigation or Colon Hydrotherapy and the ancient Ayurvedic Basti may not be able to achieve all this.

A healthy and a clean Colon will help to prevent the onset of Diverticulosis, Polyps, inflammation, perforation of the Colon, Ulcerative Colitis and eventual Colorectal Cancer which is the number two killer in the world today after Heart Disease.

9. What should a layman know about this whole concept and practice of detoxification?

More information is available in great detail on our website at: <http://www.space-age.com/detox.html> Here you will find an article ***“Detoxification – Myth or Reality? A Pathological Evaluation”*** which explains scientific methods of evaluating Detoxification. The abstract of the paper, the word doc file and a pdf file with graphical representation is available for a free download from the internet. Alternatively, they can write or e-mail to us at: consult@space-age.com and we will e-mail the article to them. This is a pioneer paper written on the subject of Detoxification based on over one decade of Clinical Studies on Detoxification. We offer complete ***“Do It Yourself Kits”*** for Detoxification

and Rejuvenation of the Body which can be used in the privacy of your own home. No significant discomfort or changes in your day to day activities or routine are really required.

10. Should young men and women go for it and why?

All young men and women should go for periodic Whole Body Detoxification in order to lead a healthy life free from Chronic Ailments right up to their ripe old age.

Re: Kidneys

Prolonged use of Drug Antibiotics is known to increase Creatinine levels to well above normal values and can eventually damage the kidneys. Antibiotics which are directly injected into the body are more dangerous than oral Antibiotics in this respect.

Antibiotics administered orally end up destroying the healthy bacteria in the Intestines which aid digestion and help produce essential Vitamin B-complex and Vitamin K.

Since Antibiotics are in our environment and in the food we eat, it is best to periodically Detoxify the Kidney to ensure low values of Serum Creatinine / Blood Urea Nitrogen (BUN) and Serum Proteins (Albumin / Globulin) throughout our life.

Re: Liver

A healthy Liver helps digestion by producing adequate quantities of Bile which secretes into the small intestine. Any excess Bile is stored in the Gall Bladder and helps in the digestion of Fats. A lot of hormones are synthesized in the liver and can help increase Libido and Sex Drive. Cholesterol is produced in the Liver and most Statins (Drug used to lower cholesterol) work by interfering with the function of the Liver to lower blood cholesterol values. Prolonged use of Statins cause a general degradation in all values of the Liver Function Test.

Liver Detoxification when properly done can improve Liver function, help lower cholesterol, improve Hormone Balance and improve Libido and Sex Drive.

Detoxification is a preventive health care procedure which will benefit any adult without reference to his present chronic health condition. It is also a foundation to arresting the aging process and Anti Aging Therapy.

Re: Body Sculpting

Many times regular exercising at the gym fails to give you that perfectly flat abdomen. The reason for this could be improper digestion and / or constipation and / or an enlarged fatty liver. The Detoxification and Rejuvenation Program can help clear up these problems and give you a perfectly flat stomach which can take you well past the point that regular

gym exercises can. Changing many body dimensions / sculpting is well within the scope of Detoxification and Rejuvenation.

Re: Skin Pigmentation and Dark Spots

Cleansing the main excretory organs of the body like the colon and kidneys; neutralizing the toxins in the liver, can help to remove dark spots on the skin of the whole body and the face in particular where the skin is thin and more prone to these kind of problems. A good Detoxification Program can lighten the complexion by quite a few shades. A healthy glow can be created on the face and body and the person begins to look and feel years younger than their physical age.

11. How often should one undergo Detoxification in one's life

Detoxification presupposes the presence and accumulation of large amounts of Toxins in the body. This situation can be likened to an unserviced car emitting jet black smoke from the tail pipe. It then dawns on us that servicing is now due. On the other hand, or on a higher note, the concept of **Nontoxification** envisages a continuous process of regular servicing, maintenance of the various organs and periodic tune ups of the body. Toxins are really never allowed to accumulate in 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 burden. So also the excretory organs like the kidneys and the colon must be kept working at peak efficiency throughout one's life.

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.

12. On the Internet we come across stories about 'dangers' of detoxification.

How dangerous could it be according to you?

- Colon Irrigation, Colon Hydrotherapy, Colonics, Basti can rupture the Colon, especially when the Colon is weak and diseased. This can create an emergency situation where the patient has to be rushed to the hospital to prevent bleeding to death. These procedures can also cause severe depletion of essential minerals from the colon like Potassium and Calcium. Potassium helps the colon to contract properly for a complete evacuation of bowels. Lack of Potassium causes constipation. Lack of calcium results in low bone mass and osteoporosis;

- Detoxification when improperly administered can result in severe discomfort in the form of headaches, fever, nausea, vomiting, rash all over the body to name a few;
- Detoxification by large intake of water and / or fasting can result in severe malnutrition, which in turn can result in chronic ailments;
- Improperly prepared Ayurvedic preparations containing Bhasmas (heavy metals) may result in enhanced heavy metal toxicity and corresponding chronic ailments;
- One of the Detoxification processes in Ayurveda is Vamana (artificially stimulated vomiting to clean the stomach). This type of Detoxification cannot be undertaken by persons suffering from Hypertension and Cardiac problems. Even for healthy people this procedure is quite exhausting and not well appreciated in modern times;
- Yoga can also cause Detoxification of the body and one of the popular forms is Kapalabhati.

