



Telomere Rejuvenation

RejuvaMatrix™--A Fundamental Key to Health and Longevity
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Just in case you have not noticed, my e-newsletter is titled Youthful Aging. Actually longevity is not nearly as important as HEALTH. My original anti-aging work focused upon applying human DNA frequencies to specific acupuncture circuits which selectively raise DHEA, neurotensin, aldosterone, or calcitonin or decrease free radicals, all important aspects of health and potentially longevity. More recently I have turned my attention to telomere rejuvenation. Telomeres are the tail of DNA and are critically important in cell duplication, as well as in health.

Telomeres ordinarily shrink by 1% annually, from birth to death. Those with unhealthy habits have much faster shrinkage, and those with the best habits and genes live a bit past 100 years. Ultimately, telomere length and health are major determinants of health and longevity.

For instance, even in twins telomere length may be different in a twin with a crummy lifestyle. And in the centenarians health ones have much longer telomeres than unhealthy ones. A lifestyle of regular exercise keeps telomeres longer. Length is more related to lifestyle than to genes! Obesity and smoking shorten telomeres significantly. Patients with cancer, hypertension, pulmonary fibrosis, diabetes and aplastic anemia all have shorter telomeres. Even in patients with prostate cancer, a change to a healthier diet and exercise leads to improved telomere length.

Rejuvenation or regrowth of telomeres is, therefore, a major key to longevity and health. In a pilot study, telomeres in 6 individuals, 3 men and 3 women from 50 to 74 years of age, were measured initially in lymphocytes and neutrophils. Each participant then spent 30 minutes at least 5 days each week sitting or lying in the RejuvaMatrix™ providing an electromagnetic field of 54 to 78 GHz, at 50 to 78 decibels, or 1 billionth of a watt per centimeter square. These same frequencies are reported to be present in ambient sunlight at an intensity of ten-billionths of a watt per centimeter square.. Human DNA has been reported by Ukrainian physicists as resonating at 54 to 78 GHz. After 3 months of this electromagnetically generated solar homeopathic approach, average telomere length had increased 1%. After 10 months of use of the device, average telomere length had increased 2.9%. This "reverses" 2.9 years of telomere aging in 10 months---or 3.5 percent within a year, instead of the usual loss of 1% each year! Using this approach, a 75 year old would theoretically reverse

telomere aging by 50 years within a 14 year period. I gave my first report on this work at the Anti-Aging Congress on December 14.

This is the first known report of rejuvenation of telomeres in healthy people! The implications for health and longevity are tremendous. Obviously many other parameters of health will be evaluated as we continue these studies long term. In addition, we are planning cell tissue culture studies with the same applied electromagnetically generated solar homeopathic applications. Meanwhile, I believe the RejuvaMatrix™ offers the single best technique for enhancing Youthful Aging!

The RejuvaMatrix is not for commercial sale. Those interested may enroll in our ongoing research project, obtaining the mat at cost, as long as they agree to have their telomeres measured initially and at each year through 5, providing me the results.