

## DAVID SCHMIDT

DAVID SCHMIDT IS A SCIENTIST, the inventor of the LifeWave technology and founder of LifeWave nanotechnology patches. As a result of work performed for the design of emergency oxygen systems for General Dynamics and the U.S. Navy, he was invited to participate in the navy's next-generation minisub program. He has received an honorary doctorate from the International Hall of Fame. He was formally educated in management information systems and biology at Pace University in Pleasantville, New York. He went on to specialize in energy production technologies for both military and commercial applications. He developed new methods for producing hydrogen and oxygen and constructed metal-combustion rocket engines.

In other words, this is one smart guy. In this interview David will explain in layman's terms the science behind his remarkable LifeWave nanotechnology patches. I have been using these nondrug patches for pain, sleep, energy, appetite control, and detoxification for the past two years and I can't say enough about them. After you read this interview you are going to want to run to his Web site to get some for yourself. Sometimes things are too good to be true; these patches are simply good and true.

SS: Thank you for your time. I'm sure you would rather be designing spaceships or something like that. After all, you are the man who was able to turn seawater into cement! In knowing you the last couple of

years it is clear that your brain just works differently from the average person's. What prompted you to develop the nanotechnology patches?

DS: I was asked by a government contractor to find new ways we could keep crews of submarines alive longer in the event of an accident. For example, it's not unusual for a helicopter pilot to have to fly thirty hours straight. There have even been B-2 bomber missions where the pilots have to stay awake for sixty hours on missions. In order to do that they have to resort to amphetamines and caffeine to stay awake and have the energy to do so. I thought this could be an opportunity to see if we could find a way to improve the crews' energy and stamina without having to resort to drugs. This led me on a journey to what became my Life-Wave nanotechnology energy patches.

SS: These patches are in sync with new medicine in that we are all trying to diminish our dependence on pharmaceuticals. You call these patches software for the body—can you explain this?

DS: Most people are ingrained in the pharmaceutical model that some form of drug will create a response within our bodies. To understand our technology (the patches), we need to know that the body has a chemical system and also a bioelectronics system.

When we go out into the sun, we understand that a frequency of light will cause our bodies to make vitamin D. This is a perfect example of how a frequency of energy—in this case, light—can trigger a chemical change within our bodies, a very beneficial change. Another example is, as Californians we go out in the sun hoping to get a tan. This is an example of how a frequency of light is causing our bodies to make melanin, which is an antioxidant and is our bodies' response to being hit with high-energy light. Our bodies do this as a protective mechanism, but most people think along the lines of aesthetics.

In order for these mechanisms to be possible (to be able to respond to light), the cells of our bodies have what are called "photoreceptors." The pharmaceutical model works with some type of drug or nutrient to produce a chemical response, but we know that our cells have photoreceptors, meaning they can take in photons of light and produce chemical changes in the presence of different frequencies of light to be used for healing.

SS: How?

DS: Let's look at one very sophisticated piece of human technology, the man-made space shuttle, that has over five million parts. The human eye, by comparison, has over one billion parts. We all know the

human eye is specifically designed to process light. The light enters our eye and travels through the optical nerve around the center of our brain into the pineal, where it is filtered and then travels through the rest of our bodies.

It has been proven that the DNA in our cells actually emits specific frequencies or wavelengths of light that trigger all of the reactions that occur within the cells of our bodies. If we know and understand that light is involved in cell communication, wouldn't it make sense that if you wanted to improve the way our bodies burn fat, we could use the frequency of light from our cells to trigger fat burning?

If we know the frequency of light our bodies use to repair tissue, we simply shine that frequency of light on our bodies and we accelerate tissue repair. So with our nanotechnology patches we can use light therapy in very sophisticated ways that pharmaceutical medicine cannot address today.

SS: So, is this "light" from our own body heat, and how does this information connect to the patches?

DS: Yes. We use our body heat to access the light. In the patches I was able to use organic materials (stereoisomers) to reflect specific wavelengths of light and come up with a unique combination of organic materials, specifically amino acids, sugar, water, and oxygen, and then process these materials in such a way that they reflect the wavelengths of light that will trigger different reactions in the body.

SS: And the patches do this when we place them on the body's meridians?

DS: We place them on the meridians to stimulate the acupuncture point, because science has found that the meridians in our bodies conduct light extremely efficiently. But we don't need to place the patches on an acupuncture point in order for them to function.

SS: What are meridians made of?

