

Interview with Dr. Garry Gordon

The Secret of the Pueraria Mirifica Root

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DrY: We're very happy to have with us Dr. Garry Gordon. He is a medical doctor, a researcher, an adviser and a teacher to many, many doctors, and has a great following during his 50-year medical career. He has found, perfected and combined a special herb that is found in Thailand that can be possibly preventing a lot of breast cancer and helping many women and possibly men not deal with hormonal imbalances. I'm very happy to have with us Dr. Gordon.

DrG: Thank you. It's my pleasure to be with you, and it's a great opportunity to spread the word about *mirifica*, which stands for "miracle herb". It has been used historically in Northern Thailand in the diet for many, many years. And we became interested approximately ten years when the World Health Organization was reporting that approximately the lowest level of breast cancer in the world was being found in this area of Northern Thailand.

A friend of mine had moved there, to Bangkok, Dr. Sandy Schwartz, after having been the partner of Robert C. Atkins for many years. We linked up again a few years ago, and I found out that he was involved in this research with the Thailand Research Council. They found that there's a gourd-like product that actually is a member of a big family called *kudzu*. But as they went through this big massive gourd, you had to get it at the right time of the year. If you went through the food, there would be certain areas that was active in this particular, what we now call, selective estrogen receptor modulation (SERM) effect, particularly at the beta receptor. Now, those are big words, but why did it turn out to be important? Well, as we get more and more into the study of breast cancer, we have become aware that there are these estrogen receptors located in many places in the body in both men and women. These receptors are then involved in bone loss. They're involved in Alzheimer's. They're involved in keeping the prostate healthy, and particularly they're important at keeping the breast healthy.

And because we live in a world in which we have many things that are called estrogen mimics, that would include dioxins and PCBs that, according to the Mount Sinai School of Medicine Laboratory testing, everybody that we test today has lots of these chemicals (dioxins, PCBs) in our bodies that's interfering with our body's normal ability for the cells to operate efficiently. And so when we found that, although we've all tried black cohosh and red clover and genistein, we've worked with these substances and they've all been beneficial but they weren't quite reaching the level of activity that women need because it's really hard when you're going through the change of life and you're incapacitated with night sweats all night and you can't get to work and you don't feel well. It's been necessary to find something that was kind of much more active, and we had to really identify what the activity was.

So that activity we've been able to really come down to a purified form; it's now called Purestrol. And I've done a booklet about this, and it gets a little technical. So what I wound up putting is on my Gordon Research Institute Web site, which anybody just goes to gordonresearch.com, and on the Web site they see my picture. As they come down on the site, it says "HRT Plus and Pueraria Mirifica". And when they click on that, the next page that will come up will be a page of the actual papers, including a booklet that I've written, because having taken my time to go to Bangkok several times and meet with the researchers, I'm really excited about what we're

seeing in what we call the world of molecular medicine. It was only when we got into molecular medicine that we could understand how could this gourd, which they have in their diet, how could it be having such positive effects? Because the men report that they're not up at night to urinate, and they hardly see any people with broken bones or people with Alzheimer's, and they have this proven low incidence of breast cancer.

We had to tease it out and find out what do they eat, where do they get it? And it's been very exciting because, working with the Thailand Research Council, they've been able to help us get the necessary studies done so that you can actually go to my Web site and read them word for word and see about a study in which the Pueraria was compared head-on in a medical school study with a commonly used conjugated equine estrogen that is widely used in our country (one is called under the name Premarin), and the results were virtually identical.

So here was documentation in a medical school study published, that you can read on my Web site, that shows that taking a simple tablet sublingually once or twice a day, depending on your body weight, and you may need two of these, but this little tablet we also decided that because there is this problem of our body having a lot of these toxins, we decided to support your body's ability to get rid of toxins by using both the methylated form of B-12 and the most methylated form of folic acid.

Now, everybody knows folic acid, part of the Vitamin B family, and we have the March of Dimes showing that if you take extra folic acid we'd have less birth defects. But that was still all using the synthetic form of folic acid. Since we're getting into an older age group of people where we're all more toxic, we put in the natural form of folic acid, which is much more expensive, along with the B-12, and we put it as a sublingual because we are looking at long-term outcomes.

