

How to Reverse the Aging Process

Why We Age

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Why We Age

Fibrosis

Irritation → Inflammation → Fibrosis

Fibrosis is scarring

Fibrosis causes blockage of the micro capillaries

Fibrosis causes atherosclerosis

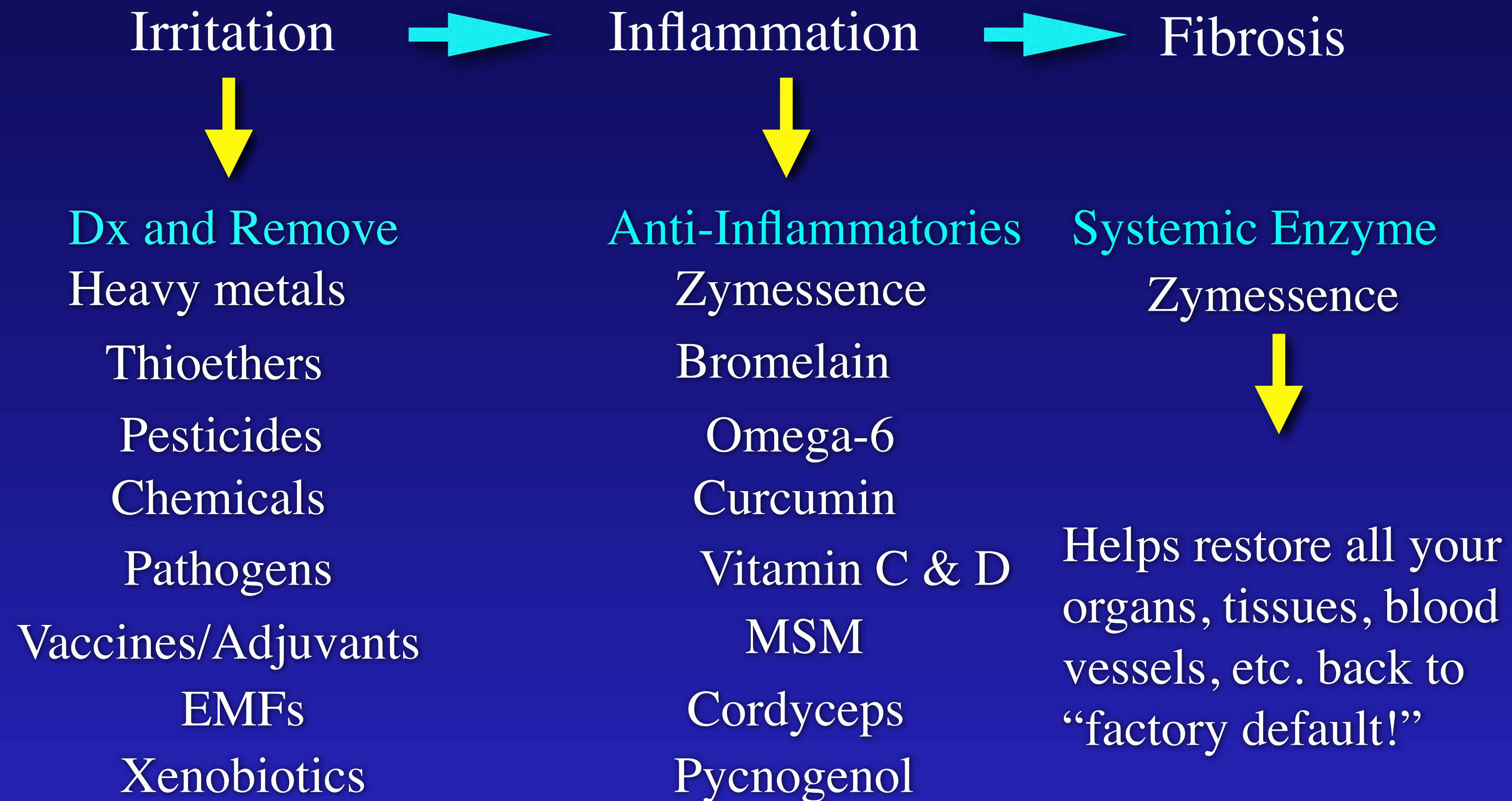
Fibrosis causes dysfunction of organ parenchyma

Fibrosis causes muscle, ligament, and joint stiffness

Fibrosis causes dementia, Parkinson's, ALS, MS, etc.

