

Dietary Nucleic Acids

A Discussion with Dr. Todd Ovokaitys

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Discussion with Dr. Todd Ovokaitys

Well, good afternoon, everyone. Let me get started. I'm Dr. Todd Ovokaitys and I'm going to be doing a discussion today. There's a particular and distinct point that I would like to inform you of in our discussion. That point is perhaps the single most underestimated or underappreciated deficiency that results in premature aging, death and an excess of various aberrant health conditions. That single most overlooked nutritional component is the provision of dietary nucleic acids, the building blocks of DNA and RNA. Within this discussion, I will indicate the reasons why it is essential to take more than what is in our diet. I will also discuss the magic of how we put together a formulation that makes it possible to do this in a way that is much simpler than the injections required in clinical in vivo animal studies.

So first, we see the classic image of DNA, deoxyribonucleic acid, in its double helical form in a space-filling molecular model. Now, if you take physical DNA and make thin film crystals, you create this beautiful image. That is DNA in a refracted thin crystalline form, so you get a feel for the way that DNA holds, reflects, bends, captures and works with light. Light will later fit into our discussion of optimizing the efficiency of utilization of DNA and RNA elements.

My inspiration to develop this area of research came from the reading of an amazing study in laboratory rats. This study provides what, as far as I've ever observed, is the world's record demonstration of increasing the lifespan of a mammal. Now you've probably heard that doing things like caloric restriction in mice or rats may increase longevity by about 50 percent, and that's pretty much the gold standard. Watch the results of this study. So here they took animals that were all very old by that particular strain. Normally, this particular strain of rats lives to be roughly 800 to 900 days. So these animals all started at day 750 - roughly comparable to 90-year-old humans. The control animals got their usual rat chow, whereas the treated animals got that, plus weekly injections of DNA and RNA. After eight weeks, the control animals were looking worse; they lost energy, vitality, libido. Their hair was falling out, their muscle mass was diminishing. They almost needed rat canes to get around their cage. In contrast, by eight weeks, the treated animals were looking better. They had gained muscle mass, had re-grown fur, had more physical activity and had regained their rat libido. By day 150, all the control animals, as anticipated, were deceased. In contrast, the treated animals lived a minimum of 850 additional days. So the minimum result was a doubling of the natural lifespan. The maximum lifespan was 1500 additional days -- up to triple the natural lifespan of the animal. If you look how much it increased the remaining time when they started, the minimum result was a six-fold increase in the remaining lifespan to a 10-fold increase in remaining lifespan.

That gets us to the issue of what evidence is there, beyond this study, that providing supplemented nucleic acids are important, safe, useful and beneficial. One of the first things to understand about supplementing nucleic acids is that the oral ingestion of them is very inefficient. If you look at metabolic studies of the two types of DNA bases, the purine bases are roughly 99 percent metabolized before they even get to the intestinal lining to the bloodstream. So giving it orally through the GI tract is incredibly inefficient. The pyrimidines are a little bit better; only 95 percent are destroyed, so five percent get through the intestinal lining, but, of that, only about three percent even make it to the liver before getting to the rest of the circulation. So essentially, 95-97 percent of orally-delivered nucleic acids are destroyed before they even get into the bloodstream.

One of the main reasons this has been overlooked by nutritional science is the fact that the body can make nucleic acids from certain other fundamental nutrients. In particular, there are four amino acids that the body uses to make nucleic acids. However, an increasing body of research is showing that under stress or with aging, the body does not make enough nucleic acids to promote complete tissue repair – in

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particular, the regeneration of the major endocrine glands. The absorption studies and metabolic studies indicate a special sensitivity of the pituitary, thymus, thyroid, adrenals, salivary glands and intestinal lining to receive additional nucleic acids for optimum function and regeneration. Numerous other studies support the tremendous benefits of giving additional nucleic acids, particularly with major stresses. In a study of mice with staph infection in the blood, or staphsepsis, mortality was 80 percent in the control group but only 30 percent in the treated group. Similar results were seen with yeast infection in the blood. With massive radiation dose injury, in this era of concerns about weird things nations may do to each other, an essentially lethal dose of radiation was given to these animals with only 5 percent survival in the control group. But the treated group getting nucleic acid had increased survival to 50 percent. So, a 10-fold increase in survival just by delivering extra nucleic acids.