These are mild forms of Detoxification and cannot cope with the Toxic Overload in our environment today. The last two are however not recommended for persons with cardiac problems and those suffering from hypertension. As a matter of fact there are serious contraindications for all the five process of Panchakarma in Ayurveda. Besides they require a serious commitment of time from the patient to implement the complete procedure as written out in Panchakarma.

A good Whole Body Detoxification Program should work seamlessly in the background of your life with negligible or no discomfort and without requiring any significant change in your daily routine and activities.

The Internet can be a dangerous place. It is good to feel comfortable with the website. Check for Testimonials of work they have done. Doctor's Testimonials and Celebrity Testimonials carry great value as they are the most difficult to obtain. Make sure that they have done enough Clinical Studies and can prove the Detoxification by proper before and after Pathological Reports. Detoxification Kits should come with exhaustive instructions and day to day guidance. Only one in a 100 websites on the Internet today will be able to meet these high standards of scrutiny.

13. Does allopathy have a whole body detox program?

The only Detoxification Allopaths talk about are Heavy Metal Toxins which may be at near fatal poisonous levels. They do not talk about detoxification of Lead, Mercury, Aluminum, Nickel regardless of whether these levels are slightly above Standard Pathologically accepted levels and are the cause of Chronic ailments in your body. Detoxification of metals is done in Allopathic Medicine only in case of metal poisoning to prevent death of the human body, and not to improve its working or prevent Chronic diseases.

An example in point is: most Fish and Sea Food eaters have higher than normally accepted Mercury levels in their body. Allopaths do not observe these levels or treat their patients to help lower these toxic levels to those found in healthy Vegetarians.

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Appendix - II

Some Great Tips for Anti-Aging & Longevity

Naturally Enhancing Body's Detoxification & Rejuvenation Your First Step to Good Health & Longevity

Here are a few exercises for natural detoxification of excretory organs and rejuvenation of the digestive tract.

1. Colon Health and Constipation

Inhale as you normally do with abdomen fully distended.

Thereafter, exhale forcefully with abdomen contracted.

Begin with 5 repetitions per day and gradually increase to 25 repetitions per day.

This type of exercise is also known as Kapalabhati in Ayurveda (the ancient system of medicine and longevity in India) and Abdominal Vacuum in western health care.

The muscles of the digestive tract including the colon get toned and help to resolve poor peristaltic motion of the colon which invariably leads to constipation and / or incomplete evacuation of the bowels.

The muscles of the bladder also get toned with the aid of these exercises and help to increase the flow rate and force of urine flow (which invariably reduce as we age). Sometimes, this reduced force of urine flow is wrongly attributed to an enlarged prostate in men. It would be good to do this type of exercise for a period of about 30 days to determine if this helps to reduce the improper flow of urine in anyway.

Loss of bladder muscle tone is the cause of incontinence in women and the leakage of urine, enhanced while coughing for instance. Women should notice considerable improvement in these areas by implementing this exercise in their daily routine. A 30 day course is very helpful and can be thereafter implemented on a need to basis.

This exercise helps to resolve problems of constipation, hard stools or multiple bowel motions in the morning required to achieve completely evacuate the bowels or the need to resort to a glass of warm water or a cup of hot tea / coffee in the morning to stimulate bowel motion.

A healthy colon (good and complete bowel evacuation each morning) and healthy bladder (good urine flow to completely empty the bladder) are important steps to detoxification of the whole body as these are the two principle excretory organs for removal of toxins from the body. Approximately 85% of the toxins in the body are removed through these two excretory organs. The lungs and skin may account for the balance 15%. A healthy self detoxification system of the body is the foundation to a disease free life, overall good health / sense of well being and finally anti-aging / longevity.

Abdominal exercise will also help to reduce inches from your abdominal area and also help to create a flatter abdomen. A central abdominal bulge is invariably the result of gas formation enhanced by poor bowel motion and impaired movement of food down the digestive track.

A healthy colon and regular / complete bowel evacuation will help to prevent the formation of polyps / diverticulitis which can ultimately lead to colon cancer the second largest cause of mortality in the world today next to heart disease.

2. Kidneys, Bladder and Good Urine Flow

Another exercise which is very useful in particular for the toning of the muscles of the bladder is known as Kegel Exercise or Ashwini Mudra in Ayurveda the ancient Indian medical science.

This comprises of sucking the anus inwards and then releasing it. This exercises can be done anytime, anywhere and nobody can tell what you are doing. Begin with 5 repetitions and gradually increase to 25 repetitions per day.

Use the perineal muscles to suck the anus inwards and tighten the gluteal muscles and strengthen the bladder sphincter. This exercise help to prevent incontinence and prevent the leakage of urine. This exercise also help prevent, or reverse, vaginal dryness and improve lubrication in the case of women.

Using the perineal muscles to suck the anus inwards also helps to stimulate and strengthen the muscles of the vaginal floor. In addition to increasing blood supply (which will increase vaginal wall thickness as well as lubrication), these exercises can improve libido by increasing clitoral tumescence and sensitivity and increasing the strength of orgasm.

