



THE WORLD OF ANTIOXIDANT?

My presentation will be based on the most recent knowledge of **microanatomy and molecular physiology**. This new knowledge I am about to divulge to you is not the form of science used by drug manufacturers, but a discipline of science that defines the way living tissues and organs within the human body function naturally; and how faulty tissues can be repaired using “**natural spare parts**” from the plant kingdom.

It is common knowledge that we need to constantly breathe air, with its 21% oxygen content to stay alive. Oxygen is the molecule of life for us aerobic creatures. The oxygen is delivered into the **thousands of mitochondria** within our cells.

At the Buck Institute, USA, their “Advancing Age Research program,” focused on mitochondrial, oxidative stress. This program revealed that 90% of the oxygen humans consume is used inside the mitochondria power plant, to generate ATP, the main energy source of the cell. Unfortunately some undesirable side products called **FREE OXYGEN RADICALS** are also generated during this process of oxidation. (The peroxy radical is the most common free radical in human biology, but the hydroxyl radical, hydroxyperoxide, superoxide and peroxy nitrite anions, just to mention a few, are also produced.)

These are unstable, **rouge** molecules that aggressively seek to **steal electrons** from other molecules or atoms within the cell, in an attempt to stabilize themselves. In this way, **free oxygen radicals** cause extensive damages to intra cellular **PROTEINS, DNA, RNA, GENES, LIPIDS** on the cell membrane and other essential molecules. The Mitochondria themselves are not spared. And as these intracellular damages accumulate, the wear and tear of our microanatomy and the deterioration of our physiology lead us deeper into the world of diseases and ageing. **Fortunately and thank God for evolution or for Creation**, intensive production of substances called natural **Super Antioxidants**, goes on in the cells, at locations just around the mitochondria. They neutralize the effects of the free radicals as they come out of the mitochondria, by **freely donating electrons** to them.

HOW DO FREE OXYGEN RADICALS GET INTO OUR BODIES?

From Within: As natural byproducts of biochemical oxidations occurring in normal metabolic functions within us. The more food we eat, the more free radicals we generate, the more physical activities we execute, the more oxygen we consume, and the more **FREE OXYGEN RADICALS** we will generate.

From Outside: Chemicals and pollutants in the food, medicines and all other things we ingest; Natural radiation, pesticides, air pollutants, fried foods, **alcohol, tobacco smoke** and most of those things we are exposed to, generate Free Oxygen Radicals in us.

Researchers at the Buck Institute are convinced that uncontrolled free oxygen radical activities in the body, are directly associated with a host of health problems. For example, an ageing immune system bombarded for so long by **Free Radicals**, goes awry and no longer functions efficiently, sometimes attacking own tissues, like we see in **Rheumatism**.

THE DAMAGES THAT OXYGEN / FREE RADICALS CAUSE IN OUR BODIES.

* Oxygen is not only **explosive**, it is also very **corrosive**. It will cause metals to rust into pieces and cause our tissues to rot with ageing. With every breath we take in, with every molecule of oxygen we breathe in, **WE AGE**, because oxygen that gives us life, also generates **FREE RADICALS** that slowly kill us.

* Take for example the Shrew, a small rat that goes along with 500 heartbeats per minute, consumes so much oxygen and produces so much free radicals that destroy most of its intracellular molecules leaving the poor shrew dead within 2yrs.

It was discovered that the cells of this poor animal produce relatively little quantity of natural antioxidants, to combat the menace of the enormous quantity of free radicals its hyperactivity generates.

* The damaging effect of free radicals on genes can also be seen in **Cell division (MITOSIS)**. Mitosis is the unwinding of the chromosomal DNA, its duplication and final separation into 2-daughter nuclei and cells. **TELOMERES**, found



at the end of each chromosome, ensure that DNA is accurately copied, each time the cell divides. Under natural conditions, with free radicals expressing their usual destructive effect, Telomeres progressively grow shorter with every cell division until they become so short that accurate division can no longer take place and the cell dies.

