

Health Vacation: Mumbai

Goal: Perfect Body

Treatment: Low Cost



Complete Preventive Health Check Up.
Whole Body Detoxification and
Rejuvenation. Root Cause Investigation,
Diagnosis and Treatment offered for
all Chronic Health Challenges.

Ayurvedic + Intracellular Nutritional treatment
for all Cardiac Problems, Diabetes, Thyroid /
Hormonal Imbalance, Hypertension, UTI,
Body Aches / Pains, Arthritis, Obesity, PCOD,
Fibroids, Migraines & Kidney Diseases.
Medical "Mission Impossible" is welcome.

***SpaceAge*[®] Natural Health Center**

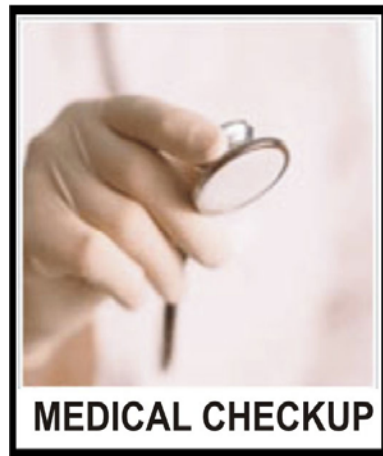
Tel: +91 - 22 - 2852 6564 (10:00am to 5:00pm)

E-mail: consult@space-age.com

Info: www.space-age.com/MedTour.pdf

**Combine Vacation with your
Quest for Perfect Health & Body.**

Healthy Vacations in Mumbai



SpaceAge Natural Health Center in Mumbai, (Bombay), India is located within 1 Km (less than 1 mile) from the Sahar International Airport in Mumbai which is the hub of over half a dozen Five Star Hotels like Leela Kempensky, Sheraton, Hyatt, Grand Intercontinental, Meridian to name a few. The Taj Mahal Hotel, Taj Lands Ends, Taj Residency (service Apts.), Oberoi, Grand Hyatt, Intercontinental, are some of the other Five Star Hotels in Downtown Bombay about 30 Km (20 miles) South of the International Airport in Mumbai (Bombay). Map of Clinic is at:

<http://www.space-age.com/Mumbai-Clinic-Map.pdf>

The Center has over the past several years served as Counselor in Natural Medicine and have been Holistic Educators to both Allopathic (Western Medicine) and Ayurvedic Doctors. The Center presently has over 5,000 Patients and has trained over 1,300 Doctors and successfully treated over 200 Senior Doctors for all kinds of Chronic ailments like Hypertension, Diabetes, Obesity, Arthritis, Migraines, Hormonal Imbalance, Thyroid Diseases, Cardiac problems, Hepatitis, Osteoporosis, to name a few.

The Center has over 200 Celebrities as its Clients. It offers periodic Detoxification & Rejuvenation of the Body, Growth Hormone Therapy for Anti Aging and Reverse Aging and Cosmetic work on each and every aspect of the body. All treatments are done with the use of Safe Natural Herbal / Dietary Supplement only (without any recourse to Botox, Dermabrasion or Plastic Surgery). Focus is on maintaining a State of Perfect Health and Longevity.

The Center has an approximately 85% success rate in cases of Hypertension and Cardiac Diseases and has achieved improvement in Ejection Fraction (LVEF) and has a technology to improve Cardiac function even of a damaged heart with a fair degree of accuracy. The Center has an advanced and elaborate By Passing the By Pass Program for patients desiring to lead a normal life without resorting to Surgical Intervention for removal of Blockages.

Your Quest For Perfect Health Ends Here

The Center is able to reduce the severity and dependency on Insulin for Type II Diabetes patients with a fair degree of accuracy and good success rate.

The Center is able to reduce elevated TSH levels in Hypothyroid patients and Insulin Levels in Obese Patients with a fair degree of accuracy and good success rate.

All treatments are carried out using High Potency Conditioned Herbs and Therapeutic Doses of Intracellular Nutrition as per modern principles of Orthomolecular Medicine.

Please refer Testimonials of Doctors treated at our Center at:

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

The Center offers the following facilities to visitor planning to visit India for Medical Tourism:

1. Review of your old Medical Records and past / present medication by our Doctors (preferably prior to your arrival in India) to determine the true state of your health. Modern methods are used to evaluate your Blood Reports based on Internationally accepted Standards of Optimum Values corresponding to perfect health. Consultation Cost is US \$70.00 per person.
2. Root cause investigation and Root Cause diagnosis of all your chronic medical problems based on your Medical History and present symptoms.
3. Complete Detoxification and Rejuvenation of Colon, Kidneys, Liver, Lungs, Blood (preferably 4 to 8 weeks prior to your arrival in India) by means of a user friendly Do It Yourself Kits which comprises of Safe Natural Herbal / Dietary Supplements. Each Program lasts approximately 4 weeks. Cost US \$ 125.00 each for Detoxification and Rejuvenation Kit respectively. For more information please access:
<http://www.space-age.com/detox.html>
4. On your arrival in India the following is carried out:
 - a) Evaluation of your Cardiac function and Ragland Postural Measurements to determine the state of your Cardiac Health / Adrenal Function. Check up for missed Heart Beats.
 - b) Complete Body Scanning on a special Microprocessor Controlled Electronic Machine to determine – Weight, Fat Mass, Bone Mass, Hydration Level / Water Retention, Average Calorie intake and Metabolic Age of the Body
 - c) Measurement of Body pH to determine the level of acidity in your Blood.
 - d) Evaluation of your present diet pattern and recommendations for any changes if required. Cost of above Consultation lasting approximately 1 hour is US \$100.00 per person.
 - e)

5. Next day a complete evaluation of your Health by a Comprehensive Health Check Up Program. Time required: approximately 1 day. The following Tests are conducted:

- a) Laboratory Tests – Complete Blood Count, ESR, Urine / Stool Examination
 - b) Tests for Diabetes – Fasting and Post Breakfast Blood Sugar
 - c) Tests for Kidney Function – BUN, Uric Acid, Creatinine, Serum Sodium, Potassium, Chlorides and Phosphorous
 - d) Tests for Cholesterol / Lipids – Cholesterol, HDL, Triglycerides, Ratios, LDL Cholesterol, VLDL Cholesterol, Cholesterol/HDL Cholesterol Ratio
 - e) Tests for Liver Function – Bilirubin, SGPT (ALT), SGOT (AST), Gamma GT (GGTP), Alkaline Phosphatase, Total Proteins (Albumin and Globulin)
 - f) Special Tests – Serum Calcium, Acid Phosphatase, HBsAg
 - g) Tests for Heart Disease - Risk Factor Review, ECG, Stress Test (Tread Mill)
 - h) Sonography – Abdominal Organs, Prostate Scan for Males, Ovaries/Uterus Scan for Females
 - i) X-Ray Chest
 - j) Eye Check-Up – Fundoscopy, Tonometry, Refraction Error By Ophthalmologist
 - k) Women's Check-up – Gynaecological Exam, PAP Smear Test
 - l) Spirometry – Lung Function Test
 - m) Dental Check-Up – Dental And Oral Cancer Check-up
- Complete Reports are available within 2 to 3 days. Cost US \$ 200.00 per person.

Optional Tests which can be done simultaneously on the same day:

- a) EEG
- b) 2D Echo (Digital)
- c) Color Doppler (Digital)
- d) CT Scan
- e) Wide Open MRI
- f) PFT, Audiometry
- g) Mamography for Females
- h) PSA for Males
- i) Thyroid Free T3, Free T4, Ultrasensitive TSH
- j) HIV Test ELISA
- k) 2D Echo Color Doppler for Heart
- l) Glycosylated Hemoglobin for Diabetes

Optional Tests are at an additional cost not mentioned above.

6. Additional Blood Tests to evaluate Hormonal and Nutritional Imbalance and Heavy Metal Toxins. Time required: 1 day. Cost can vary from US \$100 to US \$ 500.00 maximum depending on the number of Blood Tests relevant and chosen as per each person's requirements and desire during Consultation. Blood sample is collected from your Hotel Room and Reports are normally available within 3 to 5 days. Heavy Metal Toxin Reports normally require 10 days.

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7. Additional Blood Tests for:
- a) Cardiac Risk Profile – US \$120.00
(Homocysteine, Lp(a), D-dimer, hs CRP, LDL, direct Apolipoproteins, A1(b))
 - b) Cardiac Injury Profile – US \$ 140.00
(Includes CK-MB, FABP, Glycogen Phosphorylase, Myoglobin, Troponin-I)
 - c) Diabetes Risk Profile – US \$ 100.00
CBC, FBS, PPBS, Cholesterol, Triglycerides, Creatinine, Electrolytes, Urine routine, Insulin antibody, Microalbumin, Insulin, C-peptide, HbA1c)
 - d) Infertility Profile (Male) – US \$ 100.00
 - e) Infertility Profile (Female) – US \$ 90.00
Can be carried out simultaneously with the above Test with no further expenditure of time. Additional Cost: as shown above.

Details of all Blood Tests in each category above are given in Annexure I.

Once all the Reports are ready and gone through by our Panel of Doctors, a further 1 hour Consultation is offered to suggest ways and means to correct and improve upon the deficiencies in these Reports in a short 8 to 12 weeks time. We also offer Root Cause Investigation, Diagnosis and Treatment for all Chronic Health Challenges. All “Mission Impossible” of Medical Science are welcome. Cost US \$100.00 per hour per person.

During this Consultation, Future Goals for a Perfect Health and Body are defined and an action plan is custom designed in conjunction with each person’s requirement for ways and means to achieve the same. An action plan is drawn up for achieving a State of Perfect Health and Perfect Body in the near future.

The Center will draw up a Protocol of Treatment and an easy to follow Daily Calendar to guide you for a Safe Natural Treatment using only Herbs and Dietary Supplements. No Drugs or Chemicals are used to help you overcome or reduce the severity of any Chronic Health Challenge. Follow up weekly support by E-mail and Telephone is offered for implementation during your stay in India and for continuation upon your return back to your country. Cost typically varies from US \$100.00 to \$1,000.00 depending upon the severity of the Chronic Ailments involved and the response of each person concerned.

A Do It Yourself user friendly Detoxification / Rejuvenation Kit is offered for your use after returning back to your country. This comprises of a safe Natural Herbal / Dietary Supplements to be taken orally for improving the functioning of your Colon, Kidneys, Liver, Lungs, Blood and overhauling your entire body to make it run at peak efficiency. This leaves a Healthy Glow on your face which your friends can’t help noticing.

Reservation in 4 to 5 Star Hotel / Service Apartment in Mumbai (Bombay), India. Sight seeing / shopping in Mumbai during your stay here.

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4 to 10 day trips can be arranged to neighboring towns and cities of your choice – Udaipur, Jaipur, Agra (Taj Mahal), New Delhi.

Relaxation Herbal Body Massages are offered for the treatment of Body Aches, Pains and other problems.

Stay in Ayurvedic Health Resorts in Kerala.

Consultation / Treatment with reputed Doctors for all kinds of Cosmetic work / Plastic Surgery, Dental and Eye (Lasik) Treatment can be arranged. Visit to Optometrist for Eye Glasses can be arranged.

Consultation with Cardiologist for Angiography, Angioplasty and By Pass Surgery can also be arranged.

The Center has Protocol to boost the Immunity of AIDS, Hepatitis and Herpes Patients and to improve the quality of their life and longevity.

General Information for Tourists:

Cost of Air Travel from the West Coast to Mumbai, India is roughly US \$ 1400.00 to US \$1800.00 per person traveling by Economy Class via the Atlantic on British Airways, Air France, Swiss Airlines, Lufthansa with transit stop in London, Paris, Zurich and Frankfurt respectively. With a quick connection – wait typically 2 to 3 hours.

Cost of Air Travel from the West Coast to Mumbai via the Pacific with transit stop in Hong Kong, Singapore, Seoul is roughly US \$ 1200.00 to \$1600.00 on Singapore Airlines, Cathay Pacific and Korean Airlines.

Cost of Hotel Rooms in Mumbai (Bombay) as approximately as follows:

4 Star Hotels - \$125 to \$200 per night for Double Occupancy

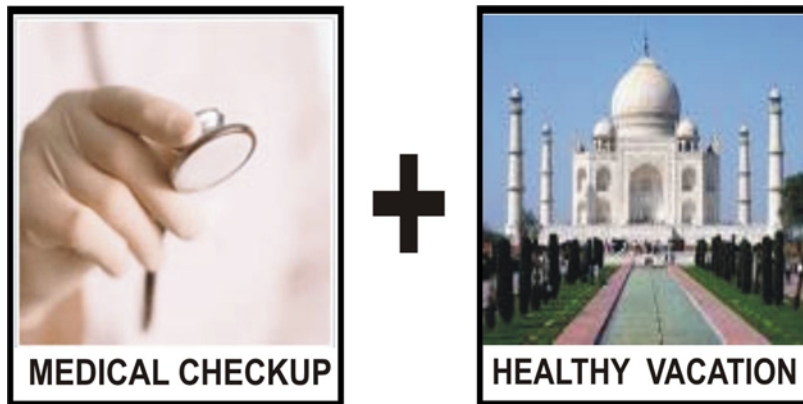
5 Star Hotels - \$250.00 to \$450.00 per night for Double Occupancy

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The Government of India provides Tourist Visa of short duration and a special Medical Tourism Visa (M) of longer duration (up to 1 year) for persons and Visa (MX) for their accompanying spouse coming to India for Medical Treatment. Please contact the nearest Indian Consulate in your country of Residence or go to:

<http://www.goidirectory.nic.in/missions.htm>

for a directory giving a list of Indian Missions worldwide.



SpaceAge[®]

Natural Health Center

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

Your Quest For Perfect Health Ends Here



Natural Health & Anti-Aging Center

SpaceAge Natural Health & Anti-Aging Center is located approximately 1.0 km from the International Airport, in Mumbai, India. The Center employs about 50 people and has an area of approximately 7000 sq.ft.

The Health Center specializes in Detoxification, Rejuvenation, Orthomolecular Medicine and Anti-Aging Therapies.

The Health Center uses Western Herbology and Intracellular Nutritional Medicine for the treatment of all kind of chronic ailments and for anti-aging the body.

Over 7000 patients have in undergoing treatment at the center. Over 400 Doctors, many with M.D. / M.B.B.S. in Allopathic Medicine have undergone treatment for numerous chronic health challenges for which there is no cure in mainstream medicine. For testimonials of senior doctors please visit:

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

Over 200 Celebrities pursuing Perfect Health and Anti-Aging of the body have also undergone treatment at the Center.

The Center handles all types of Chronic Health and Beauty Challenges through totally Natural means – Herbs and Herbal Oils (imported from all over the World) are widely used in their treatment along with other Alternative Therapies like Bio-Magnetics, Bio-Electronics, Energy Medicine, Nutritional Healing and Orthomolecular Medicine. The Center has over 1200 in house, proprietary polyherbal and nutritional formulations for different Health and Beauty Challenges.

The activities of the Center are guided by an internationally renowned Health Counselor Pramod Vora, who has been an advisor to the Medical Profession and a Personal Coach to Doctors in Modern Medicine. He has personally counseled thousand of Patients, hundreds of Celebrities and Doctors guiding them towards Perfect Health. He is on the Faculty for Anti-Aging Medicine for numerous international organizations. For more info: <http://www.space-age.com/bio.pdf>

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Health Vacation: Mumbai

Goal: Perfect Body

Treatment: Low Cost

Complete Preventive Health Check Up.
Whole Body Detoxification and
Rejuvenation. Root Cause Investigation,
Diagnosis and Treatment offered for
all Chronic Health Challenges.

Ayurvedic + Intracellular Nutritional treatment
for all Cardiac Problems, Diabetes, Thyroid /
Hormonal Imbalance, Hypertension, UTI,
Body Aches / Pains, Arthritis, Obesity, PCOD,
Fibroids, Migraines & Kidney Diseases.
Medical "Mission Impossible" is welcome.

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DETOXIFICATION AT YOUR DOORSTEP !

**Whole Body Detoxification / Rejuvenation Kit
With Herbal Dietary Supplements.**

Clean your Colon, Kidneys, Liver, Lungs and Blood. Improve Digestion, Energy, Liver and reduce Acidity, Allergies, Migraines, Body Aches & Pains and Arthritis. User friendly Kits for use in the privacy of your home. Creates a **Healthy Glow**.