3. Rejuvenating the Digestive Tract

Muscular movements of the abdominal wall also help to exercise various abdominal organs and stimulate all them to secrete more juices to aid digestion. The stomach produces juices (hydrochloric acid) to aid gastric digestion, the liver produces bile to aid digestion in the small intestine, the pancreas produce enzymes to breakdown carbohydrates, proteins and fats, and insulin to regulate blood sugar, etc. The toning of the entire digestive system occurs to efficiently digest and move the food along the digestive tract and the complete digestion in shortest possible time. This helps to reduce acidity (acid reflux), bloating and abdominal discomfort, and formation of gas due to fermentation.

An efficiently operating digestive tract will help to increase the absorption of nutrition from the food we eat / supplements we take and will help to improve health and longevity. This is another essential foundation required for the anti-aging of the body.

The result of an efficiently operated digestive tract will help to reduce inches of the abdominal area of the body for a slimmer and fitter look.

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.

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Your Quest for Anti-Aging & Longevity Ends Here!

Good Dental Health With Phyto Stem Cells

Regular massaging of the gums will help preserve healthy teeth, well past the age of 50 years.

For this the finger is the most versatile “tool” provided by nature. Brushing and flossing does not really massage the gums. When gums are not properly massaged, teeth tend to fall out, on their own, starting around the age of 50 years. Gums are the foundation of the teeth and therefore need to be kept very healthy, besides brushing of teeth “to keep them white”. -:)

We are habituated to eating processed (cooked) food after a salad (raw food). This order needs to be reversed, as cooked food particle left overnight in the mouth (under the gum line, where flossing does not reach) decay quickly to cause unhealthy teeth. We then tend to compound this problem by having a desert at the end of the meal and leave additional particles of sugar and chocolate in the mouth to speed up decay and growth of bacteria. This further contributes to unhealthy teeth. No amount of flossing can actually remove processed food particle from under the gum line.

It would help tremendously to have a salad at the end of the meal as then we will leave only particles of raw food containing phyto stem cells (and nutrients which are not destroyed by cooking) in the mouth at night. We should begin with a desert if at all we need to have one. Then have the main meal (cooked food) and finally the salad (raw food). This way, we will end up with raw food particles in the mouth with healthy phyto stem cells, which will help to regenerate our gums and teeth. Phyto stem cells in raw food, in the presence of nutrients in the raw food particles, contribute greatly to the health of the gum line and teeth and will show good results by way of healthy gums and consequently in healthy teeth in the later years of ones life, especially after the age of 50.

If you can find the good old tooth powder with herbal powders (rich in phyto stem cells), use it with your finger to massage your gums and regenerate your receding gum line. Herbal tooth powders have a strong astringent action to tighten the gums and keep them healthy.

Phyto stem cells can help start the regeneration process to keep the gums and teeth healthy for many more years to come. It is good to start this healthy practice during ones' childhood.

Good luck.

Blessings,

Pramod Vora

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<http://www.facebook.com/pramod.vora100>



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



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

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Maintenance of stem cell populations in plants

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Plant and Microbial Biology, University of California at Berkeley, Albany, CA
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Preserving Eyesight Preventing Early Onset of Cataracts and Age-Related Macular Degeneration (AMD)

Dry Eyes / Eye Infections and Vitamin A Deficiency

Symptoms

Some of the most noticeable symptoms of vitamin A (retinol) deficiency are intolerance to bright lights and dry eyes.

The symptoms are:

- a) photophobia or intolerance to bright lights or temporary blindness when staring at bright lights;
- b) xerophthalmia and keratomalacia. Xerophthalmia is an eye disease characterized by drying of the eyes. The cells of the lacrimal glands become keratinized and stop secreting tears. The external surfaces thus become dry and have a dull appearance.
- c) Ulcers form; bacteria are not washed away; the eyelids swell and become sticky and scaly. Frequently there are bloody exudates and severe eye infections. If not treated in time, blindness can result.

The reason for such infections is that retinol deficiency has an effect on other epithelial structures as well as those of the eye. In other words, the eye affection is only one manifestation of the specific influence that this vitamin has on many epithelial structures. This deficit results in “the substitution if stratified keratinizing epithelium for the normal epithelium in various parts of the respiratory tract, alimentary tract, eyes and paraocular glands, and the genitourinary tract.”

One of the results of this keratinization is the loss of cilia in the respiratory epithelium. These ordinarily tend to sweep upward bacteria laden foreign particles and thus combat infection.

Causes of Deficiency

Prolonged abstinence from fats in diet; oils – olive, sesame (till), sunflower, peanut; butter, clarified butter (ghee), etc. under the belief that these are bad for health and cause clogging of arteries, and contain “dangerous cholesterol”. Cholesterol is important raw material required by the body for synthesis of all types of hormones required to operate the body. Fats in diet are the prime source of fat soluble vitamins A, D and E. Prolonged deficiency of fats in reasonable quantity in daily diet leads to deficiency in vitamins A, D and E. Also prescription drugs which interfere with the absorption of fats in diet like orlistat also result in deficiency of such fat soluble vitamins.

