

## How foods (epigenetics) change our mind, our body, promote disease, aging and rejuvenation (bioresonance approach)

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Until recent years, it was not clear how the composition of food affects the state of the body, so the appearance in 2012 of the work of the Chinese professor Chen-Yun Zhang [1], confirmed in the USA and Europe [2], was a breakthrough. The study of microRNAs of food plants (rice, soybeans) showed that they accumulate unchanged (!) in human organs and affect genes and metabolism. It is not far from here to explain why the savages ate the fresh heart of a slain enemy to give them courage. In Thailand, the heart of a freshly killed cobra is eaten for health and rejuvenation, as the author has repeatedly been convinced of himself and his relatives.

Earlier in a series of works [3, 4, 5], we established the influence of a number of genes (SIRT genes, genes of periodicals, etc.) on the development of stress, sleep disturbances, aging, health improvement and rejuvenation of the body. These works have convinced us that genes alone cannot solve the whole problem. Indeed, active 20-25 thousand genes of the human genome make up only about 1.5% in it. The rest is little-known pieces of DNA between genes (introns), which until recently were considered "junk" or "silent" genes. Meanwhile, it is assumed that they contain most of the embryonic genes, oncogenes, phylogenetic genes (fish, amphibians, birds), as well as genes encoding small or microRNAs [6]. The aim of the work was to study the effect on the body of food plants used as homeopathic remedies. We believed that even before the appearance of clinical symptoms with the help of the IMEDIS equipment, we will be able to identify early pathophysiological and biochemical disorders, as well as changes in the genome. Eliminating them with homeopathic preparations, inverse preparations of products and their potentiated microRNAs can provide new data on the mechanism of action of food on humans, effective approaches to the treatment of multigenic diseases and rejuvenation of the body.

### Materials and research methods

The study involved 65 people 24–55 years old, divided into 3 groups. The first group included 26 people (14 meat eaters and 12 vegetarians). In the first series of studies, 1 kg of fresh tomatoes per day was added to the main diet for 8 days. On the 3-4th day, we additionally used the homeopathic preparation of tomatoes *Lycopersicum* 3x, 6 granules 3 times a day. On the 5-6th day - bioresonance preparation "Antipomidory" 6 granules 3 times a day. On the 7-8th day, prepared by us preparation of microRNA of tomatoes So373 3x, 6 granules 3 times a day. Every 2 days we studied the parameters of ART "IMEDIS-TEST", the SAN test (health, activity, mood), biological age [4], the activity of the SIRT1 and 3 genes, the Foxo 1,3 genes, the microRNA activity of the So373 tomatoes and other methods described by us. earlier [5, 7].

In the second series of studies, garlic (1/3

cloves 3 times a day) for 8 days, and on the 3-4th day - the homeopathic preparation of garlic *Allium sativum* 3x 6 granules 3 times a day, on the 5-6th day - the bioresonance preparation "Antichesnok" 6 granules 3 once a day, on the 7-8th day - the garlic miR171 microRNA potentiated by us 3x, 6 granules 3 times a day. We studied the same parameters and garlic miRNA.

The third series of studies was conducted in Thailand in 2011–2014 with a second group of 16 people who once ate a drink from the beating heart of a freshly killed cobra (1/4 of the heart per intake). Then, the above indicators were studied in 4 people for 2 days. Another 4 people took a homeopathic preparation prepared by us from the heart of a cobra in a 3x potency. The next four received the bioresonance preparation "Antheart of the Cobra" 6 granules 3 times a day for 2 days. The remaining 4 people took a resonant frequency drug (307735 Hz), corresponding to the total microRNA of the cobra heart in a potency of 3x, 6 granules 3 times a day. The third group (23 people) served as a control and took placebo.

### Research results and discussion

It was found that a two-day intake of tomatoes leads to an improvement in well-being (by 35.3%;  $p < 0.05$ ), activity (by 28.9%;  $p < 0.05$ ), mood (by 34.4%;  $p < 0.05$ ). Antistress (by 49.6%;  $p < 0.05$ ), antidegenerative (by 34.9%;  $p < 0.05$ ), antitumor effects (by 47.3%;  $p < 0.05$ ) were noted. Biological age decreased (by 37.6%;  $p < 0.05$ ), adaptation reserves improved to high degrees 5–6, and antiaging genes were activated (SIRT 1 by 36.8%;  $p < 0.05$ ; SIRT 3 by 37.4 %;  $p < 0.05$ ); Foxo 1 gene by 42.1%;  $p < 0.05$ ; Foxo 3 gene by 27.8%;  $p < 0.05$ ). Established pro-inflammatory (by 40.4%;  $p < 0.05$ ), allergenic (by 47.7%;  $p < 0.05$ ) and autoimmune effects (by 32.2%;  $p < 0.05$ ). A significant amount of microRNA of tomatoes So373 was found in the body (by 50.4%;  $p < 0.05$ ) compared to control. The homeopathic preparation *Lycopersicum* 3x reduced all the noted effects of tomatoes from 34 to 61% ( $p < 0.05$ ), the preparation Antipomidory by 24-46% ( $p < 0.05$ ), and microRNA So373-3x completely eliminated only the pro-inflammatory effect of tomatoes (by 95.4%;  $p < 0.05$ ).