One amazing study looked at the effect in terms of tumor biology. In this study, the control mice had 0 percent survival with exposure to a tumor. Within three weeks, the animals succumbed. In contrast, animals treated with a single 2 mg injection of RNA had 40 percent long-term survival. Liver regeneration is greatly accelerated with extra nucleic acids, as you can imagine. In addition, the intestinal lining is very sensitive to these effects. It turns out that studies of how infants fare if they're breastfed compared to formula fed show that for formula feeding, a much higher incidence of aggressive dysenteric diseases is found, and in developing countries, even infant mortality. It is found that breast milk contains many more nucleic acids than does formula milk. If formula milk is supplemented with the appropriate ratios of nucleic acids, formula milk does just as well with respect to their intestinal lining, the appropriateness of the bacteria and reduction of dysentery. Overall, growth and maturation in young animals is better with supplemented nucleic acids. There are also improvements in liquid profiles in the blood. Nucleic acids in numerous studies have been shown to boost immunity, particularly cellular immunity required for protection against cancer and viruses. One researcher indicated that if he gave enough nucleic acid, it seemed to reverse almost any degree of memory loss, even dementia. And other work shows that wounds are healed much more rapidly if extra nucleic acids are given.

One particular nutrient is known as ATP, or adenosine triphosphate, which is one of the RNA-derived, so-called "nucleotides." Now ATP, as you know, is the primary fuel that gives cellular energy for virtually every biological function. ATP is used to drive muscular activity. The synthesis of virtually any chemical in the body – detoxification, learning, memory and neural activity – is related to ATP. So the formulation we're providing also delivers ATP as well as nucleic acid bases. Studies on ATP are very interesting. ATP delivery has tremendous benefits for the heart and lungs. In the lung, it can greatly improve lung function, even with Cystic Fibrosis. Cardiac-wise, it not only strengthens cardiac tone; it helps to prevent arrhythmias. There are receptors on nerves called purinergic receptors that respond to ATP, and this can actually reduce severe nerve pain. ATP directly reduces tumor growth of many types of tumors, particularly breast and prostate. Other studies show that, with tumors, you can get up to 90 percent less chemotherapy, and get an equivalent anti-tumor effect. You can imagine, if you use 90 percent less chemo, that's going to be 90 percent less toxicity. Giving IV ATP has been the only intervention that has ever actually stopped the progressive weight loss in severe end-stage cancer. ATP also protects from radiation injury, improves immunity and has very significant effects in critical conditions. Perhaps the most compelling study, looking at humans in critical condition with shock and intensive care units, survival was 70 percent in the control group, but increased to 100 percent in those given intravenous ATP.

There is another component to rejuvenation at the DNA level. And this is a process known as biological methylation. Methyl groups are the currency of organic chemistry. A methyl group has a carbon atom with three hydrogens in the corner of it -- a tetrahedral pyramid -- but one other attachment where it bonds. At birth, roughly 5 percent of these cytosine residues in DNA have a methyl group attached to them. It is

now believed that perhaps the primary mechanism of timing aging in the cells is the gradual loss of methyl groups such that when 20 percent fall off, the risk of certain cancers increases, and when 40 percent fall off, degenerative death typically appears. So anything that slows, stops or reverses the loss of methyl groups reverses, stops and even modifies the whole aging process in the longevity direction. One of the key nutrients that does this is a molecule known as betaine or trimethylglycine. Without going into all of the sophistication of the chemical pathways, fundamentally, betaine plus other B-vitamins, especially B12 and folic acid, take a harmful component, a metabolite in the body known as homocysteine, detoxifies it while providing methyl groups, not just to DNA, but also to repair the brain, to rebuild myelin sheets around nerves, to detoxify heavy metals, to make neurotransmitters and a wide range of other internal synthetic processes.

The other "magic" that goes into this is a special form of laser technology our research team has developed. This technology is known as photoacoustic resonance. Very simply, every molecule tends to vibrate in a particular way. What we've done is we've created a way to make very short packets of laser light that resonate at frequencies that match frequencies in molecules so we can literally tune and shake molecules to be more biologically efficient. This crystal on the left is control betaine, crystallized under ordinary conditions, where you see holes and defects and irregularities, compared to a crystal grown under this photoacoustic stimulation, where all the defects are completely gone. We've created a perfect crystal. In clinical studies, this is an indicator of how cardiac risk rises exponentially as homocysteine goes up. We've also used these activated betaine cofactors to very significantly lower homocysteine in double blind placebo controlled clinical studies. This is the treatment group as a whole, whose cardiac risk has been reduced to the lowest level. Whereas there was no change in homocysteine in the control group, and the highest homocysteine group showed the most dramatic reduction of levels, a level of 13 is comparable to the chemistry of a 60 year old, whereas a level of 7 is comparable to that of a 30 year old. This activated chemistry can reduce one marker of chemical ageing in the body by 3 decades in a three months period of time, which is not bad.

