

Live to be Over 100 Years... In Good Health!

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Modern day life is wonderful, filled with conveniences not even imagined when I was a little boy. At least 60 percent of those reading this cannot remember living without electricity, telephone, television and only a battery

powered radio for communication with the outside world. We grew almost all of our own food, buying very little from the store which was a weekly trip. There were

other oddities: heart disease and cancer, the two most prevalent diseases of today, were extremely rare. Adult onset diabetes was rare—hypoglycemia unknown. You went to the doctor when all folk remedies failed.

Today we pride ourselves on our status as the wealthiest nation in the world, on having the highest standard of living in the world, and our world leadership among nations. We are proud to live in a country where the average life expectancy is 78 years and where “social” services are in place to care for the elderly.

But there is a smudge on the window:

- The citizens of 28 other nations live longer than we do.
- It is safer for an expectant mother to go to Puerto Rico to have her child than in our best hospital.
- Chronic degenerative disease is rampant in our country and doctors are helpless to stop it.
- Medical costs are threatening to rupture the already extended budget of this country.

I would like to make it clear at the outset that I believe modern medicine (with the many poisonous chemicals it uses as tools to treat the sick) is hopelessly

- Depression isn't a chemical deficiency,
- Depression is a nutritional deficiency.

eats forever.” We have become so dependent upon the doctors diagnosis and prescription for every ailment imaginable, that we do not pay attention to prevention

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foundering. I cannot believe that we continue to support a theory fostered by chemical giants that has proven so inadequate in slowing down the degenerative diseases that make man's life so miserable. One would believe that as the country that has spent the most money per capita on health care, we obviously should be the healthiest. The opposite is true—we are one of the sickest!

Without going any further into this quicksand, I propose that the only way to reverse what is happening is for you to take charge of your own health. I cannot tell you how hard I worked when I first became interested in health (not disease) to find facts, research data, and others of like mind. Today with the internet, such results are just a keystroke away. You really cannot hide behind “I didn't know” because hundreds of thousands of references prove that:

- Depression isn't a character deficiency,

The same can be said for every chronic degenerative disease including arthritis, diabetes, heart disease, cancer, allergies, irritable bowel syndrome, and high blood pressure.

→ Teaching Someone To Fish

During the 48 years since I graduated as a doctor, I have observed thousands of members of the healing arts sincerely “treating” their patients as they were taught. The patient comes in with a complaint, the doctor knows from his drug detail man that a given prescription drug is indicated, and the doctor prescribes the medicine. The patient gets the prescription filled and for now the situation is complete.

Compare this with the Chinese proverb that offers a much more practical option: “Give someone a fish to eat, and he eats for a day; teach him to fish and he

of illness or the great rewards we could reap if we understood the human body and acted accordingly. Certainly the use of poisonous substances (all drugs are poisonous) would not be our treatment of choice!

This article is about taking charge of the regenerative capabilities in your body and giving yourself a chance to live those days allotted to you in a far superior state of health than you can now imagine. You can help restore the natural rejuvenative properties that are inherent in your body by offering three “linchpin” ingredients:

- Neutral DNA and RNA
- Beta Glucans
- Oligosaccharides

With the help of these ingredients, cells restore themselves miraculously, organs function efficiently, and life becomes vibrant! Also, do not think of this as a magic potion. These three

ingredients are not a substitute for good nutrition, exercise, food supplementation, or mental/spiritual tranquility. Instead they are specific substances that can allow your body's cells to restore themselves.

➡ Nucleic Acids and Nucleotides

The human body is an extremely complex, organized structure that does not continue to grow upon maturity. It just replaces itself, cell by cell, as the individual cells age and become non-productive. This incomprehensible renewal process is masterminded by a nucleic acid

called DNA—the literal blueprint of the cell. Simply put, when a cell begins to fail, the DNA sends a signal to another nucleic acid called RNA which begins to

gather all the components needed to replace the dying cell.

The health of these two nucleic acids determines not only the length of your life, but the ease with which you will live that life—if you will be subject to unending colds, flus, infections, etc. They direct the healing and repair of all tissue, so we must give them the credit due them. Obviously, anything we can do to enhance their function will allow us to live longer and healthier lives.