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

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

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, 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 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

by

Pramod Vora, Holistic Educator & Health Counselor to Doctors

International Faculty Anti-Aging Medicine

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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 at Orlando, Florida, USA in April 2009. The supporting Clinical 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 12 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 Clinical 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	5.0 mg/dL	3.6 to 8.2 mg/dL	To help reduce aches and joint pains / arthritis

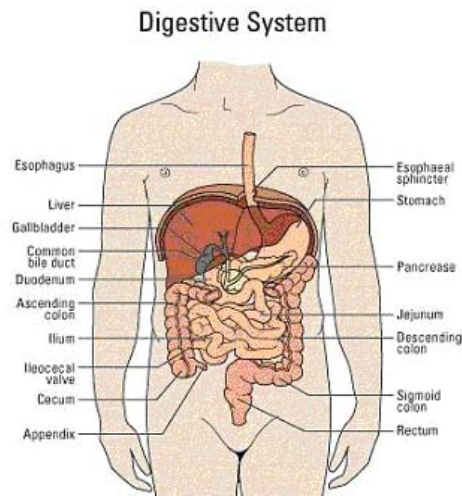
Table 2 - Sample of some Optimum Values for Perfect Health

A 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		14.0 g/dL 16.0 g/dL	11.5 to 15.0 g/dL 12.5 to 17.0 g/dL	Helps to maintain good Energy levels through out the day
Serum Iron		125 µg/dL	60 to 180 µg/dL	For good hemoglobin values
Serum Creatinine		0.8 mg/dL	0.5 to 1.5 mg/dL	For good elimination of Toxins through Kidneys
Blood Urea Nitrogen (BUN)		12.0 mg/dL	4.5 to 21.0 mg/dL	To help prevent Kidney failure / disease
Serum Uric Acid		5.0 mg/dL	3.6 to 8.2 mg/dL	To help reduce aches, joint pains / arthritis
SGPT (ALT) serum		20 to 24 U/L	0 to 48 U/L	Improved Liver function and Toxin neutralization
SGOT (AST) serum		15 to 20 U/L	5 to 42U/L	Improved Liver function and Toxin neutralization
GGPT 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 / 35ng/mL, it will be difficult to achieve optimum value of Hemoglobin at 16.0 g/dL for males and 14.0 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 Antiaging.

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

SpaceAge®

Natural Health Center

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

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.

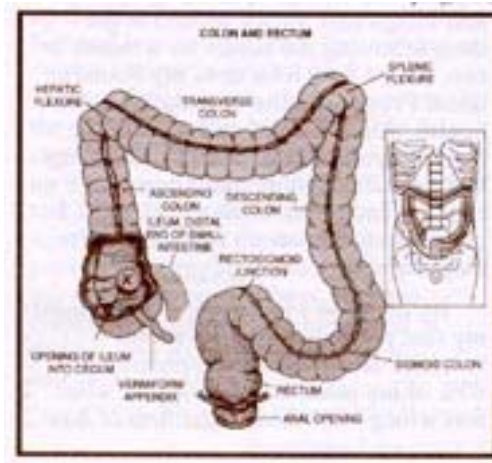
No metals used in these preparations.

Dosage: Capsule

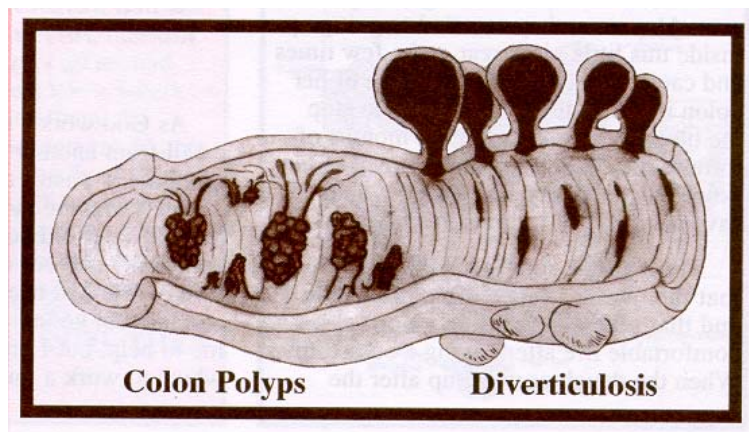
Special Colon Cleanse (60 capsules)	750mg	Helps clean the Colon and Digestive Tract
Super Kidney Care (60 capsules)	850mg	Helps Clean the Kidneys and Urinary Tract
LivMax (60 capsules)	750mg	Helps clean the Liver
Lung Clear (30 capsules)	750mg	Helps clean the lungs
Detoxifier (30 capsules)	750mg	Helps 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.

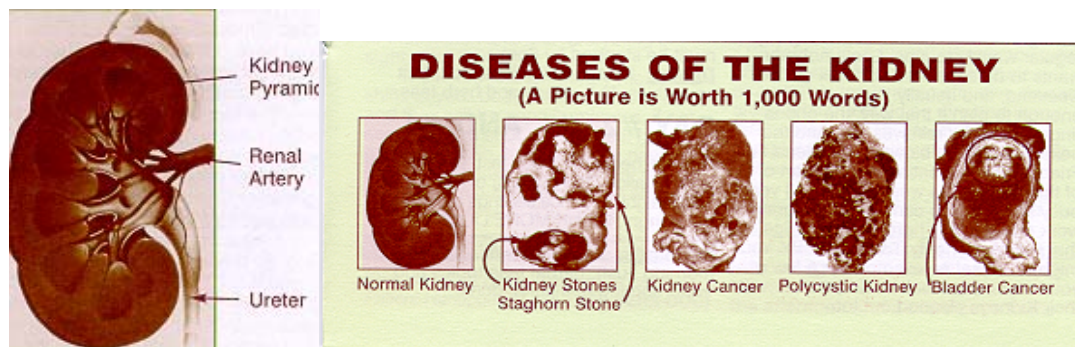
A lot of essential minerals like Calcium and Potassium to name a few, are absorbed through the walls of the Colon. Prolonged use of drug Diuretics like Thiazide, Lasix (furosemide) invariably end up reducing Potassium and Magnesium levels in the body.

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.

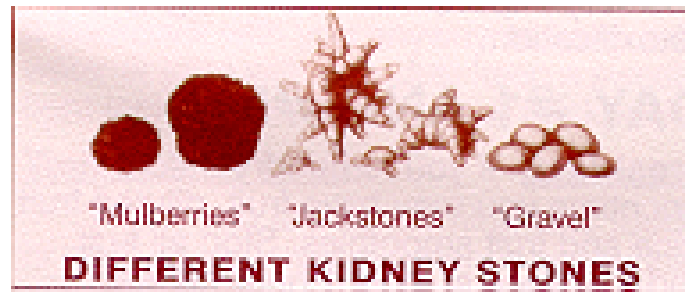
A unhealthy colon therefore results in serious malnutrition which can trigger many other serious chronic ailments.

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.

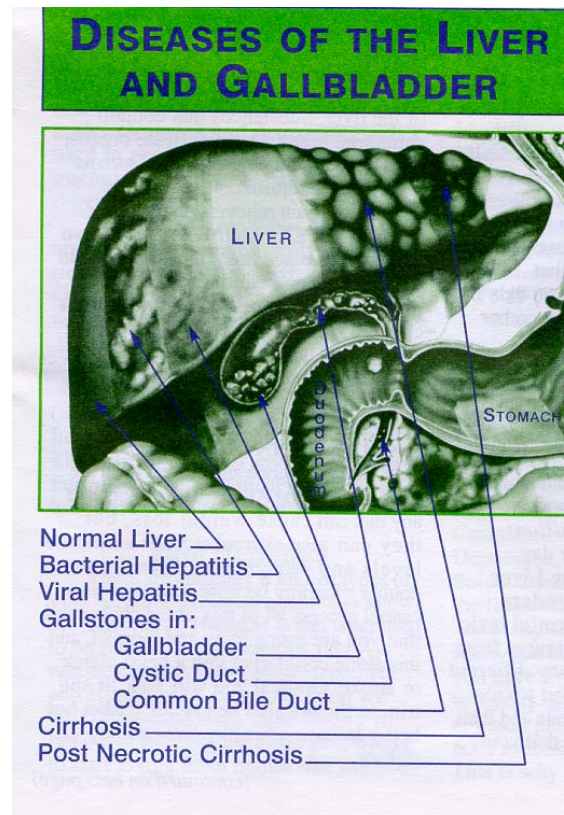


Prolonged uses of Drug Antibiotics is known to increase Creatinine levels to well above normal values and can eventually damage the kidneys. Antibiotics which are directly injected into the body are more dangerous than oral Antibiotics in this respect.

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, 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.

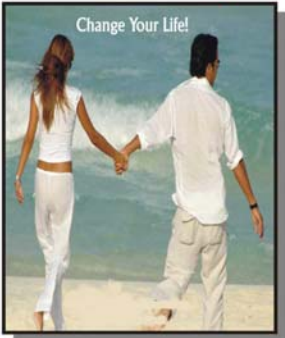
The mucus membrane lining of the stomach and intestines weakens with passing years, use of Drug Antibiotics, exposure of Antibiotics in our environment and use of drugs like Aspirin, Paracetamol and other NSAID. This causes acidity, acid reflux and ulcers. **GastritiX** is a Herbal Dietary Supplement 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

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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

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.

* Detoxification & Rejuvenation Kit

Herbal Dietary Supplements

Overcome Ravages of Environmental Pollution & Exposure to Chemicals !

Helps Anti-Aging !

Eight Week User Friendly Program



Change Your Life!

A. Detoxification Program 1. Special Colon Cleanse - 60 Capsules 2. Super Kidney Care - 60 Capsules 3. LivMax - 60 Capsules 4. Detoxifier - 30 Capsules 5. Lung Clear - 30 Capsules 11. Basal Temperature Kit + Electronic Thermometer	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
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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.

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.

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

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* 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

* The concepts, data and methods of Pathological evaluation discussed in this paper were presented at the A4M – American Academy of Anti-Aging Medicine at Orlando, Florida, USA in April 2009. The supporting Clinical 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 12 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 Clinical Studies conducted please visit:
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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 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 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 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 dimension / 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. As 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.

By
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Positive Weight Release **HORMONAL SLIMMING**

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Dieting / Exercise or use of Hormones

Pramod Vora
Health Counselor

The Traditional Approach

Traditionally, weight control has been to view weight increase as a symptom and mankind has spent billions of dollars and endless hours in its fruitless control by "Passive" means. This article is presented to put forth a new School of Thought on an emerging concept called Positive Weight Release / Hormonal Slimming which is an "Active" type of Weight Release Program.

This article explains the reasons for a change in the traditional approach from a totally "Passive Symptomatic Treatment" to an Active Program known as "Overhauling the Body".

Overhauling the Body

When the body starts to accumulate weight, it means that the various organs of the body have slowed down and the rate of metabolism of the body has therefore also slowed down.

A more appropriate and a Positive Approach to Weight Release/Slimming Down would be, as a first step, to detoxify the body, so that the organs which have slowed down as a result of the toxins accumulating in the body, will speed up with the removal of toxins from the body.

The second step is, to rejuvenate the body and "fine tune" the body (just like an automobile at its 25,000 Km Tune Up); further speed up the organs so that the rate of metabolism is increased and the food being assimilated by the body is burnt much faster; and the Body does not continue to accumulate weight like before.

There are 5 Herbal Dietary Supplements (Colon Cleanse, Kidney Care, Detoxifier, Lung Clear and LivMax) that are involved in the detoxification of the body. These detoxify the intestines, the kidneys, the blood, lungs and the liver respectively. There is an optional herb Basil which can be used by people living in highly polluted environments and/or who were smokers at any time in the past. Basil will help to clear and detoxify the lungs so that the body receives enough oxygen to maintain a high rate of metabolism of the body.

There are 3 Herbal Dietary Supplements (Energizer, Gooseberry and Liver Tonic) that are involved in the rejuvenation of the body. Each capsule contains a number of Herbs which are targeted to different organs of the body, including the Brain - which is the "Super Computer" and "Master Server" which controls the whole body. All these rejuvenating Herbs are capable of increasing the rate of metabolism of the body back (Reverse Aging) to when the body was much younger. For people who occasionally or habitually drink alcohol, or have very serious chronic ailments, it is advisable to use Liver Tonic for a prolonged pe-

riod to carry out a second level of detoxification and rejuvenation of the liver.

This way, the Weight Gain Challenge of the body may be overcome in a more positive way, as we are going right to the root cause of weight increase rather than working in isolation on the symptom of weight increase.

Positive Weight Release does not subject the body to the trauma of 500 Calories per day diet which can lead to under nourishment and expose the body to the risk of damage to its organs and consequent nutritional imbalance. Also the rate of metabolism slows down and does not return to healthy levels when you get off your Crash Diet Program.

Why Women Should not Diet !

Crash Dieting for prolonged periods of time creates a shortage of food in the body. The human body, which has its own intelligence, shuts down certain "redundant functions" when there is a famine situation in the body. One of the functions that is automatically shut down in a Woman's Body is Ovulation. The logic being, "when there is insufficient food to support one life, there is no question for creating another life or carrying a pregnancy to full term. At the start of the Ovarian malfunction, caused by prolonged and severe dieting, we see Non-ovulating Cycles, where the body does not produce any Progesterone and the Estrogen levels remain unchecked and dominant. The Estrogen is stored in the fat of the body; Dieting now causes the body weight to begin increasing at the rate of approximately 1 to 2 lbs. (0.5 to 1.0 Kg) per month.

Six months down the line, when you have put on approximately 10 lbs. (5 Kgs.), "common sense" tells us that more severe and prolonged dieting should solve the problem. At this point, the ovaries shut down completely to complicate the Hormone Imbalance situation further and the periods will cease totally and cause the body to go into a situation of Premature Menopause.

At this stage, the unchecked Estrogen levels in the body may cause water retention and bloating so that even if you were to go on a total food fast, the body weight will increase

due to just drinking a glass of water! So more severely you diet, the greater is the weight increase ! This explains why "Women should never Diet" or "Eat well and Release Weight".

In addition, Crash Dieting for prolonged periods can cause the rate of metabolism to permanently shift down into low gear, the body temperature to drop as low as 95° F. and can further create a situation of chronic hypothyroidism where none existed before. For more information on Hypothyroidism go to: www.space-age.com/hypothyroidism.html

How should women go about releasing weight if dieting is not recommended?

First look into any possible situation of Hormone Imbalance / Thyroid Malfunction and correct that. Next begin eating food normally (consuming about 1200 calories a day) and detoxifying and rejuvenating the body to increase the rate of metabolism to hopefully the same levels as when you were a teenager. This is called "Positive Weight Release" through increased Rate of Metabolism and Hormonal Correction of the Body.

Caution: If Weight increase is the result of a Hormone Imbalance / Thyroid Malfunction / Estrogen Dominance, it is absolutely necessary to also correct this. In this day of enlightened eating habits we have found majority of people actually have a Hormonal Imbalance and not a real weight problem. Once corrected the body slims down automatically and stays that way for a prolonged period of time.

In Conclusion

Detoxification, Rejuvenation and Hormonal Correction through natural means is the only way to Positively Slim Down.

Pramod Vora, Health Counselor

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- | | |
|---------------------|-------------------|
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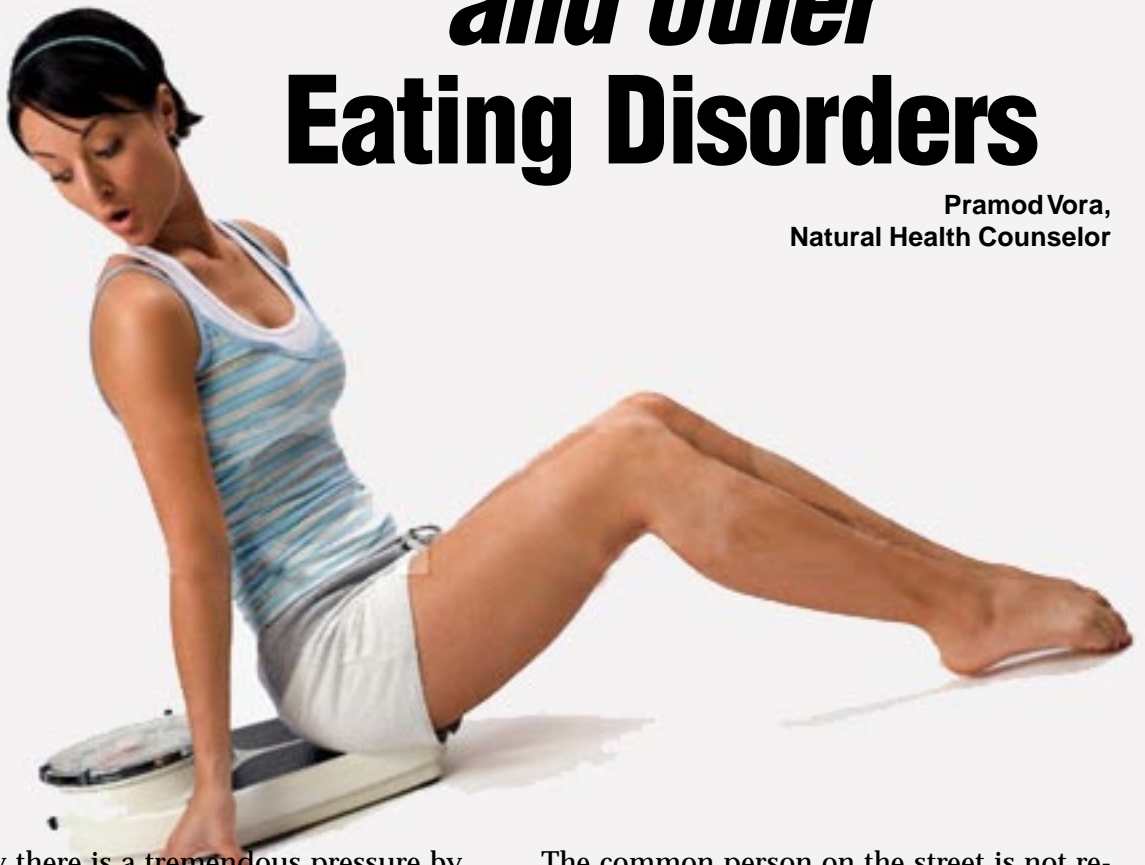
* Clinical Studies done using these Whole Body Sculpting Kits were presented in the peer reviewed paper "Detoxification & Intracellular Nutrition in Anti-Aging" at the International Conference of A4M – American Academy of Anti-Aging Medicine at Orlando, Florida, USA in April 2009. These Clinical findings 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>

ANOREXIA, BULIMIA

and other

Eating Disorders

Pramod Vora,
Natural Health Counselor



Today there is a tremendous pressure by the media and the Society on the younger generation to “look right”.

