



# Natural Health Response

WITH DR. RICHARD GERHAUSER M.D.

## “Solar Panel Secret” CURES Alzheimer’s and Parkinson’s

This revolutionary discovery could be the key to DEFEATING these devastating diseases and more!

**Richard Gerhauser, M.D.**

*Editor, Natural Health Response*

It’s not too often that a scientist makes a Nobel Prize-worthy discovery that could completely upend the scientific community.

But that’s exactly what’s happening right now.

Because a Mexican doctor has discovered a revolutionary way our bodies produce energy.

**And he’s also developed a way to harness that energy.**

The concept is still new, but evidence suggests that enhancing this energy pathway can prevent and fight disease, slow aging, and improve your quality of life.

In fact, **utilizing this “solar panel secret” could help CURE everything from diabetes and Alzheimer’s to Parkinson’s and cancer.**

### A Lesson from Middle School Science

If you think back to middle school science class, you might recall the idea

#### WHAT’S INSIDE

- 4 “Youth Booster” REVERSES Aging and Helps You Live Longer
- 6 No-Exercise Solution Keeps Seniors STRONG



The melanin in your skin, hair, and eyes helps your entire body absorb the sun’s energy.

of photosynthesis—the concept that plants get their energy from the sun.

The entire food web of the planet is powered by **photosynthesis** in green plants.

Technically, photosynthesis is taking the energy from sunlight and splitting water to make sugar (the plant’s food source) out of thin air.

Plants use **chlorophyll** to make this happen.

When we were kids, we were taught that humans get our energy from food.

And while this is true... *there’s more to our energy story.*

Recent scientific research has found that **humans can also create energy**

**directly from sunlight**—a revolutionary concept that’s called *human photosynthesis*.

### Your Body’s Giant Solar Panel

Instead of harnessing energy with chlorophyll (like plants do), Dr. Arturo Solis-Herrera discovered that we do it using **melanin**, the brown to black pigment that is present in your skin, hair, and eyes.

Melanin was thought to have a purpose as a natural sunscreen to protect us from the effect of ultraviolet radiation from the sun. In reality, though, melanin is a weak sunscreen of only SPF 1.5 to 2.

But instead of **BLOCKING** the sun, melanin helps your body **HARNESS** the sun's energy.

And because melanin is in your skin, hair, and eyes, that means that *your entire body was designed to absorb the sun's energy.*

### It's like a giant solar panel.

Like chlorophyll, melanin makes it possible to **burn water** and release electrons at room temperature.

Photosynthesis is the only known process that can burn water. This is amazing when you think that it takes a temperature of 2000 degrees Celsius to split water in a lab setting.

Melanin is so powerful that when scientists used a **melanin battery as a source for energy**, *it was able to power an LED light.*

The fact that your entire body was designed to harness the sun's energy is the good news.

But here's the bad part.

By the time you reach 26 years old, you begin to lose the capacity to split the water molecule at a rate of about 10% each decade.

And once you turn 50, it essentially takes a plunge.

Other factors affect human photosynthesis as well, including stress and toxins like pesticides, sugar, alcohol, and certain drugs.

Fortunately, there's a way to improve human photosynthesis—and **doing so could have benefits on everything from diabetes to Alzheimer's.**

## Activate Photosynthesis in Your Body TODAY!

Dr. Solis-Herrera was on the cutting edge of human photosynthesis.

Now he's on the cutting edge of creating a way to **boost** human photosynthesis.

Dr. Solis-Herrera developed a product that is a precursor to melanin—which means it becomes melanin in the body—called QIAPI 1®.

When QIAPI 1® is applied under the tongue (with sublingual drops), *it activates photosynthesis in your body.*

At the Human Photosynthesis® Research Center, Dr. Solis-Herrera has treated over 100,000 patients with QIAPI 1® for various energy-related disorders, and he reports that it works for most complex diseases.



Humans can create energy directly from sunlight in a process called human photosynthesis.



