

Chapter Six

Comprehensive Organ Regenerative Restoration and Health Preservation in situ

(Lecture) The lecture is about education on regenerative nutriology for the target club members. It firstly introduces the natures of the regeneration club. Nowadays, all kinds of clubs spring out abundantly in the service market. Nevertheless, there is no one club but ours which can achieve life preservation and radically solve the organ disorders by secondary life regeneration through the exploitation of the human potential of regeneration. The primary work of the club is to study the specific regenerative potential of each type of cells in human organs, so as to explore the principle and nutritional supplies of cells. The regenerative restoration can be achieved simply by cellular intake, absorption, and digestion of nutrients. Therefore, the core unit of the club is human cell laboratory focusing on tissue and organ culturing. A physically and psychologically normal person is considered as healthy; however, the health state is not in accordance with the actual age for most of the people. Analysis on the human life properties shows that the average life expectancy of humans is at least 300 years. Unfortunately, we usually die of aging before 100 years of life. Thus, it is safe to conclude that the current human aging is premature; to explicate further, human should not have died before 100 years of life based on the theoretical life span, and the reason for early death lies in aging or diseases. My conclusion is supported by animal experiment of albino rats, such as the double life span study. In the experiment, the rats in the test group fed with food containing regenerative nutrients lived two and even three times longer than those in the control group fed with the same food without regenerative nutrients. The reason for selecting albino rats as test subjects is: albino rats biologically share 99% human conclusive principles, and thus most of the results from the albino rat experiments could be used as the evidences for various human assumptions. Many results in biology are obtained from the tests on albino rats. Nevertheless, it is impossible to repeat the double life span test on human because it needs 300 years to testify the theory. However, it is still possible for us to gradually get the commitment of 300 years life span in our club with the daily regenerative nutrients health preservation method.

It is not a simple work to achieve the goal of 300 years of life span. It requires firstly no terminal disease occurs which will unavoidably causes early death. Secondly, try to reduce organ disorders to sustain a longer life span. Thirdly, discontinue the organ aging, i.e. extending the middle-age period to 30-90 years from the original 30-60 years. By this, our life is prolonged consequently. Fourthly, recover the aged organs back to their younger state as soon as possible. Only when all the above four factors were satisfied, can the 300 years life span of human be realized. The four factors are also the key to the 300 years commitment. Though it seems like a science fiction to achieve such goal, it has been achieved in our animal experiments and in our progress of human organ restoration and disease management.

What is the requirement for the entire course of study? The study itself can neither be considered as Western Medicine nor Traditional Chinese Medicine, putting aside modern molecular biology or biological tissue engineering. It is our invention of human body regenerative sciences and the practical techniques which finally realize the goal of human health preservation and longevity through human body regeneration. Actually, it is the aim of every single scientist and research institute worldwide to realize human body regeneration. Though unremitting efforts have been made for exploration, little advancement has been attained even from the animal experiments. MEBO is the first and only winner till now by establishing the systematic theory of human regeneration sciences together with the applicable techniques.

Again, today's lecture is focusing on those four factors aforementioned. Firstly, to cure cancer---the No. 1 human killer as well as the fatal cause of short life expectancy. I am not bragging here. Our practice could show you that cancer is a preventable, treatable and curable disease. It is not the time that cancer equals to death. And this is the main point of this lecture. How to realize 300 years life span? Let's begin with cell regeneration and the mystery behind cancer. I will tell you how to eat properly and the reasons, so that you will find where the core to regeneration lies in your body scientifically. By that, you can enter the world of human body regeneration mentally and theoretically. After that, you will be able to preserve your own health according to the principle of regeneration, and more importantly, to obtain healthiness by exploiting regenerative potential. Next, I will not elaborate on the basic mechanism for this topic, instead, I will focus on application, i.e. to let you know afterwards how to correctly eat regenerative nutritional diet, so that you will be able to achieve regenerative restoration. Some so-called nutritious experts throw out sets of theories composed of secret codes and symbols which only indicate the course of study, but few of them could provide the final application-confirmed results. In fact, the real regenerative restoration should be simple. We are living on three meals daily, aren't we? However, the quality of the routine meals we are taking nowadays is still not high enough to meet the requirement of regenerative restoration. We need to pay full attention to the daily meals as well as other food. This is also one part of today's lecture. Lecture one is about regenerative restoration diet and the secret of anti-cancer. Anti-cancer topic will go after the diet.

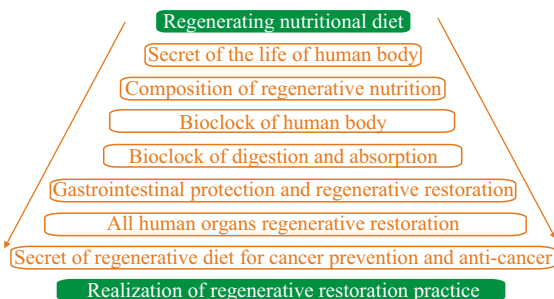
Regenerative restoration diet consists of the following aspects: the life basis of regenerative restoration; analysis and compositions of regenerative restoration diet; bioclock plan of regenerative restoration diet; and solution for incurable organ disorders with regenerative restoration diet (which is the most important for heart disease, hepatic disease, renal disease and any other noninfectious diseases which could be transformed into curable diseases); regenerative restoration by diet in aging organ; and the last, the relation between regenerative restoration diet and anti-cancer.

【Life basis of regenerative restoration】

The basis of regenerative restoration refers to the secondary life potential of the human body. Since the merger of a sperm and an ovum into one cell, the zygote-derived cell will develop into a human being under certain life conditions and last until the end of the person's life

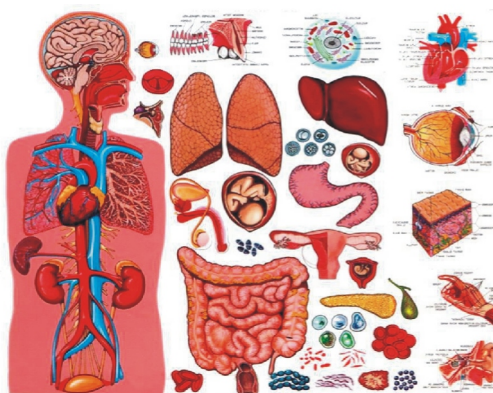
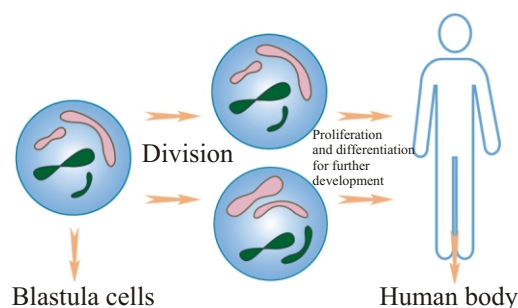
circle, which is the so-called first life of the cell. So where does the secondary life cell come from? It is impossible from recombination of sperm and ovum, which would form a new human. Even the cloned human can not be considered as the original one. For years, we are making efforts to seek the clue of the existence of regenerative secondary life. If there is, then where is it? Finally, this long-chased vision was discovered in our medical practices in treating burns when we found the source of regeneration---the cells which could regenerate into new skin in deep burn wound. In 1980s, I proposed the theory that human body has the potential of regeneration. Though I claimed the theory mainly on skin regeneration, no one believed it at that time, and someone even blamed me as fraud. The opposing voice lasted for many years till the year of 2000 when the truth changed their mind. By then, we have already started the studies on regeneration of other organs based on the principle of skin regeneration. The studies were initiated by my assumption that it is possible to realize other organ regeneration if skin regeneration has come true. The first study is gastrointestinal (GI) tract regeneration. Considering GI tract and skin derived from two different embryonic germ layers, the success on GI tract regeneration indicates the possibility of regeneration of organs derived from the same germ layer. So based on the experience from the skin regeneration, I started the study on GI tract mucosa regeneration on the cell level, which was followed by the results of GI mucosa regeneration and restoration in aged gastrointestinal within half a year. The success on GI tract regeneration is more significant than burn skin regeneration or even distal end finger regeneration, because GI tract can represent any internal organs based on their same origin in embryo, and GI tract regeneration means the possibility of all internal organ regeneration. We have been working on the GI tract regeneration procedure since early 1990s, and completed the first stage by 1997, and published our

