DETOXIFICATION AND INTRACELLULAR NUTRITION IN ANTI-AGING

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ABSTRACT

The subject of aesthetics and anti-aging is a very interesting and challenging one and has occupied the attention of mankind for thousands of years. We have all heard of the Egyptian Queen Cleopatra, who lived approximately 2000 years ago, and who was celebrated for her exceptional beauty, as well as her exotic beauty treatments and baths in milk, honey, saffron, and aromatic oils. Basically, she was practicing anti-aging medicine 2000 years ago!

Anti-aging medicine has, so far, centered on surgical intervention (plastic surgery) or dermatological (cosmetic) procedures to create an anti-aging effect. However, over a period of time, the body and its organs continue to age unabated with corresponding deterioration in overall appearance of the body.

The aim of this paper is to introduce a non-invasive approach of servicing and repairing various organs of the body: changing body dimension (body sculpting); creating a glowing and healthy skin; removing dark spots and irregular pigmentation; even lightening the complexion by a few noticeable shades; and creating an almost permanent effect of youth and vitality. This is unmistakably perceived by the beholder and also experienced by the subject. These are pre- and post-treatment procedures that enhance surgical and dermatological treatments which form a part of mainstream medicine today.

Use will be made of the standard reference ranges in today's pathology to derive new standards in preventive medicine called optimum values. These will form the basis of a new subject called anti-aging pathology. To illustrate the theory, clinical studies, supported by pathological evaluation of various organs of the body, will be used to prove beyond all doubt the capability of this science to anti-age the body and achieve longevity well beyond 100 years of age, coupled with aesthetic and cosmetic changes to the body. This irrefutable proof of anti-aging the body will remove the last traces of the controversy about anti-aging medicine as a valid medical science and the

existence of toxins in the body. Armed with this science we are now able to prove aging as a pathologically detectable disease.

Keywords: detoxification, rejuvenation, anti-aging, nutrition, digestion, constipation, colon, detox, pathology for anti-aging

INTRODUCTION

The subject of aesthetics and anti-aging is a very interesting and challenging one and has occupied the attention of mankind for thousands of years. We have all heard of the Egyptian Queen Cleopatra, who lived approximately 2000 years ago, and who was celebrated for her exceptional beauty, as well as her exotic beauty treatments and baths in milk, honey, saffron, and aromatic oils. Basically, she was practicing anti-aging medicine 2000 years ago!

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Use will be made of the standard reference ranges in today's pathology to derive new standards in preventive medicine called optimum values. These will form the basis of a new subject called anti-aging pathology. To illustrate the theory, clinical studies, supported by pathological evaluation of various organs of the body, will be used to prove beyond all doubt the capability of this science to anti-age the body and achieve longevity well beyond 100 years of age, coupled with

aesthetic and cosmetic changes to the body. This irrefutable proof of anti-aging the body will remove the last traces of the controversy about anti-aging medicine as a valid medical science and the existence of toxins in the body. Armed with this science we are now able to prove aging as a pathologically detectable disease.

DETOXIFICATION – THE 1st STEP IN ANTI-AGING

When one looks at a machine, or for that fact, at an automobile, one knows that it must be periodically serviced to ensure trouble-free service and long life. A machine is also subject to periodic repairs where parts need to be replaced to ensure its smooth operation. The human body is also like a machine. It has various parts that need to be periodically serviced and repaired, in order to maintain it in perfect working condition for more than one hundred years.

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. Similarly, the main excretory organs, for example 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 – the colon, kidneys, lungs and the skin – working at peak efficiency will ensure minimal toxic build up within the body.

To understand this concept of servicing and repairing of organs we need to understand how to properly evaluate the functioning of these organs by standard pathological tests and further continue to evolve newer pathological standards to judge if these organs are working at peak

efficiency and capacity (youthful levels). This requires us to read and interpret the results of these standard pathological tests in an entirely different manner commensurate with our goal of anti-aging.

To give an example, let us take 3 commonly used parameters: creatinine, blood urea nitrogen (BUN), and serum uric acid to evaluate the functioning of the kidneys (Table 1).

Table 1. Standard Reference Ranges for Renal Function Tests

Renal Function Tests	*Standard Reference Range
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

In order to maintain the body in a state of perfect health and to achieve longevity, we now need to define a concept called “optimum values”, which are those that are found in perfectly healthy young people (Table 2). The goal of anti-aging should be to maintain these optimum values for more than 100 years of a person’s life.