A lot of people, of course, are looking for immediate relief of the hot flashes, they want to sleep better tomorrow night, and that is a very well-documented benefit in the studies that you can read on my Web site. But a lot of these studies were done in Thailand where they have less genetically modified food and less of the chemicals in our food. So I have learned that our patients in our country will do a little bit better if they do some concurrent detoxification because we have so many estrogen mimics that you almost want to go to Google and put that word in to find out how many cosmetics and how many things in your home are helping interfere with your body's ability to use your own hormones successfully.

Now, if we go into bio-identical hormone replacement therapy, we will find that one of the safe forms of estrogen has caused the compounding pharmacist to give us some very useful prescription forms of bio-identical hormone replacement therapy. It was based largely around estriol, which becomes widely known in the literature as the safe form of estrogen support. What was a miracle to us is that this little substance, Pueraria mirifica, is only essentially one atom different than estriol. So we have found in nature that all the excitement about estriol was right, but we've been able to find essentially a natural alternative to estriol. And so this has wound up with me looking at aging, since I've been lucky enough to have spent my lifetime in detoxification using oral and intravenous forms of chelation that really gets the lead out, and I have the lowest level of lead that you can have, undetectable levels. Everybody can have greater health if we get your own body working more effectively.

So I combined the natural support we need, because you must have some kind of support if we're going to reach age 90 and have strong bones and soft arteries. That's the test in addition to having full use of all your faculties. Now, the Alzheimer Foundation frightens you because they say at age 85 one out of two of us will be in a nursing home with Alzheimer's. I need to not have that at all in any of my patients. So

that's one of the reasons I have become such an advocate of the Pueraria because here's a non-prescription way around the current problem we're having with FDA that's starting to make it difficult for doctors to obtain the bio-identical hormones they've been used to using. So here's a backup plan that is on a magnitude of order stronger than what we got out of red clover and black cohosh and out of the various forms of soy. And at the same time, it's something that I, as a man, having been very aware that men at age 50, approximately one out of two at age 50, if you do a careful autopsy, has some cancer in their prostate.

So, for me, part of my aging support is to do a natural hormone support for all people. Now, I go beyond that, and I use other things, like maca, which is widely known as a very useful herb that has very powerful effects on menopause. And I also will use things like tribulus and mumio, which we call Beyond Growth Hormone Support.

So when I look at bio-identical hormone replacement therapy, I think, first of all, to get it so that we can have our own hormones working as efficiently as possible. So some of my work has been around getting our bodies as detoxed as possible, and it takes about 15 years of oral chelation to lower your lead levels to undetectable, but there's no hurry as long as you're moving in the right direction. It's just that as we age, the level of phthalates and bisphenol A, mercury and lead seems to be going higher, and when something happens to us, like menopause, when your bones start to melt, you are releasing the lead that has been stored in your bones, and everybody on earth today has about 1,000 times more lead in bones than we just had 400 years ago.

So if I can keep that process going by having useful natural supplements that work at the molecular level, I repeat this big word, SERM, selective estrogen receptor modulator, big words, but we had to look this way because we couldn't understand how come a diet in Northern Thailand had such low incidence of breast cancer, because it wasn't simple. We are all very fearful. As we know, so much of the hormones that we try to use for menopause have been associated with either increased cancer or increased heart disease. And since I'm really dedicated to letting everybody meet and reach their maximum intended useful lifespan, my approach was to first get your body working as efficiently as you could. So I have everybody taking high levels of Vitamin C every day as part of their detoxification program and learning to take extra fiber.

So when we look at what we found in Northern Thailand, we found that this simple compound, Pueraria mirifica, is able to bind on the estrogen receptors that are in my brain, my prostate, my bone and our breasts and have, therefore, a way of protecting those sites against the outside influence of toxic substances, which we call estrogen mimics, while I try to get everybody to eat more organically, exercise more, detox more. We all need to be doing more sweating. We all have to exercise more. But in dealing with the epidemic of what we today call the obesity, diabetes and these things, I teach people a simple acronym. You have to fight for your health: FIGHT. And I try to teach people some simple things you can do in food, like avoid dairy or wheat if you have gluten sensitivity, some simple things you can do about infections, because as we get into this anti-aging problem, everybody says inflammation is contributing to breast cancer and Alzheimer's, and inflammation really means, for most of us, that there's an infection in our body. It could be Chlamydia, which most of us test positive for, or cytomegalic virus, which about 80% of us -- it's part of the herpes family, or it could be Lyme. But these are complicated things because we don't have a simple penicillin or antiviral or antifungal that we can use. And now the latest research out of Italy is that some cancers seem to be tied to even fungus.