DS: Western science has had a problem with the whole concept of acupuncture because they can't see meridians. Meridians are not made of collagen or muscle tissue, they are actually made of water; strings of charged water droplets, actually water molecules with charged ions such as calcium and magnesium. The water molecules line up in these very fine threads, which are charged electrical particles (electrolytes), and these meridians vibrate like a string. Each meridian is connected to an organ and vibrates at its own specific frequency. Think of a musical instrument, a violin or a guitar; each string of its own length will produce

its own sound and, of course, that's a different frequency. If we can understand the meridian system we could dramatically optimize and improve our health.

SS: Okay, I think I am "seeing the light." Meridians are their own system and they conduct light.

DS: Yes, and they specifically conduct infrared light. The LifeWave patches are powered by this band of energy, meaning that you place a LifeWave patch on the body (the patch is a form of infrared energy). This band of energy will actually trigger the patch to start reflecting the wavelength of light to do whatever it is meant to do.

SS: So if you have a patch that elevates *glutathione* (which I know you do), instead of going to the antiaging doctor and getting an intravenous drip of glutathione for detoxification purposes, we simply take this patch and place as instructed on our body and our body heat activates the wavelengths of light that trigger the cells in the body that make glutathione? Did I get it?

DS: Exactly. You get an "A."

SS: Well, the glutathione patch is such an interesting way to detoxify the body, in fact downright exciting. A breakthrough!

DS: Yes. Because a glutathione drip has a half-life of somewhere around seven to ten minutes, one hour after your drip, your blood glutathione is back to normal—which is worth it from the standpoint of cleaning out heavy metals. It is extremely safe and it saves people's lives. If we are interested in detoxifying the body of heavy metals, a glutathione drip is worth it; however, if we are interested in keeping our glutathione levels elevated on a regular basis as an antiaging strategy, our patch is the only way to do it. When we look at blood tests after our patches have been worn, the results are so extraordinary that most doctors and scientists have difficulty believing the results are accurate. What we are able to show is that we can elevate glutathione levels by over 300 percent on average within just twenty-four hours. We compare that to the sixty thousand to seventy thousand clinical studies that have been done worldwide on glutathione, and what we see is that with conventional use (as in a drip) we might be getting only a 15 percent increase in glutathione over thirty days. But our Lifewave patches elevate glutathione levels very, very rapidly over a short period of time and keep them elevated.

SS: What does that mean? Do we keep them elevated for the rest of our lives, and why do we want or need to do this?

DS: It depends on your goal. If your goal is to live as long and healthy as possible, then the answer is yes. One of the things that doctors have

substantiated is that how long you live is directly proportional to how high you can keep your glutathione levels.

SS: That's quite a statement. I know that glutathione is a powerful master antioxidant.

DS: Yes. Antioxidants protects our intercellular fluids and our intercellular environment from free-radical damage. And, of course, if we want to hold off the ravages of aging, then we should all be concerned with our whole blood levels of glutathione.

SS: Is this because we are being bombarded with so many toxins in this new world?

DS: Yes. And as a result, individuals' glutathione levels are depressed compared to what they were many years ago. So with today's toxic environment we have to have new strategies implemented daily to protect us from these harmful toxins.

SS: This is more than exciting. You have recognized the existing threat of the damaging and harmful effects of toxins and chemicals on the body and this is your answer: the magic bullet.

DS: Yes. We have to do something. Pharmaceuticals are not the answer for everything. We are getting hundreds of environmental toxins introduced into our bodies from the food we eat and the air we breathe, and some of these are in the form of heavy metals, plastics, and pesticides. It is no longer good enough just to take a vitamin pill to elevate our antioxidants; now we have to be concerned with protecting our bodies from free-radical damage, keeping our liver clean, and keeping the heavy metals out of our bodies.

SS: And your glutathione patch can do that, keep the liver clean and kill free radicals?

DS: Yes. The liver is a big part of it, and we know that we find elevated levels of glutathione in the liver. We also know that the liver has multiple pathways for keeping the blood clean, and glutathione is one of the predominant pathways. And we know that glutathione's traditional benefit has been in removing heavy metals and protecting the body from free radicals, so, yes to your questions.

SS: This seems like it would be interesting technology for our military.