Regenerative restoration nutritional procedure

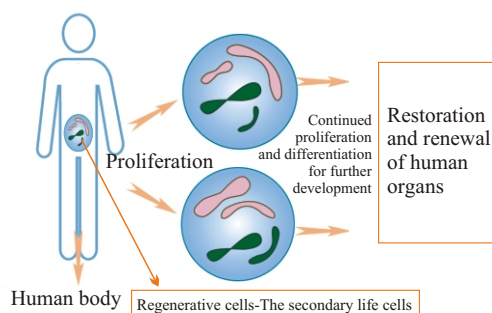


Function of the first life cells

(Function of cells developing into human body)



Theory of the secondary life cells



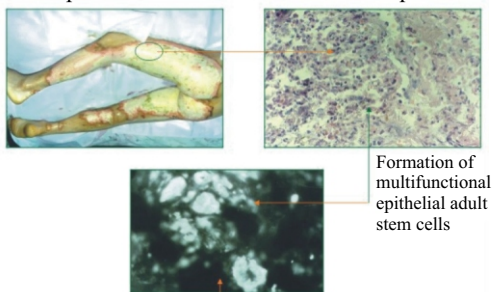
study results in 2000. Since 2002, we continued to extend the study from GI tract to 55 tissue organs. And in 2002, we made a press release titled as *life sciences explosion* when there were 30,000 relevant news reported on the day. Another five years was spent before all organ regeneration study was finished. Now, comprehensive human organ regeneration *in situ* is also completed.

It seems that our road to success is really easy and smooth. The reason was that we discovered the secondary life cells. The type of cells is the dormant copy cells reserved during cell division throughout the entire course of sperm and ovum merging and human body development, thus they can be considered as the identical twin brother of the first life cells. Such copy cells haven't been found in lower animals which are not completely evolved and therefore have the regenerative potential. Higher animals have almost no regenerative potential because they are evolved completely, and only several simple parts still have regenerative potential like epithelial cell regeneration or hair regeneration from hair follicle. It is unbelievable to regenerate full-thickness skin concerning the above principle. Then what on earth is the mechanism behind skin regeneration? We observed the skin and found the keratin-19 cells which are the embryonic stem cells or ancestor cells of skin. But theoretically, embryonic cells will disappear after the course of development, how come could they emerge again? I explored further to seek the cells from which embryonic stem cells were derived. In respect of embryological standard, these stem cells should have their origin in blastula, which was proved impossible by our study and was excluded. During the continuous exploration, we found some cells did change and derive into such stem cells. We initially named these seed cells as Potential Regenerative Cells (PRCs). During further study, it was found that not all the cells in tissues had such regenerative potential, and actually, only a small amount of cells did, like intestinal mucosa which has few cells capable of further development. Because these cells are not exactly 'stem cells' in essence, we classify these cells as a type of copy cells which remain dormant during the course of development.

【Basis of human body regeneration】

The mechanisms of regeneration can be illustrated from skin and distal end finger regenerative restoration. Can the severed finger be regenerated? The answer is always 'no'. Neonatus can have the lost finger tip regenerated for they are still under further development. However the answer for an adult is absolutely no. *Science* journal once organized a team of scientists to propose issues need to be solved in the future, and severed

on the 7th day, various multifunctional amplification cells were generated and the expression of K-19 cells reached the peak

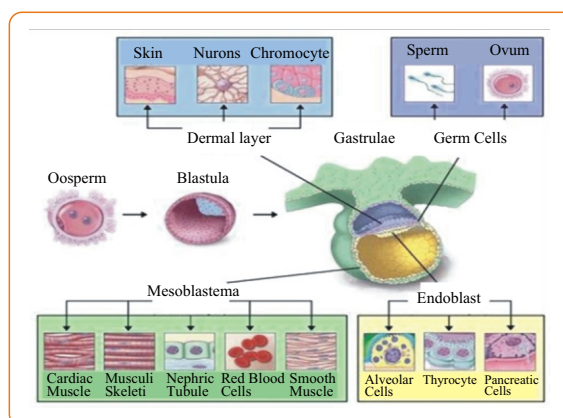


Discovery of the secret of human body regeneration by realization of skin and severed finger regeneration

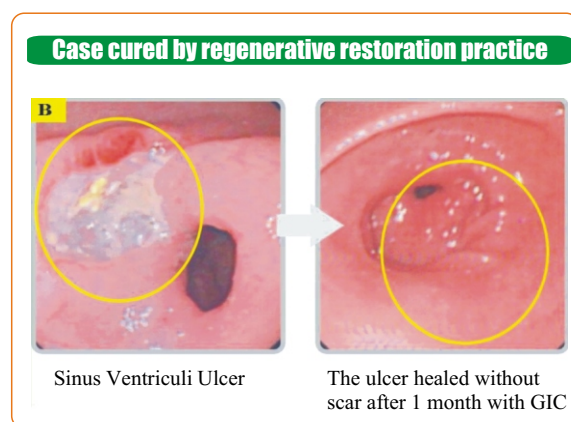
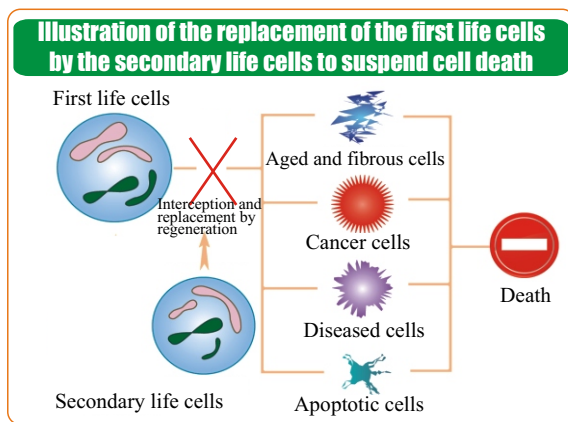


finger regeneration is among them. Now we have already made this dream come true. Regeneration of finger was not discovered from regeneration in general, nor was from skin regeneration. At the beginning, I found from our experiments that the 'environment' determined the degree of organ repair, but I never imagined about regeneration. It was not until the cellular difference was observed in the healed wound in a cell experiment that I began to reconsider it might be caused by regenerative cells. After repeated experiments,

it is proved that the severed finger tip could also be regenerated. Different from the common wound healing, our result of finger regeneration refers to the regenerative restoration to its original structure and function. From this result, I further associated that with human limbs which were identical to fingers and also composed of various tissues and organs including blood vessels, nerves, bones, muscles, subcutaneous tissues, etc. Though the size of the two are greatly different from each other, the four major structural tissues i.e. nervous tissue, muscular tissue, connective tissue and epithelial tissue are basically the same. Human body is composed of 60,000 billion cells which can be divided into those four categories. That's why I associated the finger regeneration with other tissue and organ regeneration. Especially when considered their relation in embryo, it tended to be even more significant. As is well known, (see figure for each embryo development result), embryo consists of three germ layers which can produce different organs. Generally speaking, the regeneration of an injured organ has to undergo the course of development from the embryo to organ. However, we didn't repeat the 'embryo' process and still regenerated the organ. Our results radically overthrew the conventional life sciences. We are the first one, we had no experience or set principles to follow, and that is why we had to establish the human body regenerative sciences.