Dosage

Typically vitamin A (retinol acetate) fortified with zinc, vitamin C and E is very effective for the treatment of dry eyes. A daily dose of 50,000 IUs of vitamin A as either retinol acetate or retinol palmitate is found effect if taken for a period of 2 to 4 weeks maximum. Vitamin A is more potent when administered in a synergistic manner with other supporting nutrients like zinc, vitamin C and E. Such

formulations are more potent if they have the ability to change cell membrane permeability and deliver nutrients to the center of the cell where it really required. This is known as intracellular nutrition or Orthomolecular Nutrition after the Nobel Laureate Linus Pauling who coined the word Orthomolecular Medicine in 1968.

Toxicity

Vitamin A at therapeutic dose levels is toxic and high doses above the RDA of 4,000 IUs should be administered with caution. The toxicity is more due to the fact that vitamin A is fat soluble and is stored in the body (liver and body fat) for prolonged periods and does not get readily excreted. It is known to cause birth defects and should not be taken if you are planning to conceive in the near future or if already pregnant or lactating.

Causes of Vitamin A Deficiency

Prolonged abstinence from fats in diet; oils – olive, sesame (till), sunflower, peanut; butter, clarified butter (ghee), etc. under the belief that these are bad for health and cause clogging of arteries, and contain “dangerous cholesterol”. Cholesterol is important raw material required by the body for synthesis of all types of hormones required to operate the body. Fats in diet are the prime source of fat soluble vitamins A, D and E. Prolonged deficiency of fats in reasonable quantity in daily diet leads to deficiency in vitamins A, D and E. Also prescription drugs which interfere with the absorption of fats in diet like orlistat also result in deficiency of such fat soluble vitamins.

Blessings,
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Keywords:

vitamin A, retinol, retinol palmitate, retinol acetate, photophobia, xerophthalmia, keratomalacia, orlistat, fat soluble vitamins

Detoxification & Nutrition in Pregnancy

by
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Question: I am planning to conceive after one year. Do you recommend undergoing detoxification & nutritional programs before I attempt to conceive?

Answer: A lot of young women face substantial discomfort (nausea / vomiting) especially during the 1st trimester of their pregnancy. This is due to the body trying to eliminate toxins in order to create a clean terrain for the development of a healthy fetus. Thus women with higher levels of accumulated toxins face more discomfort than others. This is one of the auto detoxification processes that nature has provided women. Vomiting is recognized as one of the standard detoxification procedures in Ayurveda and is known as Vamana.

It would be prudent to begin the process of detoxification at least one year prior to the planned date of conception. It would also be advisable at this stage to run a few blood tests such as Renal Profile, Liver Function Test to determine the efficiency of these organs and the build up of toxins therein. Follow-up testing after an elaborate detoxification program will help establish the efficacy of the detoxification process. For more information please visit:

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

It's also recommended to check CBC, serum iron, ferritin, serum zinc, copper, magnesium, calcium, phosphorous, electrolytes and numerous vitamin levels to ensure that these are not at marginally lower levels. A lot of nutritional reserves are used up during the pregnancy. It would therefore be prudent to use this one year period, prior to the planned date of actual conception, to work to bring these nutritional levels to their Optimum Levels (at the higher end of their Standard Reference Range). For more information please visit:

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

A lot of nutritionally depleted young women who go into pregnancy find to their utter dismay, their bodies manifesting symptoms of high blood pressure and / or diabetes during the 3rd trimester of the pregnancy. This invariably means resorting to putting prescription drugs (chemicals with multiple known side effects) into their body (and subsequently the fetus), and / or facing the risk of premature delivery. Worse still could be ending up with postpartum depression right after delivery when the baby needs you the most.

An increasing number of cases of postpartum depression and hormonal imbalance are being reported nowadays. Zinc deficiency results in hormone imbalance / hypothyroidism. This results in symptoms of mental confusion, depression, suicidal tendencies, anger, irritability, irrational behavior and the consequential inability to quickly release the weight put on during pregnancy. Normal breast feeding during the first year should easily accomplish this weight loss. Chromium deficiency also results in higher levels of serum insulin and the subsequent accumulation of body fat and an inability to release body weight.

Furthermore, low ferritin levels are also known to increase hair loss during pregnancy. All this can also happen during the lactation period when the daily nutritional requirements of the baby are going up by leaps and bounds.

The scary part could be that a nutritionally depleted mother would unknowingly pass on her nutritional deficiencies to her child at birth, who may then have to grow up with the hardships associated with these nutritional deficiencies.

A case in point:

Many mothers enter pregnancy with hemoglobin levels in the range of 10.00 to 12.00 g/dL. No attempt is made to check the serum iron or ferritin (intracellular reserves of iron) levels to assess the iron reserves in the body.

Many a times, the attending OB/GYN assures them that ***“nothing will go wrong”*** as they have handled thousands of such cases with lower hemoglobin in the past and it was not dangerous for the mother nor the child. But the question here is, ***“will everything go right”?*** Will my baby turn out to be bright and intelligent in school or will my baby be called “stupid” because of iron deficiency and suffer the onslaught of scolding from parents and teachers because of being ***“so stupid”?*** Children with iron deficiencies are known to have disorders in learning and other skills and often suffer ridicule from fellow classmates .

