

The Isterol Programme.

The ResQ Club was founded July 2000

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designed for good health !

giving improved quality of life Updated 27th February 2017
freedom from many senility problems !

Just read the shocking list.... due to

chronic inflammation and renal impairment
as well as environmental gene-damaging compounds
leading to cancer getting out of control too

Learn about
recent bio-science developed

at

Harvard and Boston Hospital Medical Schools

Aberdeen Univerisity

University of North Carolina

De Montfort University

University of Texas, Dallas

and peer-reviewed at many other universities

Particulars about joining the programme as a **Service Provider** or enrolling as a **new Member**

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Professional Nutritionists and Phytotherapists are welcome to take part as referred counsellors

Phytotherapy Service's The Isterol Programme © is administered by **The ResQ Club**

The Isterol Programme© is registered world-wide

The Isterol Programme®

The aim: *to interrupt tumorigenesis and retard senescence*

Natural methods only; no drugs, no medicines !!

Chronic Inflammation, Obesity, Nutrition and Tumorigenesis

Advanced Immunotherapy

Please read on

CONTENTS: Read in conjunction with ***The ResQ Club*** NEWSLETTER Spring 2017

- a. **The KLOTHO Story** a challenge: read Appendix **A** the full detail !! (hard work)
- b. Care and control of cancer, the Trojan Horse analogy. A good read Appendix **B**
- c. Stripping the cloak off cancer cells giving immunotherapy a chance to excel
- d. Nutrition and Obesity “leadership” along with control.. a challenge for some ... !

The following may be difficult to follow at the first read but it is a straightforward attempt to bring this vital information translating complex bio-science into a useful “language” that you and I can cope with and act upon. So learn and pass on the story to others whom you think may benefit.

a. The Klotho story: Only about a fifth of us possess a genetic variation of the **klotho gene**, an allele, which deals with chronic inflammation, called KL-VS. Most causes of chronic inflammation are environmental such as vehicle exhausts at traffic lights, benz(o)pyrene, partially burnt petrol, diesel PA2.5 particles (measured as ug/m³ and everyday h/hold carcinogenic chemicals that surround us such as acrylamide in fried food. Then there are dairy produce, trans-fats in biscuits. Only by looking back to your ancestors and asking... did they die naturally in very old age? If so they may well have been in that fortunate fifth. Maybe, so are you !

If we are in the four fifths then we are virtually gambling with our future health perhaps allowing inflammation to take hold. Our DNA is so often disrupted and this can lead to cancer cells forming. ***The Isterol Programme®*** takes you through the essential steps and discipline to ensure you obtain and enjoy a better quality of life with fewer distressing conditions many of which now can be ameliorated. This brings the klotho enzyme into play. It is a gift that must be exploited by simply combining ***stilserenes (DMU-212)*** with **Vitamin D3** plus vitamins and minerals (bio-availability) support ensuring efficiency and effectiveness. (More on stilserenes found in fruit colouring, later)

You cannot eat klotho direct. We take you through an essential diet to ensure klotho is manufactured in your distal convoluted kidney tubules, the parathyroid gland, in skeletal muscle tissue and in the brain i.e. the choroid plexus. The kidneys each contain over 160 km of micro-tubules and a million or so filters (nephrons) processing our blood approximately every 30 minutes.

The knowledge: (*Refs 1-4,6,7*) The Fibroblast Growth Factor 23 (FGF23) a bone derived hormone plus Vitamin D3 regulates our phosphate levels. Next Vitamin D3 (cholecalciferol) plus klotho allows a renal phosphate balance which in turn allows FGF23 to gain bio-activity which ensures that our phosphate levels are steady and stable. Next step; this allows FGF23 to suppress the harmful 1-alpha hydroxylase and dihydroxy vitamin D and to gainfully influence our parathyroid hormone.

To manufacture the essential **klotho** we consume a range of phytoalexins, stilbenes, anthocyanins, flavonoids all polyphenols found in the colouring molecules of organic dark red fruit and many vegetables which mostly protects the produce from premature rot and fungal activity, plus Vit D3.

The capsules of the fruit powder, only 280 mg/day, only cost about 65p. With a met. prob. say 5 No.