The main focus in our study is to explore further the secondary life cells, especially the origin of these cells. We believe these cells were left behind during the course of embryo development. When embryonic cells divided into two, one of which continues to develop into human body; the other ceased and remained in hibernating state till the death of the human body. It has been generally accepted in the scientific field that these hibernating cells are trash cells. On the contrary, we have determined these cells are not only useful, but also the secondary life cells, i.e. the copy cells which can further develop under right conditions. When aging, injury, cancer, or apoptosis occur in human somatic cells, these copy cells will be activated and play a role in renewing those diseased cells *in situ*. Here, I will not detail the procedure of the activation of these copy cells; instead, I want to emphasize one of the human instincts --- regeneration, which is available throughout the life but never displayed. No scientist worldwide can tell how these cells play their role, for some never succeeded in achieving regeneration while some others just ignored it. That's why no one even touched upon the study of these cells. It might be the same case with the discovery of antibiotics; although it is also a natural existence, no one would think about it before its discovery. Even till now, there are still countless mysteries remaining to be solved in the nature. If we haven't studied burns, we wouldn't have found the skin regeneration; if we hadn't revealed the mystery of skin regeneration, we wouldn't have



considered the study on GI tract regeneration and known the possibility of GI tract regeneration; if GI tract regeneration hadn't been realized; internal organ regeneration like liver regeneration wouldn't have been studied and succeeded. Therefore, the human body regenerative restoration is closely related with each other, and the secondary life cells are the key, because each of these cells contains the entire set of information of human body and thus can structurally repair injured or defected tissues and organs completely to achieve human body regeneration. It is our work to feed and raise these cells rightly so that they can be activated at any time of need to replace the original abnormal cells and regenerate human body. For example, by severed finger regeneration, we don't refer to the wound healing, instead, we highlight the regenerative restoration of the lost finger part within the same genetic system as the original human body without any discrepancy in life characters.

Since you have known the existence of secondary life cells in human body, you can better control your life. It is the copy cells in your body that give you the regenerative potential. Before your knowledge about this potential, you have no way to control these cells, but we must admit the availability and function of them. Now it is up to us to maintain and make use of them. The common somatic cells die after renewal for 60 times in human beings. So the death of somatic cells, instead of the diseases, is supposed to lead to the end of human life. According to the life properties, human should have lived up to 300 years. But who have ever lived so long? The one who lives to 100 years is usually aged greatly. It is believed that aging is a natural principle. In fact, aging is the most dangerous disease of human body! In essence, the aging appearance is caused by the aging cells which lose their energy and go along one of the four ways (premature aging, cancer, disease or apoptosis) to death, such as presbyopia, Parkinson's disease, etc. Most of the current methods to treat such diseases are to control or sustain, which cannot cure them radically. The goal of our regenerative restoration is not aimed at the diseases. On the contrary, it can maintain the healthy state of the whole body by replacing the abnormal cells with secondary life cells in advance, so that human body can be protected from many aging-caused diseases. By doing so, we can obtain a new regenerated life. Certainly, it is also possible to rejuvenate the already aged organs to restore the body to its normal and healthy state as much as possible.

That is all for the theory about regenerative restoration. The theory is simple and original with nothing borrowed from others. The key to regeneration lies in technical requirements which sustain the secondary life cells in good state. To be simplified, there are three elements comprising the requirements: firstly, to make use of the regenerative potential of

cells; secondly, to provide regenerative nutrients which are the source energy for regeneration; thirdly, to utilize the regenerative technique (provide an environment suitable to regeneration). However, it is totally different to feed cells from feeding humans. Most of people don't have a right diet plan. For cell feeding, we are focusing on the feeding of the both types of cells, i.e. the first life cells and the secondary life cells. The nutrients for the cell feeding are also different from the conventional daily diet. For example, your severed finger cannot be regenerated if you eat lots of mutton and beef which are not the right food for secondary life cells. It is the same with other organs. That is why we have been devoted much to work out the nutrients hierarchy for the secondary life cells. Now it is known to all of our club members who are receiving the regenerative restoration that MEBO Gastrointestinal capsule is the nutrients for GI tract regenerative restoration, and MEBO Elixir is for comprehensive organs.

【Composition of the food】

The principle of diet should be to maintain the nutrients for the first life cells while supplementing nutrients for the secondary life cells. In the daily life, people choose certain food as their diets according to their tastes. To make a difference, we made a thorough study about the diet. On one hand, we classified those nutrients which can promote cell growth *in vitro* as the nutritional composition for the first life cells into five categories which can be further divided into two types, i.e. essential nutrients and inessential nutrients. Based on that classification, more essential nutrients should be taken in than inessential nutrients. The following list demonstrates the ingredients in the daily diet for your reference. Different from the first life cells, the secondary life cells need regenerative nutrients as its food. Regenerative nutrients will form a hierarchy which is also essential for human body, but they are not hormones which are apposed by us also. In our experiment, animals fed with regenerative nutrients lived double age comparing to those fed with routine food, indicating the function of these regenerative nutrients in activating the secondary life cells. As the first life cells fed with the above five elements, the secondary life cells need regenerative nutrients. In the near future, we will produce some regenerative nutrients contained in food like cakes or chocolates with different tastes for you to choose from.

What is the optimal nutritional compound? We screened it out by various cell experiments. Take epithelial cells as an example, we tried to culture them with nutritional compounds with different ingredients and ratios so as to get the best composition. We also decomposed many kinds of food to analyze the composition, which was then recombined for further specific tests. It took us years before we got the results showing the composition and proportion of ingredients of the food (see figure above). Now, anyone of you can feed your own first life cells well without body discomfort by simply following the above results. Meanwhile, it is equally important to satisfy the secondary life cells with regenerative nutrients so as to activate them into function. And you can feel the activation by comparing the two states and strength of your body before and after the intake of regenerative nutrients as I always do. If such activation has never occurred in your body, you can not feel it. To sum up, it is our conception of total nutrition diet to feed two types of cells, and our method of health cultivation also rests on this conception concerning either managing incurable diseases or controlling other common diseases.

Proteins:

Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Valine (among the total 20 types of amino acids, with the other 12 types being nonessential which can be synthesized in human body)

Fatty acids:

Linolic acid, Linolenic acid

Carbohydrates:

All compounds in this category can be synthesized in human body, however, they need to be supplemented through diet.

