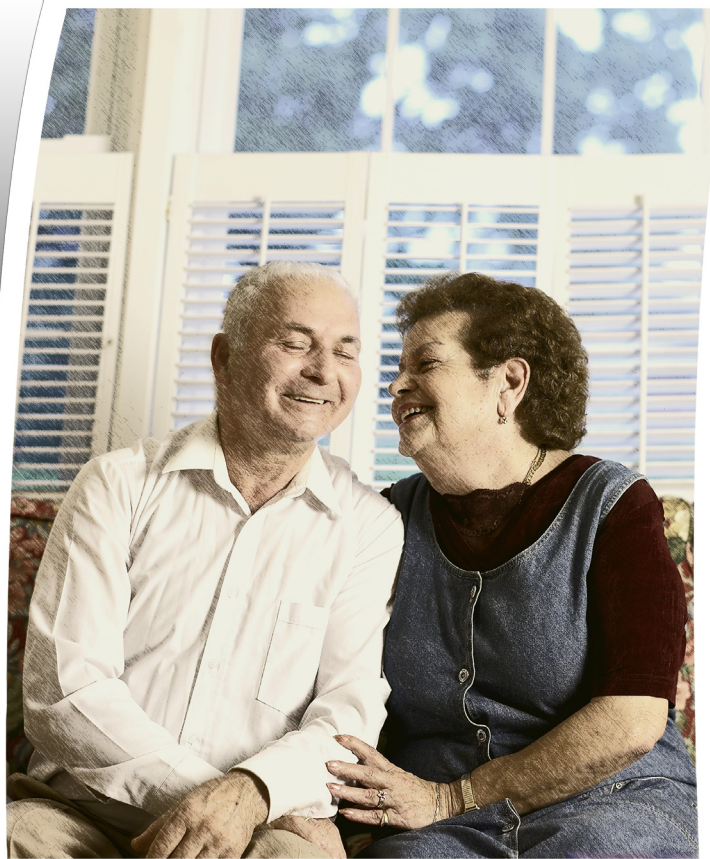


# Live to be Over 100 Years... In Good Health!

[Part 2]

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In the first part of this article we reviewed the facts regarding the state of health in the United States, the folly of using a poison to heal a sick body and the truth of the basis of nutritional therapy which holds that disease states are primarily a loss of nutritional balance. Further we introduced the importance of replacement of DNA/RNA complex which are being used up daily and often not replaced in adequate amounts. Now we will explore the “rest of the story.”

## ➡ Organ Transplant Revelation

One of the most convincing studies regarding DNA/RNA concerned individuals who were the recipients of organ transplants. In this circumstance, the human body perceives the organ as a foreign

invader and wants to do everything it can to get rid of it. Medicine utilizes chemicals known to depress the immune system and are able to create a “livable” condition in which the immune system is suppressed to the point of not being strong enough to mount an attack.

Based on the work of Dr. Robert Frank, who touted the importance of RNA for the immune system, a diet was devised which was very low in the protein foods known to contain nucleotides. Sure enough, the rejection of the transplant was much reduced on the low nucleotide diet, verifying that RNA was an immune stimulant.

All of this monumental research was conducted with a first grade knowledge of the intricacies of the human body. It has been said that

we have learned more about the human body in the last five years than was known before in the entire history of man. What amazing ability we now have to understand (although we have a long way to go) what makes man function. And this knowledge has led us to be able to concentrate the micronutrients necessary for the liver to form DNA and RNA. In this search we ran across some other incredible nutrients which march in lockstep with these two generals in keeping us healthy longer.

## ➡ A Word About Cancer

Cancer begins as a normal cell in the body that has been damaged but not killed. The damaged DNA of the cell (known as mutated DNA) now goes back to a more primitive time and wants to divide, creating growth. Under normal

circumstances, the vigilant immune system would spot this errant cell and destroy it. But with our over-consumption of trans fatty acids, deep fried foods, and sugars; our

Wow! What a list of benefits. If they are true, and I believe they are, it is a product that one should take for life, regardless of your health status. Beta glucan is a polysaccharide—

and research that has been peer reviewed and published in an approved journal. I am going to print a few for you to get a feel for the immense amount of research

Damaged DNA creates a mutant cell which divorces itself from body. It then wants to divide to form a new life that is free of responsibility to the body.

immune system is often at low ebb. If the cancer cell survives for even a short time, it begins to build an immune shield around it that prevents the immune cells from seeing it. The formula which has been developed is proposed to protect / repair DNA and prevent DNA mutations (which often result in raging cancers).