Note:

If you were to enter pregnancy with Hemoglobin 12.0 g/dL (and unmonitored serum iron and Ferritin levels), it is most likely that with each passing trimester, your Hemoglobin levels will steadily go down, especially if you were put on prophylactic doses of iron supplementation, since these are not capable of raising serum Ferritin levels. It is entirely probable, that in the 3rd trimester your Hemoglobin will have plummeted down to 10.5 g/dL (in spite of such supplements), and you may end up beginning breast feeding your baby with such low Hemoglobin levels. The end result will be that you will pass on your iron deficiency / anemia to your baby.

Children with Iron deficiency

Children with iron deficiency anemia perform more poorly in cognitive and motor skills tests and show delayed social and emotional development. Anemia also affects physical growth and mental development. Other consequences—including reduced levels of energy and productivity and impaired immune system function—develop as children mature. Even before they are deficient enough to get anemic, children who are iron deficient, are associated with a decrease in attention span, alertness, and learning ability. Memory and school performance are decreased. Athletic performance suffers. Kids with anemia tend to get sick more often. Prolonged or severe anemia can cause marked irritability, decreased appetite, and delayed growth. Untreated anemia can cause physical and mental delays in infants and children in areas such as walking and talking.

Each pregnancy depletes 500 mg to 1000 mg of iron from the reserves of the mother's body. This means that, in order not to pass on iron deficiency to her new born baby, the ferritin (intracellular iron reserves) in the mother's body should be brought up to 200 ng/mL, with a corresponding hemoglobin of 14.5 g/dL prior to the date of planned conception.

Anemia Profile - Females			
	Hemoglobin	* Serum Iron	** Ferritin
Standard Reference Range	11.5 to 15.0 g/dL	43 to 150 µg/dL	10 to 291 ng/mL
Optimum Value	14.5 g/dL	100 µg/dL	200 ng/mL
Anemia Profile - Males			
Standard Reference Range	12.5 to 17.0 g/dL	43 to 150 µg/dL	10 to 350 ng/mL
Optimum Value	16.5 g/dL	100 µg/dL	250 ng/mL
<p>Note:</p> <p>* Ensure Optimum Values of Creatinine at 0.8 mg/dL and Serum Uric Acid at 4.0 mg/dL. Serum Iron levels tend to show falsely elevated values in case of some kidney insufficiency.</p> <p>** Optimum Value of Ferritin is determined after optimizing serum B₁₂ levels to ≈ 800 pg/mL. Poor levels of B₁₂ (typically in the 200 to 400 pg/mL range) tend to show falsely elevated values of Ferritin which can be quite misleading.</p>			

Serum Ferritin

Serum ferritin concentrations of 70 ng/mL or greater are required to stop hair fall, while 100 ng/mL or greater are required to stop greying hair and promote hair regrowth.

Critical Ferritin Levels at which Chronic Anemia passes over to Acute Anemia = typically below 50 ng/mL

Optimum Value of Ferritin for Females = 200 ng/mL
 Optimum Value of Ferritin for Males = 250 ng/mL

Therapeutic dose of Intracellular Organic Iron required to be given to correct Ferritin levels below 50 ng/mL:

100 mg Elemental Iron with other supporting Nutrients when orally delivered at **Intracellular levels**, bid, for **minimum of six months** will help to raise below critical levels of Ferritin to above 100 ng/mL.

Around this time please do a CBC, Serum Iron and Ferritin Test after discontinuing all Iron supplements for a **minimum period of 7 days**.

Continue Iron supplements thereafter till Ferritin reaches Optimum Values given above.

Do not use prophylactic doses of Iron designed to work at serum levels to correct Ferritin levels. These formulations typically containing Ferrous Sulfate are not designed to penetrate intracellular spaces to correct Ferritin Values.

Taking prescription strength therapeutic doses of nutritional supplements like zinc, magnesium, calcium, chromium etc., especially designed to alter

intracellular levels will help to correct these type of nutritional deficiencies given a period of 6 to 12 months.

Nutritional deficiency passed on from mother to child at birth can result in health challenges later on in life as the child grows up and reaches adulthood. For example, magnesium deficiency is known to cause convulsions in babies and high blood pressure later on in their life; and chromium deficiency has the propensity to cause type 2 diabetes later in life.

It is equally important to understand the need to have digestion working at peak efficiency in order to ensure that the nutrition being administered orally and through diet is being absorbed and retained in the body.

Increasing the flow of gastric juices (e.g. hydrochloric acid in particular) will ensure proper digestion of food in the stomach and the extraction and absorption of the nutrition from the food we eat and nutritional supplements we take. Next we need to detoxify the liver in order to ensure proper flow of bile into the small intestines where further digestion and basic absorption of nutrition will occur.

The enzyme flow from the pancreas must also be increased to ensure the digestion of proteins, carbohydrates and fats from the food we eat.

Rejuvenation of the entire digestive system is recommended prior to the date of planned conception. This will also speed up the entire digestive process and automatically reset the body's biological clock to give two bowel motions, one in the morning and one at bedtime.