Minerals and macroelements:

K, Na, Ca, Mg, S, P, F

Minerals and microelements:

I, Se, Cu, Mo, Cr, Co, Fe, Zn

Vitamins:

VA, VD, VE, VK, VB1, VB2, VB6, VB12, VC, VPP, Pantothenic acid, VM, VH, Choline



Water + Regenerative nutrients

With all these theories, mechanisms, and ingredients demonstrated, what on earth are the mechanisms behind the results of our experiments? No one can answer this question, for all these were facts obtained from our cell tests. For example, the results from our weight reduction procedure indicated that the regeneration of internal organs should be simultaneously maintained while reducing weight. How could the internal organs grow without the supply of regenerative nutrients? That is the reason why some people ended up with cancer after successful weight loss, because they know little about the damage to internal organs by weight reduction. In essence, cancer is caused by the abnormal differentiation of cells of the internal organs without adequate supply of essential regenerative nutrients. This simply shows the importance of feeding both first and secondary life cells. Therefore, our diet must be scientifically healthy. It is suggested that protein should be taken mainly from beef and mutton while trying to avoid pork intake or take only those lean pork with fats educed under high temperature. The ratio between fat and protein in lean pork is 1:1, not as optimal as that of beef or mutton of being 3:7. Beef or mutton from free-range and grazing animals is better than that from machine-fed animals feeding on the hormone containing forage. When taking eggs, the ratio between egg white and egg yolk should be 2:1 or 3:2 instead of 1:1. I will propose a sample of a standard nutritional diet for your reference. Above all, the scientific diet should not be based on personal taste, especially for those who have excessive abdominal fat. Patients with adiposis hepatica need not only the nutritional diet but also the regenerative nutrients beneficial for the hepatic disorder.

【Bioclock plan of regenerative restoration diet and the mechanisms of digestion and absorption】

It is necessary for you to comprehend the mechanisms of digestion and absorption, before you understand why you should eat by the way instructed by us. It is easy to understand that food can not be absorbed and used by cells unless ingested by the GI tract. Generally, half of the cells in GI tract lose functions of digestion and absorption after age 40. Later on, I will show you a middle-aged person's GI tract representing the typical GI tract state of most people in their middle age. The results of regenerative restoration of this example after treatment shed a light on the goal of our regeneration. The health of the human body

relies on the nutrients intake by GI tract whose dysfunction will definitely debilitate the physical condition.

Before further illustration on that, it is better to show you how the GI tract works on absorption and digestion. How does the GI tract work after sugar, meat, or oil was taken? Why do we have to take three meals daily? The answer is in the diet bioclock of human body. The human body is composed of 60,000 billion cells which are all alive in the organism. If 80% of the total cells are working simultaneously, the systemic body will in its energetic status; if 90%, the body can go on well enough for a battle; if 100%, the body will reach to its peak status.. Thus, the living state of cells can be evaluated by measuring the exaltation degree of the body. Let me put it this way: Human body is in the high exaltation state in the morning, and turns to be sleepy after breakfast; it will return to exaltation state before noon but go weary again after lunch. That's why we need to have a snap after lunch. All these indicate the bioclock principle of the human body. Though it is still not explicit about the advantage of such principle, we have to follow it. That is why we need to keep repeating the fixed routine timetable of the daily life. For example, if we go to bed at 10 tonight, we should not delay the time to 12 tomorrow night; similarly, we should not have lunch at 2 this afternoon if lunch was taken at noon yesterday. How about the timetable of cells? For the general employees, they usually fall asleep at 10 pm, when cells in their bodies also go into the regular rest and reorganization state at exactly this time after a full working day. What does the rest and reorganization state refer to? It means cells are set free from the uniform command of the cerebrum and go into a free-running state.

That can be easily explained by a simple basic medical experiment on albino rats. After the neck brisement which cut off the connection of all the organs with the cerebrum, the rats suffered muscular ankylose resulted from the lack of cerebral regulation. So the role of the cerebrum in comprehensive regulation is one of the integrated parts in regenerative restoration of the human body. That also illustrates why we feel comfortable in a good mood and suffer a lot in a lower spirit, which are regulated by hormones generated from the cerebrum. In a word, based on the conception of bioclock, it is required that your life style should go with the timetable of your cerebrum. If the regular break time for the cerebrum is at 10 pm, do not prolong the working time further after that. It is the most important for your health to have a regular bioclock and to have proper coordination between the cerebrum and the body. Certainly, it is also acceptable for you to sleep late if the delayed time is adjusted and regularly followed. All the above is about the subjective bioclock. Nevertheless, the objective bioclock in the body changes in accordance with the activity of the internal organs. To be specific, when the human body is in a relaxing state, the internal organs are still active. There are two forms of activities, one is in the locomotor system and the other is in internal organs. While the locomotor system is in the resting state, all the other internal organs like GI tract and kidneys are still at work, unlike the locomotor system which solely and directly dominated by the cerebrum, the internal organs including that in the digestive system, liver, kidney and heart are also under the autonomic regulation. That is why there is the coexistence of rest and working states in the body.

Today, we mainly focus on the regenerative restoration of the GI tract. The digestive system including stomach, intestines, liver, and pancreas forms an inner reflection and regulation system. They will start working during the sleep. Therefore, it is suggested to have a break after a meal. The total energy consumed by the liver, pancreas, intestines and

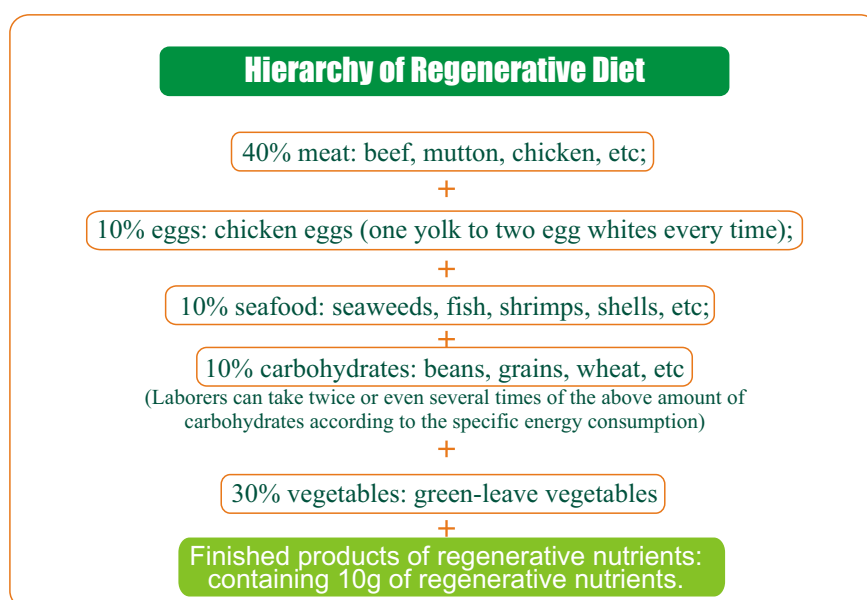
stomach counts up to 70% of the total systemic consumption after a meal, revealing the reason for the sleepiness after a meal. At this stage, you feel weary even though you don't want to sleep. It is the time when the inner regulation system begins to work, and energy is needed for the digestion and absorption of the food taken by you. Immediately after a meal, the production line of the GI tract chemical plant is initiated where stomach, intestines, liver, pancreas play a key role, which is assisted by the excretory system as well as other related organs like heart which will increase the circulatory blood volume by several times. Therefore, the energy of the body should be reserved for thorough digestion and absorption during rest time at night. During work in daytime we should try to avoid the energy consumption by the internal organs so as to prevent the consequently lowered spirit. This is about the second bioclock with the key principle being that the digestive system runs independently after a meal, exhausting 70% of the total energy, which proves the bigger meal should be taken in the evening so as to maintain the normal daily work. This leads to the third bioclock which is about the relation between cellular metabolism and the timetable for nutrition supply.