DS: Yes. The military has been exceptionally interested in elevating glutathione levels in our troops for many reasons. Glutathione holds off muscle fatigue; when you give it to an individual, their ability to exercise increases substantially. This would allow our troops to perform better because they will have better endurance and stronger muscles. Also the number one disability in the military is hearing loss from weapons fire;

and glutathione is the principal antioxidant that protects us from hearing loss.

SS: So, if I wear these patches, I can expect a better effect on my workout, my muscles will be stronger, and my hearing will be protected, and as well I am killing off free radicals and detoxifying my body from the chemical onslaught? This sounds too good to be true; this truly is breakthrough protection and *prevention*.

DS: Yes. Glutathione has all these benefits. Of course, if someone already has hearing loss from nerve damage, then glutathione will not be of value. The Department of Defense and the Department of Homeland Security are concerned with bioterrorism—that someone could drop a dirty bomb or anthrax or smallpox—and they've discovered that if you can elevate glutathione levels quickly enough in people who have been exposed to these bioweapons, you can actually save their lives. With these chemicals what you actually die from are the free radicals, but the glutathione goes in there and does the job to protect. It won't kill the smallpox or the anthrax, but it keeps you alive until you can get antiviral or antibacterial medication.

SS: Well, I hope we never need this antidote. Shifting gears, years ago I was plagued with allergies. I was always using over-the-counter medications to control them. Then I went to an acupuncturist and he said he could get rid of my allergies if I was patient, that this wasn't Western medicine. I committed to him, and for one year I went to acupuncture once a week, and today, ten years later, I do not have allergies, regardless of the season. Knowing that you work with acupuncture points, it seems to me that glutathione would be an approach to reducing or eliminating allergies.

DS: Well, elevating glutathione levels will happen regardless of where you place the patches. What you are referring to is how we can get energy flowing through the body normally. It's important to understand that the meridian system in the body is an electrical communication system. When an electrical system breaks down, then the biochemistry of the body will not function properly. Allergies originate from the action of the kidneys and the adrenal glands being impaired. People with severe allergies always have impaired adrenal glands, so we can make ourselves resistant to allergies by putting needles in the back of the acupuncture points, called bladder 23, and that would stimulate the flow of energy through the kidneys and adrenals. Once you restore that energy flow, you are restoring the communication system; now the adrenals can produce the necessary hormones such as cortisol, which acts like a natural anti-

histamine, and now we are allergy-free, which is what seems to have happened for you.

SS: Let's talk about the carnosine patches.

DS: The carnosine patches are designed to reflect wavelengths of light that will elevate the body's store of carnosine.

SS: Why do we care about carnosine?

DS: There are similarities between glutathione and carnosine. Both are antioxidants and both are found inside our cells. Glutathione is made up of three amino acids and carnosine is made up of two amino acids. However, carnosine is a little different in that we find it in the skeletal muscle and also in our heart.

*Glutathione is the mechanism or material that protects our body from the effects of aging, and carnosine is the antioxidant that repairs the damage done through the effects of aging.*

SS: I get it. Interesting. So even though you've got damage, carnosine is restorative?

DS: Right. It's absolutely remarkable. Carnosine also has a dramatic improvement on endurance. Right now I am working with the Olympic athletes, giving them a combination of glutathione and carnosine, and I'm told some of these athletes are expected to break world records in the upcoming games in Beijing.

SS: Well, I remember Merv Griffin's horse winning the Breeders' Cup and the horse was wearing your energy patches. That was a great photo. You must have enjoyed that.

DS: I did, but it didn't surprise me. Carnosine has a remarkable effect on improving endurance because, like I said, it's the antioxidant that sits in the heart and the skeletal muscle, and from an antiaging standpoint, it is an anticarbonylation nutrient.

SS: Meaning the aging of our cells because of a lack of energy and hydration?

DS: Yes. Our cells are designed to produce energy, and as a result of producing that energy they will have waste as a by-product coming out of the center, the mitochondria. When the cell is functioning normally, there are transport mechanisms to take that waste and remove it out of the lymphatic system and also from our bodies.

But as we age, our cells start to accumulate molecules of carbon (kind of similar to what happens to our car engines: they rust and carbon builds up). Under a microscope our aging cells begin to distort and shrink up. Carnosine introduced in a cell removes all this junk, and what you see is

together, they form large clumps that you can't see. Imagine if these clumps of water are so big that they are actually bigger than the pores on the cell membrane. So you have water in your body but not inside the cell where you need it. It's on the outside of the cell, so it won't do anywhere near as much good as if it could get inside.

