

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

## **A Pathological Evaluation**

by

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

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

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

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

Let us take the Kidneys for example. The Standard Pathological Reference Ranges for Creatinine, Blood Urea Nitrogen (BUN) and Serum Uric Acid are as given below:

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\* The concepts, data and methods of Pathological evaluation discussed in this paper were presented at the A4M – American Academy of Anti-Aging Medicine 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>

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

\* 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.

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

**Table 2 - Sample of some Optimum Values for Perfect Health**

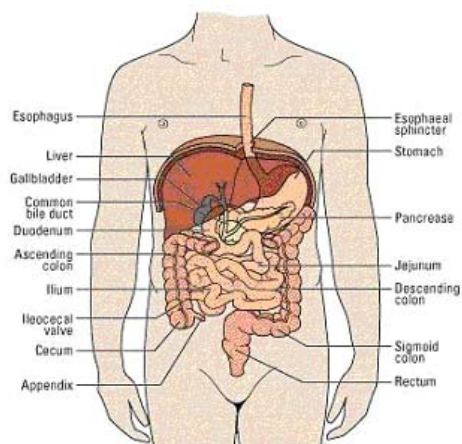
A growing number of progressive pathological laboratories in USA and Europe now routinely mention **Optimum Values** in their Pathological Reports. This is to guide Doctors to help maintain *a state of perfect health*, free from future diseases for their Patients. For more information on Optimum Values 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

## Digestive System



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.

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

\* 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 B<sub>12</sub> 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**

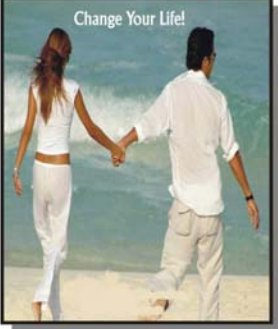
**\* Whole Body Detoxification Kit**

**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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**Health Care - Naturally !**

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

(Comes with an easy to follow Calendar guiding you on a day to day basis on how to Detoxify / Rejuvenate the various organs of your body in a systematic manner all in the privacy of your own home and at your own pace. All this is achieved using Safe Natural Herbal Dietary Supplements.)

**Detoxification of the whole body can help to 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.**

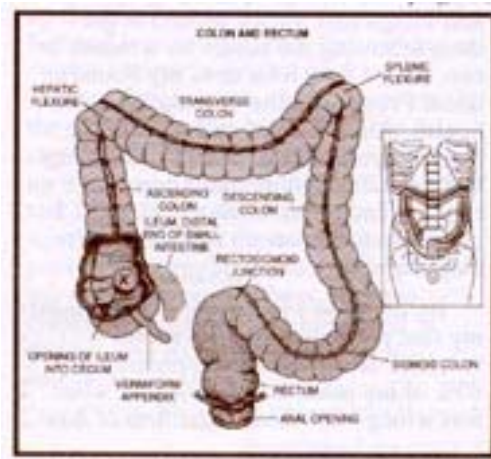
**No metals used in these preparations.**

**Dosage: Capsule**

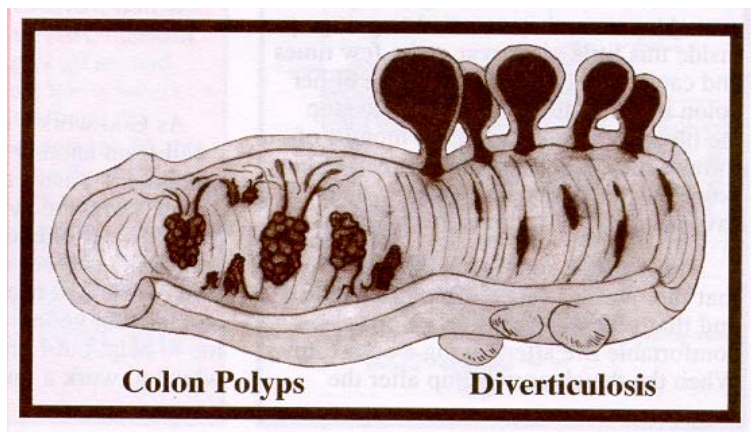
Special Colon Cleanse (60 capsules)	750mg	Helps clean the Colon and Digestive Tract
Super Kidney Care (60 capsules)	850mg	Helps Clean the Kidneys and Urinary Tract
LivMax (60 capsules)	750mg	Helps clean the Liver
Lung Clear (30 capsules)	750mg	Helps clean the lungs
Detoxifer (30 capsules)	750mg	Helps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

**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.

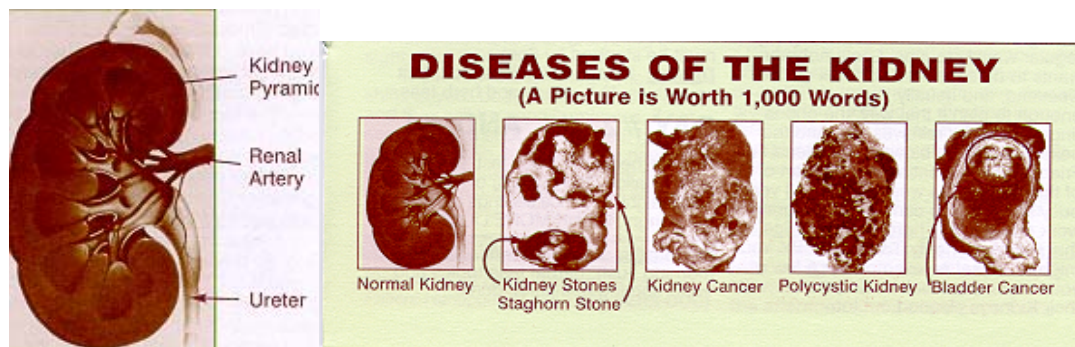
A lot of essential minerals like Calcium and Potassium to name a few, are absorbed through the walls of the Colon. Prolonged use of drug Diuretics like Thiazide, Lasix (furosemide) invariably end up reducing Potassium and Magnesium levels in the body.