All these concepts have been formulated together into a configuration known as CellFood DNA/RNA. This composition is in a liquid form. It contains the single individual building blocks of DNA and RNA. It's DNA and RNA, but broken down into their original bases. So they're small molecules that no longer have sequence information. It's not going to turn people into other creatures, because it's broken down to just a nutritional component, not an informational component. It also provides the methylation nutrients to regenerate DNA while the cells are being rejuvenated and replicated. It has amino acids that the body uses to make its own DNA and RNA. It also contains CellFood, which is the topic of the next discussion that begins at one, which is a special formulation that boosts oxygenation in the body while delivering highly bio-available trace elements, enzymes and amino acids, as well as containing other vitamin support factors. And fundamentally, the key to this is boosting bio-availability. It does this in three main ways. There is the activation with this laser acoustic resonance process, to create a form of molecule that is more biologically efficient. CellFood itself has effects that improve bio-availability through what is described as improving the zeta-potential of fluids, which improves membrane transport. Third, it's an oral spray delivery, so these small molecules in this activated medium can traverse the mucus membranes of the oral lining. Ideally, it is delivered sublingually and allowed to be there for 30 to 60 seconds. And the difference this makes in terms of delivery, compared to giving oral DNA and RNA, where the bases are ultimately degraded, particularly into uric acid, where ultimately only about one percent would be delivered into the bloodstream. In contrast, by using all these bio-availability enhancement factors, the oral spray delivery, the CellFood and photoacoustic resonance, we may get up to 90 percent delivery into the blood, roughly comparable to intramuscular injection -- without the needle.

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An example of the power of this technology: This is a subject from South Africa with advanced HIV infection, to the degree of AIDS. At this point, his doctor gave him roughly 1-2 weeks to live. He'd gone through the typical degenerative course that they see in South Africa. His laboratory test showed that his CD4 cells, which should be above 600, were reduced to 10. There's almost none left. He had over 200,000 viruses per cc of blood. He fundamentally was end-stage. Using a combination of the CellFood plus the CellFood DNA/RNA, within 2 to 3 weeks, he went from being at death's door to returning to essentially normal function. Next is the before and after. Six months later, he is essentially looking and functioning healthfully and normally, being congratulated by Winnie Mandela, the mother of the South African people, because he has gone on to be an active helper in the HIV and AIDS community. Here is Winnie Mandela and one of the researchers at the University in South Africa, where we're developing further clinical studies to see how much we can improve the health of people with HIV and other serious conditions in developing countries.

The ultimate point of the whole discussion is that an insufficiency of dietary nucleic acids -- the body not having enough nucleic acid bases to repair and regenerate the immune system, the intestinal lining and major endocrine glands -- is an unsuspected, undeclared and undiagnosed nutritional deficiency that is resulting in premature aging, unnecessary demise, unnecessary health conditions like tumor development and so forth. There is a simple and safe intervention. By the way, our toxicity testing showed that at 5 g/kg there is no toxic effect at all on laboratory animals. So the equivalent of taking 12 bottles all at once gives no ill effects -- in fact, the animals rapidly grew quite well. So, the ultimate point is that with a simple technique of delivering these nutrients to the body, where they are ordinarily insufficient, is a powerful way to create the optimum state of health and well-being to a degree that might not otherwise be possible. Thank you very much.

About the Author



The Health Ranger (Mike Adams) is a holistic nutritionist with over 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is the author of *The 7 Laws of Nutrition*, *Grocery Warning*, *Health Seduction*, and many other books available at <http://www.TruthPublishing.com>.

Adams is also the creator of the popular *Honest Food Guide*, a free downloadable nutritional guide found at <http://www.HonestFoodGuide.org>. In addition, more than 1,500 free articles on health, nutrition and wellness have been authored by Adams and are available at <http://www.NewsTarget.com>.

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at <http://www.NewsTarget.com/AdamsHealthStats.html>.

Other books by the Health Ranger

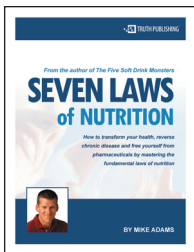


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