Table 2. Optimum Values for Renal Function Tests

Renal Function Tests	Optimum Value	Standard Reference Range	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

A good detoxification process of the kidneys should help a fairly healthy person to change his or her kidney profile to closely match the values given under the optimum value column. These are the values that form the standards for anti-aging pathology.

A similar analysis can be done for the liver using standard pathology tests and optimum value standards to return the liver functions back to healthy youthful levels (Table 3).

Table 3 - Optimum Values for Liver Function Tests

Liver Function Tests (LFT)	Optimum Value	Standard Reference Range	Remarks
Serum bilirubin (total)	0.8 mg/dL	up to 1.5 mg/dL	Improved liver function and toxin neutralization
SGPT (ALT) serum	20 to 24 U/L	0 to 48 U/L	
SGOT (AST) serum	15 to 20 U/L	5 to 42U/L	
GGPT (gamma GT) serum	20 to 30 U/L	12 to 64 U/L	

Table 4 illustrates optimum values that are achievable by following an elaborate detoxification process.

Table 4. Optimum Values Achievable Via Detoxification

Test Description	Optimum Value	Standard Reference Range	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 (gamma GT) serum	20 to 30 U/L	12 to 64 U/L	Improved liver function and toxin neutralization
Serum bilirubin (total)	0.8 mg/dL	up to 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.

Thus, we have correlated detoxification to pathology and we are now in a position to return the body back to healthy youthful levels. This is the first step to anti-aging and its periodic monitoring.

REJUVENATION – THE 2ND STEP IN ANTI-AGING

One of the most important causes of accelerated aging is poor digestion. This can be due to poor gastric acid flow, poor bile flow, poor enzyme production, or a combination of all these factors. Inefficient digestion, which is characterized by bloating, gas, burping, acid reflux, flatulence, etc. results in improper absorption of nutrition from the food we eat. We all know, that lack of proper nutrition can cause accelerated aging and even death. Hence, in rejuvenation we must look at ways and means to improve digestion, regenerate liver cells to improve liver function and bile flow, and rejuvenate the pancreas to increase the production of enzymes (e.g. protease, amylase, and lipase) to help properly digest proteins, carbohydrates, and fats.

If the digestive tract is damaged, for example by the use of antibiotics, it is important to recoat and rebuild the mucus membrane lining and also reseed the intestine and colon with healthy bacteria (probiotics) to aid digestion and naturally produce B-Complex vitamins for the body.

Luckily, all this can be done through the use of herbs and nutrition. A good detoxification and rejuvenation program will create a healthy glow on the face of the person and make them look and feel years younger than their present physical age. This is how we can create natural anti-aging. Rejuvenation can be evaluated and monitored with simple pathological tests.

Table 5. Case Study 1

Patient: Male Age: 25 years Height: 6ft Weight: 162.4 lbs (73.8 Kg.) Diet: Vegetarian			
	*** 02/28/2003**	**** 03/24/2003**	***** 05/23/2003**
Total bilirubin	1.9 mg/dL	1.2 mg/dL	0.9 mg/dL
Direct bilirubin	1.2 mg/dL	0.7 mg/dL	0.6 mg/dL
Indirect bilirubin	0.7 mg/dL	0.5 mg/dL	0.3 mg/dL
SGPT (ALT)	28 IU/L	12 IU/L	13 IU/L
SGOT (AST)	20 IU/L	-	-
GGPT (gamma GT)	18 IU/L	-	-
* Prior to Herbal Liver Detoxification ** After 4 weeks of Liver Detoxification *** After 8 weeks of Liver Detoxification			

Table 6. Case Study 2

Patient: Female Age: 38 Height: 5ft 2 in Weight: 152.6 lbs (69.36 Kg) Fat = 39% (++) BP = 94 / 69 Pulse = 72 Diet: Meat Eater		
	* 04/19/2003	** 04/23/2005
Serum creatinine	0.6 mg/dL	0.7 mg/dL
Blood urea nitrogen (BUN)	18.0 mg/dL	11.0 mg/dL
Total bilirubin	0.8 mg/dL	0.3 mg/dL
Direct bilirubin	0.1 mg/dL	0.1 mg/dL
Indirect bilirubin	0.7 mg/dL	0.2 mg/dL
SGPT (ALT)	52 IU/L	20 IU/L
SGOT (AST)	24 IU/L	22 IU/L
GGTP (gamma GT)	28 IU/L	12 IU/L
Note: 8 Week detoxification was started in March 2005		
* Without prior detoxification ** After 8 weeks of whole body detoxification		