Detoxification and rejuvenation of the whole body will ensure minimal discomfort during pregnancy and a healthy baby, with minimum medical complications during pregnancy and a lowered risk of postpartum depression.

Furthermore, the energy and nutritional levels of the mother will be maintained after delivery to ensure proper nurturing and optimum growth of the child.

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FAQs

Question: Is there a way to reduce the effect of hereditary diseases?

Answer: We know that nutritional deficiencies do pass from mother to baby. It is now well understood that a lack of some nutrients like magnesium, zinc, chromium, to name a few, are responsible for chronic diseases like hypertension and type 2 diabetes. It therefore clearly follows that the present thinking that these are “hereditary diseases” are actually nutritional deficiencies passed on from your maternal grandmother to your mother and then through you to your future baby.

For example, if your maternal grandmother was deficient in say Chromium, because say the soil conditions were poor in the geographical region she lived in, then your mother would also have inherited this deficiency, assuming she took no nutritional supplements all her life. It will then get passed on through you and then onwards to your planned baby.

You can break this cycle by taking care of your own nutritional deficiencies and making sure that the future generation is born healthy.

There is really no merit in the theory of “hereditary diseases” like high blood pressure, type 2 diabetes, other cardiac disease which have been wrongly classified as chronic diseases when they are merely symptoms of nutritional deficiency and are fully reversible in nature. For more information: <http://www.space-age.com/aging.html>

The question therefore arises is, what really is hereditary. It is your “right to good health” as you can be born with a perfect body. How you maintain it thereafter is your choice.

Question: If it is so important for a potential mother to correct her nutritional deficiencies before planned conception, what role does my husband’s nutritional profile play in planning a baby?

Answer: Basically, as the fetus grows inside the womb, the nutrition of the mother is of prime importance and the only source of nutrition for the fetus.

The husband’s role here is only to provide healthy sperm and to provide emotional support for his wife.

However, it is important to understand that to conceive, the husband should have fairly good levels of testosterone to ensure, no erectile dysfunction and sustained erection to lead a normal sex life. Nutritional deficiencies in zinc, selenium, vitamin c, etc. are known to lower testosterone levels and the quality of the sperm creating fundamental problems in successful conception.

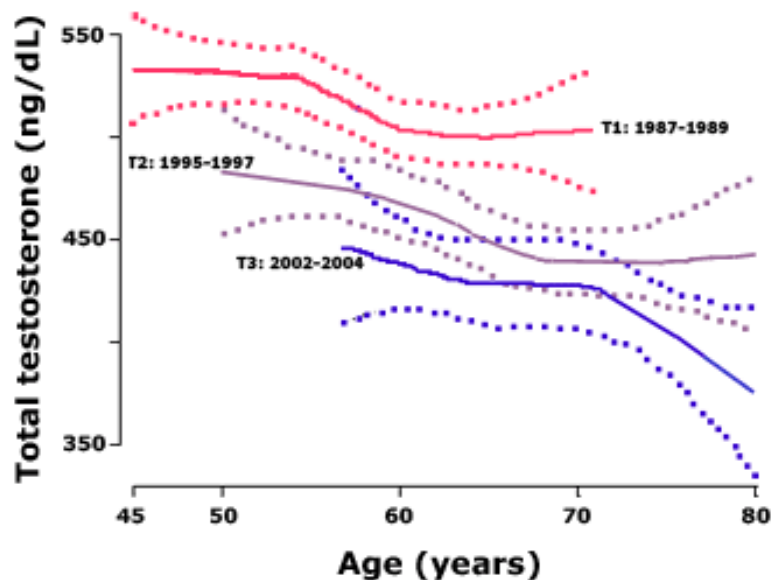
So it will be helpful if the husband is in fairly good health to deliver quality sperm for conception.

Here is a table showing optimum testosterone levels in males of different age groups. Maintaining testosterone at these levels will also aid to prevent premature aging and the onset of senility.

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

Optimum Testosterone Levels in Males

An additional advantage and incentive for males to maintain above average testosterone levels, is that, it will make a marked difference in their professional life, (e.g. the speed, efficiency and precision with which decisions are arrived at and in their ability to deliver CEO level bottom line results in the corporate world). For more information: <http://www.space-age.com/andropause.html>



Declining Total Testosterone Levels over the years

With the over cultivation of agricultural land and declining nutritional levels in the top soil, it is clear that we are now no where close to the previously healthy standards for testosterone in males. With each passing year it is only getting worse. For more information please visit:

<http://www.space-age.com/nutri-farm-seminar.doc>

Today we have approximately 25% males in the age group of 20 to 35 years with exceedingly low testosterone levels, similar to those encountered in 75+ year old people. They have the physical body of a 25 year old, but the emotions, mental and muscular capacity of a 75 year old. This shocking fact is little known or spoken about in society. For more information please visit:

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

Question: I never knew about all these things before. I just had a baby six months back. Neither my gynecologist nor my pediatrician warned me about these things. Is there anything I can do about it now?