Fibrosis causes degeneration and death

Reversing Fibrosis



Anti-Aging

9 BASICS OF REVERSING THE AGING PROCESS

1. Detox the body specially the liver, intestines, kidneys, and lymph system.
2. Dissolve the deposits of excess fibrin to improve function of the organs, circulatory system, brain, and tissues through out the body.
3. Restore the flexibility, porosity, and process of osmosis of the cell membranes.
4. Rejuvenate and increase mitochondrial function.
5. Take anti-oxidants/anti-inflammatories to counteract environmental toxins.
6. Consume unadulterated food, water, and periodic high concentrations of oxygen.
7. Meditate and project positive affirmations.
8. Reduce your stress level by regularly exercising.
9. Do what you enjoy on a regular basis.

DETOX THE BODY

DETOX THE BODY

1. Food grade diatomaceous earth: upon arising 1 tsp in 8 ounces of spring water for 1st week then 1 tbs in 12 oz. water for the next 3 months.
 - a. Scrubs the intestinal walls
 - b. Absorbs toxins
 - c. Kills parasites (IverMectin US\$27.41 Amazon)
2. Repopulate the intestines with a good probiotic
 - a. Bravo: www.bravo-probiotic-yogurt.com/category/bravo-yogurt
 - b. Prescript - Assist: ICNR, Inc. (800) 272-2323
 - b. Kaqun Drops: ICNR, Inc. (800) 272-2323
3. Zeolite: Remove the radiation, heavy metals, xenobiotics

DETOX THE BODY

4. Give the liver, Kidneys, and lymph what they need to detox.
 - a. Glutathione
 - b. Liver CHI (CHI Enterprise, Inc.)
 - c. Superoxide Dismutase
 - d. Kidney Tone (Energetix)
 - e. Kidney Chi (CHI Enterprise, Inc.)

5. Take enzymes.
 - a. Digestive enzymes: Touchstone Essentials, GastroCalm, ProAct-Enz
 - b. Systemic enzymes: Zymessence (800) 272.2323

The Zymessence will clean-up the blood, lymph, fibrin, and pathogens.

DISSOLVE THE FIBRIN

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Zymessence is the best systemic enzyme formula on this planet.

- a. Anti-inflammatory
- b. Dissolves fibrin (brain, blood vessels, organs and joints)
- c. Anti-viral, anti-bacterial, anti-fungal, anti-mold
- d. Remove any foreign protein from the blood
- e. Dissolves the biofilm secreted by cancer cells and will breakdown the cancer cells.

Reversing Inflammation



My barber, Len, was wearing Ace bandages on both wrists. He stated he was in constant pain had restricted range of motion and taking Ibuprofen for his pain.

I put him on Zymessence one capsule three times a day. In six weeks he was 95% pain free and had full range of motion.

Reversing Inflammation



Leona had Lyme in her wrists, knees, hips, and right elbow. She was in severe pain, experienced fatigue, and had no stamina. Leona was placed on homeopathics for Lyme and support for her adrenals. After two months on Zymessence (1 capsule 3 x/ day) all her joint pain disappeared, she was able to line dance with her husband for 4 hours, and dig in her garden with a shovel for an hour with not pain.

Alternatives to Taking Aspirin

Nattokinase or lumbrokinase, both enzymes have shown anti-clotting effects as well as heart-strengthening properties.

A 1999 study showed that pycnogenol, the French pine bark extract, not only inhibited platelet aggregation in smokers (a high-risk group) as effectively as aspirin, but also did it without adversely affecting bleeding time.