Combining this with Vitamin D3 about 25mcg/day **klotho** is formed;

Then enhance, as mentioned above, add co-enzyme Q10 as ubiquinol, or grape seed extract, *less cost*, magnesium, biotin, niacin non flush as nicotinamide, iron, choline and zinc. This keeps the mitochondria, the power stations in every cell, functioning efficiently. These factories too produce energy (ATP) and hormones that our immune system needs. Recall the aim; control and avoid dangerous chronic inflammation.

This fruit array may also cancel out harmful effects arising from acetaldehyde present in alcohol that prevents DNA repair which in turn triggers carcinogenesis, for an example, melanoma et al. Read about the “rogue” cytochrome enzyme P450-CYP1B1 in a next section. It’s fascinating !

Klotho

The gene was given the title after the Greek god of Fate ! The retarded senescence gene (longevity to us all !). If you are lucky to possess it, it is found in the trans-membrane of the renal tubular cells and in our blood. Only 20% of the population possess this gene thus we have to make it. It suppresses senescence by inhibiting insulin signalling, increases resistance to oxidative stress importantly increases useful **nitric oxide** production. See **Appendix A** for more facts and references especially in the mitochondria, the unit producing hormones and energy (ATP).

*Reference: Klotho with Fibroblast Growth Factor 23 + fusion polypeptides
regulates the phosphate, calcium and Vitamin D3 (Cholecalciferol) metabolism
US Patent WO 2009095372
Journal of Biological Chemistry 2014
DOI 10.1074/jbc M114.56732
Chromosome 13 KL gene Q14874301
metabolism in kidney renal microtubules, parathyroid and choroid plexus (brain)*

Klotho production via **nutrition** utilising stilserenes; the technical description ... (DMU-212) consume trans-3,4,5,4'-tetra-methoxystilbene substituted alkoxy chalcone, referred to as “**m-res**” in “**Delivery from Cancer**” published 2012 by the *Phytotherapy Service*, plus Vitamin D3
(cholecalciferol)

Harvard and Boston Hospital Medical Schools’ research and development work has provided extensive results since 2003. Read the updates by browsing: **Professor Carmela Abraham** and her published papers. Clinical trials are planned so the following is a positive conjecture only. The klotho protein led to **The Isterol Programme**. It has been identified as ameliorating and treating:

Preventing: a possibility

Hyper phosphatemia

Calcinosis

Cancer: metabolising with the CYP1B1 enzyme

No conclusive evidence

to prevent: Diabetes 2 post-Obesity

Obesity and Oedema

Offers exceptional resistance:

Chronic kidney disease

Our thanks to

Professor M. S. Razzaque

Professors David Sinclair and Leonard Guarente

↓
Age related hearing loss

Age-related macular degeneration

Arteriosclerosis hardening arteries and veins

Atherosclerosis fat and white blood cell deposits

Alzheimer’s Disease

Brain atrophy lost and wasting neurons appears

Cataracts

Dementia, ALS(MND) relief adding *lunasin(soy)*

Parkinson’s & Huntingdon’s Diseases

Hypertension

Immunologic incompetence i.e. immune system

Impaired kidney function

Memory loss

Osteo arthritis to stage 4 even

Osteoporosis

Pulmonary emphysema and COPD

R&D into longevity, i.e., retarded senescence

Skin atrophy and thinning
Sarcopenia muscle loss, wasting and frailty
Stroke.....Wrinkles, too!

With current rapid improvement in longevity it is vital to ensure good physical and mental health. Most vitamins and minerals are obtained from a sensible balanced diet which should be sufficient including the vital Vitamin D3 and *glutathione* which ensures our mitochondria convert our intake into energy and all the hormones ensuring the immune system is working well. As we age there are insufficient useful products and **inflammation** occurs upsetting the delicate balance of living tissue.

Useful and vital constituents aiding good health and helping to avoid chronic inflammation:

The following constituents form a suggested protocol commencing say from age 45 years, at least.