A whole new concept of “Figure Consciousness” has emerged due to the TV, Newspapers and Magazines which cater to the “Lens Culture”.

It is true, that the Camera adds about 5 Kgs to the appearance of the person being filmed. To look right on the screen, all models and actors have to lower their body weight 10% below normally accepted standards of good health.

The common person on the street is not really required to meet these standards, since nobody is viewing them through a lens.

However, it is easy to ape the celebrities, models and socialites in order to find greater acceptance and approval in social circles. This has put a tremendous pressure on the younger generation to maintain extremely slim figures. They have unwittingly become victims of “Figure Consciousness”. The “Slim Look” has become an obsession with many.

The easiest method of achieving this is by pure misguided starvation, thereby denying

the body basic nutrition that it needs for survival. As we all know, many medical imbalances are created by not eating right and starving the body.

For example, you could trigger a Hormone Imbalance or create a Hypothyroid condition, when none really existed earlier in your body, all through a simple process of prolonged starvation. Did you know that Prolonged Starvation is that dangerous?

Most so called “Fat” people, are today intelligent enough to understand that they should not be overeating. In spite of eating very little and intelligently, they end up being “Fat”. What possibly could be the cause of this? Much of our research at SpaceAge Labs, over the last decade, has shown us that, medical problems exist that cause majority of Fat people to be “Fat”, and prolonged starvation only ends up aggravating these conditions.

Checking the Hormone levels of such Fat people we found the following medical conditions which needed immediate correction

- a) Females had faulty Ovulation and / or irregular Periods in which case their Estrogen levels were high and Progesterone was literally non existent. The ensuing Estrogen Dominance caused Water Retention which made Fat people look Fat. Once this Hormone Imbalance was corrected, their body slimmed down naturally and thereafter stayed that way.
- b) Estrogen Dominance (compounded by Environmental Hormonal Pollution due to the rampant use of Petrochemical Products) can cause an interference with the Thyroid function and slow down the Rate of Metabolism of the body, which in turn caused rapid weight increase in spite of intelligent eating. Say 1 Kg every month. Again, thanks to Modern Medicine, this situation can be medically corrected and the Thyroid Hormone levels can be naturally normalized.
- c) Males had lower than Normal Levels of Testosterone due to Hormones in the Environment and in the food we eat. This resulted in increased Fat Mass and reduced Muscle Mass. It was difficult for these Males to maintain their ideal body weight. Some of them daily engaged in 2 hours extensive Gym Work to maintain body weight. It worked initially. Then as the Hormonal Imbalance symptoms got worse, exercise reached a point of diminishing returns.
- d) Imbalance in Intracellular Nutrition can cause very high levels of Insulin in the blood stream. High levels of Insulin in the blood can rapidly convert all the food that we eat into Fat and store it in the body. These people are hungry all the time and have a sugar craving and just can't seem to stop eating. They have voracious appetites. Again, if we correct this medical condition the body will rapidly metabolize the stored Fat and it is possible to see a 1 Kg drop in body Fat every 10 to 15 days. No exercise is ever required to reach this goal.
- e) The typical Indian Diet is normally Vegetarian with a very low Protein intake. Most Indian Diets have a daily intake of around 8 to 10 grams of Protein against of Recommended Daily Allowance (RDA) of 1 gram / Kg of body weight. Protein deficient diets cause poor levels of Amino Acids and a disturbance in the Nitrogen Balance of the body. For the Thyroid to function properly and produce adequate Thyroid Hormones to control the Rate of Metabolism which in turn will help to maintain normal body weight, we need adequate supply of Amino Acid known as Tyrosine. So starvation or Protein Deficient Diets can trigger Hypothyroidism due to lack of Tyrosine in the body.

It is important to remember that we want to reduce the Fat Mass in the body and not the Bone or Muscle Mass.

Starvation invariably leads to loss of Bone and Muscle Mass and an increase in Body Fat. A very large number of teenagers and young adults in the age group 14 to 25 today have already damaged their body and suffer from Osteoporosis. Most people are totally ignorant

about this shocking piece of news. Otherwise they would not attempt prolonged starvation.

The percentage of Females and Males who have a Hormone Imbalance is very alarming today as it has reached epidemic proportions. The figures are roughly as follows:

Females who are Hormonally Imbalanced

35% in the age group 20 to 40 years;

Over 90% Females above the age of 40.

Males who are Hormonally Imbalanced:

25% in the age group 20 to 35 years

50% in the age group 36 to 50 years

75% in the age group 51 to 75 years

Having given you to the background on some of the medical conditions governing Obesity, I would now like to mention that fear of Obesity; the corresponding medical problems outlined above leading to Obesity; Figure Consciousness; Lens Culture; and peer pressure are some of the Root Causes of Anorexia, Bulimia and other Eating Disorders.

Ignorant of the Medical Problems causing Obesity, people tend to use their "Intellect" and "Common Sense" to starve their body of food to look right. This results in two possibilities:

Possibility One

Prolonged starvation stops the flow of Gastric Juices which results in loss of appetite and now you are stuck at 15% to 30% lower than normal body weight and become Anorexic. You do not know how to bring your body weight back to normal. You are incapable of reviving your lost appetite. Other medical problems soon follow due to the overall weakness of the body. About 8% to 15% Anorexics die prematurely because they are stuck in this unhealthy situation.

The digestion mechanism in an Anorexic body has shut down due to prolonged and repetitive starvation. If at this stage you try to eat a hearty meal, your body will vomit it out, as it does not know how to handle it. If this happens a few times, you stop eating and become fearful of food as vomiting and nausea

are not a pleasant sensation. Low self esteem, emotional and behavioral problems follow soon. This is a typical story of an Anorexic person.

Possibility Two

You are incapable of reducing your weight as your Insulin levels are way too high and you therefore experience a craving for food and tend to binge eat and then vomit the food out when you realize what you have done. You are fearful of obesity.

Both these situations are highly stressful both physically and mentally and can cause emotional disturbances and social behavioral problems. In these cases, Counseling can help change the outlook and perception of the person but cannot alleviate the medical condition which is at the Root of all this.

The Golden Rule therefore to remember is never to undergo starvation dieting as this does damage the body, but to rather go for medical evaluation and correction of medical conditions causing Obesity. There is really no need or merit in being afraid of eating as Modern Health Care Science does have the knowledge to correct the medical conditions leading to Obesity

Once this is done minimal exercise can help maintain your weight at the desired level and give you the figure you want for the rest of your life.

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Am I Deficient In Magnesium?

Over cultivation of the land has depleted the soil of its reserves of Magnesium and other minerals. Nature had a perfect system to prevent this through periodic rains which caused the rivers to redeposit silt and improve the quality of the top soil for agriculture. Periodic flooding the land once every few years also resulted in removal of depleted top soil. These natural processes of periodic silt deposition and topsoil removal have been “tampered with” by the building of dams. The biggest ecological disaster is the construction of the Aswan Dam on the Nile river in Egypt by the Russians. This has damaged the fertility of the Nile valley and river beds beyond imagination.

This soil depletion is further compounded by the rampant use of Synthetic Fertilizers to ensure that the land produces more crops. Synthetic Fertilizers only contain Nitrogen, Phosphorous and Potassium (NPK) or Di-amonium Phosphate (DAP). So Magnesium levels steadily go down with each crop cycle. In addition, Potassium is an antagonist to Magnesium. So the large amounts of Potassium in our Fertilizers only results in food with lower levels of Magnesium than ever before.

Magnesium deficiency is common all over the world today due to our food growing techniques and is further compounded by our food processing techniques and our choice of diet. Our grains are polished to remove the outer fibrous coating which contains magnesium, zinc and other minerals besides vitamins. Consumption of refined sugar and alcohol increase urinary excretion of Magnesium, leading to Magnesium Deficiency. Stress is another contributing factor which leads to excretion of Magnesium from the body. Diet with excessive dairy foods, which are rich in Calcium, also result in poor levels of Magnesium in the body; since Calcium is an antagonist to Magnesium and reduces the absorption of Magnesium from our diet.

In view of the above, it is now absolutely necessary to take Dietary Supplements containing an Organic form of Magnesium, especially if you suffer from Hypertension; Cardiac problems; Diabetes; Allergies; Muscle Aches, Pains and Cramps; and a host of other chronic ailments.

Osteoporosis

Today, one of the main causes of uncontrolled osteoporosis, in spite of regular calcium supplementation of Calcium, is actually absence of adequate levels of Magnesium in the body. When Magnesium supplementation is taken in adequate quantity daily, calcium levels automatically rise, even without calcium supplementation. The body cannot utilize dietary Calcium in the absence of adequate Magnesium levels in the body.

Test for Magnesium Deficiency

To test for magnesium deficiency, a procedure called an intracellular (mononuclear cell) magnesium screen should be performed. This is a more sensitive test than the typical serum magnesium screen, and can detect a deficiency inside the cell (where it is really required) with much more accuracy.

The Reference Range for Serum Magnesium used by Allopathic Medicine to detect a state of disease is 1.8 to 3.0 mg/dL. **Optimum value of Serum Magnesium in healthy individuals desiring perfect health is typically 2.4 to 2.8 mg/dL.**

Symptoms of Magnesium Deficiency

Diagnosing Magnesium deficiency is extremely difficult. Here are some of the symptoms of Magnesium deficiency:

1. Muscle weakness, tremor or spasm, decreased reflexes, twitches, convulsion
2. Heart arrhythmia, irregular contraction or increased heart rate – tachycardia
3. Heart Valve Calcification
4. Calcification of Arteries
5. Mitral Valve Prolapse
6. Softening and weakening of bone
7. Imbalanced blood sugar levels
8. Headaches - Migraines
9. Elevated blood pressure - hypertension
10. Elevated fats in the bloodstream – hyperlipidemia
11. Depression
12. Seizures
13. Nausea
14. Vomiting
15. Lack of appetite
16. Fatigue
17. Irritability
18. Insomnia
19. Poor memory
20. Allergies, Chemical sensitivities
21. Anxiety and Psychiatric Disorders
22. Attention Deficit Disorders
23. Painful periods
24. Asthmatic attacks
25. Fibromyalgia
26. Hearing Loss
27. Confusion
28. Incontinence in elderly people
29. Bedwetting in children and elderly people
30. Constipation
31. Heel Spurs and Bone spurs in the neck area
32. Osteophytes
33. Stiffness in the shoulder and neck area
34. Bradycardia and / or falling heart rate on exercising

Calcium causes contraction and Magnesium brings about relaxation of muscles. Poor Magnesium to Calcium ratio in the human body can also result in inability to walk which is quite often seen in elderly people.

Poor memory and confusion can often be misdiagnosed in the elderly as Alzheimer's Disease. Muscle weakness, tremors and poor reflexes are often diagnosed as Parkinson's Disease. It would be worthwhile to try Intracellular Magnesium therapy before arriving at these diagnoses.

Magnesium taken together with vitamin B₁₂, may help prevent calcium oxalate kidney stones. It helps prevent dizziness. Magnesium can help prevent and reverse the calcification of soft tissue and help prevent and reverse calcification of arteries and reduce cholesterol levels.

Magnesium can be used to tone the heart muscle, improve its Ejection Fraction (LVEF), reduce Left Ventricle Hypertrophy (heart enlargement) and for controlling blood pressure. Magnesium is needed for cellular metabolism and the production of energy through its help with enzyme activity. This can once again explain poor energy levels in the elderly.

Organic Magnesium – What The Experts Say !

Recommended Daily Allowance (RDA) = 350mg; Optimum Daily Allowance (ODA) = 600mg;
Therapeutic Dose: 1000 to 1440 mg per day in 4 equal divided doses for few months at a time.
Therapeutic Doses of Magnesium may be administered for a few months while regularly monitoring Serum or preferably Intracellular Magnesium levels.

Michael T. Murray, N.D., is one of the world's leading authorities on **Natural Medicine**. A faculty member of Bastyr University, Dr. Murray's best selling books include A Textbook of Natural Medicine, Encyclopedia of Natural Medicine, The Healing Power of Herbs, and the Getting Well Naturally series.

Magnesium is critical to many cellular functions, including energy production, protein formation, and cellular replication. Magnesium participates in more than 300 enzymatic reactions in the body, in particular those processes involved in energy production (i.e. production of ATP). Magnesium is also required for the activation of the sodium and potassium pump that pumps sodium out of, and potassium into, the cells. Therefore, magnesium deficiency results in decreased intracellular potassium. As a result of lower magnesium and potassium within the cells, cell function is greatly disrupted.

Magnesium has been referred to as "nature's calcium channel-blocker" because of its ability to block the entry of calcium into vascular smooth-muscle cells and heart muscle cells. As a result, **Magnesium supplementation can help reduce vascular resistance, lower blood pressure, and lead to more efficient heart function.** Magnesium also helps regulate proper calcium metabolism through its actions on several hormones including parathyroid hormone and calcitonin.

Phyllis A. Balch, CNC, has been a leading nutritional consultant for more than two decades. She continues to study nutrition-based therapies, procedures, and treatments in the United States and abroad. Her other publications include Prescription for Nutritional Healing A-to-Z Guide to Supplements and Prescription for Dietary Wellness.

James F. Balch, M.D., is a graduate of Indiana University School of Medicine. He is a member of the American Medical Association and a fellow of the American College of Surgeons.

Prescription for Nutritional Healing:

Research has shown that **Magnesium may help prevent Cardiovascular Disease.**

Magnesium deficiencies are at the root cause of many Cardiovascular problems. Magnesium deficiency may be a major cause of fatal cardiac arrhythmia, hypertension, and sudden cardiac arrest.

Magnesium plays a central role in the secretion and action of insulin. Without adequate magnesium levels within the body's cells, control over blood sugar levels is impossible. Magnesium supplementation is helpful in cases of glucose intolerance and insulin insensitivity. Magnesium helps regulate Blood Sugar by improving Pancreatic function.

Do I Need To Take Multivitamin / Mineral Supplements?

Frequently Asked Questions

Pramod Vora, Holistic Educator & Natural Health Counselor to Doctors

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Due to the over cultivation of land and depleted soil conditions the Nutritional value of the food produced has gone down substantially during the recent years. It is sad state of affairs (and it will certainly alarm most people) that during the course of the last 57 years the Nutrition in food is approximately 25% of what it originally was in 1950.¹ The unfortunate part is that, there are no standards set up as yet, to certify the actual nutritional value of our groceries for the guidance of consumers. Today, everyone talks about Organic Food, but this, still does not guarantee its nutritional value or make it nutritionally superior. Organic may be healthy, because no pesticides are used, but that does not mean it is Nutritious.

More information on this massive problem that is affecting the health of billions of people worldwide can be found in the paper read at the Seminar on Alternative Medicine, sponsored by the Ministry of Health, Tamil Nadu Agricultural College, in March 2006.

Info: <http://www.space-age.com/conference-tnau.html>

or directly download the paper on Nutritional Farming from:

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

or

for Power Point Presentation go to:

www.space-age.com/nutri-farm.ppt

For abstract go to:

www.space-age.com/nutri-farm-abstract.doc

This shortage of Nutrition in the food has resulted in a growing number of chronic ailments like high blood pressure, high cholesterol, diabetes and all kinds of Cardiovascular Diseases, to name a few, which plague modern society today.

To the educated class of people, for whom health is more valuable than money, for the Celebrities for whom their body and health is their profession and passion, for Airline Pilots / Flight Attendants who stand the risk of being grounded, and for CEO and Senior Executives, there is a growing rise in the use of Dietary Supplements like Vitamins and Minerals in the form of easy to swallow tablets or capsules. Many imported Multivitamin and Mineral Supplements like Centrum Silver, Centrum Performance, etc. are now available in regular grocery stores around the corner.

Vitamins A, D, E and K are fat soluble vitamins. Vitamin B-Complex and C are water soluble vitamins.

Minerals like Iron, Calcium, Magnesium, Zinc, Copper, Chromium, Cobalt, Selenium, Vanadium, Phosphorus, Potassium, Molybdenum, Manganese, Boron, Silicon, to name a few, are required by the body in conjunction with Vitamins.

