

Measure & Raise Carotenoid Immunity

"The amount of antioxidants that you maintain in your body is directly proportional to how long you will live."

Richard Cutler MD, Director Anti-aging Research,
National Institute of Health (NIH)

Mon-13-Jan 7pm NYC, 30min

Tue-14-Jan 8am HK/Sing

Zoom 6080543247

Passcode homeincome

Recording available on request

Bionic Bob Howe

Yale BA, Harvard MBA

Hedge fund manager



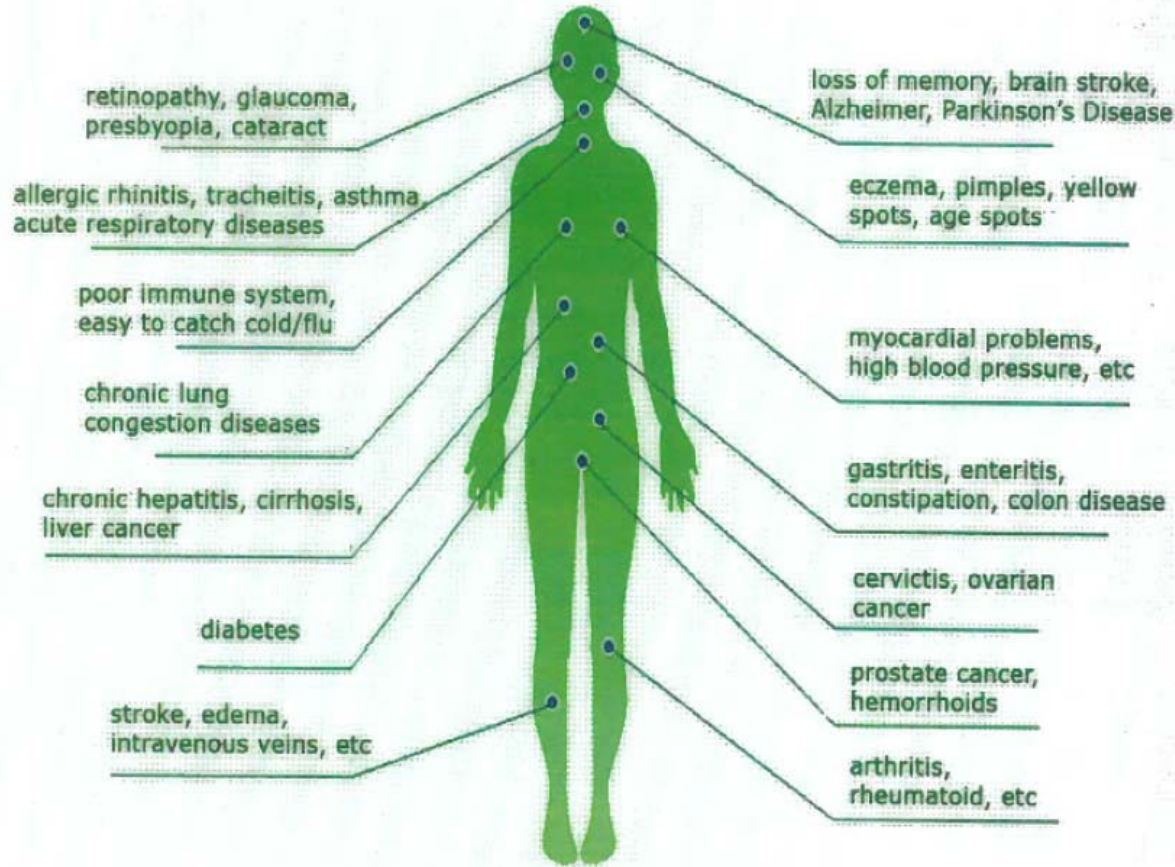
nu generation

Ignorance is Bliss

Knowledge is Power



Free Radical Damage Ages & Sickens



DISEASES CAUSED BY FREE RADICALS

Sources of Free Radicals

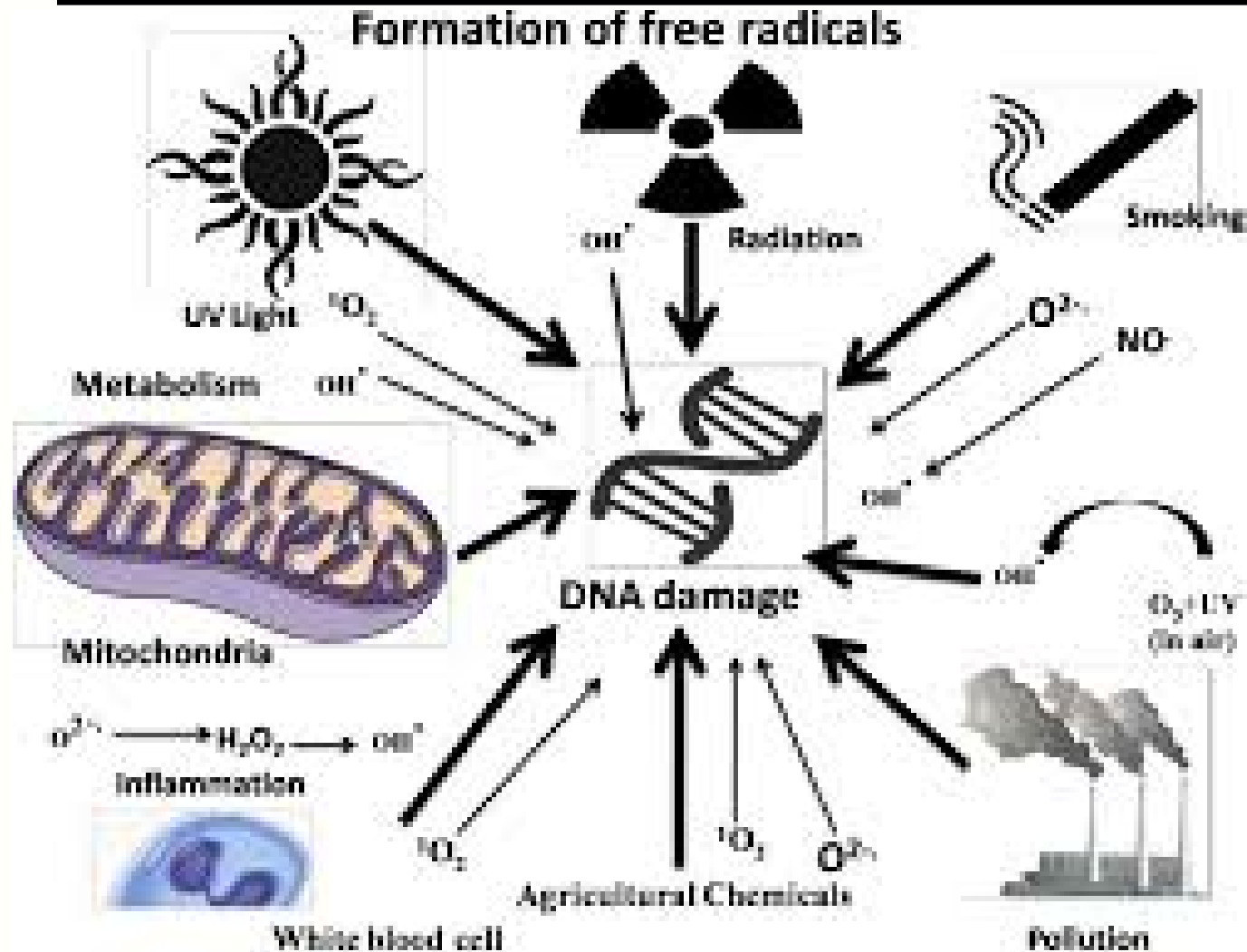
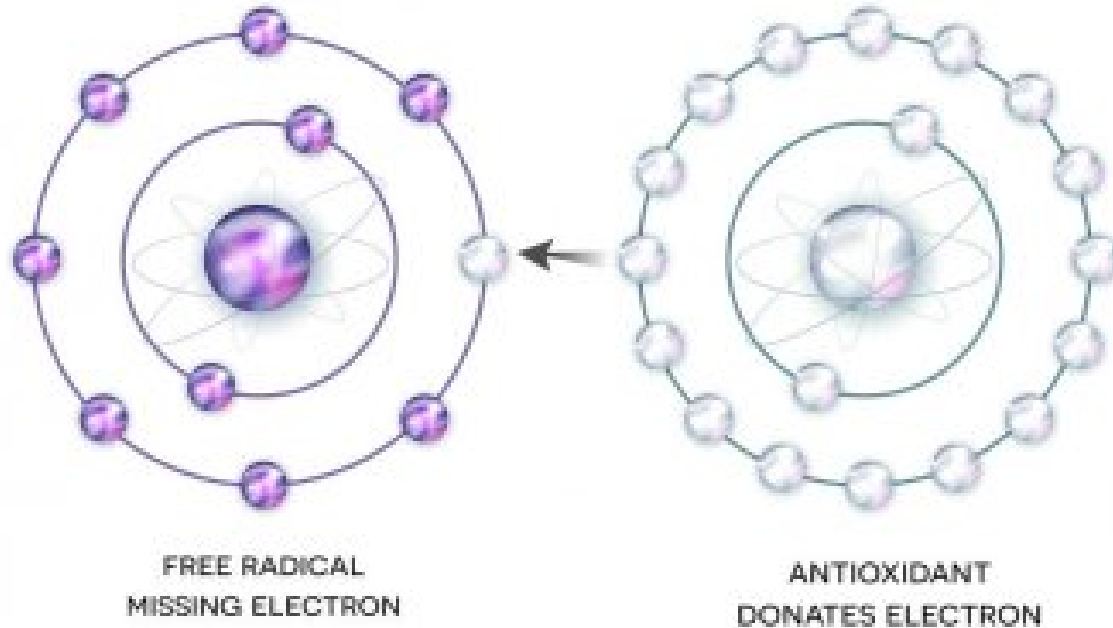