The explanation for this can be found in a group of enzymes called Reverse Transcriptases (**Telomerase**), which govern the activities of the Telomeres. The Telomerases manufacture the Telomeres and stick them to the ends of the chromosomal DNA.

The GENE for Telomerase production is present in all human cells. Scientists have now confirmed that uncontrolled bombardment of this gene by **free radicals** decreases production of Telomerase as we age. With time, Telomere production also decreases and the cells unable to divide accurately, malfunction, age and gradually die.

* Forensic Pathologist Dr. Dick Shepherd of a Pathology unit in London has identified and documented the numerous signs of oxygen damage in our organs and tissues. In the lungs the damages caused by **tobacco smoke and air pollutants** have been documented; the **arteriosclerotic plaque deposits** within the aorta and large arteries are clearly demonstrable. The plaques result mainly from oxidation of the LDL-cholesterol materials deposited within the endothelium of the arteries.

NEW LASER SCANNING MICROSCOPE reveals it all!

1. **The brain** is 2% of the whole body mass but uses a whopping 20% of the oxygen consumption of the whole body, with dire consequences. A young brain seen through **the new laser scanning microscope** glows with huge numbers of mitochondria, but as we age, the enormous quantity of free radicals (mostly peroxynitrite anions) produced by the huge energy demand of the brain, begin to destroy the mitochondria, the genes and neurons. One by one the glowing mitochondrial batteries fade and fail, and so do our brain cells. Our memories become impaired, our thinking becomes confused, and our movements become weird as we age. These degenerative damages in the brain are found mostly in the neurons that control movement. Alzheimer's disease, Parkinson's disease, and neuro-degenerative diseases are reaching epidemic levels in the world, no thanks to consumption of substances that generate superfluous quantity of free radicals.

2. Thousands of mitochondria packed into the proximal section of the sperm's tail, glow under the laser-scanning microscope. They power the propulsion of the sperms towards the ova, which is also densely packed with mitochondria. As we age, the density of the mitochondria in both cells diminish concurrent with their diminishing fertility qualities. Scientists now believe that the tightly packed mitochondria in the sperm cells and ova generate such huge quantity of free radicals, that in turn cause the destruction of the mitochondria, as well as the mutations on the genes within the cells themselves. In many double blind clinical trials, anovulatory conditions have been reversed after administration of potent Antioxidants through period of 3 to 6 months.

Here are just a few of the many diseases and disorders in which free oxygen radicals have been implicated.

Age Spot, **Ageing**, **Allergies**, **Alzheimer's Disease**, Angina, Arthritis, Asthma, Arteriosclerosis, Bleeding Gums, **Cancer**, **Cataracts**, Circulation Problems, Cirrhosis, **Diabetes Type II**, Dry Skin, Fatigue, Hay Fever, Heart Attacks, Hemorrhoids, Hypertension, Inflamed Tissues- Jet Lag- **Kidney Damage**, **Leukemia** **Liver Damage**, **Male Sexual Inadequacy**, **Memory Loss**, Menstrual Disorders **Migraine Headaches**, **Multiple Sclerosis**, **Night Blindness**, **Parkinson's Disease**, **Phlebitis**, **Prostate Problems**- **Psoriasis**, **Retinopathy** **Rheumatism**, **senility**, **Skin Cancers**, **Varicose Veins**, **Wrinkling of the Skin** and the list could go on and on.

If free radicals are the main reason why we age, then perhaps we should be looking at ways to reduce the amount of free radicals we produce and find ways of introducing more Antioxidants into our system.

NATURAL PROTECTION AGAINST INTERNALLY GENERATED FREE RADICALS.

The break-through that caused medical scientists really to look seriously at FREE OXYGEN RADICALS, was the astonishing discovery that the body produces large quantities of substances called super antioxidants to neutralize the dangerous FREE RADICALS .

1. **SuperOxide Dismutase (SOD)** is one of the super antioxidants or super FREE RADICAL SCAVENGERS which convert the FREE RADICALS into Hydrogen Peroxide.