And so as we deal with staying healthy, we need to have natural things that will support our body. And part of what we did with the HRT was to give you methylation support. Methylation just means CH₃, a carbon and three hydrogen. But it allows your body to detox more effectively, and it allows your body to repair cells.

And at this time, I would like to turn over to a couple of patients that we had join us today, and we're going to first turn to Sandy Taft, who's on my right, and we're going to ask her.

Sandy, you've worked in the anti-aging field at Longevity Plus for many years now, and you've been talking to people over the phone and doctors' offices and so you became kind of knowledgeable about what you're going to do about your own aging process. What made you decide to get involved in taking HRT?

ST: Well, because I'm getting older, I wanted to reduce the aging effects of losing my bone density and losing my memory. You know, hopefully that hasn't happened yet, but I've realized how important it is to have a hormonal support from a natural source. I was very grateful to Dr. Gordon for finding out about the HRT Plus because I know that it is a breast cancer suppressant. It helps to protect my bones so that I don't lose the density that I do have. And one thing that's wonderful is it helps your skin. It's very beneficial for your skin. It helps prevent wrinkles. It helps improve your memory. It's wonderful. And I'm grateful for it. It helps promote a better night's sleep.

DrG: Thank you very much. I brought another one of my very knowledgeable people. I'm glad to introduce Sandra Litkenhaus. Sandra Litkenhaus has worked with me for many years and because she's moderator of my special Web site called *The Forum on Anti-Aging and Chelation Therapy*, FACT, which all health professionals are entitled to join free of charge when they go to the Gordon Research Web site.

Sandra Litkenhaus, by moderating the thousands of responses that we have on that Web site, when doctors get free consultation by typing in and asking me what to do with a complicated patient, so Sandra Litkenhaus, I think, has also wound up taking HRT.

Would you like to tell us what made you decide to take HRT?

SL: For quite a while now, Dr. Gordon, since going through menopause, I was looking for a safe, natural, non-toxic way to control the hot flashes and osteopenia that developed. And I also wanted to support the other signs of aging related to the loss of estrogen. I wanted to preserve my memory to be able to do those things for the doctors on FACT and their estrogen receptors and my brain.

Well, in my job moderating FACT, as well as with Longevity Plus, I have access to a lot of information and research. The study that you referred to, done by the Thai government in 2007, based on *Pueraria mirifica*, was very impressive. When it compared the effectiveness of *Pueraria mirifica*, the phytoestrogens with the equine estrogen found in Premarin, for me it was not an option. And being a foster home for the local Humane Society, it was not an option to use a product based on the abuse of pregnant mares.

So that sounded very good to me to go with *Pueraria mirifica*. And by taking the supplement that we carry that it's in, called the Herbal Remedy from Thailand, HRT Plus, between that and the methylation components of B-12 in there, it's easy to take, it tastes good and it gives me the benefits that I wanted. In less than a year, when I had my follow-up bone density and hormone tests done, my osteopenia and my hot flashes were gone; plus, my hormone tests show a normal balance. And I can still remember the technical details that my job requires.

DrG: I'm so grateful that you have been able to learn about HRT and were smart enough to get on it because it is a lifetime program that we're talking about. This is

not going to help anybody to just do something for six months or a year, and that's why it was so wonderful that the Thailand Research Council got behind this effort because once we found something that really works, there's going to be all kinds of companies claiming that they have the exact same thing. And it turns out that it's going to have to be handled very carefully because out of the big gourd, if you pick it up at the wrong time, you have almost none of the activity that you're looking for. And if you don't have the specialized equipment that we, in America, have, where we found a special company that we send the material to and they go through and standardize it so that we can have reproducible results from a natural product, and it will be very sad that lots of people will be offering *Pueraria mirifica* around the world that will have nothing in it but perhaps a little bit of some other weed that they've grown.

So it's really important to understand that we are in this for the science of anti-aging. I am dedicated to the concept of arriving at the same age as Linus Pauling in his nineties, still functioning highly, and that we see people like Jack LaLanne at 93 in great health. That is the picture that's in my mind when I take my HRT each day. It is part of a total program that I do that is consistent with my newest book, which is called *Detox with Oral Chelation*. After all, if you are walking around with huge levels of toxins in your body, it's going to be hard for a nice, little, safe plant to do all the things that I want it to do for you. And I need something to help you each day as you go toward 90 and 100 years of age because it has been well-documented in every study that the older you are the greater the level of calcium is in your arteries and the lower the level of calcium is in your bones. We have to fight against that.