Phytoalexins, anthocyanins, stilbenes, flavonoids, all polyphenols (*stilserenes*) derived and selected from dark organic fruit colouring (in powder form), valuable antioxidants too, for example,
Blueberries (bilberries, pterostilbene) Blackberries Raspberries
Red Grapes Bitter oranges (there are about 90 sources of these salvestrols)
Strawberries *all in a 280 mg capsule/day costing about 65p. Requiring 25/50kg of fruit !*

b. Care and control of cancer, the Trojan Horse Story

Listen and view Professor Danny Burke <http://www.youtube.com/watch?v=XzuHbmhTYWQ>
Browse “Professor Dan Burke on salvestrols – an interview with OrthoKinnes”

Cancer Phytotherapy is complimentary to and supports all **NHS** adopted therapies.

It has to be stated at this point that there is no cure for cancer because it is a naturally occurring condition throughout the day and night with the body responding to environmental and genetic causes allowing mutation of normal cells. Lack of oxygen at the onset of mutation induced by a cancer stem cell stresses the cell and the routine activity is interrupted. The cell becomes slightly acidic and the regular cell death cycle slows down. The normal apoptosis doesn't happen and the cells accumulate. The situation deteriorates and then the cancer cell is up and running.

When a normal cell is caused to mutate by a cancer stem cell, or a DNA incongruity, it is changed from a healthy aerobic (oxygen) cell, with its useful 500 plus mitochondrial energy units, into an anaerobic cell, (reduced oxygen). Then it thickens the glycoprotein wall thirteen times more than a normal cell. Oxygen is not required now. “Just sugar, please” !

The new cancer cells settle down consuming sugar thus becoming “breweries”. Rapidly dividing too, every 20 minutes or so (this is unwanted mitosis). The “rogue” enzyme that is the root of cancer progression is called **CYP1B1**. More information on this complex process is available.

This **CYP1B1** enzyme is found in 97% of cancer cells if not all, and **not in healthy cells**. By a stroke of luck it functions as a “Trojan Horse”. Multi fruit essence (*MFE*) colouring, consists a range of *stilserenes**, the fruit array, which is methoxylated and is highly bio-active gains entry via the cell wall *porins*. Then it is changed (catalysed) by CYP1B1 into a **cytotoxin** such as *piceatannol*. The cancer cell is interrupted and disconstructed. Cancer cells start failing to divide so cannot form a tumour. Success maybe, to a large degree! Browse (5) **British Cancer Journal** 2002, Issue 86 pages 774-8.

(The popular phytoalexin and antioxidant called *resveratrol* must be methoxylated to achieve the same degree of success. Unfortunately this only a limited effectiveness. Above 50mg a day it is counterproductive and retards the expected action. This is disappointing. Stilserenes on the other hand achieve success with efficient bio-availability.)

*More information on request and at **Appendix B**.*

Metabolising with the “rogue” cancer protein enzyme P450-CYP1B1 it forms a powerful cytotoxin dismantling cancer cells. Crossing the blood brain barrier may interrupt the amyloid plaque and tau protein products (10) which interfere with *acetylcholine, serotonin and glutamate et al* neuro transmitters. There have been no clinical trials to confirm this but laboratory results indicate so far. *25 anecdotal reports provide a glimmer of hope but everyone is of course different: no generalisation is made.*

Stilserene

The analogue expressed as *trans-3,4,5,4'- tetramethoxystilbene substituted alkoxy chalcone* was from the Stilserene, DMU-212, project, Cancer Drug Discovery Group, De Montfort University.

AVOID *Laetrile-amygdalin (false Vitamin B17), grapefruit (naringenin), flax seed, (flax oil is OK), apricot and almond kernels all which contain **cyanide**. Some discredited oncologists have prescribed these items-beware. They destroy DMU-212, the stilserenes, so avoid at all costs !*

ADD for improved bio-availability of DMU-212: Co-enzyme Q10 as ubiquinol, biotin *Vitamin B7*, nicotinamide *Vitamin B3*, choline, magnesium, selenium, potassium and iron (with GP 's advice).

Useful bio-compounds:

Cholecalciferol (D3, say 25 mcg) regulates every enzyme function and with **DMU-212** forms . **Klotho** the longevity protein enzyme, in the kidney renal tubules, blood and the brain.

Phytate or Phytic Acid naturally found in legumes, seeds, grains and nuts. Slows unwanted mitosis.