To give an example, B-Complex Vitamins work more efficiently when administered with Magnesium. If Magnesium levels are depleted in the human body then Vitamins B-Complex would not work efficiently at all and would mostly be excreted unused from the human body.

Antioxidants like Vitamin A, E and C also work in conjunction with each other and potentate the effect of each other. They work more efficiently and effectively in conjunction with Minerals like Zinc and Selenium.

Minerals need to be absorbed and most importantly retained in the human body for proper and effective therapeutic action which results in repair and healing of the body, including its organs. Organic compounds of Minerals like Calcium Ascorbate, Calcium Orotate, Calcium Lactate are better absorbed and retained in the human body as compared to Calcium Carbonate which is poorly absorbed and readily excreted by the human body. When selecting Mineral supplements one should therefore avoid selecting inorganic compounds like Calcium Carbonate (even if they are from natural sources like Oyster Shells), Ferrous (Iron) Sulfate, Zinc Sulfate, etc. as their absorption and retention in the body is very poor. Hence, these can only be used for prophylactic purposes and not for any serious therapeutic effect. Supplements like Centrum mentioned above are also prophylactic doses only and have little therapeutic action on the human body.

Majority of the population today, immaterial of the social or economic background, suffers from malnutrition and would benefit from Multivitamin and Mineral Supplements. Looking for a perfectly nutritionally balanced body today, is like looking for a needle in a hay stack. The proper use of good quality synergistically balanced Multivitamin / Mineral supplements can result in higher mental and physical energy levels, assist in weight loss, can make one feel and look years younger than ones physical age and help reduce the severity of numerous chronic ailments.

The severity of a lot of chronic ailments that we see today like High Blood Pressure, Diabetes, Cardiovascular diseases, to name a few, can be reduced by proper therapeutic doses of Nutritional Supplements, properly administered at Intracellular Levels. This means that, Prescription Strength Therapeutic doses of Nutrition must be administered to penetrate the cell wall and reach the center of the cell where it is really required. This science is known as **Orthomolecular Medicine**. This term was coined by the double Nobel Laureate Linus Pauling way back in 1968, about 40 years back. Since then, this Medical Science has grown over the years and has evolved over many generations of technical refinement and has reached the point where it can be used to treat many chronic ailments and also repair and rebuild damaged organs of the body

with a fair degree of accuracy. For **Intracellular Nutrition** to work effectively, we must have at our command two technologies; one to alter cell membrane permeability and the other, a carrier mechanism to carry nutrition to the center of the cell where it is really required. It is today possible to improve the Ejection Fraction (LVEF) of the Heart for instance. This can therefore be called a drugless therapy as it uses only Nutrition. Our Natural Health Center in Mumbai specializes in Intracellular Nutrition / Orthomolecular Medicine. Info: at:

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

Multivitamin injections are cumbersome method of administration of Vitamins today as it involves trips to the Doctors Clinic or Hospitals which would be time consuming for the lifestyle of people in the city. Injections do not guarantee retention in the body or Intracellular penetration. Oral supplements available today and which are specially designed to work at Intracellular levels and have proper retention the body can be more effective than injections. For those who do not prefer injections, nor do they want to swallow tablets or capsules, these formulations are available in the form of Nutritional drinks which come in Orange or Vanilla flavor and are fully loaded with low fat, low calorie and high protein content. Celebrities, models, actors, all those who form a part of the "Lens Culture" and all those who work out in the Gym and are fitness conscious today also prefer to have their Nutrition in this manner, as it is quick and easy to administer. One glass in the morning and / or at lunch and you are all set for the day.

Prolonged use of Multivitamin and Mineral supplements, without proper and periodic Nutritional analysis of the Blood, can be quite dangerous. Blood Serum levels are no indication of Intracellular levels. This makes it harder to monitor Nutritional levels with some accuracy.

For example, Calcium taken continuously for years altogether, because you were told it prevents Osteoporosis, can result in formation of Kidney Stones and will result in Calcium deposits in various tissues of the body can also cause joint pain and osteoarthritis. This problem is enhanced by taking Calcium in isolation without the other supporting Nutrients needed for bone formation like: Magnesium, Zinc, Boron, Phosphorus, Manganese, Copper, Vitamin K, D and Vitamin C in correct proportions.²

Iron Supplements should also be Organic compounds like Ferrous Ammonium Citrate (not inorganic like Ferrous Sulfate) and must be properly fortified with Folic Acid, Vitamin B12 and Vitamin C and Copper if Hemoglobin levels are to be corrected with lasting effects and retained at youthful Optimum Levels throughout one's lifetime.

Prolonged use of Vitamin D can result in toxicity, body aches and pains and can mimic the condition of Osteoporosis. For more information please refer

my article on Calcium and Osteoporosis which appeared in the My Doctor Magazine November, 2002 which can be download from:

http://www.space-age.com/calcium_osteoporosis.pdf

Prolonged use of large doses of Vitamin C (Ascorbic Acid) can result in the depletion of Minerals from the body through urinary excretion. The acidic pH of Ascorbic Acid can damage the arteries around the heart and enhance the deposition of plaque on the arterial walls to speed up and promote blockage. One should always use buffered Vitamin C with a neutral pH like Ascorbates. Ascorbic Acid was wrongly called Vitamin C about 50 years back. It really does not exist in the human body in this manner but is always found chelated with Minerals.

One of the biggest deficiencies that we have begun seeing during the last decade is Magnesium. Deficiency in Magnesium at Bone, Tissue and Intracellular levels is at the Root Cause of High Cholesterol Levels, High Blood Pressure, all types of Cardiovascular Diseases, Diabetes and Osteoporosis. Calcium in the absence of adequate levels of Magnesium and other nutrients cannot arrest or reverse Osteoporosis.³

Calcium, taken in isolation, results in brittle bones, which can break easily on impact. When Magnesium enters the lattice structure, it results in flexible bones that do not break easily on impact.⁴ Boron imparts strength and hardness to the bones.⁵

Gone are the days, when Calcium deficiency used to cause Osteoporosis. Today, we need to preach that Magnesium deficiency causes Osteoporosis.⁶ Now a days, the soil and consequently the food we eat is highly deficient in Magnesium which is the leading cause of Osteoporosis and Bone Fractures. Bone Density Tests are not a measure of bone flexibility or strength or brittleness.⁷

Deficiency in Zinc is at the Root of all Hormonal and Endocrine System Imbalances (including Thyroid diseases) and Diabetes.

Deficiency in Chromium causes Insulin resistance which leads to non-insulin-dependant Diabetes (NIDDM) with elevated Insulin levels. High Insulin levels cause Body Fat Mass to increase rapidly leading to Obesity. Obesity in turn leads to Hypertension and Diabetes at a later stage.

Correcting these Nutritional deficiencies with Therapeutic doses of Supplements designed to work at Intracellular levels will lead to long healthy life free of chronic diseases.

Severe malnutrition is spreading nationwide at a very rapid pace with Hypertension now affecting even a significant number of young school children. This was unheard of a few years back.

It is time for the Ministry of Health, Ministry of Agriculture, Ministry of Women, Child and Family Welfare and the FDA to wake up to this grave health

hazard of Pandemic proportions which has affected the life of billions of people nationwide and worldwide. Steps need to be taken to inform the consumer about the Nutritional values of the produce and food they purchase and to encourage farmers to grow Nutritious crops instead of just Organic Food.

Very Important Note for Mineral / Vitamin Dietary Supplement Users:

Do not use low cost Mineral / Vitamin Dietary Supplements available at your local Health Food Store or those produced by Pharmaceutical Companies. These are low dose prophylactic preparations. You need Prescription Strength Mineral / Vitamin Supplements, Organic in nature and fortified with other balancing nutrients which are equipped to deliver nutrition at intracellular levels, if one is to experience their therapeutic effect.

Low Cost Dietary Supplements generally available at your local chemist/ health food store are low dose types, invariably have poor absorption and retention in the body and have exceedingly poor chances of reaching intracellular levels where the nutrition is really required.

Health Centers where expert advice on Orthomolecular / Intracellular Nutrition is available:

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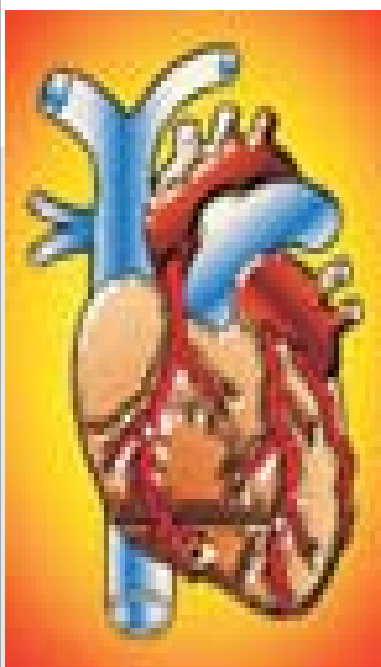
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<http://www.space-age.com/nutri-farm-seminar.doc>
or
for Power Point Presentation go to:
www.space-age.com/nutri-farm.ppt
For abstract go to:
www.space-age.com/nutri-farm-abstract.doc
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<http://www.space-age.com/OsteoporosisRevisited.doc>
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HEALTH CARE - NATURALLY !



BYPASS ALTERNATIVE

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Bypassing The BY PASS

A SAFE NATURAL ALTERNATIVE



Unclog Your Arteries

The bottom line is this: when patients are advised to have a coronary angiogram, chances are eight out of ten that they do not need it. The critical factor in whether a patient needs coronary artery bypass surgery or angioplasty is how well the left ventricular pump is working, not the degree of blockage or the number of arteries affected. The left ventricle (chamber) of the heart is responsible for pumping oxygenated blood through the aorta (the large artery emanating from the heart) and to the rest of the body. Bypass surgery is only helpful when the ejection fraction (the amount of blood pumped by the left ventricle) is less than forty percent of capacity. Up to ninety percent of all bypass procedures are done when the ejection fraction is greater than fifty percent, which is adequate for circulatory need. In other words, as many as 90 % of all bypass procedures may be unnecessary.

TO BY PASS SURGERY

Pramod Vora, Health Counselor



When coronary artery bypass surgery and / or angioplasty is necessary, based on these accepted criteria, they definitely increase long-term survival and give relief of symptoms for eighty five percent of patients. However, the surgery is not without risk. Complications arising from coronary bypass operations are common, as this surgery represents one of the most technically difficult procedures in Western Medicine. In one study, sixty one percent of the patients who had coronary artery bypass surgery suffered nervous-system disorders as a result. Another study found that two to five percent of individuals who have coronary bypass surgery die during or soon after the operation, and ten percent have heart attacks (myocardial infarctions).

Considering the cost of the procedure, the lack of long-term survival benefit, and the high level of complications, it appears that electing to have

HEALTH POSITIVE

this surgery is unwise for the majority of patients especially the aged.

This is particularly true in light of the **availability of effective natural alternatives to coronary bypass surgery.** Numerous studies have shown that dietary and lifestyle changes can significantly reduce the risk of heart attack and other causes of death due to atherosclerosis. Simple dietary changes - decreasing the amount of saturated fat and cholesterol in the diet; increasing the consumption of dietary fiber, complex carbohydrates, soy oils, and organic magnesium; eliminating alcohol consumption and cigarette smoking; and reducing high blood pressure - would greatly reduce the number of coronary bypass operations performed in Westernized countries. In addition, clinical studies have shown that, Chelation Therapy a Safe, totally Natural procedure based on the use of **Herbal Dietary Supplements / Nutritional Supplements, improves heart function in even the most severe angina cases.**

In contrast to By Pass Surgery, which treats only a specific segment of an artery or arteries, Chelation Therapy treats all types of arteries of the Body simultaneously. Oral Chelation Therapy, which has replaced Intravenous Chelation in the West, has resulted in the resolution of chest pain, leg pain, shortness of breath and a variety of other symptoms. It has also resulted in reduction in medication for the patients. Over 1.0 million people world wide have successfully undergone Chelation Therapy till date.

Oral Chelation For A Complete Cardiac Overhaul

Oral Chelation (pronounced *key-Lay-shun*) Therapy is a safe. Nonsurgical procedure used in the treatment of atherosclerosis and other circulatory disorders, as well as in the treatment of gangrene, which often is the result of poor circulation. In atherosclerosis,

deposits of cholesterol, fats, and other substances collect on the walls of large and medium sized arteries in the form of hard plaque. It has been found that calcium acts as the "glue" that hold the atherosclerotic plaque together. Chelating agents bind with this calcium and carry it out of the body via the kidneys, breaking up the plaque deposits, unclogging the arteries, and permitting more normal blood flow.

Oral Chelating Agents can often prevent problems from occurring by restoring circulation to the body's tissues. If serious health problem already exists, Chelation Therapy is usually necessary. Chelation Therapy is used to treat a variety of health problems.

Oral Chelating Agents offer a safe, convenient alternative for persons who are at risk for circulatory problems or problems caused by toxic metal accumulation. Among the many disorders that may be helped by chelation therapy are Multiple Sclerosis, Parkinson's disease, Alzheimer's disease, and Arthritis.

Oral Chelation uses Organic amino acids as a chelating agent to remove calcified, hardened plaque from the arterial walls, and to greatly improve blood flow and relieve the symptoms of cardiovascular disease.

Oral Chelation is a **Remarkable Arterial Cleansing Process** with the ability to effectively remove the plaque, cholesterol & heavy metals which congest, restrict, and impede blood flow and oxygen throughout the 100,000 Km / 75,000 miles of blood vessels which lie within the body. This helps to eliminate a host of Chronic Health Problems and reduce risk of future Stroke. The treatment also helps to lower Cholesterol and improve the functioning of Brain, Heart, Lungs, Kidneys and many other Organs.

The saving are tremendous and the risk factors associated with By Pass Surgery are greatly reduced and almost negligible.

Herbal Dietary Supplements / Nutritional Supplements, improves heart function in even the most severe angina cases

Potential Benefits & Uses of Oral Chelation

- ◆ Oral Chelation lessens or reduces the effects of a heart attack.
- ◆ Oral Chelation removes or reduces angina pectoris, chest pains.
- ◆ Oral Chelation lessens or reduces cardiac stress intolerance.
- ◆ Oral Chelation reduces shortness of breath in coronary artery disease.
- ◆ Oral Chelation can reduce or eliminate male impotence.
- ◆ Oral Chelation helps to prevent and reduce osteoarthritis. It reduces and alleviates the symptoms of rheumatoid arthritis. It may combat osteoporosis through restoration of bone density by stimulating bone growth, while it is removing calcium from the plaque in blood vessels.
- ◆ Oral Chelation removes lead and cadmium and other heavy metals from the body. It removes calcium from arteriosclerotic plaque. It dissolves kidney stones, reduces serum iron and protects against iron poisoning and iron storage disease of the liver.
- ◆ Oral Chelation can bring back the elderly from senility, and improve memory. It can reduce the incidence of Pick's Atrophy and Alzheimer's disease.
- ◆ Oral Chelation reduces blood pressure in high blood pressure patients. It can eliminate intermittent claudication (leg cramps and leg pain and numbness due to poor circulation).
- ◆ Oral Chelation may reverse diabetic gangrene. It can restore impaired vision, particularly in the dia-

betic who is suffering from macular degeneration. It can improve the vision in diabetic retinopathy and dissolve small cataracts. It can lower insulin requirements for diabetics. It can heal calcified necrotic ulcers and greatly reduce the need for lower extremity amputations.

- ◆ Oral Chelation can reduce or reverse the effect of a stroke, particularly after the stroke, but even as late as two years following a stroke. It even dissolves large and small clots or thrombi.

- ◆ Oral Chelation improves memory, can prevent the deposition of cholesterol in the liver and reduces blood cholesterol levels.

ORAL CHELATION

- ◆ Oral Chelation can convert and normalize irregular heart rhythms. Oral Chelation reduces or relaxes excessive heart contraction. It reduces heart irritability and increases potassium within the cells of your body.
- ◆ Oral Chelation reduces heart valve calcification, and improves heart function. It reduces dark pigmentation associated with varicose veins. It can make arterial walls more flexible.
- ◆ Oral Chelation helps to smooth skin wrinkles. It can reduce the effects of scleroderma.
- ◆ Oral Chelation works much more gently, over a longer period of time, to achieve the same results that intravenous chelation accomplishes. Due to the harsh nature of Intravenous Chelation, those with weak or even border line weak Kidneys (Creatinine greater than 0.8) should not be subjected to Intravenous Chelation. Intravenous Chelation involves sitting at the Doctors Clinic for a 4 hours with an intrave-



HEALTH POSITIVE

nous drip for 30 to 50 sessions. This is very time consuming.

- ◆ Oral Oral Chelation is done in the privacy of your home at your own pace and works totally in the background of your day to day activities.
- ◆ For those who have undergone Intravenous Chelation Therapy or By Pass Surgery or Angioplasty, it is recommended to continue with a maintenance dose of Oral Chelation to prevent recurring plaque deposit buildup in the circulatory system.
- ◆ Pregnant/Lactating women and people with kidney disease in general are normally not considered candidates for Oral Chelation and should consult with their healthcare practitioner before considering such.