Answer: ***"It is never too late to make amends"*** – so the saying goes. If you are still breast feeding the baby you can start on doses of nutritional supplements as per your blood reports to build up your own depleted reserves and also to ensure that henceforth the baby gets enough nutrition from breast feeding. Nutrition is very important as the baby is now growing rapidly. I would also like to recommend that you regularly begin administering multivitamin cum mineral drops to the baby.

Watch the child as it grows up. Is it mentally sharp, has good memory retention and recall capabilities, and does not tire easily during physical exercises like crawling and trying to stand up and walk or later on in life at school sports? Does the child's physical stamina appear low compared to other above average kids in his age group? Are the grades obtained good and above average? Is the physical growth the same or equal to the above average kids in his age group?

Remember the rule: *Vitamins create "expensive urine" in the absence of other supporting minerals.* Use a malt based iron and multivitamin + minerals tonic during the growing years right up to high school.

Question: I have just entered the 3rd trimester of my pregnancy. My heart rate is very high, occasionally exceeds 100 beats per minute and I become breathless if I try to climb even one flight of stairs or engage in daily chores around the house. Is there anything that can be done nutritionally to ease my situation as I have another 3 months to go and would like to have a normal full term pregnancy?

Answer: What you have developed is medically known as tachycardia. This is principally a magnesium deficiency and the severity of these symptoms can be reduced substantially within a few weeks. Please use therapeutic doses of magnesium in an organic compound form like a lactate, gluconate, orotate, aspartate, ascorbate, etc. to quickly resolve this situation.

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Keywords: detoxification, rejuvenation, digestion, constipation, colon, detox, kidneys, hypertension, blood pressure, diabetes, serum uric acid, hyperacidity, pancreatic enzymes, nutrition, intracellular nutrition, anemia, ferritin, hair loss, pregnancy, fetus, fetal nutrition, fetal development, postpartum depression, hereditary diseases, premature delivery.

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* 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/aging.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:

- 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
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
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
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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.

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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>

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)

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,

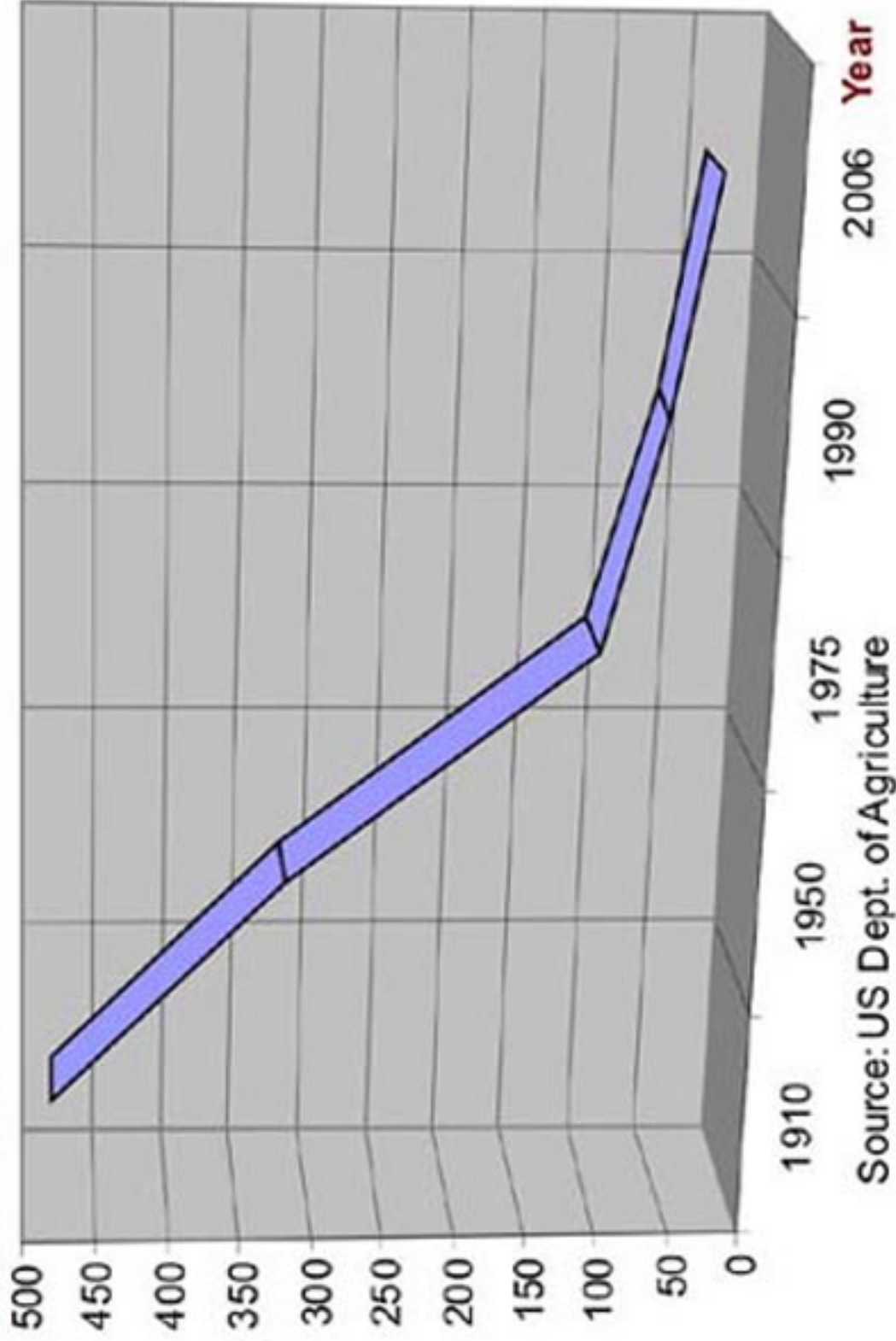
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Medical Scientist