SS: But Penta water comes in a plastic bottle. How good is that?

DS: The plastic bottles are very bad for us. Yes, it's a dilemma.

SS: Okay, we've got glutathione patches for detoxification; we've got carnosine patches for skeletal repair and eating up free radicals; and both of these patches beautify and remove wrinkles by cleaning the insides of your body. We need to consume the correct water with the right surface tension to hydrate our cells, and you always say what we all really die of is dehydration, so this is pretty important stuff. What else can we do?

DS: Simple things like putting a filter on your shower and bathtubs. We get more free radicals from our morning shower than anything else we do. A filter can remove the chlorine and fluoride from coming in contact with our skin. And also put a filter on your tap for cooking water.

SS: Are we talking about reverse osmosis?

DS: Yes. That would be good, and switch over to glass bottles of water. We are getting polypropylene or polyethylene bottles that Penta and every other spring water comes in, and all that plastic leaches into the water.

SS: Let's talk about your other patches—the energy patches, for instance, which I have been using for past two years. Please explain what these do and why we want them.

DS: The energy patch was my first LifeWave invention. A number of clinical studies showed that as we get older, we not only lose the function of the mitochondria because the energy output decreases, but now the cell produces less energy and less of our energy comes from fat. Fat has twice the energy as sugar, but it's also more difficult to metabolize. As a survival mechanism the little cells say, "Wait a minute, the cells are shrinking and I've got to make energy to survive; where am I going to get that energy? How about from sugar, because it is easier to process even though we get less energy from it?"

This is terrible, of course, because we've got to do something with the fat, so we store it. Then it becomes a downward spiral because now we are burning less fat and our metabolism decreases, and this has an unfortunate end.

SS: So if we wanted to improve our energy naturally, where would be the best place to get it and how could we burn off more fat?

DS: Good question. As we age, we get less of our energy from fat

burning, so I figured if we had a technology that could increase the amount of energy we get from burning fat, not only would we have a way of increasing our overall energy, but we'd also have a way of staying younger.

SS: So can you do this with your energy patches?

DS: That's correct. There is a positive and a negative patch, a white one and a tan one, and it's significant as to *where* we place them on the body. By placing them on the correct places on the body, you can burn over 20 percent more fat the very first time you use it.

SS: This is provided you are eating correctly, right?

DS: Of course.

SS: The idea of wearing simple patches instead of taking some lethal terrible drug to diminish your appetite is going to be of great interest to my readers.

DS: The incidence of overweight and obesity in this country is alarming. We are living sedentary lifestyles with enormous amounts of sugar in our diets. When we take in these sugars, it decreases fat burning and triggers fat storage; then add in all the toxins and you realize why we are experiencing this epidemic of obesity.

SS: And very few people are consuming real food.

DS: Right. We recommend a person wear our glutathione patches about a month before they start a weight-loss program and we find their results are much better. Detoxification is critical for people wanting to lose weight.

*We have artificial ingredients in our foods, two of which are NutraSweet and MSG—both of which will create lesions in the hypothalamus. This is why people get a headache after having Chinese food; it's very simple: The MSG is giving us brain damage!*

SS: Wow.

DS: If we were to look under a microscope, we would see that the MSG is creating scarring in one of the areas of the hypothalamus that inhibits the ability of the hypothalamus to do what it is designed to do, and one of the functions is appetite control.

SS: What a statement about chemicals. Scarring, yipes!

DS: It's just the beginning. MSG is an excitotoxin for a neurotransmitter, so it is creating other damage in our bodies than just affecting our appetite. That's one of the reasons that after consuming diet food you are still hungry.

SS: So these chemicals are killing the brain.

that the older cells get to about 90 percent of looking like a new cell. So carnosine patches get our cells acting and functioning like young, healthy cells, and it gets better. From an antiaging viewpoint, carnosine will increase the life span of your cells from 300 to 400 percent.

SS: This is fountain-of-youth stuff, and all without drugs. I cannot tell you how thrilling this is; as we are speaking I am wearing a carnosine patch, and yesterday I was wearing the glutathione patch. I have been alternating with the two patches all month. And one thing I have noticed is that my skin has gotten so much softer. My wrinkling seems much less than it was last month. Am I imagining this?

DS: These are effects you can expect, besides all the other great benefits. The good news is that your skin will keep improving in tone and texture, and it will keep getting softer because you are cleaning your body from the inside out. Total detoxification.