Use of Bio-Magnetic Devices

Depending on the severity of the case and the urgency to achieve some quick relief, it may be advisable to simultaneously use **Bio-Magnetic Devices** which help to speed up the unblocking of arteries; lower Blood Pressure; and enhance the performance of the Chelation

Therapy. These Devices, which are manufactured and patented in Japan, are applied externally to the Body and are known to ionize the blood; dissolve the calcium deposit; help to improve the effectiveness of the Chelation Therapy; and lower the cost of the treatment.

Note

The Information contained in this document is for informational purposes only. It is not an attempt by the writers or publisher to practice medicine nor should it be construed as such. Readers are hereby encouraged to consult with a trusted and competent healthcare professional concerning the information presented.

Pramod Vora, Health Counselor

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Erectile Dysfunction

Pramod Vora, Natural Health Counselor

Erectile Dysfunction (ED) is the inability to have or sustain an erection long enough to have a meaningful sexual intercourse. Erectile Dysfunction tends to occur gradually until the night time or early morning erections cease altogether or are so flaccid that successful intercourse does not occur.



Today millions of men, young and old, suffer from Erectile Dysfunction (ED) due to:

- (1) High levels of synthetic Hormones (known as Xenoestrogens) in our Diet / Environment;
- (2) Nutritional Imbalanced Diet resulting from poor quality of produce; and
- (3) Extremely low levels of Testosterone.

Xenoestrogens have now entered the food chain and affect our Body through:

1. The grains – wheat, rice, lentils, etc., Milk, Eggs and Meats that we eat;
2. The Petrochemical products like Herbicides, Pesticides and Fungicides; Mosquito and Cockroach sprays;
3. The Pollution we breathe; and
4. The Contraceptive pills, Hormone Replacement Therapy (HRT) and Testosterone Replacement Therapy (TRT) being used.

This Hormonal Pollution has approximately affected:

- 25% males in the age group of 20 to 35 years;
- 50% males in the age group 36 to 50 years; and
- 75% males in the age group 51 to 75 years.

In short, Erectile Dysfunction (ED) has reached ***Epidemic Proportions***.

There is an urgent need for the authorities like the “Health Ministry”, “Food & Agricultural Ministry” and the “Environmental Protection Agency (EPA)” to wake up to this Stealth Epidemic that is undermining the health of the people.

Today, it is quite common to see 25 year olds, in the prime of their youth, having exceedingly poor levels of Testosterone, 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 in society today.

These 25 year olds suffer from the following symptoms:

- Mood swings / Depression
- Inability to loose weight
- Anger / Irritability
- Foggy thinking
- Memory Loss
- Reduced Muscular strength
- Lower Libido
- Lack of interest in Sex
- Hair Loss
- Insomnia
- Lack of Sex drive
- Inability to perform as Executives

Left undiagnosed / unattended, these symptoms further evolve in later life to

- Swollen feet / ankles
- Low Blood Sugar
- Enlarged Prostate
- Difficulty Passing Urine
- Burning sensation passing urine
- Incontinence
- Prostate Inflammation
- Prostate Cancer
- Osteoporosis
- Diabetes

At present, ED has resulted in over 1.0 Billion dollar sales of vasodilator drugs like Viagra. This drug has many known side effects like: facial flushing, headaches, dizziness, dyspepsia, visual disturbances, nasal congestion, other ocular effects such as blood shot eyes, eye pain, and gastric disturbances. In addition, it is not recommended for people with cardiovascular insufficiencies. More side effects are coming to light as the number of years of use of this drug increase.

One of the methods to naturally correct Erectile Dysfunction would be, to correct the nutritional and hormonal imbalance of the body. Many naturally occurring Herbs could be quite helpful if used in conjunction with a properly designed Hormonal and Nutritional Correction Program.

Tribulus Terrestris

Tribulus Terrestris is a herb used for its medicinal effects around the world. It is a natural nutritional supplement. It has been used for centuries by the Chinese to calm the liver, treat headaches, dizziness, and premature ejaculation. It rejuvenates the urinary tract, kidneys and reproductive organs. It promotes the flow of urine and is useful in treating kidney stones, burning in the urinary tract, painful or scanty urination and gout. It also has a beneficial effect on the prostate gland.



It strengthens the reproductive systems of both males and females. It helps to treat impotency in men and sterility in women. It helps to control excessive bleeding during menstruation or in pregnant women threatened by an abortion. It calms the mind, promotes mental clarity and is used in the treatment of diabetes and to tone the heart. It is used as a safe natural diuretic and as an aphrodisiac.

- Tribulus Terrestris is ecologically pure.
- Tribulus Terrestris is a natural aid to help impotence, low libido, and male infertility.
- Clinically proven effective in enhancing energy and vitality.
- Helps build muscle and strength for bodybuilders.
- Tribulus Terrestris is safe to use as it is not a hormone.

In bodybuilding, Tribulus is used for its testosterone boosting properties more than any-

thing else. Studies have shown over 50% increase in testosterone levels when taking Tribulus Terrestris in fairly healthy males with no nutritional imbalance. Testosterone helps build muscle and strength, that's why some proathletes use steroids and other prohormones to enhance performance.

Tribulus Terrestris is NOT a hormone! It works completely different from Andro and DHEA. Tribulus increases testosterone through increasing Luteinizing Hormone (LH) in your body. LH tells your body to produce testosterone. LH stimulates the secretion of sex steroids from the gonads for both males and females. In male testes, LH binds to receptors stimulating synthesis and secretion of higher levels of testosterone. In females, the cells in the ovary are stimulated by LH and secrete higher levels of Progesterone/Estrogen. Tribulus merely works within the body's natural limits helping you achieve better muscle and strength through increased muscle mass.

Tribulus Research

Studies have shown positive benefits of supplementing Tribulus Terrestris, and almost no adverse effects since it is from a natural plant source.

- A study done with healthy individuals taking 750mg of Tribulus per day showed a 72% LH increase, and a 41% increase in testosterone.
- In a study conducted with 20 males and females, 75% of the participants had increases endurance, 80% had increased libido and sexual performance, and 95% of the females reported no PMS symptoms.
- A study conducted with 200 males suffering from impotence showed increase in LH

and testosterone levels after supplementing Tribulus. The study also found an increase in sperm production.

Tribulus Terrestris Formulations

Because Tribulus Terrestris is such a neutral and beneficial supplement, it's often formulated with other Herbal Supplements like Winter Cherry which is known to help increase growth hormone secretion in the body, and other herbs which help enhance its performance. In the modernization of Herbal / Ayurvedic Medicine, herbs are now a days often combined with other nutritional supplements. This has resulted in a new subject called Modern Ayurveda or Modern Medicine where herbs are used from all over the world rather than be restricted to one continent alone as was done in the old Ayurveda.

Tribulus Side Effects

Tribulus has been used for thousands of years, and no studies have found any adverse side effects of Tribulus. The only adverse side effect experienced by a small percentage of users is, an upset stomach, which can be eliminated by taking Tribulus with food.



Tribulus Side Benefits

When properly formulated and taken at an appropriate dose by healthy individuals, Tribulus can safely mimic the action of wonder drug Viagra or Eli Lilly's long acting Cialis, by naturally stimulating sustainable and harder erections day after day. Tribulus addresses one of the root causes of Erectile Dysfunction, which today is primarily lower levels of Testosterone. It does so in a healthy and more natural way, in synergy with the body's natural needs, to give you an experience of a life time.

Herbal Viagra

The concept of herbs as vasodilators is not new. It has been known for thousands of years. Herbs like Yohimbe, Mucuna Pruriens, Muira Puama and Lepidium Meyenii have long been safely used as aphrodisiacs without the dangerous side effects inherent in all drugs.

These herbs can be very effectively formulated by combining them with other Dietary /

Nutritional Supplements which help enhance their effect. The use of B-Complex Vitamins and Vitamin B₃ (Niacin) in particular at Therapeutic dose levels of 50 to 200 mg acts as a dilator of blood vessels like Viagra. Organic Vitamin C (not Ascorbic Acid) is also known to have a stimulating effect on the Pituitary Gland which is responsible for releasing the Luteinizing Hormone (LH). This increases Testosterone levels which in turn result in helping alleviate the symptoms of ED.

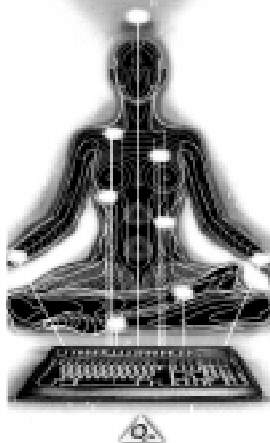
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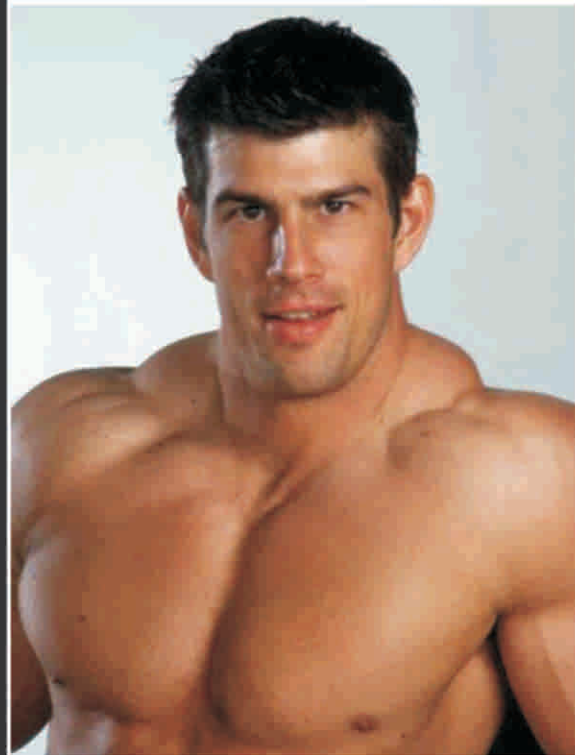
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Improve Your Health - Naturally !

Let your own body choose which treatments and / or Natural Products will best work for you?
Take responsibility and make changes necessary to create a Perfect Body?
Explore how a futuristic system has the ability to both diagnose and treat imbalances – a system that reads your unseen energies and applies natural energies to restore balance and help bring harmony to your body & mind ... the Quantum Way.

Growth Hormone Kit - Male

Dietary Supplements to increase Growth Hormone production



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

Kit Contains:

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

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

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Natural Health Center

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

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

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

Health Care - Naturally !

Growth Hormone Kit - Female

Dietary Supplements to increase Growth Hormone production



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

Kit Contains:

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

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

SpaceAge®

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Health Care - Naturally !

Breast Augmentation Kit

Herbal Tonics for Breast Care

Applications: Helps to Firm, Tone and Enlarge.

Kit Contains:

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

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

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Health Care - Naturally !



Calcium and Osteoporosis

Calcium is of prime importance to the Body, and touches the topics of Nutritional and Hormone Imbalance in Males and Females.

Pramod Vora,
Health Counselor



Digestive Acids normally reduce substantially with passing years. Calcium Supplement in the form of Calcium Carbonate (CaCO_3) further reduces acids in the stomach. This further aggravates "Gastrointestinal Intolerance". Calcium Carbonate not being water-soluble is not available in the ionic state and absorption is less than 4%.

The solution is, to use water soluble Organic Calcium, which is bio-available in ionic form for easy assimilation in the Body and at much higher percentages.

Calcium alone is incapable of ever reversing Osteoporosis The experience of Doctors worldwide is that no significant increase in Bone Density occurs by using Calcium Carbonate preparations, which are normally readily available today.

Natural Calcium and Super Calcium are both Organic Calcium. Super Calcium has Magnesium, Boron and Zinc in a synergistic manner to help reverse Osteoporosis.

The following Minerals + Vitamins are required in Organic Form in these specific ratios to help reverse Osteoporosis:

Minerals	Elemental Weight
Calcium	1200 mg
Magnesium	600 mg
Zinc	60 mg
Boron	6 mg
Manganese	5 mg
Copper	1 mg
Vitamin - K	100 mcg
Vitamin - C	1500 mg
Vitamin - D*	200 to 400 IUs

**Not recommended to be given in places with adequate sunshine as Vitamin D can causes toxicity. Excessive Vitamin D causes Calcium to deposit in various Organs / Tissue of the body and can lead to Osteoarthritis*

HEALTH POSITIVE

Sesame Seeds / Chutney has both Organic Calcium and Magnesium and therefore recommended for reversal of Osteoporosis. If Micronized, as in **Tahini**, they will be many more times Bio-available to the body.

It is easily possible to optimize and step-up the flow of Gastric Juices to help enhanced digestion and optimize absorption of Nutrition from food. Improper flow of Gastric Juices will impair the absorption of all types of Nutrition besides Calcium and the Body will begin to age rapidly. The use of Antiacids containing CaCO_3 like Tums (touted to help reverse Osteoporosis) is therefore not recommended.

Excess of CaCO_3 can cause a serious Kidney damaging disorder known as **Milk Alkali Syndrome**.

We have a Herbal Preparation **Digestive Aid**, which helps increase Digestive Juices in the Body. 1 capsule taken half hour before meals for 2 to 4 weeks will help correct this situation and optimize the absorption of Nutrition from the Food you eat and make you feel more energetic. This way "**Gastrointestinal Intolerance**" can be minimized.

Avoid Natural Oyster Shell Calcium, Dolomite, and Bone Meal products as the Lead levels are invariably high. Although refined Inorganic Calcium Carbonate has the lowest Lead content, the body absorbs Organic Calcium more efficiently.

The absorption of Calcium depends on the Calcium becoming ionized in the intestines. Calcium ionization is a major problem with Calcium Carbonate, the most widely used Calcium supplements. In order for Calcium Carbonate to be absorbed it must first be solubilized and ionized by stomach acid.

Studies with Postmenopausal women show that about 40 percent of the women studied

are severely deficient in stomach acid. Patients with insufficient stomach acid output can only absorb about 4 percent of a Calcium Carbonate oral dose, but a person with normal stomach acid can typically absorb about 22 percent. Patients with low stomach acid secretion need a form of Calcium already in a soluble and ionized state, like Calcium Ascorbate, Calcium Orotate. Patients with reduced stomach acid absorb about 45 percent of the Calcium form Calcium Ascorbate compared to 4 percent absorption for Calcium Carbonate.

This difference in absorption clearly demonstrates that ionized soluble Organic Calcium is more beneficial than insoluble Inorganic Calcium salts like Calcium Carbonate in patients with reduced stomach acid secretion. Calcium is also more Bio-available from Organic Calcium Ascorbate than from Inorganic Calcium Carbonate in normal subjects. Organic Calcium Ascorbate and other soluble Organic forms (Aspartate, Orotate, etc.) are the best supplements available for optimal absorption.

In addition, Ascorbates provide Vitamin - C, which increases Collagen formation which is essential for Bone formation activity in the body.

The retention of Organic Calcium in the Body is higher than Inorganic Calcium Carbonate, which the body tends to excrete rapidly through the urine - Hypercalcuria.

Higher levels of Calcium in the Blood, should not necessarily be the guiding factor in discontinuing the oral administration of Calcium Supplements. The inherent intelligence of the body releases Calcium from the Bones to correct the acidity of the Blood, which must constantly be maintained at a slightly alkaline pH of 7.4. This action can show high levels of Calcium in the Blood (if the body pH has drifted to Acidic levels) and discontinuing

Excessive
cans of cola
over prolonged
periods can
increase risk
of
osteoporosis.

Calcium supplement can only aggravate the Osteoporosis of the Patient. The strategy would be to monitor the pH of the Saliva which is a fair indication of the pH of the Blood and to correct the same by proper administration of **AlkaBoost** and to also simultaneously step up the dose of Organic Calcium Supplementation to 1600 to 2000 mg per day for a short period till the situation is brought under control. **Osteo-Pak** is a special Organic Calcium Nutritional Drink synergistically balanced with Organic Magnesium, Zinc, Boron, to help in the reversal of Osteoporosis.

Is Your Lifestyle Putting You At Risk Of Osteoporosis

Low Nutrition sets the stage for Bone Loss

Low Mineral intake means a lack of structural support and impaired digestion. Minerals are critical for a strong skeletal system, and they are the bonding agents between you and your food. A lack of minerals means low thyroid function and poor collagen protein development, also part of Osteoporosis.

Osteoporosis is highly bound to food enzyme activity. It is at least in part, a result of poor digestion and enzyme deficiency. If you don't eat enough fresh / raw plant foods, or drink fresh vegetable / fruit juices, you probably have low enzymes and poor digestion. This is especially true for older men and women who try to correct digestion problems with a handful of antacids.

There is a clear relationship between high animal protein intake and osteoporosis. Excessive cans of cola over prolonged periods can increase risk of osteoporosis. In addition, acidity in the blood caused by overeating red meats, sodas, caffeine and alcohol causes leaching of calcium from the bones in a bid to maintain the blood to a healthy alkaline level of 7.4.