Since I learned that intravenous chelation took my angina away, when at age 29 I had disabling angina, I am an expert at not wanting to have everybody have to have intravenous chelation. So we had to come up with easier approaches, like an oral chelation package: nine pills that will take care of giving you your Omega-3, your primrose, your phosphatidylserine, your ginkgo and rubidium and cesium, all the stuff that you need so that I haven't had anybody die of a heart attack in over 20 years. So if people aren't dying of heart attacks, we're all going to be living longer. And if we're living longer, I sure want to make the Alzheimer Research Foundation wrong. I want to have none of my patients in their nursing home as they get up to 85 years of age. I don't like one out of two in nursing homes. I don't think our country can afford this.

DrY: Dr. Gordon, can you tell me why *Pueraria mirifica* is more effective than black cohosh? What's the medical reason?

DrG: The medical reason is the binding at the receptor site is approximately 1,000 times stronger. So it is the ability to fit right on the receptor site that makes it so unique. And the fact is, as I repeat, it is virtually identical to the estriol that your body has been used to.

DrY: If we would do a test of the estriol in a person before they take PM, will we see a difference in their estriol level?

DrG: I don't believe so because, unless your test isn't that accurate, you're about one atom different. But if you're looking at vaginal dryness, you see the results. Very large companies are trying to get together to put *Pueraria mirifica* into personal lubricants. And so across the board you will see the effect you're looking for, but I don't believe unless your estriol test is not 100% accurate because we are one atom different. We have the molecular structure on the Web site in all these articles.

DrY: What about *Pueraria mirifica* compared to soy and isoflavones? How does it stand up that way?

DrG: Well, the initial studies that we were doing were showing that the strength was a magnitude of order greater than that from genistein or any of the diadizins. In other words, we finally found something that really has the power to work. It has the specificity. In fact, one of the studies that we've done was to compare on breast cancer cell lines. And when we look at breast cancer cell lines, we can test it with tomoxophin, and we can test it with Pueraria. And we have almost the identical effect that tomoxophin was having in terms of stopping the proliferation of those breast cancer cells.

The people that are doing -- Margaret Ritchie is the world's expert on estrogen receptors. This is her life's work. She has been with the St. Andrew's Medical School in Scotland for years. She's now with another laboratory doing the specialized molecular studies we've asked her to do. These studies have her extremely excited because the intensity of the binding, utilizing the most sophisticated laboratory tests, shows that truly we have here a molecule that there is nothing that she's ever seen in her lifetime that would compete with it. For example, the University of Southern California Department of Pharmacy is very well aware that what the world needs is a SERM of the beta receptor that is safe, and they are desperately looking for such a product. We are lucky enough to have found it.

DrY: You know, I would find it personally interesting because you're so involved in the actual process. I don't understand how these plants that grow on the hills or mountains in Thailand -- how can they supply the whole world only at a certain few weeks of the year? What's the process? How many of these plants does it take to satisfy the market? You're not making it in a laboratory. How do they harvest these plants and then get the standardized form that's so special in your product that other places aren't getting? What's the process?

DrG: Okay. The actual Pueraria is a gourd, and it actually is a big yellow gourd that would be under the ground, like squash. And some of these can weigh as much as 100 pounds. And we have to get it when the purple flower comes out at that time of the year, and that may be a rainy time of the year. And so, yes, the Thailand Research Council has been very concerned about building up a worldwide need for something they couldn't supply, and they have taken the necessary steps to look into the cultivation to be able to meet the demand that they are quite confident will follow.

DrY: Okay. Thanks for that. I know you've already explained, but if you could elaborate on how this is actually protective against breast cancer. I know you mentioned about SERM, but maybe you could describe for the people listening how phytoestrogens in general and Pueraria mirifica in particular can actually help protect a person. And I suppose it's the same mechanism as it's helping a man and his prostate. How does that actually work?