2. CATALASE and GLUTATHIONE PEROXIDASE are the other super antioxidants that reduce the hydrogen peroxide to water.

3. So it seems that as long as our cells manufacture enough **natural super antioxidants** to mop up the free radicals, everything progresses, as planned by the genes. We grow from childhood, through adolescence to adulthood stronger and stronger. But as we grow bigger and eat more, our cells produce more and more free radicals **that escape capture** by the natural intracellular anti-oxidants. It is these free radicals that destroy our cells, our mitochondria, our genes, our DNA, RNA and LIPIDS on the cell membrane, **forcing ageing and diseases on us**.

4. The Bats and Birds that eat a lot, fly a lot and make lots of noise, thus generate a lot of free radicals have also evolved to survive for as long as 30 to 40 yrs, by manufacturing superfluous natural intracellular anti-oxidants.

GENERATE LESSER FREE RADICALS AND LIVE HEALTHIER AND LONGER

1. The popular 2 mice experiment, clearly confirms the assertion. The white, fat mouse ate superfluously, generated lots of free radicals and died just before age 2yrs. The brown slim mouse ate minimally, generated lesser free radicals and lived on to the ripe age of 3 1/2 yrs.

2. To generate lesser free radicals, with the hope of living healthier and longer, one 42year- old male, Briton. Mr. Michael Young restrained his food intake to about 1500 calories of vegetarian based diet daily, with high fruit and vegetable content. After 3yrs on the program, he was recently examined at the Institute of Human Ageing in Liverpool University and hardly any degenerative disease of ageing was detected in him. Thanks to the minimal Free Radicals generated.

The people of old in the books of Daniel Chapt.1 claimed that Daniel fed on vegetables, fruits and water, while under King Nebuchadnezzar, who had earlier commanded that they should eat from the King's food table. After 10 days he was looking healthier and fitter than those that ate the 'medemedes' (the rich foods) from the King's kitchen. Of course the 'medemedes' generate more free radicals, while vegetables and fruits from the plant kingdom are loaded with anti-oxidants.

Digging into the archives, I discovered that a group of scientists led by Dr. Mrs. Ibiyeri Olatunji Bello of CMUL, with Drs Daniela Masayuki, Hara Masayuki, Russel Retirer from the University of Texas USA, under the auspices of the World Bank research fellowship grant in 1994, were able to establish, using animal experiments, that the rate of ageing & diseases could be reduced with less calorie (food) intake. Their research led them to conclusions that the more food the experimental animals consumed the more free radicals was generated within them. These free radicals were referred to as poisonous substances that damage the heart, lungs, brains and kidneys. The message they sent forth was, "**eat less and live longer**", since all the animals fed on low calorie food value survived longer than those that ate superfluously.

5. **Faster heartbeats** result in **Faster production of free radicals** and shorter life span. While Slower heartbeats result in Slower production of free radicals and longer life span. Thus, the elephant with 30 heartbeats per minute lives for about 80yrs, while Harriet the tortoise with about 17 heartbeats per minute is still alive at 170yrs. In the animal Kingdom, longevity boils to the ability to generate lesser free radicals by any means. The same result can be achieved, if your cells could manufacture lots and lots of naturals antioxidants like the bats. Or you can simply consume lots of powerful antioxidants always, to mop up (scavenge) the multitude of free radicals that are always being formed in our cells.

THE WORLD OF ANTIOXIDANTS

Antioxidants neutralize the activities of the dangerous and deadly **free oxygen radicals**. As earlier mentioned, when we are young and active, our cells produce sufficient natural anti-oxidants (SOD., CATALASE and GLUTATHIONE PEROXIDASE ETC.) In addition, we consume lots of antioxidants in the form of Vit. A (Beta carotene), Vit C; Vit E; Selenium, Lipioc acid, FRUITS and VEGETABLES, etc.

A predominantly plant based diet reduces the risk for development of several chronic diseases. It is often assumed that antioxidants contribute to this protection, but results with single antioxidants administered as supplements (e.g. Vit. E alone) quite consistently do not support any benefit.