Crash Dieting and Bone Loss

For each 10% decrease in weight there is a two-fold increase in the risk of hip and other

bone fractures in women. When blood calcium levels become too low from crash dieting, your bones release calcium to keep the rest of the body running smoothly. In addition, women who diet excessively, regularly show up with Hormonal Imbalance, which is also involved in bone loss. Calcium Carbonate supplements are not enough to maintain bone mass during dieting. Worst is, all the women who crash diet to loose weight, invariably regain all the lost weight within a few months of getting off the program. Better bone density results are observed when Organic Mineral and Vitamin Supplements and Fresh Juices like Carrot + Beet or Orange are added to the diet during weight loss programs. Also women on supplement and Juices don't easily regain lost weight.

Since most women admit to being on a weight control diet most of the time, it seems maintaining a broad spectrum of low fat foods, and adding high mineral drinks from food or herbal sources to avoid bone loss while dieting is a better choice.

Depression and Bone Density

Research has shown that people with a history of severe depression have 15% less bone density in their lower spines than non-depressed people. Depression is primarily caused by Hormonal Imbalances.

Other Factors that increase Osteoporosis

Overeating Steroids, antibiotics or tobacco and too much alcohol severely reduces mineral (including calcium) absorption in the body. In addition, Alcohol destroys the Probiotics in the intestines, which aid digestion and absorption of nutrition from the food you eat.

Pramod Vora, Health Counselor

SpaceAge®

Natural Health Center

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Misuse of



ANTIBIOTICS

There is a growing concern about the rampant and unnecessary use of Drug Antibiotics for treatment of some non-life threatening ailments such as common colds and sore throat.

Antibiotics are also now in the environment, as farmers and livestock breeders have indiscriminately begun using these for commercial gains.

Antibiotic shots are routinely given to animals kept in unhygienic conditions as a preventive measure.

Antibiotic now, have therefore entered the Food Chain and are gradually damaging everybody's health.

It is noteworthy, to remember that, cancer cells do not easily multiply in an alkaline environment. Controlling and regulating body pH is one of the safest non-invasive techniques of reducing the risk of cancer or controlling or curbing or slowing down cancer cell proliferation in the Body.

Another technique to improve the immunity of the Body, is to use a **Natural Antibiotic** like **Mono Atomic Silver**. When administered orally, it can boost the Immunity of the Body. ***Mono Atomic Silver has been tested in UCLA School of Medicine, California against 650 known pathogens, microorganisms, bacteria, fungi (including Candida Albicans and Candida Globata), protozoa and viruses.*** In comparison, Drug Antibiotics are perhaps effective only against half a dozen organisms. Mono Atomic Silver has also been used to improve immunity of AIDs patients. It has no side effects as it is Biocompatible with the hu-

Pramod Vora
Natural Health Counselor

Low Immunity is the prime reason why some people constantly catch colds/Sore Throat and other infections.

Rather than use drug antibiotics in such situations, it is always better to first explore the possibility to improve the body's own immunity.

One of the factors, governing low immunity, is pH (potential Hydrogen or number of Hydrogen Ions or Acidity) of the body. The Natural pH of a healthy body, free of any disease, is always slightly Alkaline at a pH of 7.4.

When the body becomes acidic at the cellular level, it creates a breeding ground for germs, bacteria, and other micro-organisms. These can only flourish and multiply in an acidic environment. If the fluids of the body (blood, saliva, etc), are maintained alkaline, it will be well nigh impossible for these organisms to multiply or even survive.

Standard **pH Test Kits** are available to determine the pH of the fluids in the body by simply testing the pH of the saliva. There exists a very good co-relation between the pH of the saliva and other body fluids, like the blood for instance. There are **Dietary Supplements** available which helps to rapidly adjust the pH of the body and maintain it at an alkaline level.

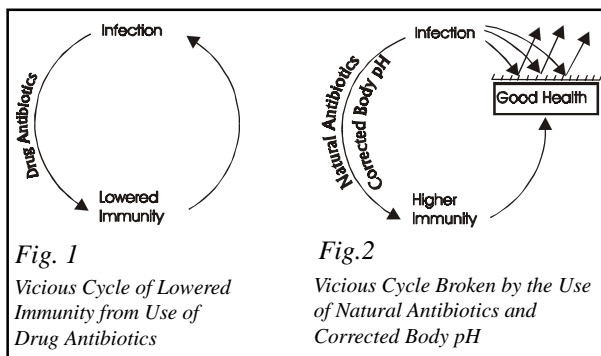
ALTERNATIVE MEDICINE

man body. It also has strong **Antiviral** properties. A portable pocket sized instrument for domestic use can, within seconds, produce a glass of Mono Atomic Silver. It is a low cost natural Antibiotic that is very ideally suited for treatment of the masses of a low cost economy like India which live below poverty level.

Remember, a healthy body always has higher immunity. **Eating nutritionally and pH balanced meals** can also go a long way to help raise and maintain the Body's immunity.

Use of **Herbal Dietary Supplements** and **Bio-Magnetic Devices** to enhance the functioning of the thymus gland can also increase the production of T-cells and improve the Body's Natural Defense Mechanism. Info at: <http://www.space-age.com/thymus.html>

Improving immunity, to prevent infections, is a safer and naturally a more harmonious way of maintaining the human body in balance. Trying to remove an infection once it has invaded the body, by trying to "kill germs" with Antibiotics can only create an imbalance in the body and weaken it further. Drug Antibiotics being "**Dumb Chemicals**", kill everything in sight - friends and foes. They destroy the infection causing germs as well as the healthy bacteria required for digestion which work as **Probiotics** in the human body. This ends up lowering the immunity, forcing the body into a perpetual and vicious cycle of repetitive infections coupled with still lower immunity at the end of each cycle. (Fig. 1 & Fig. 2)



The body weakens further with each cycle and the germs develop further resistance and immunity with each onslaught of Antibiotics.

Remember, the germs also have intelligence and they will continue to evolve (develop resistance) to fight their destruction due to Bio-Chemical Warfare that you would like to conduct on the human body.

The stage is now set for diseases like Candida, Colon Cancer, etc to invade and permanently reside in the body, speedily taking it to its final destruction and premature death.

The number of Antibiotics capable of controlling infections, are diminishing rapidly, due to the indiscriminate and repetitive use of Antibiotics. The day is not far away, when the Pharmaceutical Industry may be unable to offer newer and more powerful Antibiotics. The strength of the Antibiotics now being used has grown to such an extent that their after effects linger on in the body for days after their use has been stopped. Replacing the friendly bacteria lost from the body is getting more difficult with each passing day. The present typical Therapeutic Dose of Lactobacillus Acidophilus is 1.0 Billion living organism to be taken twice a day for at least 10 to 15 days after completing the Antibiotic course. Such therapeutic doses are presently not available at the chemists; so correction of the damage done by Drug Antibiotics becomes an uphill task. The body then becomes unbalanced and depleted of its internally manufactured B-Complex Vitamins. Therapeutic doses of B-Complex, as per US Standards, not being readily available, sets the ground work for a host of chronic ailments to invade and begin destroying and rapidly aging the body.

- Please stop the unnecessary use of dangerous Antibiotics.
- Please reserve drug Antibiotics only for life threatening situations.
- Please protect the environment and your body by minimizing the use of these Drug Antibiotics

Pramod Vora

Natural Health Counselor
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Web: <http://www.space-age.com>

Natural Antibiotic Mono Atomic Silver™



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

* For most Bacterial and Fungal infections.

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

***SpaceAge*®**

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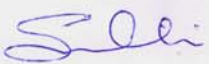
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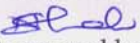
Health Care - Naturally !


R E P O R T

COLLOIDAL SILVER SOLUTION EFFICACY TESTING
RESULT SUMMARY

Organism	Concentration of solution (Prepared as per manufacturer's Instruction) Using Mono Atomic Silver Generator of SpaceAge Natural Health Center.Div. of SpaceAge Concepts (i) Ltd. Mumbai.
E. coli	No growth at 50 ppm 20 mins
Ps.aeruginosa	No growth at 50 ppm 20 mins
Sal.typhi	No growth at 50 ppm 20 mins
Sal.para typhi A	No growth at 50 ppm 20 mins
Candida spp.	No growth at 50 ppm 20 mins
Strep. pyogenes	No growth at 50 ppm 20 mins
Streptococcus pneumoniae	No growth at 50 ppm 20 mins
Shigella spp.	No growth at 50 ppm 20 mins
Proteus spp.	No growth at 50 ppm 20 mins
Klebsiella pneumoniae	No growth at 100 ppm for 40 mins.
E. faecalis	No growth at 100 ppm+ pot.citrate (before & after preparation) for 40 mins. No growth at 100 ppm+ MSM (before & after preparation) for 40 mins.
Staph. aureus (MRSA)	No growth at 100 ppm for 40 mins.
Staph. aureus (MSSA)	No growth at 100 ppm+ pot.citrate (before & after preparation) for 40 mins. No growth at 100 ppm+ MSM (before & after preparation) for 40 mins.
Coag. negative Staphylococcus	No growth at 100 ppm+ pot.citrate (before & after preparation) for 40 mins. No growth at 100 ppm+ MSM (before & after preparation) for 40 mins.

Done by 
Sushmita Jain (MSc. Microbiology)
Depty. Sec. Head of Microbiology


Approved by
Dr. Nilesh Shah
Senior Vice President

Checked by 
Dr. Shamma Shetye (M.D. Microbiology)
HOD of microbiology

Reference: Dr.
Sample Collected At:
SPACE AGE
NATURAL HEALTH CENTER, P.O.BOX 7432
#9/123 MAROL CO-OP. INDUSTRIAL ESTATE
ANDHERI (E) MUMBAI 59 Zone OS

SID: 607469927
607469927
Collected On:
17/03/2007 06:22 PM
Registered On:
17/03/2007 06:22 pm
Reported On:
19/03/2007 10:43AM

R E P O R T

Age: 0.00 Years Sex: MALE

HIV 1 RNA Quantification (Viral Load)

Test: Quantitative RNA estimation of HIV from patient's plasma.

Method: Real time PCR (SDS)

Probe used: 30 base pair long dual labelled oligonucleotide TaqMan probe.

Equipment: Rotorgene from Corbett Research, Australia.

Subtypes detected: All common HIV 1 subtypes.

Sensitivity: 53 IU/ml.

Conversion: 1 IU/ml = 1 Copy/ml

Measuring range: 53 to 35,71,428 IU/ml.

Remarks:

1. Viral load test is meant for known HIV positive patients only and it can not be used for diagnosing patient's HIV status.
2. This test can not be used for HIV-2 patients.
3. It is not advisable to compare viral loads performed by two different techniques.

Result:

HIV-1-RNA Quantification by **Below 53** IU/ml
Real time SDS

Notes Added:

COLLOIDAL SILVER SOLUTION EFFICACY TESTING

100 ppm Silver Solution prepared as per manufacturer's instructions using Mono Atomic Silver Generator of SpaceAge Natural Health Centre Division of SpaceAge Concepts (In dia) Ltd., Mumbai and for STD Pioneer's Awareness Trust, Mumbai.

Strength of Silver Solution used: 100 ppm (freshly prepared)

Incubation Temperature: 37 °C Incubator

Treatment Time: 168 hours

Viral Load before Silver treatment: 905,355 IU/ml

Silver Solution treatment done using 10 ml of 100 ppm Silver Solution every 24 hours (except no treatment at 120 hours), last 10 ml was added at 144 hours and terminated at the end of 168 hours.

RePrint

Page 1 of 1 End Of Report

MonoAtomic Silver™ Kit

An Amazing Nutritional Supplement

Portable, Pocket Sized Machine makes Nano Silver in Seconds. Auto Off for optimum 3 to 10 ppm control. High purity Silver Electrode good for 1,000 to 5,000 glasses of Nano Silver / Colloidal solution.

9 Volt Alkaline Battery (not included).

AC Mains Adaptor with 9 Volt DC output.

Sodium Chloride additive.

(for use with Distilled / Reverse Osmosis Water)

4.0 oz (120 ml) Light Resistant Bottles.

1.0 oz (30 ml) Spray Bottle for Topical application.

Silver Gel - 2.0 oz (60 grams)

(Aloe Vera Gel impregnated with Nano Silver particles)

Optional Nano Silver Gel Kit (contains High Purity Special Silver Gel Electrode, Light Resistant Jar, Mechanical Stirrer & Gel making procedure)



Research Applications: For Oral, Sub Lingual and topical applications. Natural Nutritional Supplement for improved Immunity. Helpful during Colds, Sore Throats, Infections & Fevers of all types. Disinfects drinking Water.*

Dose: To build strong immunity take 1 to 2 tablespoons daily. For Improved Immunity: 2 to 4 tablespoons every six hours when conditions are acute. Reduce dose gradually thereafter. For Topical application, use Spray Bottle or Silver Gel. Apply as frequently as required. Good for Burns, Cuts and Bruises.

Precaution: Nano Silver / Colloidal Solutions and Gels prepared with this apparatus should be stored in dark colored Bottles away from light. Non Toxic Nutritional Supplement.

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Health Care - Naturally !

* Tested for Bacterial, Fungal and Viral loads by an independent Lab accredited by CAP (College of American Pathologists.)

Jala Neti / Nasal Irrigation Kit

(for Saline & Colloidal / Nano Silver Solution)

Kit contains:

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



SpaceAge[®]

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Marol Sagbaug Road Andheri (E), Mumbai 400 059
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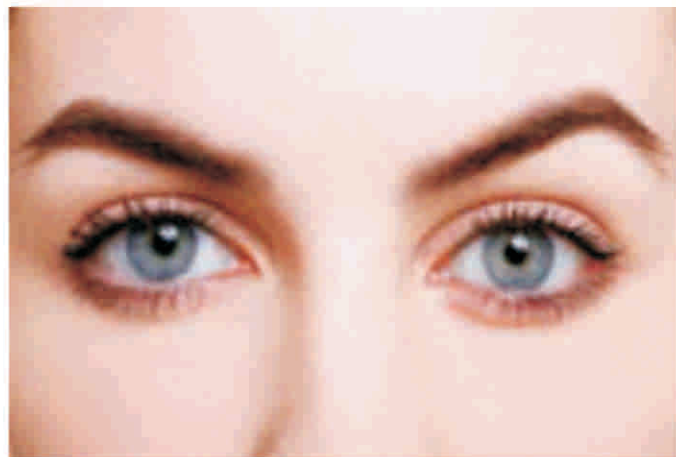
E-mail: spaceage@space-age.com

Internet: www.space-age.com

Natural Eye Care / Yoga Kit

Kit contains:

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



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Health Care - Naturally !

SpaceAge[®] Ozone Generator



SpaceAge[®] Natural Health Center

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

INNOVATORS IN TOOLS FOR WELNESS !

1 hour Check Up & Consultation includes the following:

1. Complete evaluation of all your old **Medical Records** and past / present medications to determine the true state of your health.
2. Defining your future **Health Goals** for perfect health and body.
3. Evaluation of your **Cardiac Function** and Ragland Postural Measurements to determine the state of your Cardiac Health / Adrenal Function. Check up for missed heart beats. Blood Pressure measurements.
4. Complete **Body Scanning** on special Microprocessor Controlled Electronic Machine to determine – Weight, Fat Mass, Bone Mass, Hydration Level / Water Retention, Average Calorie intake and Metabolic Age of the Body.
5. Measurement of **Body pH** to determine the level of acidity in your blood.
6. Evaluation of your present **Diet** pattern and recommendations for any changes if required.
7. Recommendations for further **Investigation / Blood Testing** if required.
8. Drawing up an action plan for achieving a **State Perfect Health** and **Perfect Body** in the future.