Table 7. Case Study 3

Patient: Female Age: 56 years Height: 5ft Weight: 138.4 lbs (62.9 Kg) Fat = 37% (+) Diet: Meat Eater					
	*09/13/2002	**09/16/2003	***04/11/2004	#8/06/2004	##02/23/2005
Serum creatinine	0.78 mg / dL	1.00 mg / dL	0.87 mg/dL	0.89 mg / dL	
Blood urea nitrogen (BUN)	15.02 mg /dL	18.22 mg /dL	17.34 mg /dL	12.58 mg /dL	
Total bilirubin	0.56 mg/dL	0.25 mg/dL	0.40 mg/dL	0.29 mg/dL	0.30 mg/dL
Direct bilirubin	0.23 mg/dL	0.14 mg/dL	0.14 mg/dL	0.12 mg/dL	0.17 mg/dL
Indirect bilirubin	0.33 mg/dL	0.11 mg/dL	0.26 mg/dL	0.17 mg/dL	0.13 mg/dL
SGPT (ALT)	42.37 IU/L	23.29 IU/L	21.08 IU/L	39.83 IU/L	22.0 IU/L
SGOT (AST)	29.92 IU/L	22.10 IU/L	24.30 IU/L	19.88 IU/L	21.0 IU/L
GGTP (gamma GT)	42.00 IU/L	27.30 IU/L	41.73 IU/L	52.30 IU/L	27.0 IU/L
TSH ultrasensitive	1.62 µIU/ml		2.97 µIU/ml		2.01 µIU/ml
TSH = 23.0 µIU/ml in October 2001. Eltroxin / Synthroid / thyroid hormone T4 was not administered to the patient. TSH = 2.27 µIU/ml on December 02, 2008 (Three years after discontinuing treatment with our health center and six years after TSH value was naturally brought down from a high of 23.0 µIU/ml).					
*Twelve months after first detoxification **After 8 weeks of whole body detoxification ***After 8 weeks of whole body detoxification but with substance abuse resulting in higher GGPT (gamma GT) ##After 8 weeks of whole body detoxification done annually #Without detoxification for a whole year but with substance abuse resulting in elevated GGPT (Gamma GT)					

Table 8. Case Study 4

Patient: Female Age: 37 years Height: 5ft 5 inches Weight: 155.3 lbs (70.6 Kg) Diet: Meat Eater						
	* 11/03/2000	* 12/03/2002	* 03/25/2003	* 05/08/2003	# 10/03/2003	## 12/09/2003
Hemoglobin	7.4 g/dL	8.1 g/dL	7.6 g/dL	8.9 g/dL	10.5 g/dL	11.8 g/dL
	* 09/26/2000	* 12/03/2002	* 03/19/2003	* 06/02/2003	# 10/04/2003	## 12/19/2003
Ultrasensitive TSH	3.97 µIU/ml	8.47 µIU/ml	7.53 µIU/ml	17.1 µIU/ml	7.87 µIU/ml	2.37 µIU/ml
Eltroxin / Synthroid Dose		-	50 mcg	75 mcg	75 mcg	50mcg
Detoxification					Whole Body	Whole Body
Intracellular Nutritional Therapy					Prescription Strength Iron + B - Complex (Forte)	
* The historic record shows extremely low levels of hemoglobin for a few years before detoxification. Patient confirms that low hemoglobin levels existed for over 10 years in spite of continuous iron supplementation, including ferrous sulfate, and other ferrous preparations.						
*Before detoxification (detoxification was started in July 2003) #After 12 weeks of whole body detoxification and intracellular nutrition ##After 20 weeks of whole body detoxification and intracellular nutrition						
Intracellular nutrition requires the use of therapeutic doses of nutrition to be given by altering cell membrane permeability coupled with a carrier mechanism to deliver nutrition to the center of the cell where it is required.						
Hemoglobin levels are measured after discontinuing nutrition for about 5 to 7 days prior to drawing blood sample. This ensures that there is proper retention of nutrition at intracellular levels and that the reading does not pertain to serum levels, which are likely to be excreted from the body a few hours after ingestion.						