SS: Could this be reparative for all the millions of adults in this country on statins? Because we know that statins kill the mitochondria, the energy cells in the center of each cell.

DS: Yes. When we experience mitochondrial dysfunction, there are a number of things we can do to get the mitochondria functioning normally. If we wanted to restore energy production, which is so crucial (because that's where it all starts and ends), if our cells aren't hydrated and energy production is halted, everything else collapses. If our cells are not hydrated and our energy production isn't high, how are we going to make hormones or utilize them? How are we going to make new proteins? The best way to focus on antiaging is to find the means to not only hydrate the body but to also increase mitochondrial functioning. Statins by their very nature damage the mitochondrial energy centers of cells, so they work against energy. We came up with light therapy in the form of our patches to increase energy production by elevating fat burning. Without hydration, the energy centers of your cells are being damaged by statins, so eventually you are going to be in trouble. All of the things we are now doing to increase energy and health, as in growth hormone, or vitamin supplements, or exercising, won't have the right effect if we can't keep the body hydrated. We won't be able to get any energy production.

SS: Well, let's talk about hydration. How much water should we be drinking a day?

DS: I laugh because it gets into the subject of what type of water do you drink?

SS: Oh brother, here we go.

DS: You take your body weight and divide it in half in ounces and that's how much water a day.

SS: I weigh 127 pounds, so for me this would this be 63½ ounces? That's about eight 8-ounce glasses of water a day. I can do that.

DS: Right. But if you really want to know how we hydrate the insides of our cells, you need to understand that it's not good enough just to drink water; you have to drink water that is structured.

SS: I knew it was going to be something like that. So, what, like Penta water?

DS: Penta water is a very good example. It is a water that has a low surface tension, and the lower the surface tension, the easier it is to drive the water into the cell where it's needed. Otherwise, you can drink all the water you want and you are still going to be dehydrated.

SS: Does this connect with the fact that we have fluoride in our water in most cities in America?

DS: Fluoride is highly carcinogenic, as is chlorine.

SS: Isn't that great! [Sigh.] Anyway, let's get back to water and hydration.

DS: We have to keep our bodies well hydrated so we can get the toxins out of our systems. We do that by eating good food, organic food, which is pesticide-free, hormone-free, and then we need to keep the energy production in our bodies cranked up and keep it free from free radicals. If we do these things, it becomes very difficult for a disease to get a hold of our system.

SS: Well, that makes the effort worth it. I had not heard about drinking the *right* water! I did not know that regular bottled water has a hard time getting into the cells. I didn't realize that water needed to get into the cells.

DS: Here's why: The younger we are, the *larger* our cells. As we get older, our cells get *smaller*; therefore, it's harder to get the energy or the oxygen into them. From the time we are born up to about age eighteen our cells start to shrink progressively, and this is extremely damaging from two points of view. One, as the cells get smaller, it makes it more difficult to get nutrients and water into the cell, and it also makes it difficult to get waste out of the cell. Water has a positive charge around hydrogen and a negative charge around oxygen.

SS: So, it's like a magnet that pulls the negative and positive together?

DS: Yes. Almost like a magnet or like the electrostatic charges you get when you walk across a carpet. When these water molecules stick

**DS:** They are killing the brain. That's why the glutathione patch is so exciting. If we give up these harmful so-called foods and detox and change our diets, it's not unusual for people to lose five, ten, or fifteen pounds in the first month of using the glutathione patches.

**SS:** Well, I had put on about five pounds last month because my thyroid got "off," and since I wore the patches, I've lost five pounds easily, maybe more. So let's talk about your sleep patches. As a champion of women's health, I know one of the most difficult aspects of hormonal loss, aging, and menopause is the inability to sleep. I am also hearing young people (thirties, forties) saying that they don't sleep well either. I am very excited by the sleep patches and believe they are the greatest menopause product ever made. I love that they are safe and nondrug. The amino acids are not transdermal, meaning nothing goes into the skin, and they work by "reading light" in the body, as you have stated.

**DS:** Inability to sleep is epidemic. In fact, in Japan about 75 percent, 80 percent, or even higher numbers of the population have chronic sleep problems. If you've ever been there, you understand why; they have very high-pressure lifestyles. It is a significant problem. As a general rule, we are overstressing our adrenals—and it is also happening to the younger generation, which is why they are starting to have sleep problems. I decided to attack this from a different point of view by elevating the production of melatonin.