In the plant kingdom, plant polyphenols (TANNINS, FLAVONOIDS CATECHINS) are responsible for the antioxidant properties they possess. The better-known plant polyphenols with potent Anti-oxidant-properties are oligomeric and



polymeric **Proanthocyanidins, Antho-cyanidins, Apigenidin, Proapigenidin**, (found in Jobelyn) and Resveratrol, (found in red wine). There are hundreds of antioxidant compounds in most plants, and the total antioxidant capacity of a given plant is the integrated action from different compounds within the plant, instead of that from a single compound.

Processing, especially cooking of food, is generally regarded as being destructive to antioxidant compounds.

Well-documented studies on the potent antioxidant effects of plant polyphenols have been done in various Centers all over the world.

- * The University of Bordeaux in France, (Prof. Jacques Masquelier)
- * The Pasteur Institute also in France.
- * Horphag Research Ltd. USA.
- * The Huntington Institute USA.
- * The Buck Institute in Novato, USA.,
- * National Institute on Aging in Baltimore, MD; USA
- * USDA Human Nutrition Research Centre on Aging -Tufts University Boston USA.
- * College of Medicine University of Lagos. Idiaraba Lagos Nigeria.

PLANT POLYPHENOLS POSSESS AND EXHIBIT THE FOLLOWING PROPERTIES:

anti-viral
 anti-allergic
 anti-platelet aggregation
 anti-inflammatory
 anti-carcinogenic
 anti oxidant properties
 Hematinic properties.

The ability of plant polyphenols to exhibit these properties depend on the cumulative capacity of a product to scavenge free oxygen radicals. Plant polyphenols provide a diverse and complex supply of anti-oxidants to combat excessive free radical activity. There are seemingly limitless combinations of internal and external anti-oxidants to combat the myriads of free radical generated in the living cells.

The following values express the anti-oxidant activity or strength of a substance against a particular free radical anion.

1. Trolox Equivalent Antioxidant Capacity (TEAC).Trolox is an analog of Vit. E
2. Oxygen Radical Absorbance Capacity (ORAC) assay.
3. Total Antioxidant Capacity (TAC)
4. Anti-oxidant Capacity towards peroxyNitrite Radical (NORAC)
5. Anti-oxidant Capacity towards Hydroxyl Radical (HORAC)

Many other rating values exist, but are used less frequently

MOST POWERFUL ANTI-OXIDANT.

Scientists at the Buck Institute USA, after realizing the unique properties of antioxidants in human and animal life, culminated their research work with the manufacturing of **the most powerful antioxidant** yet known to man; the mother of all anti-oxidants; the **real elixir of life, The Synthetic Catalytic Scavenger (SCS)**.

It has so far been administered to **worms, mice, rats and guinea pigs**, and for the first time, in the history of the study of ageing, SCS was shown to directly increase the life span of an animal. **It will soon be tried on man.**

CLINICAL OBSERVATIONS ON THE USE OF ANTI-OXIDANTS: (Based on standard clinical, double blind tests)

1. Antioxidants have a dramatic affinity for vascular tissue and several clinical trial have confirmed their beneficial effects in treating vascular disorders like varicose veins, venous insufficiency, capillary fragility and Retinopathies. A double blind study of 50 patients with chronic venous insufficiency manifesting as varicose veins, revealed that antioxidants given for 4 weeks resulted in symptoms.
2. Management of cardiovascular diseases, Hypertension.
3. Control of LDL- cholesterol by inhibition of lipid peroxidation.
4. Selective cyto-toxicity for cancerous cells. Antioxidants have been shown to up- regulate the apoptosis - promoter genes in cancerous cells. Apoptosis means programmed cell death.