There are two forms of cellular metabolism: energy metabolism and nutrition metabolism including proteins etc, which should be pursued biologically instead of based on personal experience. Two hours after the body goes in quiescence, 80% of the total cells except those of GI tract are in the rest and reorganization state. During this period, the energy consumption is less but proteolytic amino acids are required in a larger quantity. For a person going to bed at 10 pm, cells of the body will enter the state of rest and reorganization at 12 pm. Provided that the nutrients supplied for the cells are insufficient, nutrients from other parts of the body will be mobilized, indicating that empty stomach throughout the night will probably result in nutritional deficiency. By that, the normal biological rhythm should be as following sequence: dinner is finished around 6 or 7 pm, followed by the completion of gastric emptying at 8 pm when intestinal tract absorption begins; then rich nutrients entering in the blood will guarantee the adequate supply of nutrition to the cells all over the body which will subsequently go into the state of rest and reorganization in succession. At this stage, how is the energy consumed? It takes GI tract 4-6 hours to consume the energy after dinner, thus a person can even lose weight by having the right dinner without worrying the energy deposited in the liver. The vegetable-meat diet for weight reduction proposed by me can be achieved by following the above principle, i.e. high-protein and low-carbohydrates dinner. Cell metabolism needs the bioclock of nutrition supplement period, when cellular repair often occurs with protein as the only source. The required proteins are ingested from food, which will not play its role until the completion of digestion and absorption by the GI tract two hours later instead of immediately after a meal. For a regular sleep pattern, protein-consumed cellular repair occurs at night while energy-consumption for cellular activity is in the daytime. The required energy is basically provided by sugar. For most of the non-labor employees whose energy expenditure by the cerebrum exceeds that by the muscle, the excessive sugar ingested in the daytime tends to be deposited as fats in the body. This is why less intake of carbohydrates in the daytime is suggested; besides, protein is also not needed much in the daytime when cells are busy with work and do not have spare time to absorb protein for repair. Based on the different tendency for absorption at different time, unnecessary nutrients usually turn into a 'waste'. In a word, the human body can be satisfied with adequate nutrition by following the principle of low carbohydrates and low protein diet in the daytime and high protein intake in the evening.

【How to eat】

According to the proportion of nutrients essential for human cell growth, which is concluded from the cell culture, we have formulated the food combination of diets and name it as 4:1:1:1:3. This means that the meal should contain 40% of meat, 10% of eggs, 10% of seafood, 10% of carbohydrates, and 30% of vegetables. Details are as following:

In the following part, I will give an illustration of our working and resting timetable, and the time of food going down after meal. Two hours are needed to empty the human stomach, so after having dinner at 6 o'clock, the time for emptying the stomach should be reserved, so people should go to sleep after 8 o'clock so as to have a comfortable feeling when the stomach is emptied. Then the food will stay in the small intestine for 4-6 hours to be digested and absorbed. This is why people have to take three meals every day to maintain the adequate nutrients for the body. The GI tract is restless all day due to the digestion and absorption of breakfast, lunch and dinner. Therefore, I proposed the conception of the work and rest timetable of GI tract, which suggests less eating during the day to make the



gastrointestinal less burdened and less energy consumed and heavy eating before sleeping when the other organs consume less energy, and the GI tract can digest food and absorb the nutrition well. The bioclock diet we have proposed is high quality eating in the morning, less eating at noon, and heavy eating (protein) in the evening.

Everyone knows what to eat, but it is very complicated in term of mechanisms concerning the relationship between what you eat and finally what the cells get. For example, you have beef for dinner; and after the beef enters your stomach, small amount of the proteins in beef are transformed into amino acids while most of the proteins are transformed in the intestine. No fat in the beef and starch can be transformed in the stomach which only grinds them with the aids of the gastro acid juice, so that the rough starch becomes refined. Almost all the food in the stomach will be transformed in some degree. It is believed that people will have more energy after having meals. But in fact it is just the opposite; many heart attacks occur

Biotic Schedule of Human Body

Biotic schedule of cells:

At night: 80% of the cells act freely, mainly for rest and reorganization as well as the absorption of nutrients such as protein;

Daytime: 80% of the cells act collectively, mainly for group activities and absorption of energy from carbohydrates, etc.

Biotic schedule of functioning of all human organs:

At night: free reorganization and metabolism for non-digestive systems in need of proteins as the nutrient; digestive system works collectively with energy consumption;

Daytime: non-digestive systems work collectively in need of energy; digestive system conducts activity collectively in need of energy;

Biotic Schedule of diets:

Normal People: less food for breakfast and lunch, sufficient food for supper (for overweight people, less for breakfast, no lunch and appropriate meat and vegetables for supper with less fat and no carbohydrates intake).

People with cancers: appropriate amount for breakfast and lunch, sufficient food for supper.

Sleeping Schedule: go to sleep at regular time and two hours after meal everyday.

after meal when more energy is consumed for digestion, which is as tiring as having just climbed a mountain.

After the food is ingested, the stomach will secrete abundant specific digestive juice according to different types of food taken. For example, the person who has taken the julep will feel sour in the stomach because the sugar stimulates the stomach to secrete a large amount of gastric acid juice. The total number of digestive juices produced depends on how many kinds of food are taken in. Therefore, everyone should diversify the diet; otherwise the single food will cause the loss of other functions of the stomach. According to the principle of regenerative restoration theory I have illustrated today, we should have diversified diet containing proteins, fats, vitamins and minerals, thus to balance the digestive juice secretion. Some people prefer diet with only fruits or vegetables in order to lose weight, but the result is usually weight loss complicated with cancer due to the deficiency of the nutrition for cells.

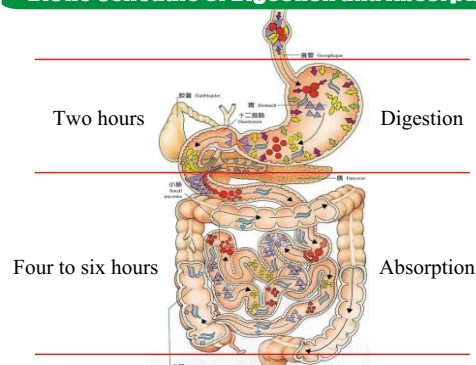
The second step is food absorption in the intestine. The starting point of the intestine is the duodenum. Vitamins, fats, carbohydrates in the beef are absorbed by small intestine. For example, after the fats go through the intestine, they are esterified by the bile secreted by gall bladder and pancreatic lipase and proteinase secreted by pancreas; proteins are transformed into amino acids; and polysaccharide is transformed into glucose and then absorbed by the small intestine.