Figure 2 Diverse sources of free radicals

Antioxidants Neutralize Free Radicals

HOW ANTIOXIDANT WORKS AGAINST FREE RADICALS



Fresh Fruits & Vegetables Packed with Antioxidants



Recommended Daily Servings 7-9

Americans Average 1.8 Servings per Day

Nutrition in our Crops Has Fallen 90% the past 100 Years



Average Mineral Content in Selected Vegetables, 1914 -1997

Sums of averages of calcium, magnesium and iron in cabbage, lettuce, tomatoes and spinach

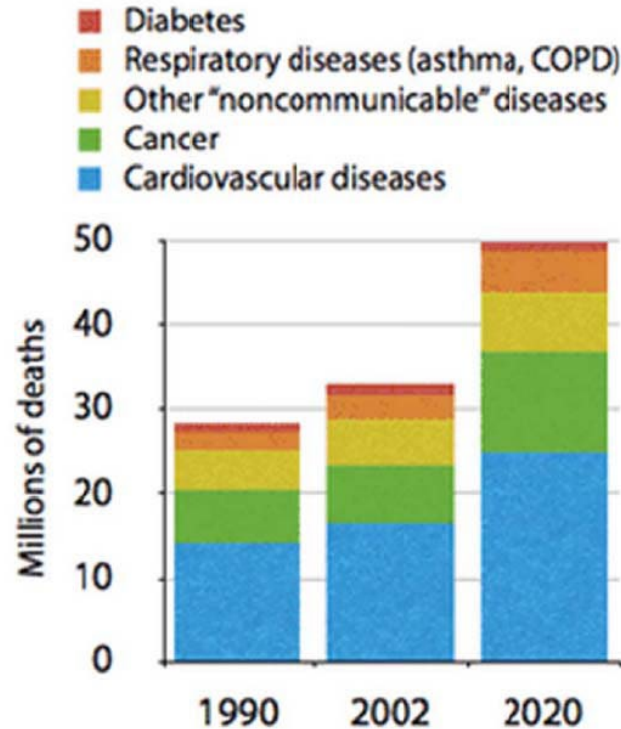


Source: Lindlehr, 1914; Hamaker, 1982; U.S. Department of Agriculture, 1963 and 1997

Most Diseases Now LifeStyle (even Covid)

Annual Global Mortality, by Category

Chronic Illness



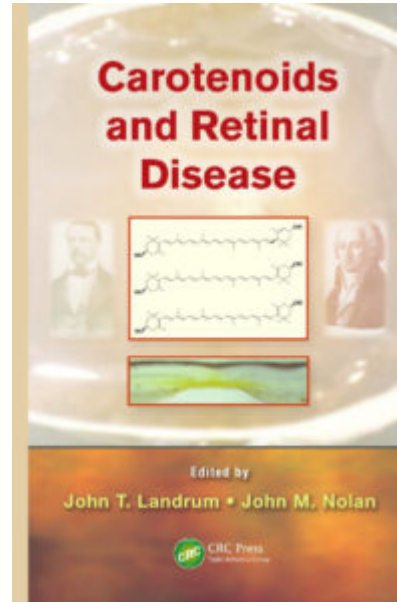
Source: Yach, D. et al. *JAMA* 2004;291:2616-2622.