5. Inhibitory effect on HIV infection in vitro and in vivo. Recent research indicate that antioxidants express TAC-dependent suppression of HIV binding to chemokine receptors 2b, 3 and 5 found on immunocompetent peripheral blood mononuclear cells (PBMC), thus preventing HIV infection.
 6. A potential therapeutic tool in dermal wound healing by stimulation of vascular endothelial growth factor.
 7. Management of Insulin resistance.
 8. Penetrates the blood-brain barrier, mops up the free radicals there, mostly peroxynitrite anions. Thus inhibiting numerous neurodegenerative diseases, like Alzheimer's disease.
 9. Prevention of Hepatic and Renal toxicity in acetaminophen & other drug poisonings
 10. Improves symptoms of Systemic Lupus Erythematosus (SLE.)
 11. Protects the microvasculature of the Retina. Increases regeneration of rhodopsin, thus improves visual acuity.
- Just to mention a few.

JOBELYN by Health Forever Products Ltd

Jobelyn is a unique Nutraceutical product, a powerful anti-oxidant, a potent and exceptional heamatinic. Jobelyn is a herbal preparation from the leaves of Sorghum bicolor . This herb, when prepared with a special formula, has been used by natives of South Western Nigeria through many generations, to treat health disorders of diverse origins. In the hospital setting, Jobelyn has been used successfully in the management of cardiovascular and other blood related problems (especially cases of severe anemia, as in Sickle cell anemia and Leukemia.) , Diabetes mell. Type II; Arthritis, Neoplasms, HIV/AIDS etc.

WHY IS JOBELYN SO POTENT ?

Report on the research and development efforts in the USA, affirmed that Jobelyn contains oligomeric and polymeric PROANTHOCYANIDINS ANTHOCYANIDINS (condensed TANNINS) Apigenidins, Proapigenidins, FLAVONOIDS and many other plants polyphenols in large quantities. And all of these plant polyphenols that constitute about 11% of Jobelyn Capsule are very potent antioxidants .

2. **PhytoLab GmbH & Co KG** of Vestenbergsgreuth Germany, a world-renowned laboratory in these matters, described the anti-oxidant capacity of Jobelyn thus:

“The TEAC result of **686 mmol Trolox Equivalent** per kg for Jobelyn caps is **plausible** .

This test confirms considerable anti oxidative capacity of Jobelyn capsules.”

Recently, **Brunswick Biomedical Technologies Inc., Wareham USA** analyzed Jobelyn capsules and reported a very significant level of anti-oxidant capacity.

ASSESSMENT OF JOBELYN

IN RESEARCH CENTRES:

1. **The Pharmacotherapy Group, Faculty of Pharmacy University of Benin and the Dept of Biochemistry Faculty of Science of the same University**, concluded in their Research published in the African Journal of Biotechnology of Sept. 2003. “**that Jobelyn can resolve the PCV and Hb concentrations in anemic conditions and is a potential substitute for blood transfusion.**”

2. **The Dept. of Biochemistry the Dept of Cell Biology and Genetics, both in University of Lagos, Akoka**, concluded in their research, published in the African Journal of Biotechnology of Sept 2003, “ **that Jobelyn has an effect on the haematopoietic system, manifested by a positive increase in the levels of Hb, PCV and RBC. It also demonstrated substantial antiparasitic effects.**”

IN HOSPITALS AND CLINICS:

3. At the **Military Hospital Awolowo Rd. Lagos** , a limited Clinical study of Jobelyn showed that it increased cellular immunity in HIV positive individuals, either alone, or in collaboration with ARDs. Jobelyn brought about **300% increase in CD4 Lymphocyte** count, in those patients with very low values.

4. The Dialysis Centre of the Gbagada Gen. Hospital routinely prescribes Jobelyn to cater for their post- dialysis anemia cases.



5. In a paper presented by **Dr. T.O. Onyia of BVM Hospital Ltd Apapa Lagos**, he claimed extensive use of Jobelyn for cases of burns, postoperative cases, septicemias, anemic heart failure and as a general haematinic for all patients.

6. **In Health Forever Clinic Ikeja**, Jobelyn has been used for the past 4yrs and found to produce almost panacea effects. Improves. PCV and HB values; improves general condition of HIV positive patients- greatly enhances, the therapeutic standards of anti hypertensive and antidiabetics drugs.