**SS:** Tell me how.

**DS:** When we sleep, we get an initial shot of serotonin; then our bodies produce melatonin, and before we wake up, our bodies produces DMT. However, it's the melatonin that people are often missing, because they are going to sleep too late or they are eating too late. So we designed these patches that elevate the body's melatonin levels. We did a clinical study at a sleep clinic and found consistently that people with a sleep problem produced brain waves below 85 percent. After one week of using the sleep patches, every one of our participants was sleeping better.

**SS:** Does it shrink the amount of time for the melatonin to kick in?

**DS:** Absolutely correct. Now, if people eat late, it affects their results, or if a person doesn't have any protein in their diet, it can affect results. The sleep patch is like taking the right amount of melatonin, which induces deep natural sleep.

**SS:** Does this patch have anything to do with calming down the adrenals?

**DS:** I think that it does. There is certainly enough information to show that when you elevate melatonin levels, you are reducing adrenal stress.

**SS:** Like I said, this is a great product for menopausal women as well as the "young burnout people," which I once was. Now, and finally, let's talk about the pain patches. These blow my mind because they work. Once again, a nondrug, nontransdermal patch to eliminate pain.

**DS:** These are remarkable and among my favorites because they are the easiest to demonstrate. I have applied these pain patches to myself as well as to over five thousand people, and the results never fail to amaze people. In less than one minute we can get a 50 percent or better reduction in pain by properly applying these patches.

Pain is a bioelectrical phenomenon. We've done experiments where we can see the electrical conductivity of tissue increasing in about one minute from the application of the patches. What that means is that we are restoring the natural electrical property to the body by placing a patch at the site of pain where the tissue is damaged; the inflammation diminishes and the result is that the pain drops dramatically.

**SS:** Do athletes use these patches?

**DS:** Absolutely. The first doctor to do a clinical study on the pain-relief patches was Dr. Dean Clark, in Portland, Oregon (the doctor for the U.S. Olympic team). He tested two hundred people in a double-blind placebo-controlled environment, using medical infrared imaging. He was able to show that in just five minutes of applying pain-relief patches, there were significant decreases of inflammation.

**SS:** Why don't these materials, the amino acids, go into the skin? And what would happen if they did?

**DS:** Well, first of all, the materials are all natural and cleared by the FDA as being safe, and all the materials in the patches are ingredients you would consume anyway. These amino acids have very specific properties, because in addition to reflecting light, we can also create what are called "polarization effects." When you place these patches on the body, they act like positive and negative terminals. All we are doing is generating the flow of energy into our bodies without the need for electrical equipment.

**SS:** This has been great. What remarkable achievements you have made in your young life, and you still have so much curiosity. It is thrilling to think of what you will come up with next.

**DS:** Well, Suzanne, Albert Einstein showed that everything in the world around us is made of light. In quantum physics today we are beginning to understand and appreciate this, but now we can go a step further and say everything around us is made of light and information. Many doctors and scientists now refer to this new and emerging field as informational medicine, meaning that instead of using a drug, instead of using

a vitamin, we can use *information* to improve the function of our bodies. We are putting specific frequencies of light into the body, causing beneficial chemical changes. In all the double-blind placebo-controlled studies we have proved that indeed this method works.

**SS:** Your patches are a breakthrough. They are advancing the health of people rather than degrading it, as with (in most cases) the present allopathic approach. I love the concept, I understand it, I use it, and I take my hat off to you for using your considerable talents and brainpower to create something so positive.

**DS:** Thank you. This is true antiaging and more. This gives quality of life.

### DAVID SCHMIDT'S BREAKTHROUGH BREAKOUTS

- Our cells have photoreceptors that take in different frequencies of light and trigger chemical changes, such as the production of melatonin and vitamin D, that can encourage healing.
- Antioxidants like glutathione protect our intercellular fluids and our intercellular environment from free-radical damage and hold off the ravages of aging.
- Carnosine is an antioxidant like glutathione that helps cells rid themselves of waste; glutathione is the mechanism that protects our bodies from the effects of aging, while carnosine is the antioxidant that repairs the damage done through the effects of aging.
- By staying well hydrated, eating good organic foods, and increasing the energy production in our bodies to keep it free from free radicals, we are able to prevent disease.
- Installing water filters on taps and showerheads and switching to water in glass bottles can help us avoid ingesting potentially carcinogenic chemicals.
- Nanotechnology patches induce sleep, repair, protect, provide energy, and assist in weight loss.