Alternatives to Taking Aspirin

- Zymessence: Pharmaceutical grade systemic enzyme that digests all foreign protein in the blood. It is also anti-inflammatory with no side effects.
- Turmeric
- Ginger
- Cayenne pepper
- Garlic
- Cassia cinnamon
- Ginkgo biloba
- Grape seed extract
- Vitamin E (delta tocopherol)
- Bromelain
- Omega-3 and Omega-6 fats

RESTORE CELL FLEXIBILITY

CORDYCEPS CS-4

Incredible Functions

1. Repairs the cell membrane vitalizing the cell.
2. Increases oxygen utilization in the cell.
3. Increases stamina.
4. Provides a comprehensive balance of nutrients.
5. Acts as a modulator bring everything back into homeostasis.
6. Boosts the immune system.
7. Performance enhancer.
8. Reduces fatigue.
9. Prevents the rapid replication of mutated cells in DNA strand.
10. Increases libido.
11. Increases cellular ATP.
12. Programs the stem cells to form what the body needs.

RESTORE CELL FLEXIBILITY

MSM (Methylsulfonylmethane): biologically active sulfur essential for restoring protein and making cell membranes more porous and flexible.

Very effective as a detox agent, hangovers, for resolving allergies, dementia, healing a “leaky gut”, arthritis, strengthening nails and hair, increasing energy, anti-inflammatory, reducing scars, and speeds healing.

Designs For Health: 2 tsp am/ 1 tsp bedtime): Must take it with equal portions of natural vitamin C to effect a good healing response.

RESTORE MITOCHONDRIA

Pyrrroloquinoline Quinone

Benefits

Supports heart and brain cells against oxidative stress.

Improves memory, clearer, and better cognitive thinking.

20mg PQQ is greatly enhanced when taken with 300mg CoQ10.

100 times more effective than vitamin C as an antioxidant.

PQQ rich source of foods:

- Parsley, green peppers, kiwi fruit, papaya and naturally fermented soy from nato (2-3 mcg /100 gram serving)
- Green tea supplies double that amount.

ANTI-OXIDANTS/ANTI-INFLAMMATORIES

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1. Zymessence
2. Bromelain
3. Papain
4. Vitamin C
5. “Parent” Essential Oils (omega-6 linoleic acid and omega-3 alpha-linolenic acid); key to restoring cell membranes.
 - a. **Wellspring** (Touchstone Essentials): High in omega 3s & 6s - Borage oil, Flax oil, Pumpkin Seed oil, Extra Virgin Coconut Oil.
 - b. **Hemp Seed Oil** (contains the ideal 3:1 ratio of Omega-6 (GLA) to Omega-3 essential fatty acids. Perfect balance since it also has Omega-9.

CELL MEMBRANES

The cell membrane is half fat. A portion of the fat making up the membrane is saturated; it doesn't easily react with, or absorb, the oxygen and other biologic substances that come into contact with it. The other portion of the fat in the membrane is "unsaturated." It on the other hand, DOES easily absorb oxygen.

State-of-the-art 21st century analysis with positron emission testing (PET) proves this fact. Twenty-five to thirty-three percent (25-33%) of every cell membrane's lipids are supposed to be PEOs!