DrG: Frankly, I am not the world's expert on SERM, but I can tell you this. When they talk SERM, a lot of products will be SERM alpha. To find one that is predominantly beta was the magic. That was the ticket. In other words, you've got these receptors in your body, and if you have this lock and key so that it fits directly on that receptor, then that is the activity that cell is going to manifest. If we look at what is the brain of a cell, is it the nucleus? No. You take the nucleus out; the cell doesn't even die. The brain of the cell is the membrane. The membrane is looking like it's -- if you look at the city of New York before we had all the new satellite television, everybody had those television receptors on top of their houses. That's about how your cell would look if you looked at -- there's thousands and thousands of receptors on cells. What you wanted was to be able to have the exact fit, the lock and key that would fit with the beta SERM, and that then allows that desirable activity to

be expressed by that cell. This is where the brain of the cell is, is the membrane, and it's these receptors that decide what happens.

DrY: When you mentioned that there are companies putting, or thinking of putting, Pueraria mirifica into some sort of topical (application) to help vaginal dryness, since you have the pure product, when people take it by mouth, do they get that relief or do you have to use it topically in that area in order to get relief of vaginal dryness?

DrG: They stay on the oral product for 60 days or longer. They will start to manifest all of the desirable effects wanted. But a lot of women will not have come to the conclusion that they're in menopause yet but are having uncomfortable intercourse, and that's why some of the large companies have met with the supplier, Smith Natural, in Bangkok to look at putting together specialized products because the market will be very large.

DrY: Okay. Is there anything to a woman thinking that her breasts will be changed as a result of taking this Pueraria mirifica?

DrG: Yes. There's been discussion because when you look at estriol levels, estriol levels are going to be somewhat related to changes that occur during pregnancy, and women's breasts tend to become fuller during the time of pregnancy. So there have been, in past, what I consider to be abusive uses of this unique molecule in which some companies were looking just to go into so-called breast augmentation. We look without favor on that activity because we think it just confuses and cheapens something that could change women's lives and let us reach that ideal goal of 90 years with strong bones and soft arteries.

DrY: Okay. So they can expect some change but --

DrG: It has been minimal, but if you applied it in a concentrated form topically, it would give you a pseudo pregnancy-like change to the breast.

DrY: How long have you been using it in this country?

DrG: We started about two years ago.

DrY: And what are your findings? Why do people report back to you?

DrG: Across the board routinely, the report is they're sleeping better, less hot flashes, and across the board they find that the dry vagina problem is going away. And many people are, of course, reporting as they would because, as you know, sublingual B-12 is extremely useful the older we get. They are all coming back reporting improved memory and more optimistic, less depression, etc. So it's hard to tease out how much of the positive effects are because of the support of all the three forms of folic acid with the sublingual B-12 because you know when you swallow B-12 you get 1% absorption.

So across the board, the point that I could make today is that we now know that more and more of us are proving that we need much more things like Vitamin D than we ever thought we needed, more iodine, more magnesium, more selenium. So as we realize the levels of nutrients in order to fight back against a polluted world are going to be greater than what we thought we needed, we see people responding. And sometimes it's because of the B-12; sometimes it's the Pueraria, and the combination, of course, is dynamite.

DrY: Do you think that a woman would need a combination of other hormones to help her get through menopause and have a great last phase of her life 60 to 90 to 100, or is just taking the phytoestrogen that we're talking about sufficient?

DrG: I think the phytoestrogen is sufficient for the bone and to help protect the brain. I think, as an expert on aging, that muscle wasting, loss of muscle (sarcopenia) must be addressed with a broader-based program. I have all of my patients also taking at the same time maca capsules or powder, and I have all of them taking a product we

call Beyond Growth Hormone Support because I want to fight muscle loss. And the simple fact is that our pituitary gland is documented to be loaded with mercury as the older we get. So I have everybody on oral chelators, trying to bring back -- and we have proof that if you get the mercury out of the body, your own growth hormone levels will start to recur.

But I have everybody taking Beyond Growth Hormone Support, which is mumio, widely used in Russia for years because their athletes always relied on it to help beat us at the Olympics, and tribulus. And between taking mumio and tribulus and Beyond Growth Hormone Support and taking oral forms of maca -- maca is extremely well-documented. It will normalize FSH and LH levels in women. It is very desirable. And I am always interested in women having better levels of testosterone. It turns out that both tribulus and maca will take and raise the level of free testosterone. But if a woman is not feeling as sexy as she wants to, I will also be utilizing topical uses of the testosterone, and I prefer to use topical progesterone on all of my female patients.

DrY: Okay, thank you. When you spoke about chelation, chelation is the way that we try to draw out from the body the heavy metals and impurities that we have taken in through pollution and environmental problems. Is there any documentation that shows that the oral chelation that you give is just as good as the intravenous chelation that doctors do in their office?