It is the intestinal villi's responsibility to absorb the nutrition. The loss of villi can cause the dysfunction of intestine in nutrition absorption, and therefore energy and nutrition supply deficiency. The healthy youth has a thicker layer of villi which have a strong ability of absorption, while 40%-50% of the intestinal villi will exfoliate or lose their function at the age of 30. At this stage, no matter how many nutrients are taken, they can not be absorbed any more due to the absence of absorption channel. That is why at the early stage of our regeneration and restoration, the intestinal functions of digestion and absorption should be adjusted to the best state, which means the regeneration of the intestinal villi. No matter

how proteins, fats, vitamins, carbohydrates, minerals are absorbed, they will firstly go through the intestinal villi into the blood circulation before delivered to the liver. After the detoxication by the liver, they will be released again into the blood circulation and finally go to the heart. This is why MEBO Gastrointestinal Capsule has to be administered before regenerative restoration program. If the condition of the GI tract is not improved, MEBO Elixir containing regenerative nutrients can not be absorbed. The process of nutrition

absorption needs energy, thus proteins and fats can not be absorbed when the cells are aged. It is important for us to know that two conditions should be met for the absorption of nutrients: firstly, the food should be digested into absorbable substances in the GI tract; secondly, cells have the absorbing ability. By that, how to promote the absorption ability of the GI tract is the key in regenerative restoration. Though we can not deliver the regenerative nutrients directly into the blood circulation, we can regenerate and renew the gastrointestinal mucosa to improve the absorption function so that the GI tract can absorb more nutrients. After fulfilling the optimization of the gastrointestinal function, we can start the systemic regenerative restoration treatment and service.

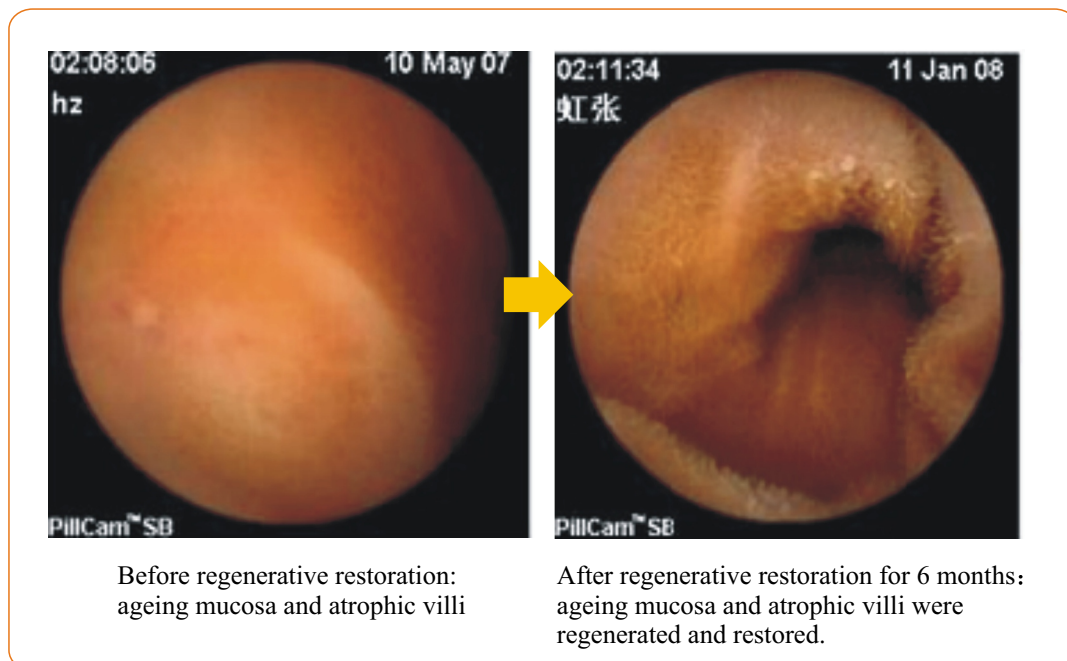
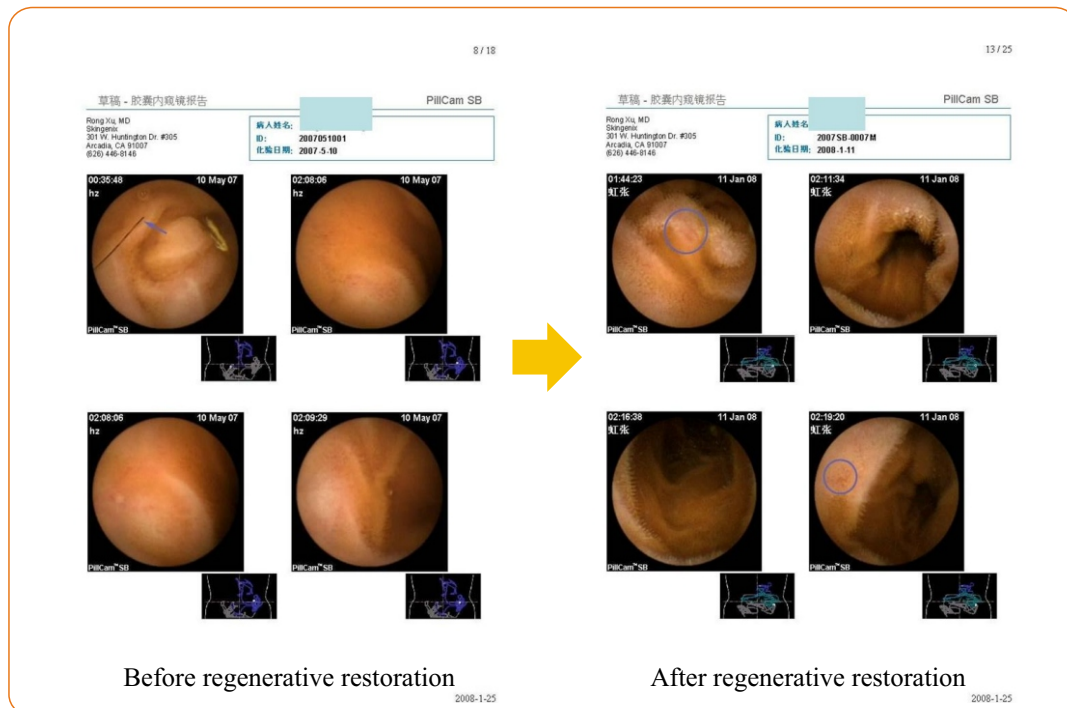
Biotic Schedule of Digestion and Absorption



The content above is about the concept of digestion and absorption for your grasp, highlighting the method to promote the thorough nutrients absorption is the replacement of the aged cells with regenerated young cells which participate and ensure the nutrients digestion and absorption. For example, the conventional treatment for gastric ulcers leads to the healing with scar formation, which will cause the functional deficiency in digestion and absorption at the scarred healing site of the mucosa. By the *in-situ* regenerative restoration technique, the ulcerous mucosa can be regeneratively repaired to the normal state with the recovered function; other incurable diseases such as severe gastric ulcer, stomach cancer, and radiation ulcer can be cured with regenerative restoration technique in several months; the gastrointestinal mucosa with entire functional deficiency can also be renewed and regenerated; this applies in other human organ disorder.