The use of garlic supplements in food had a general strengthening effect, improving well-being (by 42.1%;  $p < 0.05$ ), increasing activity (by 41.1%;  $p < 0.05$ ), mood (by 48.7%;  $p < 0.05$ ). Antidegenerative (by 49.5%;  $p < 0.05$ ), antitumor (by 59.6%;  $p < 0.05$ ), hypotensive (by 67.7%;  $p < 0.05$ ), hypocholesterolemic (by 34, 9%;  $p < 0.05$ ), allergenic (by 62.2%;  $p < 0.05$ ), pro-inflammatory (by 58.9%;  $p < 0.05$ ), autoimmune (by 34.7%;  $p < 0.05$ ) action, severe irritation of the digestive tract, liver, kidneys. Garlic stimulated the antiaging genes SIRT 1 (by 51.4%;  $p < 0.05$ ), SIRT 5 (by 48.4%;  $p < 0.05$ ), the Foxo1 gene (by 51.3%;  $p < 0.05$ ; Foxo3 gene by 37.9%;  $p < 0.05$ ). *Allium sativum* 3x and Antichesnok 3x eliminated all of the above indicators from 31.3% to 53, 7% ( $p < 0.05$ ). The miR171 3x miRNA preparation eliminated only the hypotensive effect of garlic by 96.8% ( $p < 0.05$ ).

The use of the heart of a cobra had a powerful biostimulating effect on the entire body: it improved health (by 71.8%;  $p < 0.05$ ), activity (by 65.3

%;  $p < 0.05$ ), mood (by 68.75;  $p < 0.05$ ), had antitumor (by 72.4%;  $p < 0.05$ ), immunostimulating (by 81.2%;  $p < 0.05$ ), cardioprotective effect (by 89.9%;  $p < 0.05$ ), activated antiaging genes (SIRT 1 by 82.1%;  $p < 0.05$ ; SIRT 5 by 84.3%;  $p < 0.05$ ; Foxo 1 by 72.4%;  $p < 0.05$ ; Foxo3 by 76.6%;  $p < 0.05$ ). Homeopathic preparation of live cobra heart 3x significantly (by 44.5–67.2%;  $p < 0.05$ ) eliminated many effects of eating a cobra heart; 2%;  $p < 0.05$ ), and the preparation of the sum of cobra miRNA eliminated all the effects of its consumption (by 96.3–98.4%;  $p < 0.05$ ).