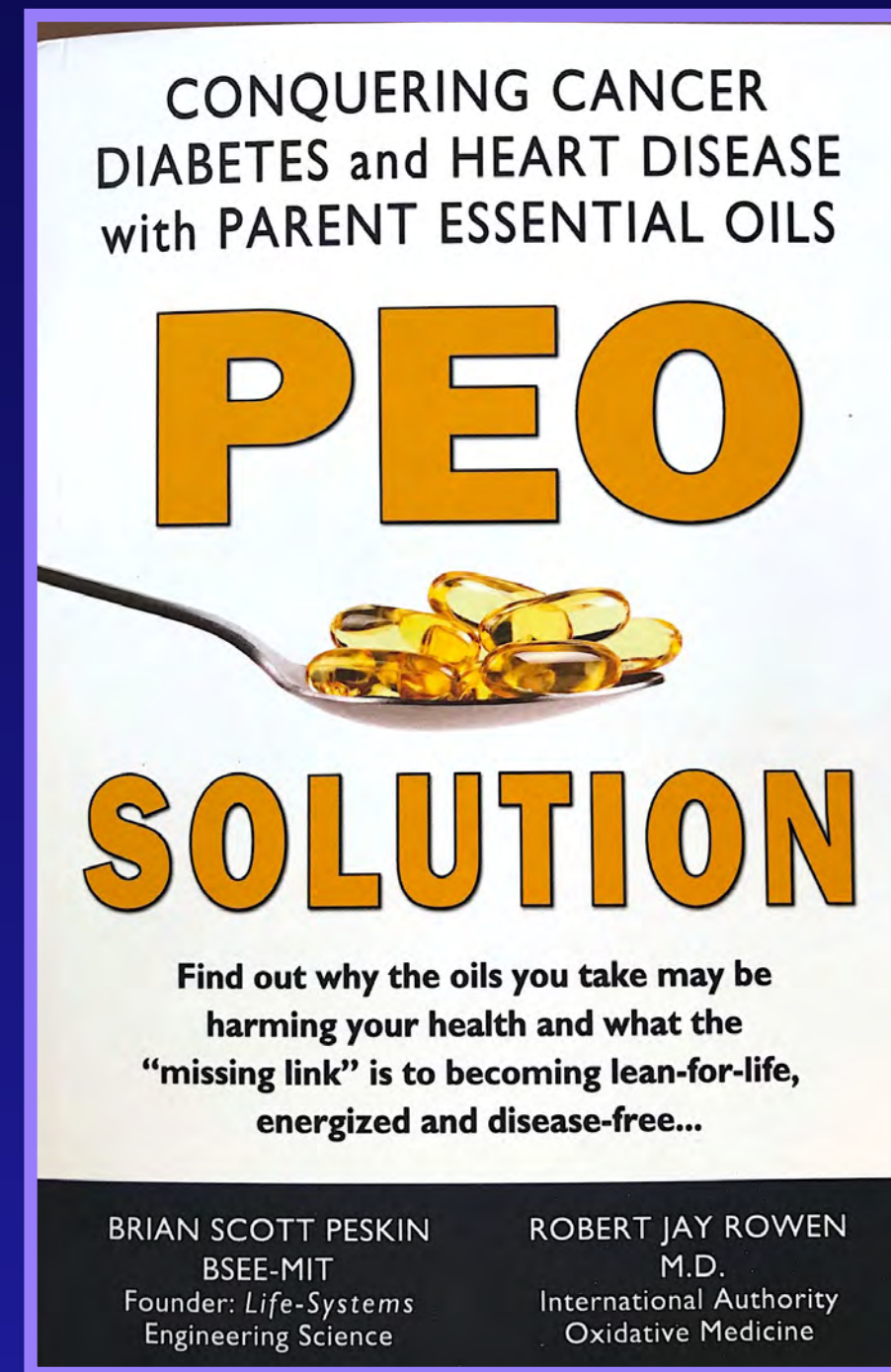
“PARENT ESSENTIAL OILS” (PEOs)

The only two true essential fatty acids: Parent omega-6 (linoleic acid, or LA) and Parent omega-3 (alpha-linolenic acid, or ALA). The term “Parent” is used because these are the whole, unadulterated, fully functional forms of the **only two essential fats your body demands**, as they occur in nature.