HuperzineA (*Reports of sharper minds, recall and “de-fogging” all of which which aids cognition.*
This product is widely used and is now undergoing clinical trials – no cure but helps)

Berberine (*activates AMPK*) controls blood sugar balance and improves insulin sensitivity. AMPK (5'adenosine monophosphate activated protein kinase) with the **p53** tumour suppressor gene.

Acety-L-carnatine maintains the mitochondria and increases essential **glutathione** (antioxidant)

***niacin** (nicotinamide) (Vitamin B3); *niacinamide version eases arthritis, improves memory too*

***Co-enzyme Q10** as ubiquinol. *Essential for statin users. Metabolises mitochondrial waste.*

***Biotin** (Vitamin B7) *found in egg yolks.* **These ensure good bio-availability of DMU-212*

L-glutathione *another vital antioxidant that also protects the brain.* Produced within our cells.

minerals: **magnesium** 300 mg and **zinc** 30 mg. *Chromium too but this is from many vegetables.*

Mixed carotenoids *Vitamin A (retinol) safely from fruit and vegetables. Protects neuronal and glial cells in the brain; countering Alzheimer's Disease. Persons with liver dysfunction should avoid excessive use of Vitamin A.*

A mineral much decried but is essential for insulin balance especially for obesiacs , cellular glucose uptake, thyroid and nerve function: sodium chloride, overall equivalent to one and half teaspoons a day plus. Explore the reality of salt in the diet and how it maintains blood pressure.

c. Stripping the cloak off cancer cells with Salicinium (approved in USA not UK)

Advanced immunotherapy brings the NK and T (from the thymus) killer cells into action after the cancer cell is tricked, stripped and denied sugar. The protective thick cell wall 13 x thicker than a normal cell is de-cloaked. Then the previously inactive killer cells strike fast and hard allowing the macrophages to clear up and disperse. The phyto unit is salicinium,

However a much better essays can be found at www.NaturoDoc.com. Dr Thomas. S. Lee and Dr James Forsythe have written excellent essays and blogs on salicinium. This natural product is from the salicinea plant. It is a false sugar known as a glucoside with a glycome component. Cancer cells have 19 times more receptors for sugar than a normal cells so advantage is taken of this fact.

Within the cytoplasm of the cancer cell are three components, NADH, nagalase and beta-glucoside. When salicinium is stripped of its glycome the false sugar by BG, nagalase is confounded by the empty and starved reduced sugared cell. The cell withers, little or no more lactic acid to be made so the cell dies. The Natural Killer and T cells are electrically re-orientated and seize the dying cell. A real fight ! Previously the cancer cell built a shield electrically rejecting the immune system.

Salicinium is enhanced with Poly-MVA, an antioxidant too, and alpha lipsoic acid as well as Co-enzyme Q-10, the ubiquinol version.

Further enquiry is recommended, www.cancerhopecenter.com, www.hope4cancer.com, www.cancertutor.com. We are informed that it is synergistic with all accepted chemotherapy drugs.

The treatment is available throughout the USA and Australia but is very expensive, from \$1000 a month. This information is provided as an adjunct to The Isterol Programme as it is known to be holistically effective for most cancers. It is not yet accepted in the UK by NICE as it is not a drug !

So with DMU-212 doing its cytotoxin work through the enzyme CYP1B1 it is a 'double whammy'.

Reminder:

Chronic inflammation is brought to order by employing a rare glycosyl hydrolase called Klotho. Only a fifth of us possess this protein enzyme allowing longevity. So we have to manufacture it. The formula is Stilserene plus Vitamin D3. The chronic conditions that can be countered are listed in the Programme essay. These range from neuro, optical, arterial, osteo (skeletal), respiratory and muscular conditions even wrinkles ! The bonus is, if you really want it, longevity !!

d. Nutrition

The Isterol Programme © advisers state that besides regular exercise, brisk walks say, it is essential to follow a regular diet including organic protein, fats and carbohydrate and ensuring a good soluble fibre, (e.g., chia seed), keeping up with pro-biotics (e.g. unsweetened Greek yoghurt). Most meat, dairy, root and green vegetables along with the occasional fruit, subject to digestive ability (bananas are top of the list), contain most of the nutrients, vitamins and minerals we need. Finally, take green veg and fruits, some root veg exclude the starchies and JUICE them. Result OK !