For example, he has observed the following benefits of QIAPI 1®:

- It lowered the dose of insulin needed in diabetics.
- Kidney patients have seen clinical improvements of 80%.
- It produces improvements in signs and symptoms of liver cirrhosis, as well as in lab analyses.
- It has a beneficial effect on kidney and heart function, which helps patients with high blood pressure.
- When QIAPI 1® was tested against human cancer cells in vitro (in a test tube), it significantly reduced cancer cell growth.

## Breakthrough BLOCKS Alzheimer's and Parkinson's

Activating human photosynthesis helps CURE diseases of the central

nervous system, such as Alzheimer's and Parkinson's disease.

For example, in patients with Alzheimer's disease, QIapi 1® improved:

- Memory loss
- The ability to perform familiar tasks
- And problems with language and disorientation.

Even better? It's helped reduce bladder and bowel incontinence... and prolonged use even reversed some of the personality changes seen in Alzheimer's patients.

It has led to impressive results in Parkinson's patients as well.

One of the earliest signs of Parkinson's is the loss of smell, which can happen 15 years before tremors begin.

### QIapi 1® has been able to restore the sense of smell in just ONE WEEK!

No other treatment has been able to do that.

It has also led to improvements in motor performance and reduced tremors.

The fact that QIapi 1® has benefits in central nervous system disorders like Alzheimer's and Parkinson's is not surprising.

You see, the part of your brain responsible for vision, hearing, motor control, sleep/wake, alertness, and temperature regulation (called the mesencephalon) has a high metabolic requirement.

And it also has dense melanin deposits.

It has been hypothesized that the pigmented regions of the brain have higher energy requirements and that melanin is an extra source of energy.

Incidentally, when the substantia nigra—a part of your brain with high

©Copyright 2019 by NewMarket Health, L.L.C., P.O. Box 913, Frederick, MD 21705-0913. All rights reserved. No part of this report may be reproduced by any means or for any reason without the consent of the publisher. The information contained herein is obtained from sources believed to be reliable, but its accuracy cannot be guaranteed.

Additional orders and inquiries can be directed to Nutrition & Healing, Subscriber Services, P.O. Box 913, Frederick, MD 21705; tel. 1-844-802-5375. All material in this publication is provided for information only and may not be construed as medical advice or instruction. No action should be taken based solely on the contents of this publication; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, but readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions. The material in this report has not been approved by the Food and Drug Administration. The products discussed are not intended to diagnose, treat, cure, or prevent any disease.



Contact our Customer Care Center:

1-844-802-5375

or Feedback@NaturalHealthResponse.com

Natural Health Response is published monthly for US \$99 per year by NewMarket Health, L.L.C., P.O. Box 913, Frederick, MD 21705-0913

levels of melanin—degenerates, it causes Parkinson's disease.

## The Case of the Painted Turtle

Painted turtles live deep in the mud at the bottom of a lake with no oxygen for four months.

The human brain would be damaged after just four *minutes* of oxygen deprivation, but the painted turtle comes out of hibernation with a perfectly functioning brain.

How does is this possible?

### Their shell contains huge amounts of melanin.

Since melanin responds to a broader range of wavelengths from the sun, including ionizing radiation, it can still create energy at the bottom of a lake. (This is as opposed to plant photosynthesis, which requires visible red and blue light wavelengths.)

This got me thinking about the so-called age spots. Could they serve a similar purpose?

I believe the answer is **YES**.

## Could Age Spots Be the Key to Healthy Aging?

Age spots don't exactly have the best reputation.

Most people consider them to be unsightly, inevitable marks of aging, and an entire cosmetic industry has been built around covering them up.

The mainstream medical establishment admits that they have **NO IDEA** what causes age spots—but forward-thinking, light-educated doctors (like me) do.

### They are your body's way of trying to make up for its energy shortage.

Age spots are dense areas of melanin. They typically appear on areas of the body that receive the most sun exposure—like your face, shoulders, and upper back.

But the sun didn't **CAUSE** the marks they appear in those places so that



Age spots are your body's way of trying to compensate for its failing photosynthesis system.

your body can make the most of the sun's energy.

Age spots are your body's way of trying to compensate for its failing photosynthesis system.

It's like putting extra solar panels on the roof of your house.