Conquering Cancer, Diabetes, and Heart Disease
with Parent Essential Oils
PEO Solution

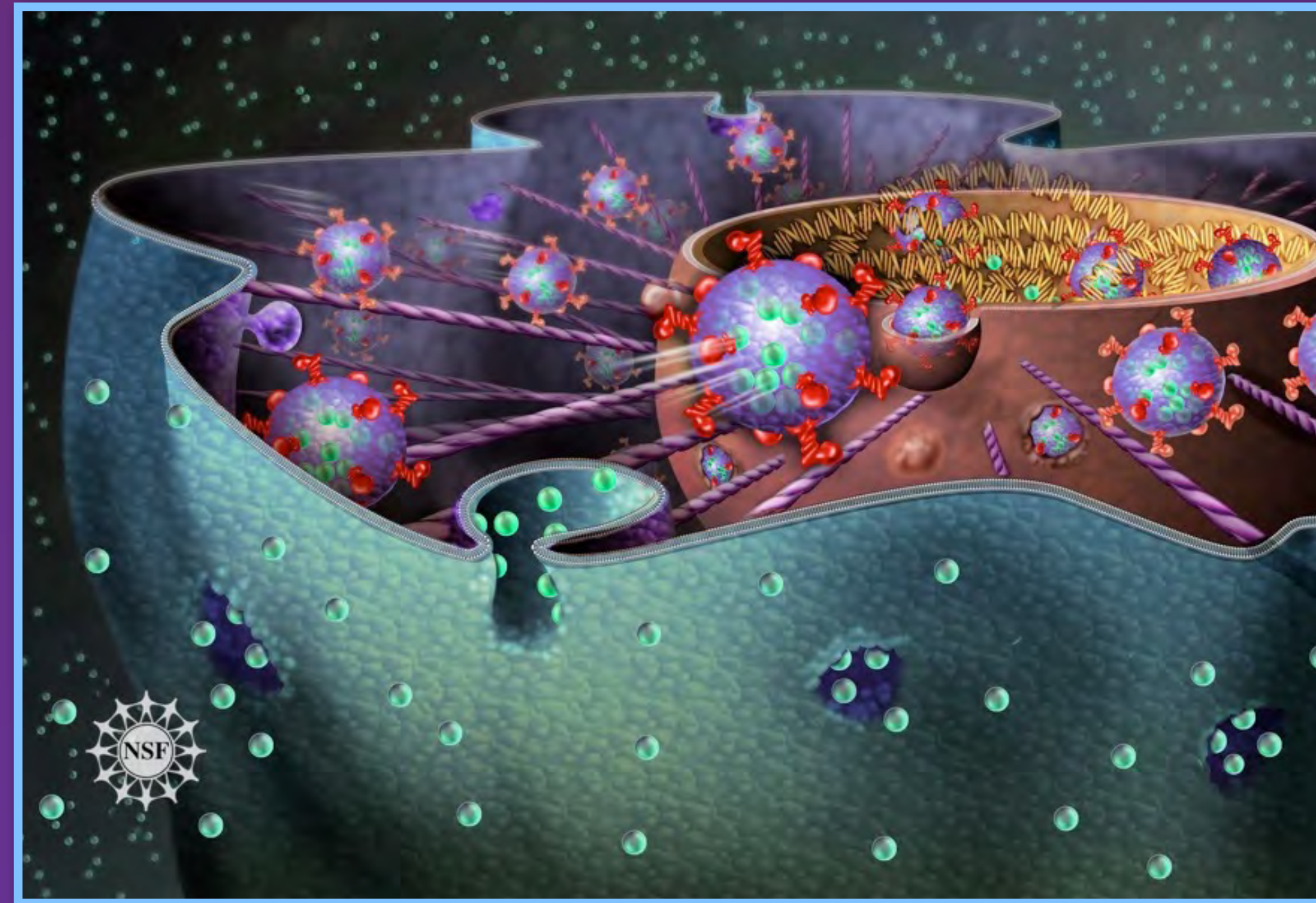
Brian Scott Peskin, P.h.D. and Robert Jay Rowen, M.D.

Brian S. Peskin, Ph.D. and Robert Rowan, M.D.



All the documentation that verifies the toxicity of fish oils, the need for the Parent Essential Oils, and why the adulterated omega-6 oils are the basis for most diseases.

Adulteration of Cell Membranes



When the cell membranes get corrupted with adulterated omega-6 oils (corn, canola, soy, safflower), the membranes become plastic. It initiates a slow death to cells.