7. The most recent documented study of the **Hematinic** effect of Jobelyn was on a 5years old child, whose Hb value dropped to 2.6g% through many years. Exact etiology remains unknown but, parents claimed he received local treatments because of incessant convulsions from ? Pyrexia. He was to be transfused at the Surulere General Hospital on the 31st of August 2004, but was not, because of financial constraints. In my Hospital, Lindabel Medical Centre, pending further investigations, the child was placed on Jobelyn capsules one B.D. Within 10 days, his Hb gradually climbed to 8.6g% - confirmed at the Surulere General Hospital Laboratory. His condition is still being monitored and he is still on Jobelyn capsules.

HOW SAFE IS JOBELYN ?

The Natives in South West Nigeria have used this preparation for generations without adverse effects, but the manufacturers insisted on further modern medicine assessment checks. After a series of international standard tests, **Dr . Joshua F. Eniojukan Ph. D** of the Medicine Assessment, Pharmaco epidemiology and Pharmaco economics unit of the School of Pharmacy CMUL Idiaraba, made the following conclusions on Jobelyn.

“**The LD 50** value and the tolerance limits recorded would indicate a profound safety profile for this product. At the current dosage regimens recommended by the manufacturers, one can infer from these studies that the possibilities of exhibiting toxicities in the clinics are very remote.”

PRESENTATIONS

Jobelyn has been presented at many National and International fora. In the UK, USA Senegal, Ghana, just to mention a few. Recently, **Jobelyn** was on display at the **35th International Congress on Military Medicine (ICMM)** held in Washington DC USA Sept. 2004.

In an abstract submitted to the Scientific Committee of the ICMM. Col.Godwin Ayuba, Consultant Pathologist at the Military Hospital Ikoyi Lagos stated that “**Jobelyn is a good alternative and/or supplement to ARDs, in the management of HIV/ AIDS patients**”.

A poster presentation on the abstract was held during the International Congress, attended by military medical chiefs from 110 member countries.

Col. Ayuba conducted the clinical studies in collaboration with Dr. Patrick Erah of the Dept. of Clinical Pharmacy and Pharmacy Practice, University of Benin Nigeria.

TESTIMONIALS

1. Sickle Cell Anemia Patient from FLORIDA USA

It is with great pleasure I write to you, re: the great improvement of my son's health. There has been such a drastic turn around in his condition that the doctors are even amazed themselves. I gave the Jobelyn to him yesterday around 5 p.m. 3 capsules, and saw results within a few hours. Since then, his appetite has increased, he has greater levels of energy, and is now walking normally compared to when he was basically bed ridden for long periods of time as well as having to use a wheelchair for transit purposes. Due to this development the doctors have mentioned that there is a possibility that he may even go home tomorrow after being in the hospital for going onto 2 ½ wks. Although the pains have not totally gone, there has been a remarkable improvement overall.

Omar Shobola USA.

2. Sickle Cell Anemia patient from USA

My fiancée's condition has slowly improved since starting the Jobelyn Right before we ordered our first supply; she was in a pretty bad state. She spent about 50% of her life in the hospital. At one point, we were in the hospital more than out and frequently, on the day we went home from the hospital, we wouldn't even make it home before the pain got so bad that we had to turn around and go right back to the hospital. Back then, her hemoglobin usually ran in the low-to-mid 7s. well, it's now about three and a half months later. Along the way, she's had only one hospital visit, and the crisis



wasn't nearly as severe as the previous ones. Her hemoglobin reached as high as 8.7! I can't remember the last time her hemoglobin has been this high since I met her about 4 years ago! Nothing else has really changed in her routine except for taking Jobelyn.

The last hemoglobin count she had done (while in the hospital, in crisis), was 8.3.

Marc Milline Notasha Cox Parent of A Sickle- Cell Anemia Patient

3. In her book, "**Sickle Cell, How to cope,**" published by Spectrum Books Ltd., Mrs. Hilda Ogbe, an expatriate, living in Nigeria for over 48yrs, described. Jobelyn as a blood tonic making it possible for sickle cell sufferers to lead normal lives". For 25yrs She successfully treated sickle-cell disorder with Nigerian herbs, and confirmed that "Jobelyn products increase in a very short time the red blood cells and support the immune system.