Keep a good appetite ! Now look at these useful “brain foods”:

Walnuts, macadamias, brazils and pecans. *Antioxidants, omega-3 and l-arginine helps circulation*

Carrots (*luteolin*) also found in olive oil, peppers and celery, strawberries and blueberries

Broccoli top of the list of green vegetables, antioxidants, Vitamin C, the benefits are legion !

Spinach Vitamins C & E increase our essential dopamine

Celery Vitamin K in abundance as well as many essential minerals

Fish, Krill and Sea Buckthorn Omega-3-6-7-9 amino acids, vitamin B12, for metabolic syndrome

Tumeric plus soy lecithin producing active curcuminoids. The blood brain barrier is accessed too

Coffee and tea antioxidants, 3 cups a day. Theanine in green tea aids cognition and memory

Pomegranate arils (Vitamins C, K1 and K2) caution: blood thinners otherwise top of the fruit list

Extension: acai, cacao, camu camu, chlorella, maca, moringa, spirulina and wheat grass. Browse

Obesity

“Lipids, Hormones and Neoplasms”

I doubt whether this section will be read by anyone with a body mass index (BMI) of over 28 !

All good folk with such a figure and over, by and large don't recognise that they are a burden to the cardio system and most of our organs that have to work overtime to process and produce hormones and energy. Every part of the body-system is working to the limit and will inevitably give up far too early. Being overweight is surely uncomfortable and restrictive of many activities but it seems that obesiacs cope and live happily. The aim is improvement and longevity for all.

Obesiacs are attuned unhealthily to habitual eating more calories than are necessary for a lifestyle that requires pursuits related to economic well being. Being “disabled” in this way affects motivation to be active and purposeful. There is also a tendency for young siblings to be overfed too again distorting proper development of their bodies. Once on the daily routine of over eating young peoples' maturation is affected and becomes everlasting. The thought of moderate exercise is abhorrent !

Perhaps as in minority of cases there is glandular error such as Cushing's Syndrome and perhaps hyperthyroidism both situations can be medically prescribed for. The overproduction of the stress hormone cortisol arising for a malfunctioning adrenal glands which are situated above the kidneys or problems with the pituitary gland. Medical intervention and discipline can bring these conditions to good order. Enough said in this letter; go to the healthcare provider without delay.

Diabetes Type 2 and neoplasms can follow so often if the familial situation is left unchecked. Progression too leads to chronic inflammation.

Once the obesiacle family realise that something has to be done to turn around this form of disability then positive steps can be taken assuming that medically nothing untoward has been diagnosed.

Being overweight produces leptin resistance. Leptin is a hormone associated with the obesity gene. It acts on the hypothalamus part of the brain and regulates the extent of body fat (lipid) that is the ability to burn or use fat usefully for energy and the sense of satisfaction with the meals eaten. When overweight, leptin levels increase out of control and its true action is stifled. In obesity, leptin levels increase at the same time as insulin levels. This is the gateway to diabetes Type 2, cardiovascular disease and stroke.

The **ghrelin** hormone directs the body to replenish and fits in with the daily circadian rhythm and energy expended perhaps. When there are too many receptors ghrelin is over expressed so the desire to eat is continuous. Result; too many calories are absorbed into the system.

The adenosine monophosphate actuated protein kinase (AMPK)* is the controller of leptin, ghrelin, and adiponectin so when this is out of order chaos reigns. Once started it is continuous finding a proper homeostasis (complete well body) is difficult regaining control. Reminder: this is a serious matter leading to premature death.

Obesity results in this hormonal derangement that ultimately upsets the overall metabolism. This imbalance leads so often to insulin resistance that is where fat cells are no longer responsive to insulin. Disrupted metabolism, a lowering, also promotes the storage of excess fluid as extracellular water leading to oedema.

Trying to lose weight by dieting is not the answer as there is an immediate loss of muscle tissue which is detrimental. If we eat well balanced meals with reduced fatty and carbohydrate organically grown foods active tissue mass is gained which in turn increases the basal metabolic rate which allows excess fat to be reduced.

Excess body fat always means insulin resistance. It is a matter of degree. Don't forget the salt !