【How is an aged cell regenerated?】

From the above introduction, it is clear that the diseased or apoptotic cells can be replaced by regenerated cells, then how about the aged cells? You can find the answer in the following case. According to the results of the gastroscopy before regenerative restoration on May 10th 2007, parts of the villi exfoliated and all villi turned atrophy. After 6 months regenerative restoration, the new gastroscopy results showed that most of the gastrointestinal villi were regenerated and the GI tract returned to the younger state. We realized this without precedent in the history. All our club members here will have the same change through the course of regenerative restoration, since an 80-year-old senior could have part of villi regenerated. Gastrointestinal regeneration, the true reflection of organ regeneration, is even more important than severed finger regeneration, because it is the precondition for the regeneration and renewal of other internal organs. Another example: a patient with 12-year history of coronary heart disease is cured by systemic regenerative



restoration, which indeed gave the doctors a shock. That is a convincing example to show that all other organs of the human body can be repaired through the functional improvement of the GI tract. After the improvement of the GI tract, the quality of life still can be improved a lot even though regenerative nutrients are replaced by common food.

The regeneration and renewal of the GI tract could be hindered despite of the improved GI function if the necessary regenerative nutrients are not supplied continuously; on the contrary, the maintenance of continuous nutritional supply will guarantee the regeneration and renewal so as to improve the GI function. That is our established theory of secondary life cell regeneration and renewal. The proper application of that theory gives us the promise of controlling cancer, renewing organs and greatly improving the quality of our life.

【 The mystery of cancer and the relation between cancer and regenerative nutrients 】

Cancer is a big topic, so we dared not to release our results to the public though we had already completed the basic experiments on the mechanism of cancer, knowing that our results would definitely cause a hot debate in the scientific and economic field. It will not so easy for my study results to be accepted by most of the people, though I have finished all the due studies on cancer. Here, I aim at showing you how regenerative nutrients for secondary life cells affect the normal cells and cancer cells separately.

According to the basic regulation of food safety, the screened regenerative nutrients should be assessed for its non-toxicity in the first place. MEBO Gastrointestinal Capsule was tested in *Capital University of Medical Sciences* before permitted entering the market, which showed no toxic reaction in all tests. Moreover, many test albino rats got stronger by taking the capsules without mortality occurrence. From that result, I made the inference that this product which contains regenerative nutrients might be effective for preventing cancer. Subsequently, I started experiments by trying regenerative nutrients on various typical normal cells prone to be converted into cancer cells, in order to explore the possible cancer-preventing effect by getting the negative result of cancer cells conversion. To my surprise, it was observed in the studies that none of the cells cultured in normal media (MEM) containing regenerative nutrients were able to be converted to cancer cells. The cancer-preventing effect of regenerative nutrients was then discovered and confirmed.

After this discovery, I explored further the actual effect of regenerative nutrients on cancer, which can be prohibition or necrosis induction. Results were finally obtained after another five year study on cancer as follows. We carried out experiments on human organs after on animals. The first subject we tested is lung cancer cells. Till now, lung cancer tops the list of cancers with the highest incidences. Current therapies including radiotherapy and chemotherapy show little effect on it. Even the surgical management can only delay the death for a few years. Actually, no significant statistic difference has been observed on the comparison between the surgical and nonsurgical methods in cancer survival time. And few alternatives are available.

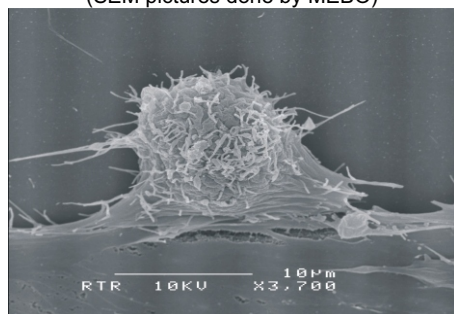
We screened total 210 types of MEBO Elixir, regenerative nutrients containing compounds, catered for various cells by culturing various potential regenerative cells with different types of MEBO Elixir like MEBO Elixir No.11, No.12, No.21, No.22, No.31 and choosing the most suitable type for the specific cell type. Among them, there are totally 6 types of MEBO Elixir are indicated to lead to the regeneration of lung cells. However, we found in our screening that not all the regenerative nutrients favorable for cell regeneration have the anti-cancer effect. Thus it is necessary for us to firstly compare the effects of a certain type of MEBO Elixir on both cancer cells and normal pneumonocytes. In our study, all of No.11, No.12 and No.22 MEBO Elixir showed the double effects of not only promoting normal cellular growth but inducing cancer cell degeneration, among which No. 22 was proved to be the most effective. The currently practiced anti-cancer methods share the common disadvantage of killing both normal cells and cancer cells. Our experiments produced the results that MEBO Elixir No. 22 encouraged normal cells for their growth while killing cancer cells. After that, we performed human tests based on

the above three types of MEBO Elixir by adding them into the nutrition for humans. Different from most of the food ingredients which are all killing both normal cells and cancer cells, our MEBO Elixir could kill two birds with one stone, i.e.: support normal cell growth while killing cancer cells.

But why? What are the mechanisms behind it? Before I answer your question, let me show you the results from our study first. For the morphology of the normal human lung cells cultured in MEM with regenerative nutrients, it was obvious that the normal lung cells were not only alive but began to proliferate after swallowing No.22, indicating the regenerative nutrients contained in No.22 can be used by lung cells and involved in their construction process; in addition, regeneration was throughout the development of lung

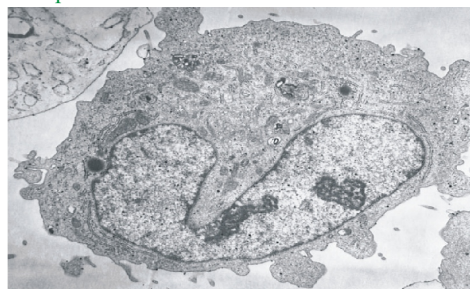
The appearance of lung blastocytes (MRC5) cells

(SEM pictures done by MEBO)

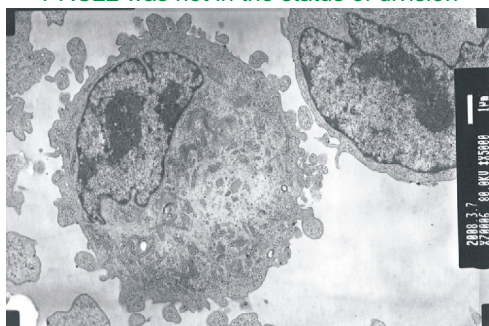


The appearance of normal lung blastocytes

The metabolism of MRC5 was normal, the swallowed PRC22 has already participated the metabolism and gradually disappeared, the MRC5 cell was in the vigorous proliferation state.