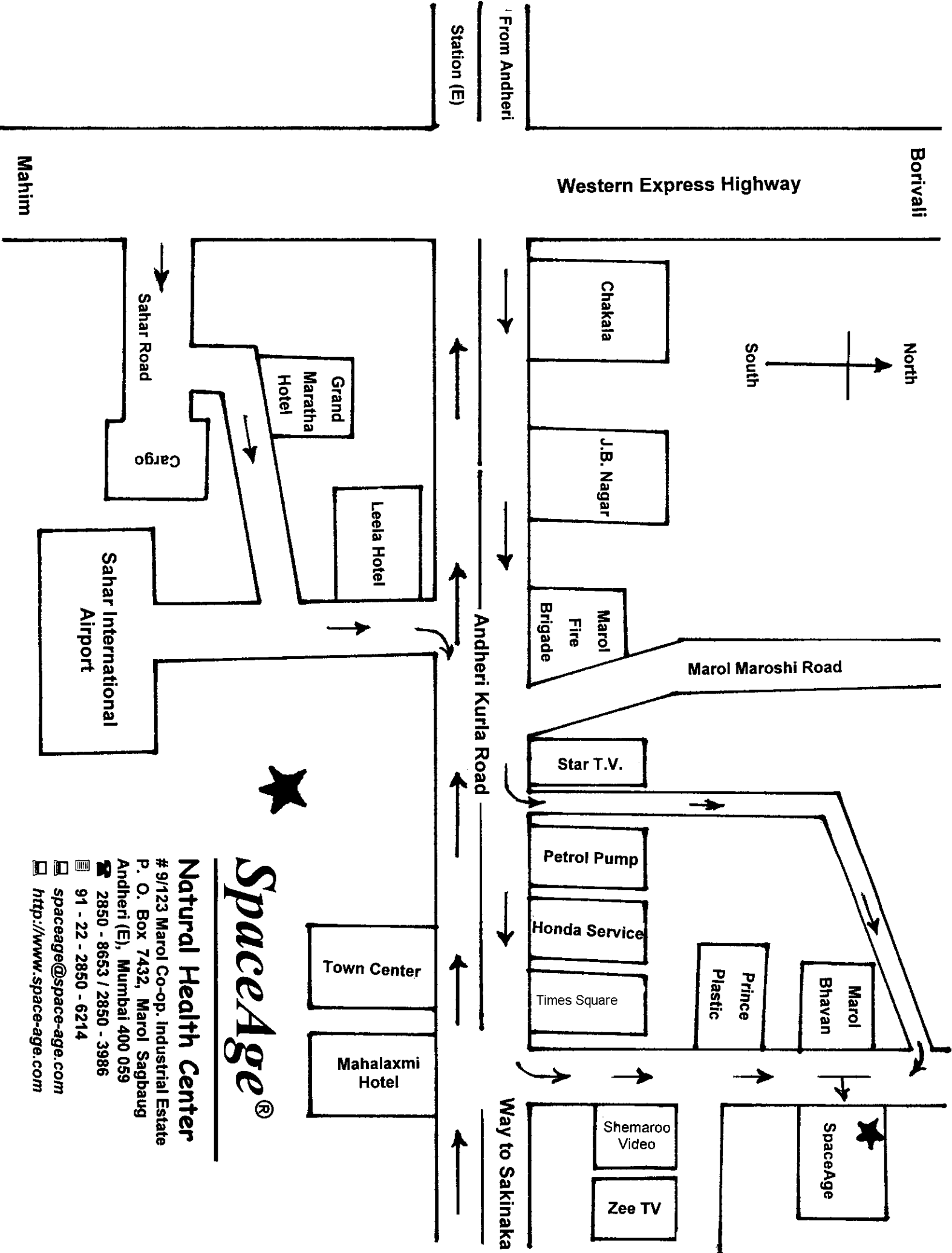
Important Note for all Patients

First Visit:

1. Please bring all your old Medical Reports / Blood Tests done in the past. Please arrange in chronological order (according to date) to facilitate easy reading. We have our own methods of evaluating Medical Reports / Blood Tests as per Internationally accepted **Optimum Standards** and use these to do **Root Cause Investigation / Diagnosis** and propose an action plan for the future.
2. Please bring a complete **List of all Medications** (including chemical names – active ingredients) you presently are on and have been in the past along with their individual doses, dates when used and purpose for which taken..
3. Above information is required to help you complete a **Questionnaire** when you arrive at our Health Center. It is preferable to fill the Questionnaire prior to your visiting the Clinic. This will save you time when you visit the Clinic and also allow you to fill up the Questionnaire with proper thought and in a more relaxed manner while you are at home.
4. Please take a **prior telephonic appointment** before arriving at our Health Center. This will enable us to pay our undivided attention to you and help you to achieve the maximum benefit of your visit to our Clinic.
5. Please refer **Map** at back of this note for directions to visit our Clinic.

Second and Subsequent Visits:

1. Please do your **pH and early morning Basal Temperature Test** on the previous day or on the same morning of your 2nd and subsequent Visits to our Health Center.
2. If you have already begun your Program, and finished 3 or more weeks of the same, please bring a **complete list of balance inventory** left with you. This will enable us to plan to use all available inventory with you during the next month's program being custom designed for you.
3. Please convey your observations in detail about your progress on various symptoms related by you before you began the Program. This will enable us to work out a better strategy in the future. Your observations are very important for us to correctly proceed further. Please do not miss your **Monthly Consultation** dates given in your Calendar. If you are not located in Mumbai and are unable to be physically present at our Health Center, please **periodically e-mail** us your Progress Report and Inventory during the 3rd week of the Program.
4. If you wish to discontinue the Program make sure to enquire about the **Post Treatment Requirements / Recommendations**; this will ensure that the good effects achieved are maintained for an extended period of time.



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☎ 91 - 22 - 2850 - 6214

✉ spaceage@space-age.com

🌐 <http://www.space-age.com>

REGISTRATION FORM _____ DATE: _____

Fill in **BLOCK LETTERS**. E-mail to: consult2008@space-age.com **Do not write above this line.**

Name: _____ Birth Date : _____

Sex: M / F Age: _____ years Height : _____ Weight : _____ Kgs.

Vegetarian / Non Vegetarian Smoking: Yes / No Alcohol: _____
Cigarettes/day = _____ for _____ years Pegs/day = _____ for _____ years

Unmarried / Married Children: Sex: M / F Age: _____ Sex: M / F Age: _____
Breast Fed _____ months Breast Fed _____ months

Any Weight Increase / Decrease in _____ Years / Months by _____ Kg/Lbs.

Profession : _____

Job Responsibilities: _____

Exposure to Computers : Yes / No : Years : _____ HRS / DAY: _____

Address : _____

City: _____ State: _____ Pin: _____

Tel: Home: _____ Work : _____

E-mail: _____ Mobile: _____

Exposure to Chemicals at place of work at any time in the past : Yes / No. Describe :

Work Address : _____

Referred to our Health Center by: _____
(Mention the name of Magazine / referring Individual / Doctor / Clinic / Internet).

If you have Weak Eye Sight tell us about it:

If you are a Female, tick all Symptoms given below that apply:

- | | | |
|---|--|---|
| <input type="checkbox"/> PMS / Cramps | <input type="checkbox"/> Irregular cycles | <input type="checkbox"/> Hot / Cold Flashes |
| <input type="checkbox"/> Menopausal symptoms | <input type="checkbox"/> Lowered libido | <input type="checkbox"/> Bone loss (Osteoporosis) |
| <input type="checkbox"/> Headaches / Migraines | <input type="checkbox"/> Breast tenderness | <input type="checkbox"/> Swollen feet / ankle |
| <input type="checkbox"/> Mood swings / Depression | <input type="checkbox"/> Panic / Weeping | <input type="checkbox"/> Vaginal dryness |
| <input type="checkbox"/> Inability to lose weight | <input type="checkbox"/> Blood Sugar imbalance | <input type="checkbox"/> Hair loss |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Leg / Muscle cramps | <input type="checkbox"/> Fibrocystic Breast |
| <input type="checkbox"/> Foggy thinking / Memory loss | <input type="checkbox"/> Feelings of being crazy | <input type="checkbox"/> Anger / Irritability |
| <input type="checkbox"/> Lost interest in sex | <input type="checkbox"/> Hysteria | <input type="checkbox"/> Uterine fibroids |
| <input type="checkbox"/> Water retention / bloating | <input type="checkbox"/> Allergies | <input type="checkbox"/> Age and Liver spots |
| <input type="checkbox"/> Low blood sugar | <input type="checkbox"/> Facial hair | <input type="checkbox"/> Dry aging skin |
| <input type="checkbox"/> Adult acne | <input type="checkbox"/> Low Thyroid symptoms | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Lower Back Pains | <input type="checkbox"/> Sciatica | <input type="checkbox"/> Spondylitis |
| <input type="checkbox"/> Hypothyroid / Hyperthyroid | (Lower Back / Leg Pain) | (Upper Back Pain) |
| <input type="checkbox"/> Any Other _____ | | |

Do you have: Irregular Periods / Non Ovulating Cycles / Have the number of days of flow reduced to less than typical 4 day period normally encountered in most women:

Year of: Puberty _____ **Menopause** _____ **Hysterectomy** _____
LMP: _____ **pH:** _____ **B.T.** _____ **F. BP:** _____ / _____
(On: _____) **Pulse:** _____

If you are a Male, tick all Symptoms given below that apply:

- | | | |
|---|--|---|
| <input type="checkbox"/> Difficulty Passing Urine | <input type="checkbox"/> Enlarged Prostate | <input type="checkbox"/> Incontinence |
| <input type="checkbox"/> Impotence | <input type="checkbox"/> Erectile Dysfunction | <input type="checkbox"/> Lack of Sex Drive |
| <input type="checkbox"/> Prostate Inflammation | <input type="checkbox"/> Lowered Libido | <input type="checkbox"/> Prostate Cancer |
| <input type="checkbox"/> Headaches / Migraines | <input type="checkbox"/> Burning Sensation Urinating | <input type="checkbox"/> Breast Enlargement |
| <input type="checkbox"/> Mood swings / Depression | <input type="checkbox"/> Panic / Weeping | <input type="checkbox"/> Rapid Weight loss |
| <input type="checkbox"/> Inability to lose weight | <input type="checkbox"/> Blood Sugar Imbalance | <input type="checkbox"/> Hair loss |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Leg / Muscle Cramps | <input type="checkbox"/> Hypoglycemia |
| <input type="checkbox"/> Foggy thinking / Memory loss | <input type="checkbox"/> Feelings of being crazy | <input type="checkbox"/> Anger / Irritability |
| <input type="checkbox"/> Lack of interest in Sex | <input type="checkbox"/> Hysteria | <input type="checkbox"/> Bone loss (Osteoporosis) |
| <input type="checkbox"/> Water retention / Bloating | <input type="checkbox"/> Allergies | <input type="checkbox"/> Age and Liver spots |
| <input type="checkbox"/> Low Blood Sugar | <input type="checkbox"/> Swollen feet / ankle | <input type="checkbox"/> Dry aging skin |
| <input type="checkbox"/> Adult Acne | <input type="checkbox"/> Low Thyroid symptoms | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Reduced Muscular Strength | <input type="checkbox"/> Low Sperm Count | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Lower Back Pains | <input type="checkbox"/> Sciatica | <input type="checkbox"/> Spondylitis |
| <input type="checkbox"/> Hypothyroid / Hyperthyroid | (Lower Back / Leg Pain) | (Upper Back Pain) |
| <input type="checkbox"/> Any Other _____ | | |

Enlarged Prostate: Yes / No Describe: _____

For all Males & Females:
Your Medical History :

History of Constipation / Loose Motions / Indigestion, Bloating, Gas, Acidity, Impotence / Lack of Sex Drive / Urinary Problems :

Present Symptoms:

Chronic Health / Beauty Challenges you would like to overcome :

If you use a Pacemaker, Defibrillator or at Pregnant please inform us now before you start treatment for Spondylitis or Sciatica / Pain Relief / Vita Flex Therapy.

Please provide overleaf a List of Medications that you presently take or have taken in the past .

I certify that the facts herein are true and correct. I am willing to participate in any Research Program you may have for my Chronic Health / Beauty Challenges through Natural means. I understand that this Research Program is not intended to replace Conventional Medicine, but rather to complement and enhance it. If symptoms persist or are severe, I will consult a competent medical professional immediately. I understand that all Health and Beauty Care Counseling I receive is given to me with the best of intentions. I assume all responsibilities for my actions today and in the future and hold all others harmless.

Date: _____

Participant's Signature

Please provide a list of Medicines that you PRESENTLY TAKE:

(If you need to list more items, please Xerox this page and attached extra pages as required.)

1	Brand Name	
	Chemical Name	
	Tablet Size / mg	
	Dose	
	Duration / Years / Months	
	For What Ailments	

2	Brand Name	
	Chemical Name	
	Tablet Size / mg	
	Dose	
	Duration / Years / Months	
	For What Ailments	

3	Brand Name	
	Chemical Name	
	Tablet Size / mg	
	Dose	
	Duration / Years / Months	
	For What Ailments	

4	Brand Name	
	Chemical Name	
	Tablet Size / mg	
	Dose	
	Duration / Years / Months	
	For What Ailments	

5	Brand Name	
	Chemical Name	
	Tablet Size / mg	
	Dose	
	Duration / Years / Months	
	For What Ailments	

Remarks :

Please provide a list of Medicines that you have TAKEN IN THE PAST:
(If you need to list more items, please Xerox this page and attached extra pages as required.)

1	Brand Name	
	Chemical Name	
	Tablet Size / mg	
	Dose	
	Duration / Years / Months	
	For What Ailments	

2	Brand Name	
	Chemical Name	
	Tablet Size / mg	
	Dose	
	Duration / Years / Months	
	For What Ailments	

3	Brand Name	
	Chemical Name	
	Tablet Size / mg	
	Dose	
	Duration / Years / Months	
	For What Ailments	

4	Brand Name	
	Chemical Name	
	Tablet Size / mg	
	Dose	
	Duration / Years / Months	
	For What Ailments	

5	Brand Name	
	Chemical Name	
	Tablet Size / mg	
	Dose	
	Duration / Years / Months	
	For What Ailments	

Remarks :

*International Instructional Course on Ageing Skin
and Facial Rejuvenation*


Post Graduate



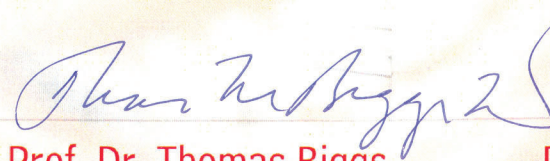
Accreditation

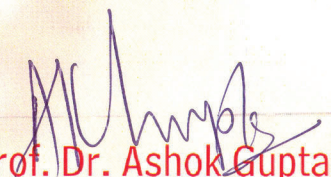
awarded to *Pramod Vora, Holistic Educator (U. S. A.)* for serving as
an **International Faculty Member** which greatly contributed to the success of the

International Instructional Course on Ageing Skin and Facial Rejuvenation
held at Asian Heart Institute, Mumbai on 9th January 2008


Dr. Ramakant Panda
CEO, AHIRC


Dr. Satish Arolkar
Org. Secretary


Prof. Dr. Thomas Biggs
Preceptor


Prof. Dr. Ashok Gupta
Preceptor

IMCAS
INDIA Scientific Board

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imcas4@wanadoo.fr

www.imcas.com

IMCAS ASIA 2008

ATTESTATION

*I, Benjamin, ASCHER, as the Scientific Director of
IMCAS, (International Master Course on Aging Skin)
attests that :*

Pramod VORA
Holistic Educator, U.S.A.

*1/ Has chaired and lectured at IMCAS INDIA 2008 in
the following session :*

*SESSION 27 – Anti-aging
Lecture title : « Detoxification and intracellular
nutrition in antiaging »*

*This attestation is established in Paris,
On January 13th, 2009*

Benjamin Ascher, MD
*Plastic Surgeon Board Certified,
IMCAS Congresses Scientific Director,
Lecturer and Clinical Assistant, Paris Academy
Member of the French Society of Plastic,
Reconstructive, and Aesthetic Surgery*



IMCAS INDIA 2008
(International Master Course on Aging Skin)

AGRA - Jaypee Palace Hotel
1 & 2 December, 2008

Certificate of Attendance

The IMCAS INDIA Scientific Committee certifies that

Dr *Pramod VORA*

has participated in the Scientific Conference as a Faculty Member.

Course Director

Benjamin Ascher, MD
Plastic Surgeon (France)

Daniel Cassuto, MD
Plastic Surgeon (Italy)

Course Coordinators

Anil Ganjoo, MD
Dermatologist (India)

Neeta Patel, MD
Plastic Surgeon (India)

Scientific Secretaries

Manoj Johar, MD
Plastic Surgeon (India)

Moshe Lapidot, MD
Dermatologist (Israel)



28 FMC credits (SOFCPRE)
22 CME credits (EACCME)

IMCAS 2009
(International Master Course on Aging Skin)

PARIS - Palais des Congrès
8, 9, 10 & 11 January, 2009

CERTIFICATE OF ATTENDANCE

The IMCAS 2009 Scientific Committee certifies that

Pramod VORA

has participated in the Scientific Conference.

Course Director

Benjamin Ascher
Board Certified Plastic Surgeon
(France)

David Goldberg
Dermatologist (USA)

Bernard Mole
Plastic Surgeon (France)

Bernard Rossi
Dermatologist (France)

Scientific Coordinators

Scientific Secretaries

Olivier Gerbault
Plastic Surgeon (France)

Anne Le Pillouer Prost
Dermatologist (France)



**A4M – American Academy of Anti-Aging Medicine
Orlando, Florida, USA.**

April 23rd to 25th, 2009

10:00 AM-10:30 AM

Room: Tallahassee

*** Detoxification and Intracellular Nutrition in Anti-Aging**

In this lecture, a Holistic approach has been advocated to anti-age the body using orthomolecular medicine with intracellular nutrition and Western herbology.



***Dr. Pramod Vora, International Faculty Member
Anti-Aging Medicine***

Dr. Vora is a Holistic Educator and a Natural Health Counselor. He has over 1200 intracellular nutritional and polyherbal formulations to his credit, which he has used successfully as a prerequisite to Anti-Aging and to alleviate all kind of chronic ailments. His landmark research, has for the first time correlated Detoxification to Pathologically verifiable results which prove Anti-Aging.

