

## ***Essential Sugars: The Healing Power of Polysaccharides*** ***David Wolfe at The Longevity Now Conference Costa Mesa, California***



Have you guys ever heard of David Hudson, the discoverer of ormus? Some of you know what ormus is. Basically, the discovery that David Hudson brought to light is that there are minerals in nature that don't show up on the Periodic Table of the Elements. Some people are like, "Periodic Table of the Elements? What's that?"

Someone figured out there are certain forms of matter – like hydrogen and helium and lithium and carbon and sulfur and iron and gold and silver – and these are all different elements. In nutrition, we call them minerals. You need about ninety of these minerals for optimum health in your body, and most of us are down to like twenty-five minerals. So we don't have any trace minerals and we're missing major minerals. You guys are students of nutrition. You've heard this before. Who's never heard anything about minerals ever?

By the way, *vitamin*. What does that mean? It's based on minerals – *vitamin*. So anyway, David Hudson came along and discovered that there are elements that don't show up in our Periodic Table of the Elements – that there are things that exist that don't fit. And that's a big shocker! In fact, he is not the first one to do so; but he was the first one to prove it scientifically.

We have proved it scientifically in our lab in Hawaii. We have shown it. I have sent samples of our product that we make out of gold to a laboratory, and it comes back as aluminum silicates; when you put it out in the sun for 24 hours, suddenly there is gold there – you send it back to the lab and there is gold there. Now that ought to tell you something. I'm going to say that again, because I want you to get that.

We have a product that we send to a lab. It's a liquid product. And it comes back as aluminum silicates. When we put it out in the sun for 24 to 48 hours and then send it back to the lab, there is suddenly gold there. Now you can probably guess what that means. It means that we don't really know what's in stuff. That's what it means.

It also means that if we oxidize something – like if we put it in the sun, or cook it, or microwave it, or in any way expose it to high energy – then we don't just create chemical changes in substances...we also create nuclear changes in substances.

And that's what David Hudson did. Just this year for the first time we actually met in person, which was amazing. What is interesting about ormus, for those of you who are tuned in on it, is it's all about gold. That's what David Hudson says. He said all the research that he was doing in China – the last dozen years were all about gold.





The reason why that is important is because we are going to talk about polysaccharides. What David Hudson found years ago was that aloe vera, which contains the mannose polysaccharides (long-chain sugars), also contains these strange elements. It contains elements that are not in the Periodic Table of the Elements. So if you take aloe vera gel and strip it down in acids, you should actually find no mineral material like metals there. Because it's a complete sugar – it's a long-chain sugar – it should be hydrogen, oxygen, and carbon. There should be no metallic elements there, but in fact there are lots of them. And that doesn't make sense.

So this may be the modus operandi of how these polysaccharides work to heal us: they contain this strange matter – matter that is what we actually need instead of the oxidized mineral supplements we have all taken. Do you

follow me on that one? What if we were taking the wrong minerals all along?

That's a big question. "What do you mean the wrong minerals? Those minerals are all that exist." What if we find out they are *not* all that exist? And those are oxidized minerals. All the mineral supplements we have ever taken – they were at the end of the chain. We don't want those. They are late in their lifespan. We want minerals that are younger. Did you hear what I just said? That minerals can have an age. And that's not new, either.

Gustave Le Bon proved a hundred years ago that minerals age, and that they have a lifespan. Of course, if it doesn't fit the conventional theory, what happens? It is ignored. Especially if it's scientific. Gustave Le Bon had done thousands of studies. His stuff doesn't fit, so science has to get rid of it, can't even look at it.