## ➡ Beta Glucan

Beta glucan has been known to scientists as a factor in various plants for decades. For over twenty years now it has been studied for the favorable biological effects it has on mammals and particularly humans. It has been common knowledge in the scientific community that beta glucan is the most powerful immune stimulant known. It is a very powerful antagonist to both benign and malignant tumors, lowers blood fats, normalizes blood sugar levels, speeds healing, and rejuvenates the skin.

meaning “many sugars” found primarily in yeast, oats, barley, and mushrooms. It is extremely difficult to extract and purify—although new technology has made it easier.

The following is from the Department of Medicine, Harvard Medical School:

The cell wall glucans of *Saccharomyces cerevisiae* (yeast cell wall) consist of two structurally distinct Beta-glucans comprised of consecutively 1.3 linked glucopyranosyl residues with small numbers of 1.6 linked branches and minor components with consecutive 1.6 linkages and 1.3 branches.

This tells us the component of the true molecule we are looking for in a supplement that could be used for all the good things that beta glucan can do for us. *We should have the 1.3 factor linked to the 1.6 factor.*

I have in my files a 4-inch thick file of abstracts pulled from MedLine—the resource for studies

that has been completed on beta glucan and to raise the question in your mind, “If this stuff is proven to be so great, why doesn’t my doctor recommend it? From this evidence it is better than any drug known. What’s up?”

### **Tulane University School of**

**Medicine:** Previous studies have demonstrated that beta glucan, isolated from yeast, is a potent macrophage stimulant and is beneficial in the therapy of bacterial, viral, and fungal diseases. Use of beta glucan stimulated bone marrow proliferation. (*Ed. note: You mean you wouldn't be able to do a bone marrow transplant?*)

### **Department of Medicine, Harvard School of Medicine:**

Beta glucan demonstrated the ability to stimulate the number of lung macrophages resulting in increased bacterial destruction. Glucan resulted in significant reductions in the growth and metastasis of mammary carcinoma and melanoma with enhanced survival times. Beta glucan in combination

with antibiotics provided enhanced protection against lethal challenges with *Esherichia coli* or *Staphylococcus aureus* as compared with the use of antibiotics alone.

**Baylor College of Medicine:** There were no adverse drug experiences. Beta glucan is safe and appears to be effective in the further reduction of the morbidity and cost of major surgery.

**Mayo Clinic:** Beta glucan interacts with bitronectin and stimulates tumor necrosis factor release from macrophages. Antitumor and immuno-modulating activities of beta glucan are without question.

**Journal of Infection Prevention:** Beta glucan decreased pneumonia and sepsis in patients with multi-trauma hospitalizations from 55 percent to 9.5 percent; mortality rate from 30 percent to 4.8 percent. Such reductions would mean a cost reduction of 40 percent in hospital care costs. *(Ed. note: Please don't share such flagrant cost-saving measures with our health care officials. What would happen with all the tax money now portioned to health care?)*

I could go on and on but I believe you get the message—beta glucan is a pretty amazing health secret that not too many know about.

## ➡ Mannan Oligosaccharides

I know this article is lengthy and now I give you multi-syllabol words. Let me define mannan oligosaccharide: mannan is an adjective form for mannose, one of the essential mono (single) saccharides (there are eight); oligosaccharide means that you have several monosaccharides hooked together (from three to six). Now what is the significance of this hooked together sugar?

Many health conscious individuals, including doctors, are not aware of the significance that the intestinal tract plays in preventing invasion of our inner body by pathogenic organisms. The first line of defense is the extreme acid of the stomach which destroys many pathogens, then second defense is the many enzymes of the pancreas dumped into the duodenum (the area immediately after the stomach) which voraciously digest the protein walls of the pathogen.

But all too often there will be insufficient stomach acid, too little pancreatic enzymes to really do the job. The pathogenic bacteria

which have survived now colonize the gastrointestinal tract by binding to the surface of the epithelial cells lining the small intestine. To prevent this, a simple sugar, mannan oligosaccharide (which is indigestible by the stomach acids or the pancreatic enzymes) block the adherence of the pathogenic bacteria by filling the sites on the intestinal epithelial cells where they can bind. Filling the sites reduces the colonization of the intestine by potentially harmful bacteria, facilitating digestion and reducing inflammatory conditions in the digestive tract.

## ➡ Summary

We have looked at four often overlooked but incredibly efficient substances that can make a huge difference in your health—RNA, DNA, Beta Glucan, Mannan Oligosaccharide. What would happen if you could combine these into one formula and use two tablets daily? An important product, for sure! **HK**



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Dr. Donsbach 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.