DrG: It's never going to be just as good because the intravenous is 100% absorbed and the oral is only 5 to 10% absorbed. But right next to the articles on HRT, it says right there, "507 References Supporting Oral EDTA". Those are references from mainstream industrial literature from doctors who work with lead-poisoned patients documenting that the level of lead is always 100% responsive to oral chelation; there is no question. But by the time people come into the office and they have really compromised circulation or compromised memory, an intravenous treatment can do in one sitting in the doctor's office what would take three weeks of the oral chelation to do. But you never can stop taking the oral because it takes 15 years of chelation to allow the level of lead that is 1,000 times too high in your bone to get down to something realistic. In other words, if you chelate for seven years, you only have 500 times too much lead. And since JAMA published the article from Johns Hopkins that the level of lead in your bone is in equilibrium with your tissues, when you take and stay on chelation you're getting the lead out of your eye, your kidney, your heart, your liver, and all those things, including your pituitary and your thyroid, will start to work better.

But as part of my bio-identical hormone replacement therapy, I looked very critically at supporting the thyroid. And most people will have normal levels of thyroid on thyroid standard testing but they often tend to be low on body temperature under the axilla. And if they are quite low, I will look at Vitamin D, 4,000 to 5,000 units minimum to 10,000 a day, and I will look at iodine supplementation. But if I can't bring a woman's body temperature up to ideal ranges, I will give her a 1/4 grain of thyroid based on my expertise and knowledge of how limited the reliance on T3, T4 and TSH testing should be.

DrY: Okay. I'm glad that you're bringing in all the different aspects of the treatment for menopause and hormonal imbalance. The Pueraria mirifica certainly seems like it's an important part of the process, a very big part, and especially the way you combined it together with other things and noting that there still is a need for other types of treatments to help the thyroid and the male hormones and things like that.

Why is it that men, when they're taking the PM, Pueraria mirifica, don't have prostate problems?

DrG: Well, as you've seen, there seems to be a lot of evidence that the estrogen in men goes higher the older we get so that we're finally higher than women were. And there seems to be a lot of concern about how that estrogen affects our prostate.

DrY: Do you know why we pick up the estrogen as we get older? Is it from our food and chemicals, or is it something going on in our body that we produce it?

DrG: I believe, without question, it's something going on in our body we're producing.

DrY: From fat cells?

DrG: That's one of the major problems, yes.

DrY: I assume that since the prostate is embryologically the same as the uterus and probably has the same receptors that men have probably been keeping their estrogen attached to those receptors in the prostate for a while, but they don't see it as readily as women do because if they have too much estrogen in their uterus they'll have some bleeding problems, which will make them attend to that problem. But men don't accumulate enough estrogen in their prostate till about age 50, and that's when they start having trouble sleeping through the night without urinating. Is that a mechanism that makes sense to you?

DrG: Totally. That's the way I understand it, Dr. Yaffa.

DrY: Okay. That's great. What else can we learn about helping women and men age well with keeping their hormones as balanced and feeling as good as they can without going overboard, without trying to be treating like in an anti-aging way of treatment, something that would be natural? You told us about chelation. You told us about different forms of methylation. Are there other things that we could be doing that we haven't discussed that could help our hormones stay nice and balanced?

DrG: I think that the top of the list is I've got to get people to realize that when you go to my Web site or going to Environmental Working Group, ewg.org. They take all the top people, like Bill Moyers and Jim Lerner. They take people who've lived organically for years, and they spend the money at Mount Sinai School of Medicine to measure the toxins. These toxins are frighteningly elevated in everybody. So I put everybody on my oral detox, and the key to my oral detox really is to use stabilized rice bran as a part of the answer.

Now, that stabilized rice bran is going to be loaded with octacosanol, gamma oryzanol, inositol, beta sitosterol, and if you start to get the idea, it is perhaps one of the most nutrient-dense foods. But we can provably give animals, say, red food dye so that all of the animals get red and develop cancer and die. And I can then give them that same red food dye and use the right kind of fiber along with the garlic that I use in my oral chelation, and the animal doesn't turn red and doesn't get the cancer and die.