Cortisol becomes chronically high activating cortisone production which in turn stimulates ACTH** secretion and that in the adrenal cortex. Cortisol is classified as a *glucocorticoid* increasing blood sugar levels at the expense of muscle tissue. This then leads to insulin resistance and turns muscle to fat. Remember excess leptin prevents a decrease in appetite. So we must exercise with weights and stressful movement. Good brisk walking is a good start and swing our arms above the head. Touching our toes is a simple objective. We can also try pilates and yoga !

Enough has been written here for now; no mention has been high LDL (small low density lipoproteins) cholesterol or low HDL (high density lipoproteins), atherosclerosis, cardiovascular disease, cancer, disrupted pituitary gland function and chronic inflammation.

Get started by reading **“Live Right for your Blood Type”** by Dr Peter J. D’Adamo with Catherine Whitney. Published by Penquin Books and available on Amazon.

Avoid dying twenty years too soon. A simple message. We must work hard and keep disciplined. *KLOTHO will overcome the inevitable chronic inflammation that so often ensues with obesity.*

** *ACTH* adrenocorticotrophic hormone

*****Berberine** (activates AMPK) controls blood sugar balance and improves insulin sensitivity.

* *AMPK* (5'adenosine monophosphate actuated protein kinase) the main hormone controller.

Please note: The information presented enables readers to explore the web further and perhaps contact the **Phytotherapy Service** for more technical data on the Harvard Medical School's list of treatments and many aspects of tumorigenesis and longevity that have been revealed by De Montfort University, Cancer Drug Discovery Group then in peer reviews from participating universities in USA, Australia, Canada, Korea South Africa and Italy. Many other “seats of learning” doing R&D, will hopefully confirm our endeavours.

It is stressed again that there is **no** “cure” for cancer nor any ND. The regime’s success has been merely to reduce the untoward effects related to illness and it certainly has, we are please to report, contributed to a better and healthier life for everyone choosing and setting out on this programme. Maybe longevity too !!

Isterol Programme does not attempt to prescribe any course of treatment, cure or prevention. Everyone is urged to contact their healthcare provider in the event of any medical condition requiring treatment or giving concern. Then revert. Since 2002 over many referrals have been made by healthcare providers when the patient has chosen to elect the natural route. This has come about through patients experiencing failed drugs and chemotherapy along with unpleasant side effects and dare we say it, fearful of a shorter life span.

“ if you fight this way, you may not win, but if you do not fight you will lose”.

Send for the current **The ResQ Club** Newsletter and past newsletters - there is plenty of information **Request pdf 64-page “Delivery from Cancer” which as been acknowledged by NHS England as being of interest**, quoting the NHS National Medical Director’s letter received 13th August 2015.

Request too the numerous anecdotal reports and scientific peer reviews; not yet completely proven. Scientific references and papers abound on every aspect of what has been presented in this note. Further reading: anecdotal results published in **“Nutrition and Cancer: Stilserene case studies”** 2011 and in previously, **Journal of Orthomolecular Medicine** 2007: Issue 22(4) and then in 2012: 27(3) (25 No. cases) Authors: Dr B. A. Schaefer, Professor H. L. Tan, Professors M. D. Burke and G. A. Potter.(request summary)

shops: Mrs Sammy and Paul Brown	mail order too and from	Mrs Helen and David Pollard
Bio-five-0		Quickvit
Courthouse Street,		Seaford,
Hastings		East Sussex
01424 465408	and other shops throughout the world	01323 893473

From the **Academy of Medical Royal Colleges** (40 No.!) Professor Dame Sue Bailey DBE FRCPsych (chair)

“We support better discussions between doctors and patients, as part of a shared decision making process...”
The Isterol Programme has adopted the AoMRC’s campaign **Choosing Wisely UK** assisting patients.

Good luck with your quest.

Michael Cleary *Hon. Sec.*

Appendix B

The Isterol Programme

What are stilserenes ?

This is the title give to the DMU-212 project carried out at De Monfort University, Leicester, the Cancer Drug Discovery Group. (**CDDG**) The director was Professor Gerry Potter.

It describes the active components in organic fruit and vegetables, the polyphenols which nowadays are deficient through commercial production of food, through the extensive use of pesticides, fungicides etc.

The fruit does not need to activate its protective phytoalexins. Result; no food stilserenes are available for us.