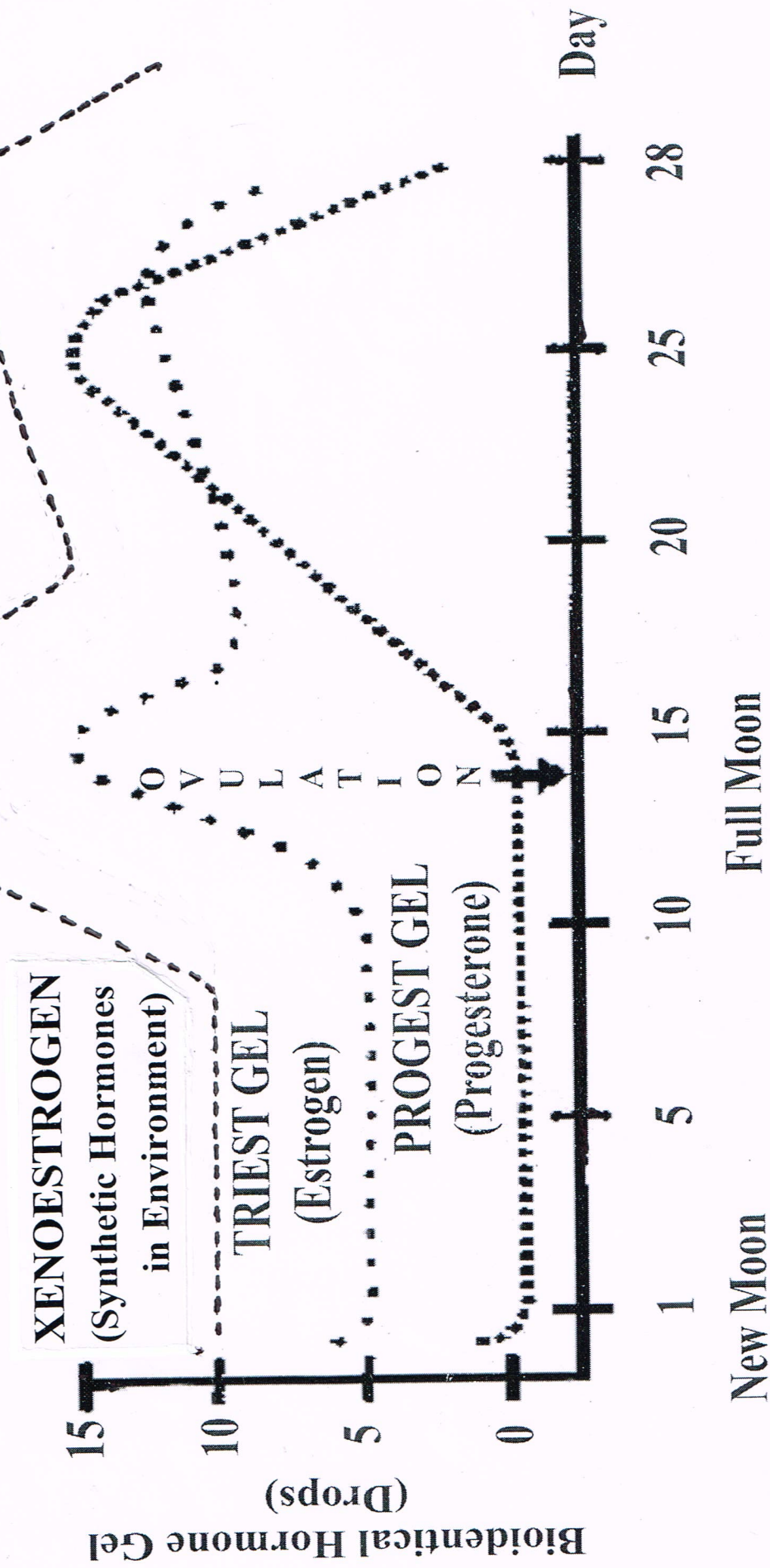
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Mineral Depletion in Soil

Parts Per Million



A Woman's Typical Normal Cycle & Lunar Cycle



Toxic Heavy Metal Testing

Toxic Metals	* Whole Blood		ThyroCare,		Quest	
	Levels in Unexposed Population		Mumbai, India	LabCorp., USA	Diagnostics, USA	Possible Sources Remarks
Aluminum Serum	1.0 µg/L (Serum)	3 to 9 µg/L	Plasma / Serum	Whole Blood	1.0 to 20.0 µg/L	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		Quest	
			Whole Blood	LabCorp	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	0.1 to 1.4 µg/L	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.