We found that these products stimulate most of the studied parameters, but the animal product works much more strongly. Therefore, supplements of plants and those organs of animals that are disturbed or sick in humans are useful in food. From our research, it follows that raw foods are the most effective, because cooking causes DNA and RNA damage. Hence, it is their use in food that is more promising. Indeed, vegetarians had 50.8% ( $p < 0.05$ ) more effects on well-being, activity by 49.7% ( $p < 0.05$ ), mood by 61.4% ( $p < 0.05$ ) than among meat-eaters. Old homeopaths [8] pointed out that drugs *Allium sativum*, *Bryonia*, *Lycopodium*, *Nux vomica*, *Colocynthis*, *Digitalis*, *Ignatia* have a strong effect on meat-eaters and weakly on vegetarians. *Allium sativum* 3x was more effective for vegetarians, for example, in eliminating the allergenic, pro-inflammatory effect of garlic, and stimulating its autoimmune processes. The drug "Antichesnok" acts similarly, but, apparently, due to the coverage of the entire frequency range, it has a weaker effect on individual processes. The same was obtained for the *Lycopersicum* 3x preparation in comparison with the *Antipomidyry* preparation. From our data, it follows that plant foods consumed in large quantities have an adverse effect on the body. It is known that tomatoes can provoke exacerbation of polyarthrititis, bronchial asthma, Crohn's disease, rheumatism and other allergic, inflammatory, autoimmune diseases. In the pathogenesis of *Lycopersicum*, symptoms of rheumatism, allergic rhinitis, colitis, myositis, etc. are expressed. In the pathogenesis of *Allium sativum* - irritation and inflammation of the intestines, respiratory organs, vagina, urinary tract, etc. At the same time, the antidegenerative, stimulating, rejuvenating effect of garlic tincture is well known. This is confirmed by our data and shows that one should not get carried away by long-term use of the same products (mono-diet). The stronger reaction of vegetarians to food, homeopathic remedies, inverse antidrugs and microRNAs, apparently, is due to the fact that their body, tissue receptors are much less contaminated with homotoxins, and they have less pronounced diseases, as the body's defense reactions against homotoxins according to Reckeweg [ nine]. anti-aging effect of garlic tincture. This is confirmed by our data and shows that one should not get carried away by long-term use of the same products (mono-diet). The stronger reaction of vegetarians to food, homeopathic remedies, inverse antidrugs and microRNAs, apparently, is due to the fact that their body, tissue receptors are much less contaminated with homotoxins, and they have less pronounced diseases, as the body's defense reactions against homotoxins according to Reckeweg [ nine]. anti-aging effect of garlic tincture. This is confirmed by our data and shows that one should not get carried away by long-term use of the same products (mono-diet). The stronger reaction of vegetarians to food, homeopathic remedies, inverse antidrugs and microRNAs, apparently, is due to the fact that their body, tissue receptors are much less contaminated with homotoxins, and they have less pronounced diseases, as the body's defense reactions against homotoxins according to Reckeweg [ nine].

The most interesting is our discovery of the accumulation of plant microRNAs in the body and the effect of microRNA homeopreparations on biochemical, physiological processes and the human genome. It was believed that DNA does not change during life. It has now been established that with age, epigenetic (environmental) influences (unhealthy nutrition,

smoking, stress), "ordering" miRNAs to inhibit or stimulate aging genes, oncogenes, genes that contribute to the development of a number of multigenic diseases: Alzheimer's disease, atherosclerosis, diabetes, accelerated aging, cancer, etc. These changes in the epigenome can be transmitted through a generation from father to grandson (a kind of accumulation of "karma") [10]. In 2006 and 2009, Nobel Prizes were awarded for research on microRNA and RNA interference. Our data are consistent with these studies. Each microRNA acts through specific mechanisms. Thus, the tomato microRNA preparation we used (So373) has a stronger effect on pro-inflammatory processes, and the garlic microRNA preparation (MiR 171) has a stronger effect on its hypotensive effect. The total microRNA of the cobra heart has a greater effect on the processes in the human heart, although the heart of the cobra as a whole also has a powerful general biostimulating effect on the body, because the cobra does not suffer from any diseases, even cancer! It follows from this that the microRNA of food products can be considered a new class of nutrients (along with vitamins and microelements), which has an energy-informational epigenetic effect on nervous processes, the development of diseases, aging and rejuvenation of the body, and the use of potentiated microRNA preparations is a new effective type of homeotherapy.

Conclusions:

1. Eating fresh tomatoes and garlic has biostimulating, restorative effect on the body (well-being, activity, mood), reduces biological age, has an antidegenerative, detoxifying, pro-inflammatory effect on inflammation foci and the activity of antiaging genes (SIRT genes, Foxo genes, etc.).
2. Home remedies for tomatoes (*Lycopersicum* 3x) and garlic (*Allium satium* 3x) partially reduced the general stimulating effect of the corresponding products, their specific effect on organs, systems and physiological processes, although to varying degrees.
3. Blocking effect of the drugs "Antipomidory" and "Antichesnok" it is somewhat weaker than that of homeopathic remedies, but, apparently, has a wider range of effectiveness (not only for acute processes, but also for chronicles).
4. Potentiated microRNA of tomatoes So373-3x eliminates only them pro-inflammatory effect, and garlic miR171-3x microRNA - hypotensive effect.
5. Eating the living heart of a cobra has the most powerful biostimulating effect (according to the SAN test, body reserves, biological age), inhibits degenerative processes, aging, includes antiaging processes (SIRT genes, Foxo genes, etc.).
6. Potentiated preparation of 3x cobra heart reduces the influence of a living heart snakes on the human body, and the drug "Cobra Anthheart" acts in a similar way, but somewhat weaker.
7. Potentiated resonant frequency drug (frequency 307735 Hz) -3x,

similar to the microRNA complex of the heart of a snake, completely eliminates the effect of a living cobra heart, which indicates an important role in the body of the entire microRNA complex contained in the product.

8. Equipment "IMEDIS" can be successfully used for both stationary and for field research abroad.

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