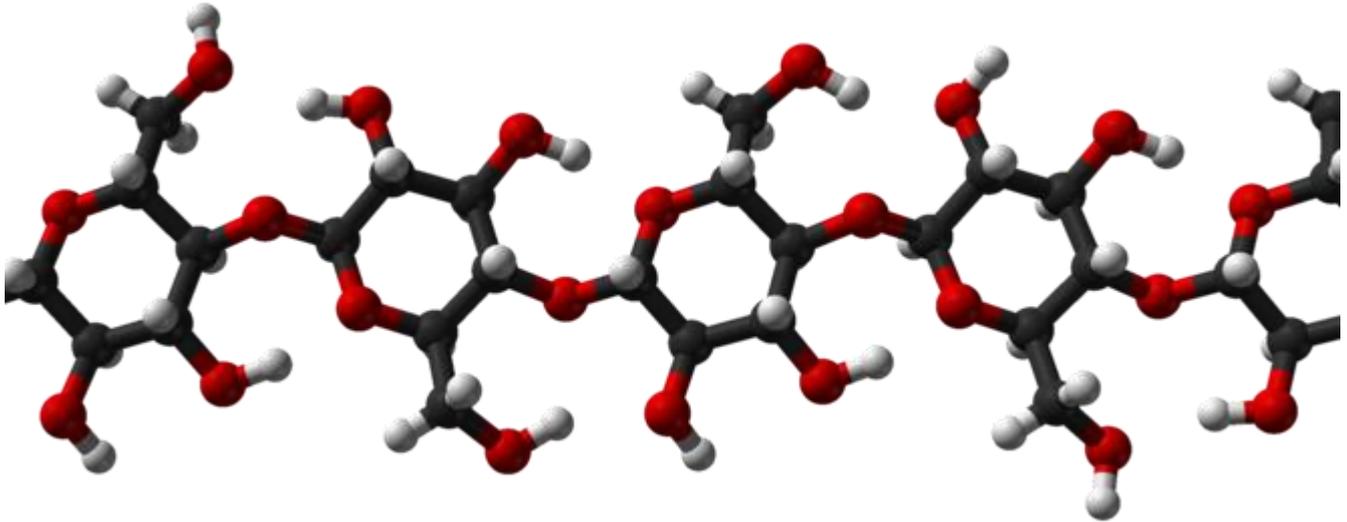
I have been exposed to great people, like my friend Dr. Patrick Flanagan. What an amazing guy. He is one of the greatest scientists in the world. When he was seventeen years old he was voted one of the Top Ten Scientists in America. Seventeen years old. He designed a weapons defense system for the U.S. military at age eleven. Dr. Flanagan gave me two copies of Gustave Le Bon's books.



The conventional discourse of science may not be the real discourse of science. What do we know for sure about science? That we don't know everything. And that it's always changing. So we can't ever get hung up on anything. Conventional science says, "This is this and that's that and we can't change it." But it is more true to say that we are just better approximating a truth; we are better approximating what nature is doing; we are improving our understanding.

In the old days, we were driving to the wrong ballpark and playing the wrong game. That's how far off we were. Now I think we are at least at the right ballpark, swinging the bat. We might hit a home run. It's possible. One of the biggest home runs in all of healing is what we are learning about polysaccharides – the healing power of polysaccharides.

Polysaccharides are sugars, but they are usually bitter sugars. They are the gel that is in aloe vera. They are the gel that is in raw noni fruit. They are the substances that make medicinal mushrooms potent and immunomodulatory. If you have medicinal mushroom powder, do you know what that material consists of? Polysaccharides. Is that an oil? No. Is it a glucose? No. It's something in between.



As the chains of these sugars get longer, they start to actually behave a little bit more like an oil. If you are a spring water connoisseur, or you have ever hunted down wild spring water, you will have noticed something that is interesting about that water – it's oily. That spring water is oily. This is especially for those of you folks who have been studying this stuff. You see the water, and you see it's tightly wound up, and when it comes out it's oily. Anybody ever notice that? Tap water is not oily. When you get a glass of spring water and you walk across a room, it doesn't splash out. But if you get a glass of distilled water, it does splash out. You get a glass of tap water, it splashes out. It's not oily.

Viktor Schauberger said, for those of you who know who he is, that this is the beginning of carbohydrate formation in nature – that spring water is the beginning of carbohydrate formation in nature, and that actually what is happening is it is forming sugars. And those sugars give the water a sweetness. Right? At my house up in Ontario, Canada, one of the things we found out is that the Native American name for that place where I live was Meeting Place Land of Sweet Water – because there are springs all the way around the mountain and on top of the mountain.

So there is a sweetness, an oiliness. That's kind of what the beginning of carbohydrate formation is. And then eventually in nature plants and mushrooms and animals will add chains onto it, turning it into polysaccharides which become the primary membrane material of every cell. This is important, and we're going to come back to it. If you've studied Bruce Lipton's work in the *Biology of Belief*, what he is saying is that the intelligence of the cell – is it the nucleus of the cell? Yes or no? No. What is it? It's the membrane of the cell. The membrane is where the intelligence is. And that is the important message underneath all this – that what these are carrying is intelligence.