So I am focused in my anti-aging program on scientifically documentable detoxification. And so, therefore, in that same fiber, I put the EDTA and I put in it an organic form of artichoke so I get the right form of soluble-to-insoluble fiber. And then everybody that I treat is told that because our food has so many chemicals in it today, you're constantly putting insecticides and pesticides into that important garden that we call our intestinal flora. So I have everybody buy some form of acidophilus. And when I have them take the Beyond Fiber, I call it, that gives the food to the acidophilus so that it can convert your food into the more active forms. ADEK, all of these specialized forms, B-6, etc. are all done by your bacterial flora, and we have disturbed our intestinal flora.

So part of my aging program is detoxification, and part of that means that I want more fiber because I want the toxins -- when I have you on any detox program, it's going to take the poison with oral chelation through the liver into the intestine. If I don't have the fiber with some EDTA to carry it out of the body, I'm just moving it around.

So my anti-aging program, to get my hormone replacement therapy to work optimally, it's going to work better if you have less lead, less mercury, less dioxin, less bisphenol A, phthalates. And as people become aware of this, they're going to buy a far infrared sauna or they're going to join a club and sit in the steam room or they're going to try to exercise enough to sweat 20 minutes a day. We've got to fight back. We are polluting our planet, and we are the people living on the planet. And we are all polluted. The documentation is there. Go to my Web site, put in the word "chemicals" and immediately up will come all these references with the pictures showing you what's happening to our bodies.

DrY: Dr. Gordon, you're a teacher of doctors. Can you elaborate a little bit more on that group that you moderate? What is that, doctors --

DrG: It's called a forum -- it's FACT; that means Forum on Anti-Aging and Chelation. What happens is this: Doctors can see that because I was sick at age 29, I've spent over two million dollars in just 15 years going to conferences around the world so they can see that they would like to tap into my brain. And so I said hey, why don't we set up a deal where you get a free curbside consultation? And if you have a complicated patient, you can sit in and type and say gee, I have a 42-year old patient with tsutsugamushi disease in early renal failure, what should I do? And it's gotten so that I've been typing for five years all these answers, and we've had Sandra Liktenhaus moderating the group. And now it's gotten to the point that other doctors chime in and remind us about the latest on homeopathy or the latest on acupuncture or the latest or magnetic or laser, and I chime in and I handle a lot of the rest of it.

And so it's fun, and the doctors who have joined love it because when they're stumped, and every doctor has to be honest, he gets stumped from time to time, it's nice to have a free thing. And he doesn't have to say who the patient is; he just says I have this tough case, she's an autism or it's prostate cancer and it's not responding, and you can get a free consultation.

DrY: That's wonderful. So we have a Web site that patients can learn a lot about. We have a service that doctors can be advised and learn the method that you're so successful. That's really what it's all about. I appreciate that.

DrG: And any patient can say to their doctor gee, I've heard this stuff, Doctor, would you go to the Web site. And always the search engine works. When you're on my public Web site, you put in the word "autism" or "Pueraria" or "HRT", you're going to learn a little bit. Then join as a doctor and put in again "search" and put in the word "lead" or "HRT" or "heart disease" or "hormones", and you're going to get all of it because it's all organized with hundreds and thousands of back-and-forth postings by knowledgeable leading physicians around the world.

DrY: Can you tell us about what your personal experience was with Linus Pauling?

DrG: My personal experience is that Linus was in Palo Alto and I was in Sacramento, and he encouraged us, along with Dick Kunyon and some of my other friends, to form the Orthomolecular Medical Society. He came with the term "orthomolecular": the right molecule in the right concentration at the right time. He was so supportive of us, and his memory was so incredibly that if I hadn't seen him for five years he'd say hey, Garry, how's the fight with the medical society? I mean, it

was incredible. This guy, at age 90, still picks up the conversation where you had left off three years before.

So that's when I decided that I had to solve the Vitamin C issue because I could only take 1,000 milligrams of any Vitamin C without getting really severe stomach upset. So I've spent ten years and developed a new form of Vitamin C that anyone can take without diarrhea, without upset, with proven ability to absorb so well that they can get the very bright spot -- when they take the little stick and they urinate on the stick, if they can get that stick to always turn yellow, which all the leading cancer clinics in the world utilize this form of Vitamin C because it provably keeps the spot bright longer than any other C so that they don't have to take it every two hours, because what we're trying to do is always spill out Vitamin C in your urine to carry out toxins. Linus Pauling was an incredible effect on my life, and I'm just lucky to have been in the Northern California area where I could see him repeatedly because he was so supportive of our orthomolecular group. And he knew that the world would attack us.