And instead of marveling at the ingenuity of our bodies... we try to cover them up!

## Your Body's "Spare Battery"

If Dr. Solis-Herrera's theory is correct—that humans derive most of their energy from photosynthesis through melanin and not food—**this would completely change medicine.**

I'll keep you posted as additional research comes out.

In the meantime, a patient with Alzheimer's, Parkinson's, eye disease, or another disease that has come to a dead end with conventional or alternative treatments, could consider QI-API 1<sup>®</sup> treatment. It's been used safely and successfully by Dr. Solis-Herrera

“  
Activating human photosynthesis helps CURE diseases of the central nervous system, such as Alzheimer's and Parkinson's disease.  
”

on tens of thousands of patients (in consultation with their doctor).

You can purchase QI-API 1<sup>®</sup> by visiting [www.humanphotosynthesis.com](http://www.humanphotosynthesis.com).

Beyond that, **the BEST thing you can do to boost your energy is to go outside and get a tan!**

When I was a kid growing up, I was always attracted to people who had a healthy tan.

Looking back, I don't think it was the color. It was because the tanned person generally had more energy and they were friendlier.

The best way to get a healthy tan is to slowly build your sun callous in the springtime when the sun isn't so powerful. Your skin will slowly adapt to tolerate more sun and will result in more melanin in your skin.

We would typically call this “getting a tan,” but in light of this research, you can now think of it **like having a spare battery for your body to use in times of need.**

And if those pesky age spots appear, don't have them removed, bleached, or cover them with sunscreen. Instead, marvel at your body's ingenuity and enjoy the energy that comes with it.

In my opinion, aging gracefully with lots of energy is much more important than worrying about your cosmetic appearance.

# “Youth Booster” REVERSES Aging and Helps You Live Longer

## This All-Natural Breakthrough Can RESTORE Your Health and Energy!

Believe it or not, your body is a lot like a car.

Even if you get regular oil changes, as the years go by, you can start to feel the effects of wear and tear.

You know, things like your **lack of energy... getting sick** more often... even those fine lines and wrinkles.

These are all signs that your body's machinery isn't firing on all cylinders like it did when you were 25.

And while this might seem bad... it's actually great news.

Because this means you're not “old”—*you're just in desperate need of a tune-up.*

Fortunately, that's really easy to do.

You see, the best way to get back in tip-top shape is by restoring your body's #1 energy producer.

And when this “youth booster” is working properly... it **can REVERSE the aging process and even EXTEND YOUR LIFE.**

### The Key to STOPPING Disease

Your body has energy factories called **mitochondria**. They're located in every cell in your body, and they create energy in the form of special molecules called adenosine triphosphate or **ATP**.

ATP is often referred to as the “energy currency of life” because it stores and supplies your cells energy.

The more ATP you have, the better your cells are going to work... the more energy you're going to have... and the healthier your body is going to be.

This all translates to less disease and longer life.

As you get older, those energy factories don't work as efficiently, and



Mitochondria are the energy factories of your cells. As you age, they can become damaged, which can accelerate aging and disease.

you're left with a body-wide **energy shortage**. This can take a MAJOR toll on your brain and heart—two of your body's biggest energy hogs.

Ultimately, the decline in the number and function of your mitochondria is a key factor responsible for aging and disease—including biggies like heart disease, Alzheimer's, cancer, and diabetes.



*The more ATP you have, the better your cells are going to work... the more energy you're going to feel... and the healthier your body is going to be.*



So, the critical questions you should be asking are:

1. **What's causing my mitochondria to deteriorate?**
2. **How can I put a stop to it?**

Fortunately, I have the answer to both.

### The REAL Cause of Your Energy Shortage

The answer to question 1 is in a molecule called **nicotinamide adenine dinucleotide**—or simply, **NAD+**.

NAD+ is necessary for your mitochondria to burn sugar for energy. And it's involved in transferring energy from the food you eat to your mitochondria.

You see, to convert food to ATP, electrons, and protons have to be stripped from food.