In the United States, the number of people with chronic conditions is projected to increase steadily for the next 30 years.¹⁹

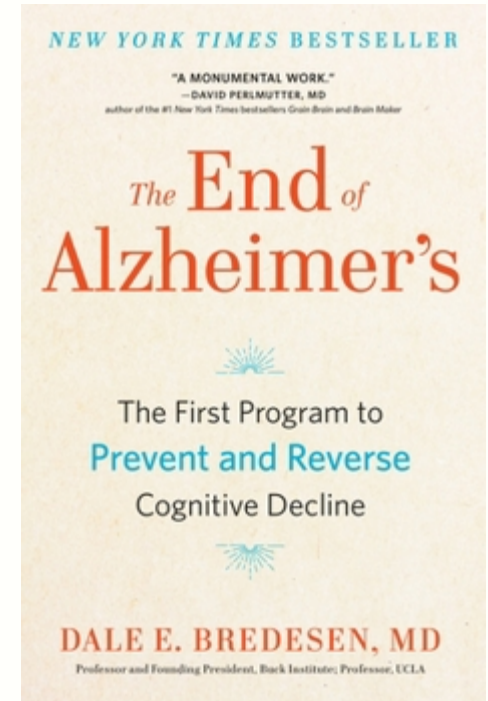
Partnership for Solutions National Program Office estimates that it will reach 157 million by 2010 while another estimate says that figure will be 140 million.

NIH: Carotenoids Protect Against AMD*

Recent Research Stresses Brain Health



Professor John Nolan of MIT has since confirmed these findings and extends the research to prevention of cognitive decline: https://profjohnnolan.com/publication_category/carotenoids/



Dr. Dale Bredeesen emphasizes carotenoids' key prevention and even treatment role in the "Bredeesen Protocol," outlined in his book, *The End of Alzheimer's*.



Carotenoids for Any Age

Journal of Nutrition:

*Skin Carotenoids Are Related to Cognitive Abilities among **Toddlers***

pubmed.gov:

*Macular Carotenoids and Cognitive Function in a **Young Adult** Population*

Improving cognitive health in young adulthood may improve academic and career success and prevent early age-related cognitive decline. A growing body of evidence suggests that the dietary carotenoid **lutein** may promote cognitive function.

Pharmanex eye formula and oral collagen use lutein for UV protection of skin and eyes

Fast-Growing Cells

Carotenoids and their role in cancer prevention

Joe L Rowles 3rd ¹, John W Erdman Jr ²

Affiliations

PMID: 31935448 DOI: [10.1016/j.bbali.2020.158613](https://doi.org/10.1016/j.bbali.2020.158613)

Abstract

Approximately two of every five people will develop cancer in their lifetime. Dietary modifications are one of the most promising lifestyle changes that can adjust the risk of developing cancer by nearly 40%. Carotenoids are a diverse group of natural pigments and are present in many fruits and vegetables. The data surrounding carotenoids and their potential roles in carcinogenesis have been rapidly growing over the past two decades. This review summarizes the literature surrounding the associations between the most six common carotenoids in the diet and ten of the most commonly diagnosed cancers. In this study, preclinical, epidemiological, and toxicology data were reviewed. Data from these studies suggest that several carotenoids might provide a beneficial impact on reducing carcinogenesis. Further studies are needed to determine the causal relationships between individual carotenoids and cancer incidence and progression. This article is part of a Special Issue entitled Carotenoids recent advances in cell and molecular biology edited by Johannes von Lintig and Loredana Quadro.

Keywords: Beta-carotene; Cancer; Carotenoids; Epidemiology; Lycopene; Prevention.

Copyright © 2020 Elsevier B.V. All rights reserved.

The Supplement Industry Should Fill the Gap NOT. It is Unregulated >1800 Brands in North America <10% Move Needle on Scanner

The New York Times | <http://nyti.ms/1uLdCB>



The Opinion Pages | EDITORIAL

Herbal Supplements Without Herbs

By THE EDITORIAL BOARD FEB. 6, 2015

An investigation of herbal supplements by the New York State attorney general's office carries a sobering message for the rest of the nation as well.

The investigation looked at the store brands of well-known herbal products sold by four prominent national retailers: GNC, Target, Walgreens and Walmart. Among the popular products examined were ginkgo biloba, St. John's wort and ginseng pills. Four out of five of the products tested did not include any of the herbs listed on their labels. Even worse, hidden ingredients and contaminants could be dangerous to people with allergies to those substances.

That such well-known brands should be found to be fraudulent suggests that the problem infects the entire industry.

Measure & Raise Carotenoid Immunity

"The amount of antioxidants that you maintain in your body is directly proportional to how long you will live."