CELLULAR OXYGENATION THE ULTIMATE IN ANTI- AGING SCIENCE

EFAAs work like tiny 'magnets' drawing oxygen into all cells, tissues and vital organs; **reduction of oxygen by one third and cells turn cancerous!**

Research demonstrates that fish oil supplements consistently fail to prevent cardiovascular disease (CVD), cancer, and significantly worsen diabetic patients' condition by raising blood sugars and lessening the critical insulin response.

LDL-C (CHOLESTEROL) IS THE TRANSPORTER OF PEOS

he low density lipids is best accomplished by consuming sufficient organic, unadulterated PEOs each and every day. The PEOs help:

- Prevent and slow down existing cancerous tumor growth.
- Prevent and reverse existing cardiovascular disease.
- Significantly enhance cellular insulin sensitivity.

FOOD SOURCES FOR OMEGA 6 FATTY ACIDS

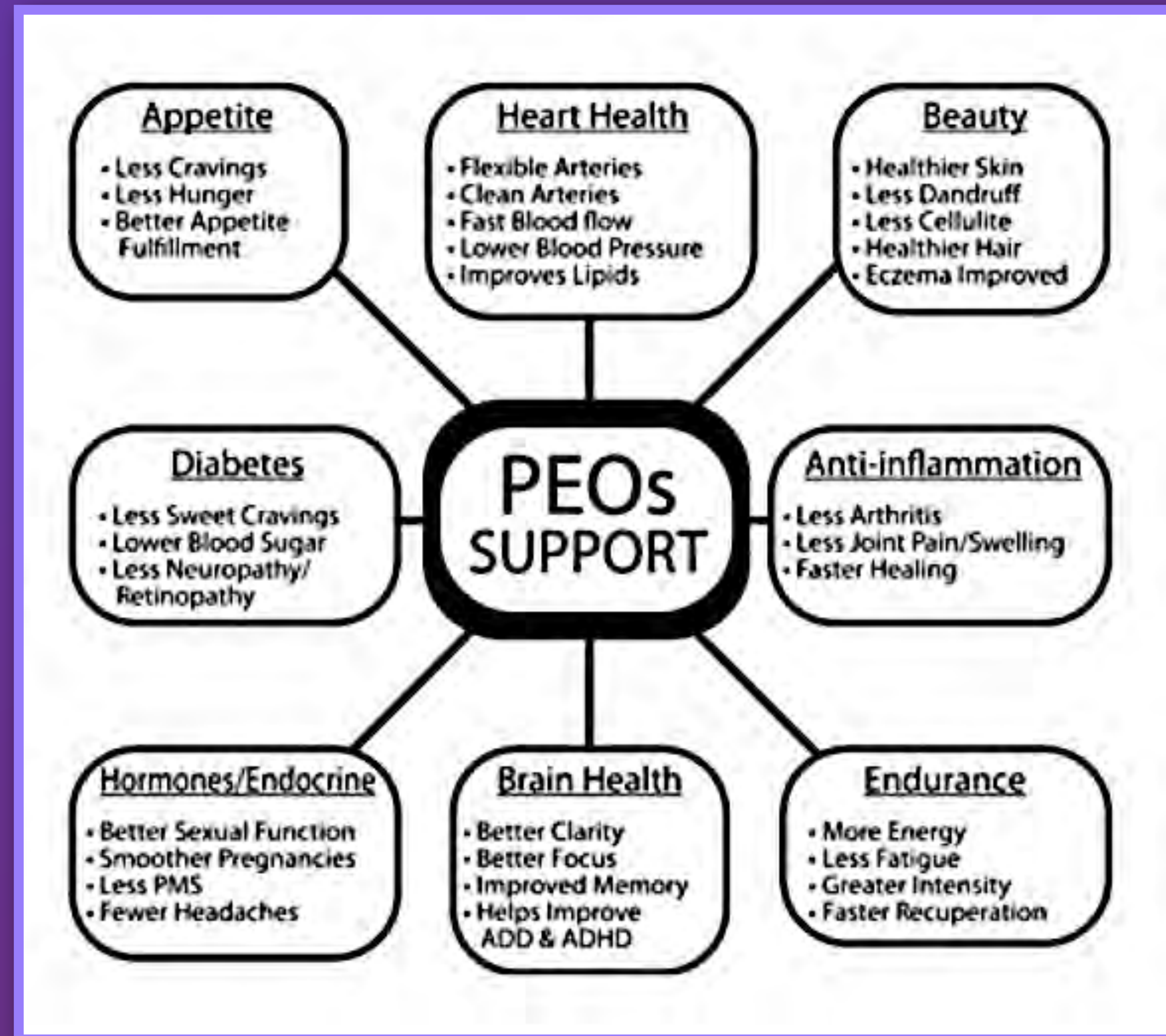
Milk: 1,698 mg/lb.	Coconuts: 1,622 mg/lb.
Avocado: 7,600 mg/lb.	Walnuts: 28 gm/100mgs
Lamb: 3,855 mg/lb.	Brazil nuts: 23 gm/100gms
Olives: 2,469 mg/lb.	Dandelions: 1,185 mg/lb.
Steak (chuck roast): 9,675 mg/lb.	Pecans: 23 gm/100gms