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.

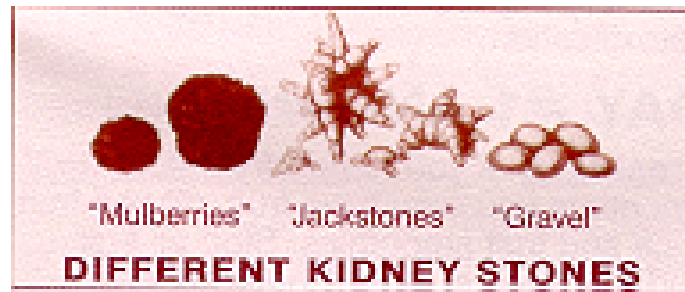
A unhealthy colon therefore results in serious malnutrition which can trigger many other serious chronic ailments.

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.

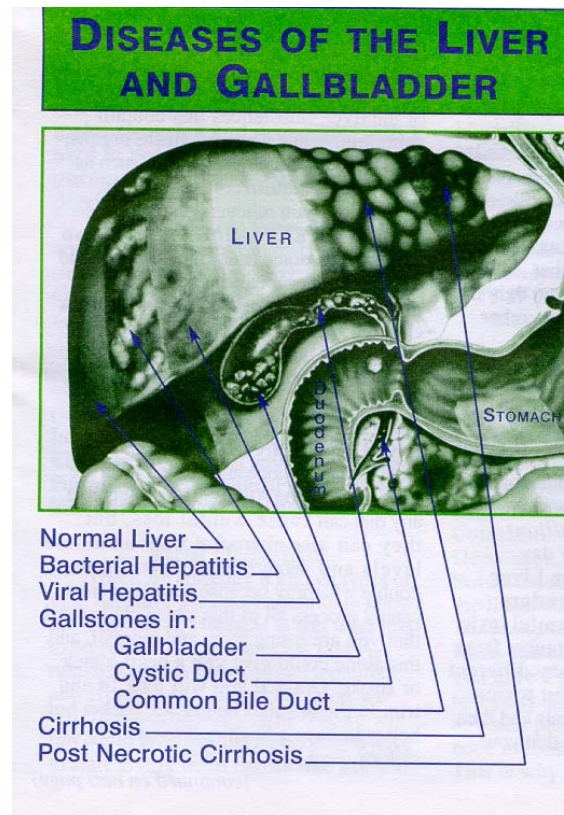


Prolonged uses of Drug Antibiotics is known to increase Creatinine levels to well above normal values and can eventually damage the kidneys. Antibiotics which are directly injected into the body are more dangerous than oral Antibiotics in this respect.

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 drugs<sup>1</sup> 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.<sup>2</sup>

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.

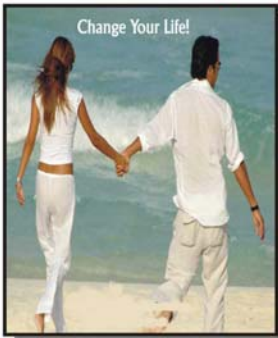
The mucus membrane lining of the stomach and intestines weakens with passing years, use of Drug Antibiotics, exposure of Antibiotics in our environment and use of drugs like Aspirin, Paracetamol and other NSAID. This causes acidity, acid reflux and ulcers. **GastritiX** is a Herbal Dietary Supplement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

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E-mail: [spaceage2008@space-age.com](mailto:spaceage2008@space-age.com)  
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.)

**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
<b>Whole Body Rejuvenation Kit</b>	<b>240 capsules</b>	<b>4 Weeks Program</b>

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!

<b>A. Detoxification Program</b> <ol style="list-style-type: none"><li>1. Special Colon Cleanse - 60 Capsules</li><li>2. Super Kidney Care - 60 Capsules</li><li>3. LivMax - 60 Capsules</li><li>4. Detoxifier - 30 Capsules</li><li>5. Lung Clear - 30 Capsules</li></ol>	<b>B. Rejuvenation Program</b> <ol style="list-style-type: none"><li>6. Energizer - 60 Capsules</li><li>7. GastritiX - 60 Capsules</li><li>8. Liver Tonic - 60 Capsules</li><li>9. Digestive Aid - 60 Capsules</li><li>10. pH Test Kit</li><li>11. Basal Temperature Kit + Electronic Thermometer</li></ol>
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**Health Care - Naturally !**

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

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  
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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

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\* The concepts, data and methods of Pathological evaluation discussed in this paper were presented at the A4M – American Academy of Anti-Aging Medicine 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 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](mailto: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.

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