Phytoalexins, anthocyanins, flavonoids and stilbenes provide the essential antioxidants that counter most of the unwanted oxidation which is detrimental to our well being. The term used is Reactive Oxygen Species.

Phytoalexins are used by fruit for example when under attack from pathogens and fungus etc that cause rot and damage to growth and ripening. Modern horticulture uses agrochemicals to eradicate the problem. Thus plants do not now have to produce their own phytoalexins. The food we eat cannot provide the vital antioxidants we need to protect our metabolism, mental stature and vitality. We are poorly served so to speak

A regular daily amount of stilserenes we need to consume with our main meal is now derived from 25-50 kg of organic fruit, just the colouring molecules.

This equates to about 280 mg. In the event of a problem after a diagnosis, maybe 5 No. capsules.

To appreciate the relative effectiveness an antioxidant scale has been devised called the Oxygen Radical Absorbance Capacity (ORAC). A selection of foods with a number reflecting their antioxidant values. The figures are a thousand per gramme and as we do not eat these foods in the same quantity you can assess the value per serving by multiplying the quantity you choose !

cloves	315 !	walnuts	14	
cinnamon	131	hazelnuts	10	
tumeric	127	plums	8	
parsley	74	blueberries	7	
basil	68	blackberries	6	
ginger	29	red grapes	5	
black pepper	28	red apples	4	
dark chocolate	21	strawberries	4	
elderberries	15	peanuts	3	
oregano	14	bitter orange	2	Those fruits in bold are currently proprietorially in use .

The CDDG decided to classify the four natural phytochemicals currently chosen as follows:

T30 the resveratrol component with minimal effect. More than 50 mg it becomes counter productive.

Q40 the main constituent and enables maximum bio-availability.

T31G able to cross the blood brain barrier.

T55/P55 ditto and induces more CYP1B1 to enter the cells. More use and also excellent metastatic activity

Q66 ditto and also boosts the enzyme called P450-CYP1B1, set in motion by the mutating gene.

When a cell is caused to mutate by a cancer stem cell the above cytochrome enzyme CYP1B1 disrupts the normal cell and causes change to the cell structure signalling so the 500 plus mitochondria to shut down. The cell wall, glycoprotein, increases in thickness. Thirteen times.... The cell then uses sugar//glucose only, anaerobically; the condition whereby the diffusion of oxygen is halted in the same as carbon dioxide cannot be excreted. The cell become a “brewery” quickly dividing out of control. This is called unwanted mitosis. The steady normal cell undergoes twenty or so cycles. In the cancer cell apoptosis is ignored hence the formation of an expanding tumour. CYP1B1 is only found in cancer cells (say 98%) and also in Indonesian and SE Asian people in glaucoma.

Stilserenes with great bio-availability enter the cell “tunnelling” through the long porins electrostatically and are transformed by CYP1B1 into **piceatannol** and other similar cytotoxins.

Forgive me for expressing this so simply....

SUMMARY

These rare phytochemical catalysed by CYP1B1 so destroy the cell. The action is complimentary to all cancer therapies and enables metastasis to be countered as well. Other therapies cannot achieve this. Thus escaping cancer stem cells are hunted down in the arterial walls and lymphatic system then are destroyed wherever they lodge *en route* to other organs ! If this is allowed to happen then metastasis takes hold and tumorigenesis starts up all over again. The CYP1B1 is repeatedly harnessed to protect our body from further cancerous tumours. CYP1B1 once formed is never destroyed that is why it is likened to a passive Trojan Horse – it’s been duped! The bio-journey is about 30 minutes and lasts for ten hours.

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Summary: "Klotho is a regulator of oxidative stress and senescence", quoting Prof Makoto Kumo-o, University of Texas, Korean Journal of Medicine, 2011 issue 26(2), who discovered and named KLOTHO

There are many references but the above will lead to your exploration and a better understanding of the great work that has been and is continuing at several universities and medical schools since discovery.

The NEXT ISSUE under this programme will go further into "NEUROGENESIS".

In a fun way "How to build your brain cells through diet". We've touched upon this

but there is a mine of information waiting to be gleaned. Did we mention cherries, walnuts and ginger besides the turmeric with soy lecithin and black pepper? Caffeine and green coffee bean gel ? Check.... the list goes on