* Proceedings published in Anti-Aging Therapeutics Volume 12 Textbook Series of A4M – American Academy of Anti-Aging Medicine for use by Physicians worldwide as Desk Reference Manuals in their day to day practice. For more information on the Clinical Studies published please go to:

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

MEDICAL EDITORS

Dr. Robert M. Goldman
MD, PhD, DO, FAASP

Dr. Ronald Klatz, MD, DO

Dr. Joseph C. Maroon, MD

Dr. Nicholas D. Nubile, MD



WorldHealth.net

The Leading Internet Portal for Anti-Aging Medicine
and Advanced Preventative Health

Est. 1992

Representing 22,000 physicians and scientists from 105 countries worldwide



A4M – American Academy of Anti-Aging Medicine

San Jose, California, USA.

September 09th to 12th, 2009

3:15 PM-4:00 PM

Room: C1

*** Detoxification and Rejuvenation in Anti-Aging**

In this lecture, a Holistic approach has been advocated to anti-age the body using orthomolecular medicine with intracellular nutrition and Western herbology.



Dr. Pramod Vora, International Faculty Member Anti-Aging Medicine

Dr. Vora is a Holistic Educator and a Natural Health Counselor. He has over 1200 intracellular nutritional and polyherbal formulations to his credit, which he has used successfully as a prerequisite to Anti-Aging and to alleviate all kind of chronic ailments. His landmark research, has for the first time correlated Detoxification to Pathologically verifiable results which prove Anti-Aging.

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Dr. Nicholas D. Nubile, MD



WorldHealth.net
The Leading Internet Portal for Anti-Aging Medicine
and Advanced Preventative Health

Representing 22,000 physicians and scientists from 105 countries worldwide

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 your 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 it's 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.

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



Pramod Vora is a Holistic Educator and a Health Counselor / Advisor to the medical profession.

He is an internationally renowned Health Counselor from California, USA. He has successfully counseled thousands of patients, including celebrities and hundreds of Medical Doctors guiding them towards Perfect Health.

He has assisted the medical profession by drawing up protocols of treatment for their patients based on Root Cause Investigation and Diagnoses. He offers a drugless therapy, with special emphasis on Intracellular Nutrition / Orthomolecular Medicine, for numerous chronic diseases for which there is no cure in mainstream medicine today. He is a personal coach to Doctors in Modern Medicine.

He is on the Faculty of the prestigious A4M - American Academy of Anti-Aging Medicine which is the world's largest body on Anti-Aging Medicine with over 22,000 MDs worldwide as its members.

His landmark research in correlating Pathology with Detoxification and Rejuvenation has been published in the Anti-Aging Therapeutic Manual Volume 12 Textbook Series by A4M. These are used as a Desk Reference Manuals by MDs worldwide.

He has, for the first time, proved Aging as a Pathologically detectable Disease and Anti-Aging Medicine as a valid medical science which has the capability of reversing the aging process in the human body.

He is also on the Faculty of International Masters Course in Anti-Aging (IMCAS), which is a Paris based Organization and has Chaired the session in Anti-Aging Medicine. IMCAS is a prestigious EU based organization with an equally impressive following of Doctors worldwide.

He has served on the Faculty of various Indian Medical Organizations.

He has assisted BBC in the making of the Documentary Film "Stick Thin In India" released in March 2006 on Anorexia, Bulimia and Other Eating Disorders which also explains the numerous medical causes of Obesity and how to correct them naturally.

continued on Page 2 ...

He was invited to present the following papers at the International Conference on Alternative Medicine held by the Ministry of Health at the TNAU, Coimbatore in March 2006 and has also Chaired one of the Sessions.

- a) Aromatherapy - Governing Spiritual Principles and its Therapeutic Use.
- b) Nutritional Farming as opposed to Organic Farming.

He was invited to be on the International Faculty for the "International Course of Anti-Aging Medicine" for Doctors held in Mumbai in January 2008, and presented a landmark study on "Detoxification and Intracellular Nutrition in Aesthetics and Anti-Aging". This course with CME Credits was attended by numerous international Doctors.

He has developed a comprehensive program for Detoxification, Rejuvenation of the Body which is now an internationally accepted standard in Anti-Aging Medicine with Clinical Studies being published by A4M - American Academy of Anti-Aging Medicine.

Over the past few years he has conducted numerous Seminars and Workshops for Doctors and Health Care Providers on various Medical Topics - Hormone Imbalance, Hypothyroidism, Hypertension, Bypass Surgery Alternative, Obesity, Diabetes, and various other chronic diseases for which there is no cure in mainstream medicine.

He has conducted over one decade of research in the field of Nano Silver and its use as an Antibiotic, with Antibacterial, Antifungal and Antiviral properties.

He has designed a hand held battery and mains operated Nano Silver Generator which can introduce Nano Silver particles into a glass of drinking water. This has been successfully tested against numerous Gram Positive / Gram Negative Bacteria, Fungi, and Viruses like HIV-1 and Hepatitis B by an independent Lab accredited by the College of American Pathologists.

This hand held generator can also be used to prepare larger quantity of nano silver charged drinking water for use in hospitals and clinics. It can also be used to prepare a Nano Silver Gel which can be used to sanitize the hands to prevent the spread of infections.

He has been invited as a speaker to:

- a) Indian Merchant's Chamber - Ladies Wing
 - b) Willingdon Club, Mumbai
 - c) Rotary Club, Santacruz, Mumbai
 - d) Bombay Chamber of Commerce, Mumbai
 - e) Indian Medical Association, Juhu, Mumbai
- to lecture on various Medical and Health related topics.

His interviews and opinions / quotes have frequently appeared, in the Times of India, Bombay Times, Mid-day, DNA newspapers to mention a few.

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B. Rejuvenation Program

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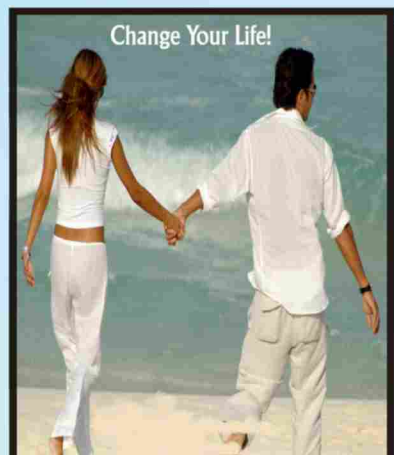
92 Corporate Park, Ste. C, # 705, Irvine, CA 92606 USA

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

E-mail: spaceage2008@space-age.com

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

Your Quest For Perfect Body Ends Here !



* 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 A4M - 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>

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

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Anti-Aging 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

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

Your Quest For Perfect Body Ends Here !



* Clinical Studies done using these Whole Body Sculpting Kits were presented in the peer reviewed paper "Detoxification & Intracellular Nutrition in Anti-Aging" at the International Conference of A4M - 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>

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Helps PRE and POST Surgical Patients.

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Info: www.space-age.com/bypass.html

PROSTATE PROBLEM NO MORE!

Health Counselor to Doctors
and Holistic Educator now in
Mumbai from USA.

Will show you a Drugless Prostate
Therapy to Lower PSA and shrink
Prostate Gland without Surgery.
Correct Male Hormones and Andropause.
Safe & Totally Natural.
Medically corrected.

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Need a Medical Miracle!

Look No Farther.

Intracellular Nutrition has been
used in the successful treatment of
chronic Disease like **Hypertension**,
Bardycardia, Tachycardia, Type 2
Diabetes, etc.

Your Quest For Perfect Body
& Anti-Aging Ends Here!

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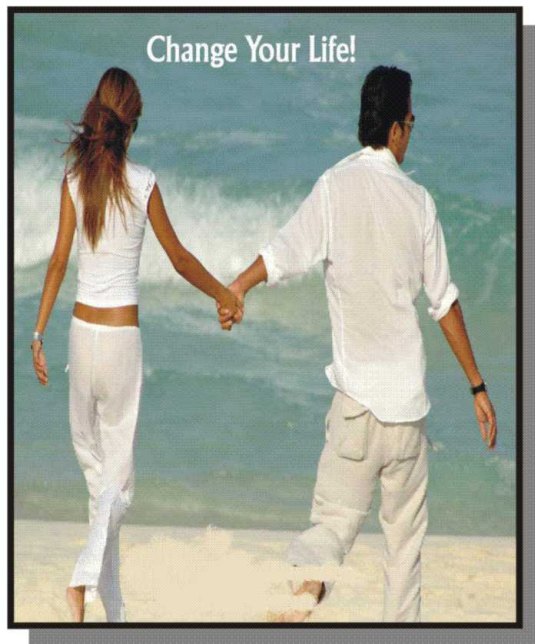
* Whole Body Detoxification Kit

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

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

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

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 A4M – 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

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Natural Health Center

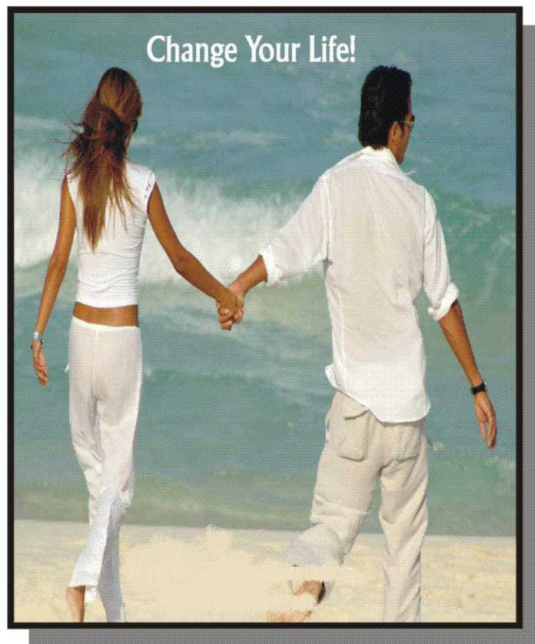
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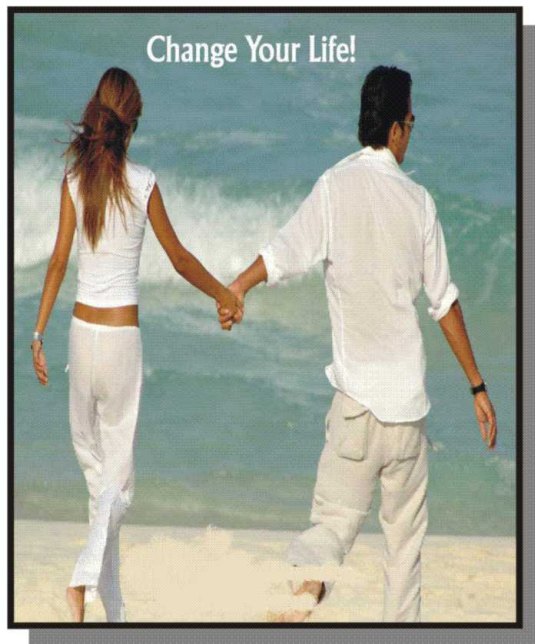
* Detoxification & Rejuvenation Kit

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 - 100 Capsules
2. Super Kidney Care - 60 Capsules
3. LivMax - 100 Capsules
4. Detoxifier - 30 Capsules
5. Lung Clear - 30 Capsules

11. Basal Temperature Kit + Electronic Thermometer

B. Rejuvenation Program

6. Energizer - 100 Capsules
7. GastritiX - 60 Capsules
8. Liver Tonic - 60 Capsules
9. Digestive Aid - 60 Capsules
10. pH Test Kit

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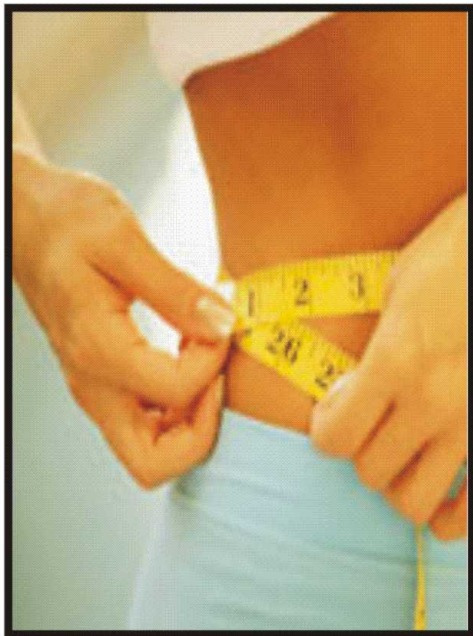
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Whole Body Sculpting Kit

Herbal Dietary Supplements



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

Kit Contains:

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

Helps to accelerate reduction in total Body Fat / Weight and Abdominal dimensions; and for Natural Abdominal Sculpting. **Recommended to be used with:**

Detoxification & Rejuvenation Kit. To be used as pre and post treatment to: Liposuction, Abdominoplasty and other Plastic Surgery procedures.

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* Clinical Studies done using these Whole Body Sculpting Kits were presented in the peer reviewed paper "Detoxification & Intracellular Nutrition in Anti-Aging" at the International Conference of A4M – 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>

Price List

10/10/2009

*** Kits	Duration	Total capsules	* Caps/day	** Cost
Detoxification & Rejuvenation Kit Model 60	8 weeks	480 caps	8 caps/day	\$250.00
Detoxification & Rejuvenation Kit Model 100	8 weeks	600 caps	11 caps/day	\$325.00
Whole Body Detoxification Kit	4 weeks	240 caps	8 caps/day	\$150.00
Rejuvenation Kit	4 weeks	240 caps	8 caps/day	\$150.00

* Approximate number of total capsules to be taken, split up at different times throughout each day, for the duration of the program.

** Cost is in US Dollars and does not include shipping.

*** Clinical Studies conducted over a 10 year period using these Detoxification and Rejuvenation Kits were presented in the following peer reviewed papers:

1. "Detoxification and Intracellular Nutrition in Anti-Aging" at the International Conference of A4M – American Academy of Anti-Aging Medicine at Orlando, Florida, USA in April 2009.
2. "Your First Steps to Anti-Aging (Detoxification and Rejuvenation)" at the International Conference of A4M – American Academy of Anti-Aging Medicine at San Jose, California, USA in September 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 over a 10 year period please visit: <http://www.space-age.com/aging/html>

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Anti-Aging Center

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Tel: +1 - 949 - 861 - 8164

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Internet: www.space-age.com

Your Quest For Anti-Aging Ends Here !

MonoAtomic Silver™ Kit

An Amazing Nutritional Supplement

Portable, Pocket Sized Machine makes Nano Silver in Seconds. Auto Off for optimum 3 to 10 ppm control. High purity Silver Electrode good for 1,000 to 5,000 glasses of Nano Silver / Colloidal solution.

9 Volt Alkaline Battery (not included). 4.0 oz (120 ml) Light Resistant Bottles.

AC Mains Adaptor with 9 Volt DC output. 1.0 oz (30 ml) Spray Bottle for Topical application.

Sodium Chloride additive. Silver Gel - 2.0 oz (60 grams)

(for use with Distilled / Reverse Osmosis Water) (Aloe Vera Gel impregnated with Nano Silver particles)

Optional Nano Silver Gel Kit (contains High Purity Special Silver Gel Electrode, Light Resistant Jar, Mechanical Stirrer & Gel making procedure)



Research Applications: For Oral, Sub Lingual and topical applications. Natural Nutritional Supplement for improved Immunity. Helpful during Colds, Sore Throats, Infections & Fevers of all types. Disinfects drinking Water.*

Dose: To build strong immunity take 1 to 2 tablespoons daily. For Improved Immunity: 2 to 4 tablespoons every six hours when conditions are acute. Reduce dose gradually thereafter. For Topical application, use Spray Bottle or Silver Gel. Apply as frequently as required. Good for Burns, Cuts and Bruises.

Precaution: Nano Silver / Colloidal Solutions and Gels prepared with this apparatus should be stored in dark colored Bottles away from light. Non Toxic Nutritional Supplement.

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Health Care - Naturally !

* Tested for Bacterial, Fungal and Viral loads by an independent Lab accredited by CAP (College of American Pathologists.)

* Kits	** Cost
MonoAtomic Silver Kits with Silver Electrode	\$ 225.00
Extra Silver Electrode	\$ 75.00
Optional Heavy Duty Electrode	\$ 175.00
MonoAtomic Silver Kit with Silver Gel making Kit with 2 Silver Electrodes	\$ 275.00
Extra Silver Gel making Electrode	\$ 75.00
MonoAtomic Silver Kit with Silver Gel making Kit and with Stem Cell Activation Silver Electrode	\$ 450.00
Extra Stem Cell Activation Silver Electrode for high temperature 150° C sterilizing using Autoclave.	\$ 175.00

* Tested for Bacterial, Fungal and Viral loads by an independent Lab accredited by CAP (College of American Pathologists). For more information, please visit:
<http://www.space-age.com/silver.html>

** Cost is in US Dollars and does not include shipping.

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