➡ Results of a Healthy DNA/RNA

Literature studies abound with the benefits of a healthy DNA/RNA supply in the human body. Here is a partial list of the many benefits that one might expect:

- Increased vitality
- Healthy immune system
- Prevent colds and flu
- Heal wounds rapidly
- Slow the aging process
- Neutralize internal toxins
- Produce a vibrant skin

No one in their right mind would refuse such benefits if offered and certainly everyone in their right mind would seek such benefits if they knew they were available. I believe

that my research has led me to a formula which will offer these benefits at a relatively modest cost. There has been a “fly in the ointment” for many years for those of us who wanted to supplement DNA/RNA into the human body.

First of all, DNA is not an entity literally of itself—it is a part of the whole body with its sixty to one hundred trillion cells. There is a super director that repairs DNA/RNA when it is damaged and instructs it to replace or repair a cell. This super intelligence can and does create DNA/RNA, and therein lies the problem of supplementing DNA/RNA. We know that all living tissue contains these components and that the DNA/RNA of many animals is similar or identical to human DNA/RNA—organ for organ. Efforts to extract viable DNA/RNA from animal tissue have met with relative failure. Eating organ tissue of animals may provide concentrated nutrients, but very little DNA/RNA.

Today's knowledge reveals that these two substances are really made up of tiny nucleotides that are not very biologically available when consumed and passed through the digestive tract. However, such consumption is the only source of these substances for the internal intelligence of the body to make DNA/RNA. Absorption of nucleotides is poor at best and rapidly decreases as we age—when we fight most of our serious health problems.

➡ Important Fact

In the midst of all this, you must recognize that the intelligence of the body is constantly manufacturing DNA/RNA and doing it for every one of the thousands of different types of cells in the body. The glaring question is: How does it make each specific DNA/RNA (liver, spleen, eyeball, skin, heart, lungs, etc.) so that you don't have an eyeball cell in the liver?

We can only suppose, but here it is as simply as I can explain it. The DNA molecule (which is the blueprint of the cell) actually contains all the blueprints of every cell in the body. (That is the reason you can clone a sheep from a single sheep cell.) The placement is what determines which blueprint to activate. So the liver stores spare DNA which it makes from these tiny micro-nutrients called nucleotides and dispenses it when the need arises.

Thus you have, in essence, a neutral or generic DNA which can be used by every cell. Another fact that should be noted is that RNA is essentially generic and can be used by any DNA. Dr. Robert Franks, now deceased, did groundbreaking research on RNA and demonstrated that RNA alone could retard aging, enhance healing, increase immune function, and prevent common infections. His work was essentially the basis for one of our most common hemorrhoid preparations which works by

promoting healing in several different ways.

Dr. Frank was able to extract RNA from yeast and used it in various forms including a facial creme that had an almost religious following by women who swore it reduced and prevented wrinkling of the skin. Dr. Frank also was an advocate of a diet high in RNA (very little was known about DNA at that time) and suggested sardines as a good food source. We now know that sardines are actually an excellent source of the nucleotides which make up both DNA and RNA (even though it is difficult to get modern society to eat them). There is no question that Dr. Frank blazed a pathway that would be followed by others—even though he passed on before there was any official validation of his work.

➡ Are You Ready?

Because of space limitations, I must invite you to read the final segment of this article in the next issue of HealthKeepers Magazine. You might wish to ponder on what I have found using the information I have presented here and will conclude in the next issue. Here are some of the early benefits I have observed using the specific supplemental rejuvenates which are not readily available because of lack of knowledge on preparation and sourcing:

- Reduced Anxiety
- Decreased Body Aches and Pains

- Mood Elevation
- Decreased Healing Time
- Less Colds and Flu
- Smoother, Less Wrinkled Skin

If all that can be done in a short time and it can be predicted with some degree of certainty, than we have a great possibility that all the other things we have discussed such as retarding the aging process and preventing serious diseases should follow. I project this here because what I will write about next issue is the frosting on the cake—it just gets sweeter. This has been one of my most researched projects because I knew the seriousness of the offering—if indeed there would be one—and wanted to be positively sure of the basis for the product. It is not as easy as giving water and fiber to solve constipation. We are dealing with some of the most exciting and rewarding, life-altering, natural substances known at this time! **HK**



Kurt W. Donsbach, DC, ND, PhD, has spent over forty years researching the cause, prevention, and cures for chronic degenerative diseases. It is from this vast experience

with patients at his own wholistic hospital, Hospital Santa Monica, and through formulating and manufacturing supplements, that he has developed his highly-acclaimed ability to formulate effective, research-based nutritional supplements. Dr. Donsbach is today's health crusader and champion of health rights for over 40 years. Kurt Donsbach will always be a leader in the wholistic health world and will never tire of searching for ways to improve the quality of mankind.