Table 9. Case Study 5

Patient: Female Age: 39 Height: 5ft 3 in Weight: 163.6 lbs (74.36 Kg) Fat = 42.5% (++) BP = 107 / 71 Pulse = 67 Diet: Meat Eater				
Renal Profile	* 10/12/2007	# Std. Ref. Range	** 12/03/2007	*** 04/18/2008
Blood urea nitrogen (BUN)	17.0 mg/dL	7 to 18.7 mg/dL	11.0 mg/dL	12.0 mg/dL
Serum uric acid	4.3 mg/dL	2.6 to 6.0 mg/dL	4.0 mg/dL	3.5 mg/dL
Creatinine	1.0 mg/dL	0.6 to 1.1 mg/dL	0.6 mg/dL	0.75 mg/dL
Serum total proteins	8.70 g/dL	6.4 to 8.3 g/dL	7.6 g/dL	7.75 g/dL
Serum albumin	5.4 g/dL	3.4 to 4.8 g/dL	4.9 g/dL	5.07 g/dL
Serum globulin	3.3 g/dL	1.8 to 3.6 gm%	2.7 g/dL	2.68 g/dL
A/G ratio	1.64	1.1 to 2.2	1.81	1.89
Cystatin C	1.02 mg/L	0.53 to 0.95 mg/L	0.77 mg/L	0.71 mg/L
C reactive protein	2.71 mg/L	Up to 3.0 mg/L	1.95 mg/L	0.93 mg/L
Daily protein intake RDA = 1 gm / Kg body weight	Unrestricted	Approximately 50 grams / day	10 g / day Vegetarian Source	Unrestricted protein intake
# Correlate with clinical symptoms				
Note: 8-week detoxification program was started on 15th of October 2007				
*Before starting detoxification. Note: When the program started the patient was put on a restricted protein (vegetarian) diet of 10 g/day. **After 7 weeks of whole body detoxification her protein (mixed) intake was increased to 25 g/day after noting the improvement in renal function. ***These readings were taken when there were no restrictions to protein intake.				

The above is a case study on kidney servicing, detoxification, and rejuvenation. The patient is taken from the precipice of chronic renal failure to good health, with kidney function being returned back to youthful levels in a matter of just 7 weeks.

Table 10. Case Study 6

Professional Model & Actress					
Female Age: 24 years Height: 5ft 5 in Weight: 114.4 lbs (52 Kg)					
	2/15/2007	**3/20/2007**	**4/5/2007**	**5/15/2007**	**10/9/2007**
Breast	34.0"	34.75"	34.75"	34.5"	34.5"
Waist - I	27.0"	26.0"	26.0"	27.5"	26.75"
* Waist - II	34.0"	32.0"	29.0"	29.0"	29.75"
Hips	36.5"	36.0"	35.5"	36.0"	36.0"
Full Thigh	22.0"	21.5"	21.5"	22.0"	22.0"
Mid Thigh	19.0"	19.25"	19.5"	19.25"	19.0"
Mid Arm	9.25"	9.5"	9.5"	9.5"	9.5"
Wrist	5.75"	5.75"	5.9"	5.9"	5.75"
Weight	52.818 Kg	52.00 Kg	52.00 Kg	53.454 Kg	52.272 Kg
Fat	18.8% (-)	18.0% (-)	18.0% (-)	19.4% (-)	15.3% (-)
Hydration	56.10%	56.60%	56.40%	55.70%	58.50%
Bone Mass	4.8 lbs	4.8 lbs	4.8 lbs	4.8 lbs	5.0 lbs
Avg. Daily Calories	2002	1987	1983	2010	2040
Metabolic Age	12 years	12 years	12 years	12 years	12 years
Leg Length	42.0" even				
Remarks: Happy with present weight. Would like to increase lean muscle mass, reduce water retention, and increase bone mass to 5.5 lbs. Some increase desired in mid and full thigh measurements.					
Note: This patient was working out in a gym for over one year prior to detoxification. *Waist II measurements are taken 2 inches (50 mm) below navel. 5 inches (125 mm) reduction occurred within 6 weeks of starting the detoxification program. Maintaining the results achieved was observed over the next 6 months period with hardly any deterioration in Waist II dimensions.					

Case Study 6 shows how detoxification can be used to achieve whole body sculpting. Abdominal dimension was reduced by 5 inches in a period of just 6 weeks. This was achieved by cleaning out the colon and improving digestion so that the distention in the abdominal area due to gas formation and toxic waste build up is eliminated. This is a natural method of body sculpting.

INTRACELLULAR NUTRITION – THE 3RD STEP IN ANTI-AGING

Intracellular nutrition enables us to repair and rejuvenate the various organs of the body, including the entire cardiac system.