The first docking point of the electrons stripped from food is in a protein complex called **cytochrome I**, which is incorporated into the inner mitochondrial membrane. This membrane has the electrical potential of .2 Volts.

This may not sound like a lot, but when you consider that each of your cells contains 1,000 mitochondria—

and that we have an estimated **37 trillion cells in our body**—this would mean the electrical potential of all the mitochondria in the body is around **30 million Volts**.

*That's the equivalent of a bolt of lightning.*

NAD+ is the first electron acceptor in complex I.

The science is technical, but here's the bottom line: **NAD+ plays a critical role in your body's energy production, which means it affects EVERYTHING about your health.**

There's just one problem.

**Your NAD+ levels take a nosedive as you get older.**

In fact, by the time you hit 50 years old, your levels of NAD+ *will be cut in half*.

Without sufficient energy to support your cells, you're bound to see—and feel—the effects.

Drops in NAD+ levels lead to metabolic dysfunction and contribute to numerous processes that contribute to aging and disease.

## 6 Reasons Why Low NAD+ is Dangerous

In addition to producing energy, NAD+ influences other processes that rely on it. Here are the top six reasons why having low NAD+ is dangerous...

### #1 It Accelerates Aging

NAD+ reduces the activity of a class of “longevity enzymes” called sirtuins. Sirtuins play a large role in how the body ages by regulating inflammation and DNA protection. Sirtuins depend on NAD+ to start and stop protective pathways that are linked to age-related diseases. In other words, sirtuins can “turn on” and “turn off” certain genes.

### #2 It Zaps Your Physical and Mental Energy

This makes sense because NAD+ is essential for mitochondria to function efficiently, and your mitochondria are literally your body's energy producers.

### #3 It Makes You Fat

If you've been packing on the pounds, it could be because a decline in NAD+ affects your metabolism. NAD+ improves metabolism by activating sirtuins.

### #4 It Causes Heart Disease

It takes a LOT of energy for your heart muscle to pump blood throughout your body. When your mitochondria aren't churning out enough energy because of a lack of NAD+, your heart will pay the price.

### #5 It Causes Brain Fog

Can't concentrate? Memory not what it used to be? Your brain uses even more energy than your heart. And when you're dealing with mitochondrial dysfunction, your mental health will almost ALWAYS suffer.

### #6 It Weakens Your Immune System

NAD+ is critical for optimal immune function. NAD+ augments the function of PARP-1, which carries out DNA repair within the cells. Animal studies confirm that restoring DNA repair by raising NAD+ levels improves cellular function and lifespan.

Ultimately, to **reverse** age-related mitochondrial dysfunction, you need to restore your body's NAD+. Fortunately, it's easy to do.

## Restore Your “Youth Booster” Today!

That brings us to the important part—restoring your body's NAD+.

There are numerous ways to boost NAD+. But if you want to quickly—and significantly—raise your NAD+ levels, one of the most effective ways is with a patented form of vitamin B3 called nicotinamide riboside—or just NR for short.

Multiple studies in humans have shown that **supplementing with NR significantly raises NAD+ levels in the cell.**

Studies show that nicotinamide riboside can improve cognitive function, increase your endurance, activate sirtuins (those longevity enzymes I mentioned earlier), enhance cellular energy, and ultimately help you live longer.

Boosting NAD+ with nicotinamide riboside is one of the BEST (and certainly the easiest) ways to restore your body's natural decline in cellular energy.

There are multiple human studies in progress (and many additional studies now recruiting subjects) for treating complex diseases such as Alzheimer's, diabetes, fatigue, and depression with NAD+ restoring treatments.

I do have one word of caution. I am always skeptical of supplementing



NAD+ absorbs light in the ultraviolet range. One of the easiest—and least expensive—ways of boosting your NAD+ is by increasing sun exposure.

with something that the body produces naturally because of the amazing feedback controls that are placed in our complicated physiology.

And if you read the testimonials from people who have used NR, you'll see that some of them feel worse instead of better. That's why, until we have more data, I would recommend using a lower dose than most of the commercial products—one that is closer to physiologic levels, say 30 mg.