Richard Cutler MD, Director Anti-aging Research,
National Institute of Health (NIH)



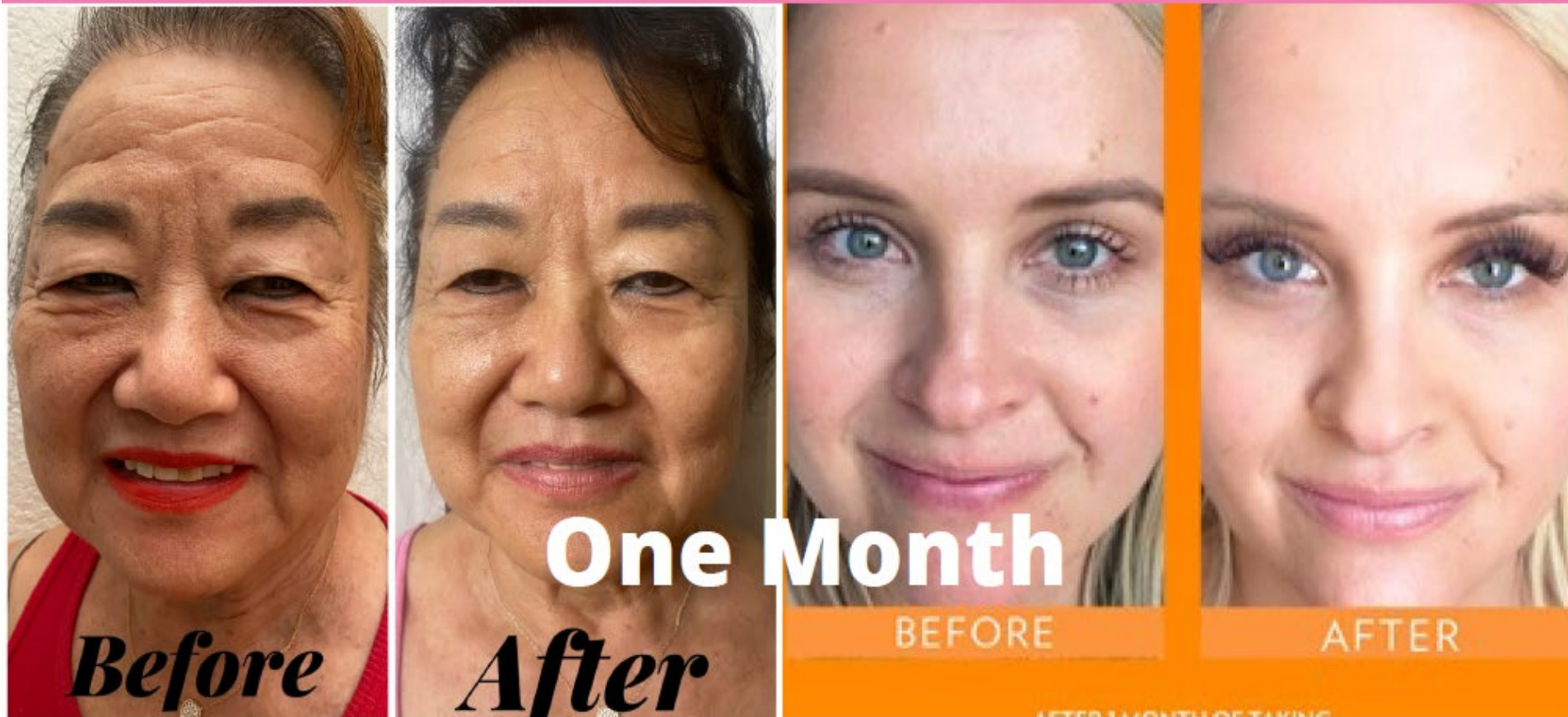
nu generation

Ignorance is Bliss

Knowledge is Power



BEAUTY FOCUS COLLAGEN+ (daily yummy drink)



- **10-20x +collagen vs competition**
- **Clinical studies/proof (Duke U)**
- **It works, or it is free**

BEAUTY FOCUS COLLAGEN+ (daily yummy drink)



Collagen - What is it, Why is it Important?

- Most abundant protein in body, 30%
- We lose 1-2% per year from age 20
- Skin sags, hair brittle, nails break, joints hurt
- Competitors' oral collagen only 3-6% rise
- This new formula +65 to +79% (Duke U clinicals)
- Elastin +18%, Ceramide moisture barrier +50%
- UV & free radical defense lutein (turn marigold)
- 3-mo guarantee look younger, 2-mo antioxidants +

Argentina Basket Case

Strict import controls
Only ONE product offered



**BEAUTY
FOCUS**
COLLAGEN +

Now #2 Americas Behind USA
2024 Most Team Elites Globally

ageLOC LumiSpa

Deep-Cleans
Anti-Ages



LumiSpa
4 weeks



Increases \uparrow Collagen Boost +65% \rightarrow +79%