To me, anti-aging means, the ability to live to more than 100 years, free from chronic aliments and medication of any type. To achieve this, we must look at nutrition. Not just any old nutrition, but intracellular nutrition and the ability to check and correct nutrition deficiencies in a matter of a few weeks or months. Intracellular nutrition, should allow us to repair the organs of the body, for example the heart. We should be able to correct the ECG or improve the ejection fraction of the heart, no matter what the physical age of the person. The concept of this science and the term orthomolecular medicine was coined by the Nobel Laureate Linus Pauling in 1968.

To understand why intracellular nutrition is vital it is necessary to explain a few important factors:

1. With the over cultivation of the land and the consequent falling nutritional value of the soil and hence of the food we eat, the human body has during the last 50 years progressively become malnourished. This has given rise to chronic aliments of all types. A method must be found to correct this deficiency in a very short span of time – a few weeks or a few months. For more information on this subject read: www.space-age.com/nutri-farm-seminar.doc
2. To achieve this:
    - One must be able to administer nutrition in an organic form in therapeutic doses. Prophylactic doses presently available at the local pharmacy, chemist, or health food store are of no use.
    - The doses administered must reach intracellular levels i.e. the center of the cell where nutrition is really required and not just the serum as most prophylactic nutritional doses do. For more information on this subject read: www.space-age.com/Multivitamin-FAQs.doc

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

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

Imagine, a few hundred years ago, a soldier on horseback with a sword in his hand outside the thick walls of a fort. By himself, the soldier will not be able to penetrate the thick walls of the fort. Now imagine canon balls being fired at the thick walls of the fort. These canon balls will soon create an opening in the walls of the fort through which the soldier will now be able to enter the fort. The canon balls have changed the permeability of the walls of the fort, the horse is the carrier mechanism to help carry the soldier inside the fort, and the soldier is the nutrition.

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

If we couple the principles of orthomolecular nutrition with therapeutic doses of nutrition, correctly administered in a synergetic manner at intracellular levels, we will find that it is possible to free the body of chronic aliments, such as hypertension, diabetes, hormone imbalance (and its connected diseases, e.g. hypothyroidism, prostate enlargement), and obesity, and also help to repair hardened arteries, improve the ejection fraction of the heart, and repair minor damages to various other organs of the body.

Case Study 7 (below) shows that it is possible to reduce the size of the prostate gland and prostate specific antigen (PSA) levels naturally by following a program of detoxification, rejuvenation, and intracellular nutrition.

Table 11. Case Study 7

Patient: Male Age: 76 Height: 5ft 4 in Weight: 123.2 lbs (56 Kg) Fat = 16.2% (0) BP = 129/ 69 Pulse = 59 Diet: Vegetarian				
Parameters	**Std. Ref. Range**	*** 02/18/2005**	*** 05/13/2006**	**** 11/26/2007**
PSA - prostate specific antigen	0.27 to 4.8 ng/ml (above 60 years)	1.89 ng/ml	1.28 ng/ml	0.72 ng/ml
Prostate Size	3 × 4 × 2.5 cm	4.3×4.2×3.4 cm	4.5×3.9×3.6 cm	3.3×4.0×3.5 cm
Weight	20 g (Adult)	34.4 g	34 g	24 g
Grade of Prostate enlargement		grade II	grade II	*** normal prostate
Prevoid volume		366 ml	150 ml	254 ml
Post void residue	non-significant, minimal	24 ml (7.6%) not significant	61 ml (40%) very significant	41 ml (15%) not significant.
Organic zinc (Forte) (intracellular nutrition)		none	none	60 caps of 60 mg 60 caps of 100mg
Herbal Tea				One cup of herbal tea morning and evening for 30 days

Natural treatment with herbs and intracellular nutrition began on 06/06/2006. Detoxification of various organs was done in stages.
*Readings taken prior to starting treatment with natural herbs and intracellular nutrition.
**Readings were taken after the patient underwent detoxification in June 2006 and treatment with organic zinc (Forte) and herbal tea.
***Prostate appears normal. No intravesical enlargement of prostate gland is seen.

CONCLUSION

When we combine detoxification, rejuvenation, and intracellular nutrition we can truly achieve anti-aging in a very gentle and natural manner. The whole body will uniformly undergo anti-aging and will not only look, but will also feel, years younger, and with dedicated effort, will stay that way for many years to come.

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Mr. Vora is a Holistic Educator and Health Counselor to Doctors in Preventive and Anti-Aging Medicine. His landmark research, has for the first time:

1. Correlated Detoxification / Rejuvenation to Pathologically verifiable results which prove anti-aging medicine as a valid medical science.
2. Used intracellular nutrition for treatment of chronic ailments like hypertension, diabetes, hormonal imbalance, etc.

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