Ultimately, if you're considering short-term use of nicotinamide riboside

to treat a specific condition, I would advise seeking out a practitioner with extensive knowledge in its use.

## Additional Ways to Boost NAD+

NAD+ absorbs light in the ultraviolet range. And that means that one of the easiest—and least expensive—ways of dramatically improving NAD+ is by increasing sun exposure.

I also recommend avoiding exposure to artificial light at night and

“NAD+ plays a critical role in your body's energy production, which means it affects EVERYTHING about your health.

minimizing exposure to non-native electromagnetic fields, which destroys the circadian mechanism that controls NAD+ production.

Other lifestyle factors that can help increase NAD+ include a low-carb diet, intermittent fasting, and exercise.

# No-Exercise Solution Keeps Seniors STRONG

## Build Muscle and Fight Frailty WITHOUT Ever Lifting a Finger!

Have you noticed in recent years that you're just not as strong as you used to be?

It's not your imagination.

As you get older, your strength and muscle mass can take a nosedive and lead to age-related muscle loss called **sarcopenia**.

For most seniors, loss of muscle mass doesn't mean you're bench-pressing less weight at the gym.

It means you have trouble carrying your groceries, opening that jar of pickles, or picking up your grandchild.

But beyond making life more difficult, it contributes to **frailty**.

And this serious condition increases your risk of falling and bone fractures... and can eventually lead to disability and loss of independence.

But there's good news.

Because ONE KEY NUTRIENT has been shown not just to **PRESERVE** muscle mass—but to **INCREASE** it, too.

**No exercise necessary.**

## Why Muscle Loss is a BIG Problem

Healthy muscles have a balance between muscle growth (called anabolism) and muscle breakdown (catabolism).

As we age, that balance shifts. We're still breaking down muscle at the same rate, but we can't build it nearly as fast.

After you reach 30 years old, you lose about 5% of your muscle mass per decade. And by the time you're 70, muscle mass plummets at a rate of about 15% per decade.

**That means that you need to work a whole lot harder just to maintain healthy muscles as you age.**

It also means if you're NOT doing something to counteract that imbalance, you'll be well on your way to sarcopenia and frailty and all the dangers that come with it.

If your doctor has warned you about sarcopenia, he or she probably told you to exercise more. It's good advice—and I'm, personally, a big fan of staying physically active.



HMB can help you maintain the muscle mass and strength you need to stay active, even if you don't exercise.

But I'm also a realist. And I know that if you're not already exercising, you're probably not going to start anytime soon.

But that's the great news... *you don't have to.*

There's a way to increase your muscle mass as you get older, and it doesn't involve lifting a single dumbbell or doing a single pushup.

## The Missing Link to Strong Muscles

It's with a nutrient called **betahydroxy betamethyl butyrate** (HMB).

HMB is a metabolite of the branched-chain amino acid **leucine**, which is one of the nine essential amino acids or the building blocks of protein.

They're called "essential" because your body doesn't make them on its own, which means it is "essential" to obtain them as part of your diet.

Your body needs HMB specifically because it slows the breakdown of muscle and speeds muscle growth.

But here's the problem: HMB levels decline with age. And it's no coincidence that as HMB levels drop, *so does your muscle mass.*

In fact, **a decline in HMB is one of the key underlying causes of sarcopenia.**

But by boosting those falling HMB levels, *you can put a stop to dangerous age-related muscle loss.*

## Protect and Preserve Your Muscles

Researchers put supplemental HMB to the test in older adults who were on forced bed rest.

Being on bed rest—whether from the flu or another injury—is an especially vulnerable time for older adults. This type of inactivity can contribute to a significant loss of strength and muscle mass in a shockingly short amount of time.

After just 10 days, the individuals lost 4.4 pounds of total lean body mass—a significant loss in less than two weeks.

***But the individuals who supplemented with HMB prior to and during the bed rest only lost .37 pounds of lean body mass.***

“

HMB increased the muscle size of seniors without any exercise whatsoever.