PEO Solution by Peskin, Ph.D. and Robert Rowan, M.D.

PEOs MUST BE CONSUMED DAILY

Your body cannot manufacture PEOs (genuine EFAs, rather than EFA derivatives) on its own.

PEOs SUPPORT A MAJOR PART OF BODY STRUCTURE



IF FAT IS SO BAD FOR YOU

Why does mother's milk provide a higher proportion of cholesterol than almost any other food. It also contains over 50% of its calories as fat, much of it saturated fat. Both cholesterol and saturated fat are essential for growth in babies and children, especially the development of the brain. Yet, the American Heart Association is now recommending a low-cholesterol, low fat diet for children! A recent study linked low fat diets with failure to thrive in children.

8 BENEFITS OF CHOLESTEROL

- Gives our cell membranes necessary stiffness and stability.
- A precursor to vital corticosteroids, hormones that help us deal with stress and protect the body against heart disease and cancer; and to the sex hormones like androgen, testosterone, estrogen and progesterone.
- A precursor to vitamin D for a healthy functioning immune system.
- Acts as an antioxidant protecting us against free radical damage.
- Plays an important role in maintaining the health of the intestinal wall.
- Needed for proper function of serotonin receptors in the brain.
- Ensures proper development of the brain and nervous system.
- Essential for the production of bile salts.

FAT CONSUMPTION IN PRIMITIVE DIETS

Doctor Weston Price analyzed the nutrient content of native diets and found that they consistently provided about ten times more fat soluble vitamins than the American diet of the 1930's.

HIGH CHOLESTEROL

High serum cholesterol levels often indicate that the body needs cholesterol to protect itself from high levels of altered, free-radical-containing fats. Cholesterol is needed in a poorly nourished body to protect the individual from a tendency to heart disease and cancer. Blaming coronary heart disease on cholesterol is like blaming the police for murder and theft in a high crime area.

VITAMIN K2 HELPS PREVENT TOOTH DECAY

Vitamin K2 is a fat-soluble substance that plays a fundamental role in the utilization of minerals and whose absence from modern nutrition is responsible for the proliferation of dental caries and other degenerative diseases.

Weston Price published a second edition of his pioneering work *Nutrition and Physical Degeneration*, to which he added a new chapter entitled, "A New Vitamin-Like Activator."

HELPFUL TIPS

1. Drink filtered water.
2. Eat real food: add Pure Synergy into your diet.
3. Take anti-oxidants.
4. Protect yourself from EMFs: shungite, Tesla Energy Card, diodes, X-49.
5. Meditate regularly.
6. Take Clinician's Preference and Zymessence regularly.
7. Get at least 7 hours of sleep.
8. Exercise regularly.
9. Perform random acts of kindness.
10. Do the things that you enjoy on a regular basis.