And now we have Bruce Ames and Les Packer. We have top authorities in the world saying there are enough genetic problems in people that just the normal level of B-6 or the normal level of B-1 or B-2 or magnesium isn't going to meet everybody's needs.

And so we were very scientific, but if we hadn't had Linus we would have never started down that pathway. I became the expert on saying to everybody there is no patient we can't help. Everyone can be helped. And we started out by doing extensive testing, looked for anything that is suboptimal and worked to optimize. And now it's gotten down to my simple motto: Learn how to fight back. Treat. FIGHT. Do something to all five or six areas. Clean up your diet. Treat something in the infection. We have Silver that will treat infection. Do something about your genetics. We have methylation support in both of these products, the HRT and the Bio-Energy C. The Bio-Energy C has got trimethylglycine, methyl sulfonmethane. This has got the 5 prime methyltetrahydrofolate, which is the only form of folic acid that you can use efficiently when you have a methylation problem in your genes. In over 90% of people that I have tested, and we've done over 1,000 people specifically on gene testing, and there is a problem in methylation in people. I think it's epigenetic. That's what Duke University proved. Randy Jirtle one day will get a Nobel Prize to prove that the phthalate-related bisphenol A causes your genes to change in the methylation area, and all of the offspring of those rodents would be yellow and obese and diabetic until you corrected it with methylation support. It's a pretty important story.

DrY: Is there anything to taking Vitamin C if a person has cancer to help them get better but it also causes the cancer cells to get stronger?

DrG: Well, the facts are that extensively I will be teaching at ACAM in one week The Use of Vitamin C and the Treatment of Cancer. I have documentation that the lucky patients who get into a Vitamin C-based treatment -- by the way, anyone can go to Google and put in the word "Vitamin C" and "cancer", and I have the entire one-hour presentation there by Francisco Contreras of the Oasis Clinic documenting at least a 100% better success rate in all forms of cancer in terms of longevity, quality of life, and in some cancers, like lung and colon, about five times better than mainstream, all based around Vitamin C.

But there's a lot to learn. And so you can go to the Web site, Google and put in "Vitamin C" and "cancer", and you will see the presentations at my conferences on these topics.

DrY: Are you talking about using oral Vitamin C or intravenous Vitamin C?

DrG: We always use oral because Vitamin C -- or the documentation that exists is always positive but it's related to how efficiently you absorb it. So that's why having the new test, a simple urine stick called VitaChek-C, to be sure that you're getting the benefit because a lot of people don't absorb Vitamin C very well, and they think if they take it once a day they've changed something. Well, you know the half-life. At the end of three or four hours, they've almost got nothing left unless they have the methylated form of Vitamin C.

So what we've done is try to bring some science to it. I have every cancer -- I must say, the leading cancer clinics in Europe all use our form of Vitamin C, and they all state they wouldn't practice without our form of C.

DrY: That's wonderful. So if I would sum up what we've been talking about, we learned about this wonderful herb or gourd that grows in Thailand that you are a specialist in and have perfected and standardized the active form of Pueraria mirifica, which acts as an estrone-like hormone in our body, that can help us when we have hormonal imbalances due to having estrogen-related deficiencies that women notice when they are around perimenopause and menopause. Men can use it because it will fill the receptors in an easy and gentle way instead of the harsh stronger estrogens that are around and could cause more of an estrogen effect in the prostate gland. And many other positive results that these hormones can give seems to be a great solution for people who are looking to balance their hormones and doing it in a very natural way.

So I know that when we do that, you were very careful to say that in conjunction with cleansing our body, with detoxifying, with helping the methylation processes and all of the other nutrients that we need in order to complement that special herb will give us our very best effect and not just to get over a certain time period. But it sounds like your program is one that we all can benefit from, even if we don't have hot flashes and night sweats. But it sounds like getting the bones stronger and getting the arteries softer is what we need to make it to the age of Linus Pauling plus and be in good shape with it.

So it sounds like you have not been lazy in your career. It sounds like you've gone to work and put together the very best of everything I've learned about over the years. You've brought it together into a great program, and you advise doctors and you have a great resource for patients. So I think that you've done everybody a tremendous service. You are full of information and willing to share it, and I can't say thank you enough for Dr. Garry Gordon being with us at the BHRT World Summit II.

DrG: Thank you so much, Dr. Yaffa.