”

In other words, **supplementing with HMB helped to preserve muscle mass in the face of a major cause of sarcopenia.**

## The Exercise-Free Way to Build Strong Muscles

HMB is effective at maintaining muscle mass and strength in both athletes and in 70-year-olds; in those who exercise...*and in those who don't.*

In a 24-week study, adults 65 years old and older were divided into two groups: an exercise group and a non-exercise group. Both groups took either 3 grams of HMB twice a day or a placebo.

The group that exercised and took HMB experienced the most improvements in measurements of muscle function and lean mass.

But here's what really stands out: Even the non-exercise group that took HMB showed signs of **improved muscle size and function.**

“

With HMB, you don't HAVE to work out to protect your muscles.

”

Here's another way of saying it... **HMB increased muscle size without any exercise whatsoever.**

The typical dose used in studies is 3-6 grams per day, and no significant side effects have been noted.



If you're concerned about muscle loss, you can get tested for sarcopenia with a grip strength test.

HMB supplements have a half-life of only 2-3 hours, which means the doses should be spread out evenly over the day.

## Steps to Saving Your Strength

If you're concerned about your muscle loss, you can get tested for sarcopenia with a simple grip strength test. Normal grip strength values for 65-69-year-old men are around 34 kg and for women, 22 kg.

If you're interested in supplementing with HMB, Life Extension has a product called **Wellness Code™ Muscle Strength & Restore Formula** available at [www.lifeextension.com](http://www.lifeextension.com).

And if you'd like to take additional steps to protect your muscles, consider the following:

### Step 1: Exercise

With HMB, you don't HAVE to work out to protect your muscles. But if you would LIKE to, *exercise is by far the best way to maintain healthy muscles.*

Study after study has shown that a progressive resistance exercise program (such as weight training) can improve strength and lean body mass at any age.

The important thing for seniors is to be cautious because they are at greater risk of injury. Before starting an exercise program, if you have an injury, physical limitations, or are advanced in age, I recommend being evaluated and guided by a professional such as



Animal proteins such as meat, poultry, eggs, and dairy contain more of the branched-chain amino acid leucine than plant-sourced protein such as soy.

a functional movement specialist. It's the safest way to avoid injury and get the most bang for your exercise buck.

If you're able, exercise outdoors. That way you'll be getting the added benefit of vitamin D and the other benefits of sun exposure.

## Step 2: Get More Vitamin D

In numerous studies, low vitamin D levels have been correlated to sarcopenia.

The controlled trials of giving vitamin D supplements to prevent muscle loss have been mixed, however.

And that means that while it's important to boost your vitamin D levels, supplementation is NOT the best way to do it.

Vitamin D from supplements is incorporated into lipid (fat) droplets in our bloodstream. On the other hand, the vitamin D that is made in our skin by direct exposure to ultraviolet light from the sun is transported in

the bloodstream by a specific protein carrier, so it's delivered to the body in an entirely different mechanism than supplemented vitamin D.

This may be the reason why randomized controlled trials of vitamin D supplements generally do not provide the hoped-for health benefits.

So boost your vitamin D levels—but do it by spending more time in the sun.

## Step 3: Feed Your Muscles

No discussion of preserving muscle would be complete without the P word: **protein**.

Protein builds muscles. And by eating more of it, you're literally feeding your muscles.

But if you're over 65 and you're following the recommended daily allowance for protein... **you're probably not getting enough**.

The current recommendations are to consume .8 grams per kilogram of

body weight. But elderly individuals should be getting about 1.2 grams per kilogram per day in order to help stay ahead of age-related muscle loss.

To calculate how much protein you should be getting, follow these two steps:

1. **Divide your weight by 2.2** (to convert pounds to kilograms).
2. **Multiple that answer by 1.2** (the amount of protein older individuals should be getting).

Based on that equation, a 200-pound man would need to consume **109 grams of protein per day**.

Animal proteins such as meat, poultry, eggs, and dairy contain more of the branched-chain amino acid **leucine** than plant-sourced protein such as soy. (That's the one that repairs your muscles.)

Pea protein appears to have more branched chain amino acids than the other plant proteins. Research has shown that whey protein preserves muscle mass because of its abundant branched-chain amino acids. It is also a rich source of leucine.