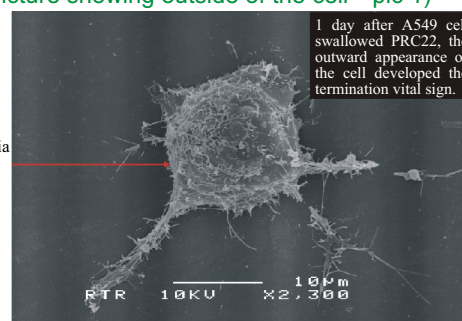
The inside appearance of MRC5 without swallowing PRC22 was not in the status of division



The cell division didn't happen

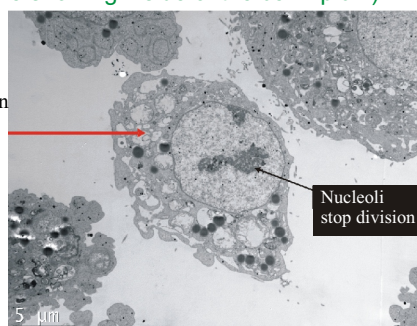
The process of killing A549 cell (picture showing outside of the cell---pic 1)

The pseudopodia break and disappear



The process of killing A549 cell (picture showing inside of the cell---pic 2)

The mitochondrion gets swelling necrosis after swallowing PRC22



The process of killing A549 cell (picture showing inside of the cell---pic 3)

Cancer cell A549 died

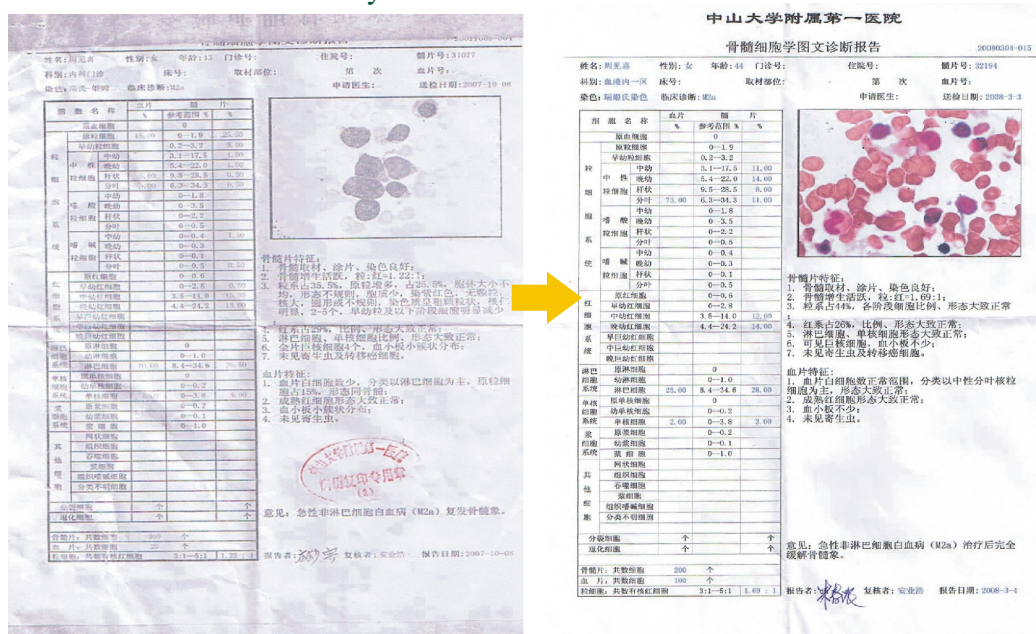


cells accompanied by active division without variation. On the contrary, no division was observed in the normal cells cultured without No.22 at the same time interval. More surprisingly, after cancer cells were cultured in the same media with No.22, the absorbability of the cell was decreased, cell organs turned to disfiguration, which finally led to the cell death. There are two types of cell death: apoptosis and cell disaggregation (usually with toxin release). In our study, the death of cancer cells was determined as apoptosis for no disaggregation was observed.

Based on the aforementioned anti-cancer effect, no wonder lots of feedbacks from cancer patients who tried our regenerative nutrients containing MEBO Elixir stated the improved objective sign. Nowadays, most of the scientists are still trying to kill cancer through changing genes. However, it is indicated in our study results that anti-cancer has no connection with genes. Cancer cells are generated from the normal cells which are not provided with sufficient necessary nutrition! Almost all the shortage can be supplemented by MEBO Elixir. For example, there is P22 in it, a natural compound with amino acids and fatty acids as ingredients.

For the anticancer effect of MEBO Elixir, there are several typical cases for your reference. The first case is a 58-year-old female patient with pulmonary carcinoma. The background for this patient with our treatment can be dated back to January 25th of 2008 when the Chinese Lunar New Year was around the corner. We launched the *total nutrient dietotherapy aids program* including providing free MEBO Elixir and MEBO Gastrointestinal Capsule to some requiring cancer patients in their last stage in hope of lessening their suffering and enjoying the last few days of their lives with their family members. Except several patients who died from the severe condition caused by the cancer, the remaining majorities have spent the happy spring festival and most of them are still

After three-month regenerative restoration anti-cancer practice for one terminal cancer patient with acute nonlymphocytic leukemia, all the indexes of BMC Examination indicated the condition recovery to normal state



alive now. Our original plan for this program was four months at most, because internationally accepted figure of survival is four months at most for the end-stage cancer patients. As for the first case I mentioned which was examined after pleural fluid and hemoptysis occurring and could not be improved by several times of chemotherapy. The patient is still alive as one of the participants in our program. The patient had been improved greatly with hemoptysis controlled, pains of the ribs alleviated, and cough relieved. We have videos of all the participating cancer patients made by themselves during each stage of treatment with the statement about their improvement before and after treatment.

The second case is a leukemia patient. Though leukemia is considered as a challenging disease, it is not so tough for our therapy. In our animal study, regeneration of the bone marrows by our method could not be hindered by ^{60}Co radiation compared with the control group in which deterioration occurred in the marrow after radiation. This patient was diagnosed as leukemia repeatedly relapsing, to whom the medical intervention was withdrawn. She was admitted in our program in early February of 2008. The latest examination on March 3rd of 2008 showed her bone marrows had been converted to normal completely with her physical condition the same with the normal people.

It is our primary goal of the program on January 25th of 2008 to let the cancer participants enjoy their last spring festival with family members. To our excitement, most of them lasted till now with improved conditions and shrinking tumors according to the statistics. It was stated by the relative of one of our participants that the patient who should have had 3 months' living days judged by his attending doctor had survived for almost one year in a good condition since managed with our method. It is now safe to conclude that cancer is resulted from the lack of nutrition, and middle-aged people are the high risk population. During the transitional period from the middle-age to the senior stage, cells of the body need more nutrition for renewal, leading to the increased incidence rate of cancers consequently. With that theory as basis, it turns out much easier for us to conquer cancer, i.e. providing the first life cells and secondary life cells with adequate regenerative nutrients and compound. Our new health preservation program will begin with cancer control and prevention by handing out our regenerative nutrients and compound as anticancer food to nationwide end-stage cancer patients. Again I want to emphasize the importance of cancer prevention for those healthy people. In our club, one of your cells will be taken and cultured for analysis, especially on its nutrition requirement, so as to provide you the specific health preservation service. Since you are already clear about the mechanism of our health preservation, you will have the conception of regeneration and understand the principle of health preservation. Then why not to start action to give regenerative nutrients to your blood for any organ which is in need of them?

Last, all the above contents aim to help you know why human body can be regenerated; how to eat rightly by following the diet hierarchy and bioclocks; how to maintain your organs in normal renewal circle and healthy, and how to prevent cancer. Detailed information about *total nutrient dietotherapy for anticancer program* will be published specifically.