An American, whose wife is an associate professor in the department of occupational therapy, Boston University, Massachusetts, USA. He had Acute Myeloid Leukemia, refractory type M-O. He received three courses of chemotherapy between October and January 1996-1997. Two weeks after the last chemotherapy, his leukemia relapsed. He went for another protocol in which he received lymphocyte infusion (helper T cells) followed by three weeks of interleukin 2. injections. In spite of all these, his blast continued to increase and the haematocrit kept going down. He was transfused with two pints of whole blood every other day. He also received multiple platelet transfusions. His case was dismissed by his doctors at **Dana Farber Cancer Centre** (one of the best two cancer centers in the world) as irredeemable. He was given two days to live after discharge from Hospital. His wife, Elsie, placed an order for Jobelyn capsules through the internet. Samples of Jobelyn were sent to her and were administered on her husband who was admitted for acute myeloid leukemia at Dana Farber Cancer Institute Boston. He was already discharged and given two to three days at most to die because his body rejected all the blood transfused.

Jobelyn helped to prolong his life for more than he was expected to live. Though the patient is now deceased, his condition while on this therapy could best be summarized in the spouse's own words:

"The Jobelyn definitely stabilized his hematocrit for as long as he took it and it may have prolonged his life a few weeks. Having been able to keep him alive for a month after they thought he was going to die, was worth it".

Dr. Elsie R. Vergara (Associate Professor) Boston University MA, USA

Distinguished Ladies and Gentlemen, with our new knowledge on, FREE OXYGEN RADICALS and ANTI-OXIDANTS, the primary focus in medicine will become **disease prevention and good health preservation**, rather than its protracted, cost intensive and invasive treatment protocols.

*** The new Paradigm, that free oxygen radicals are responsible for ageing and almost all our ailments and that anti-oxidants scavenge and mop up the free radicals giving us a new lease of healthy life, will remove restrictions and barriers and make future progress within the medical field possible.**

Dr. David Abia- Okon (MD; SCS-Hungary)

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MAN WAS MADE TO EAT FRUITS AND DRINK WATER.

It is my strong conviction that every normal protein molecule, DNA, RNA, GENES in the human anatomy originated directly or indirectly from the plant kingdom. I am not surprised that the plant Kingdom is flooded with myriads of **antioxidants**, obviously meant for the humans who are sensible enough to consume them.

Even in the Holy Bible, in the Book of Daniel, chapter 1; King Nebuchadnezzar of Babylon, captured Jerusalem and planned to nurture some of the captured Israelites to nobility status. Daniel, Hananiah, Mishael and Azariah, were the prominent ones amongst them The King assigned to them daily portion of the rich foods which he the King ate.



But Daniel would not defile himself with the King's rich foods, or with the wine he drank. He requested instead for vegetables to eat and water to drink. At the end of 10 days, it was seen that they were better in appearance and fatter in flesh than all the youths who ate the king's rich food. The king even found these Israelites, who ate only **vegetables**, ten times better, in every matter of wisdom and understanding.

The human dentition and digestive tract structure is fashioned to consume plants, fruits and water only. Unfortunately man used his technological capability to develop cutting utensils to cut flesh into smaller pieces and develop fire to cook the flesh to edible states. Unfortunate, because nature did not mould our system to consume and digest flesh.

Carnivorous animals do not cook their meat before consumption. The lion, the kingfisher, the eagle consumes its fleshy foods, fresh and raw. Our babies consume breast milk straight from the breast without alteration.

A friend that I revealed my conviction to, wondered aloud whether fruits alone would suffice the food requirements of man. I reminded him that the great elephants and the biggest cows fed on only grass yet produce so much flesh and milk.

Humans apply technology to alter flesh and other substances not meant for their consumption into edible states. No doubt the improper digestion of such foods produce a myriad of toxic waste product that participates in poisoning our cells.

No wonder that plants, which are supposed to be our food, are packed full with anti-oxidants called plant polyphenols. This cannot be coincidental.