You've heard me say it before about the medicinal mushrooms, that they have intelligence; they make your immune system more intelligent. They educate your immune system. What is the vehicle of that intelligence? It's that sugar formation. What is it carrying? Well, it's carrying strange matter that has unique properties. Enfolded matter. Non-oxidized matter, is what I'm trying to say.

So it turns out that there are eight essential sugars out there, and five of those are actually simple sugars – glucose, galactose, fucose, mannose and xylose – and three are polysaccharides. They are essential like essential amino acids – or, as Dr. Dave is going to educate us about, essential fatty acids. You have to get your essential protein, your essential amino acids, and you have to get your essential fatty acids.



But it turns out there's another thing on the table in the last twenty years: you need essential sugars. The simple ones we know about. Like, glucose is obvious. We know what that is. Galactose was first identified in dairy products, but it is present across hundreds of fruits and vegetables. Fucose is present in seaweeds and certain medicinal mushrooms and I'll show you that list. And xylose is present in – anybody know? It's present in wood. What kind of wood? Birch. Birch is medicinal wood. Any of you guys have those little toothpicks that have tea tree oil on them? Do you know what wood that is? It's not tea tree. It's birch. Birch is edible.

Now, there are certain mushrooms that make birch really edible, like chaga mushroom. Chaga contains xylose. Birch contains basically the precursors of xylitol, which is a five-chain sugar, which is what xylose is. And then mannose is found in aloe vera.

As we go longer to the long-chain sugars – like N-acetylgalactosamine, N-acetylglucosamine, and N-acetylneuraminic acid – those are polysaccharides that are very important and rare and interesting. Here's a look at the structure. A simple sugar like glucose is real basic; but the polysaccharide structure is long-chain, so it's got a lot of convolutions. My guess is that in between those spaces in the hexane ring...you see that there are six-sided objects in there? That's called the hexane ring, and that was discovered by a German scientist in a dream.

Unbeknownst to many of us, some of the greatest scientific discoveries in the world – including the Periodic Table of the Elements – came to someone in a dream. Mendeleev had three dreams and it all came to him, the whole picture of the Periodic Table of the Elements. We never heard that before, right? Because science has nothing to do with dreams – it's science. Nevertheless, if you do research into how these great scientists got their insight, it's often from a dream or a vision they had. They drifted off to sleep and had a daydream and it all came in. Isn't it interesting to fit that into your world view?



You know René Descartes, who gave us this whole materialistic world view? You know where that came to him from? An angel came to him in a dream and said, "You will describe the world in line and number." An angel came to Descartes in a dream! Look it up. So the whole materialistic world view from Descartes came in a dream, from an angel. Isn't that crazy?

These are essential short-chain sugars – fucose, galactose, glucose, xylose – and mannose is actually a little bit longer-chain, so it's like a polysaccharide. It's in between. These are all essential. We have to get these into our diet in some way, shape or form. If we don't, what ends up happening is we

become susceptible to immunological problems, joint problems, inability to repair tissue quickly, and neurological problems – which, if you have been paying close attention, are exactly what the ormus elements are working on. The polysaccharides are where we can get a lot of support.

These are the areas where we are suffering, where we need that support. Immunological disorders, joint problems, neurological disorders. Neurological disorders in the United States of America are the most debilitating diseases there are right now. That's the number one reason why people can't work, can't do a job, can't think, can't get any work done on a computer. Neurologically impaired. Because we don't get this stuff in our food supply anymore. These are things that are in seaweeds; these are things that are in mushrooms.

Fucose. Look at the properties of it. Antiviral, supports long-term memory, guards against lung diseases, fights allergies. These polysaccharides are anti-allergenic, they are hypoallergenic. They are one of the reasons why mushrooms are hypoallergenic. So if you have ever done a lot of reishi mushroom, you are going to find out that one thing it helps you to deal with is neurological stuff. You also find out that it starts bringing your allergies down. And that's quite a discovery.

Also, abnormal metabolism of this saccharide is associated with cystic fibrosis. Look at this list. Diabetes, cancer and herpes. More fucose helps to alleviate these conditions. So you are protected when you have fucose in your diet, but if you don't you can become susceptible. Let's say you have any of those conditions; fucose helps, but where do we want to be? Do we want to be after the fact or before? Way before. We never even want to go there. That means we are going to use an ounce of prevention.



Kelp, mushroom, seeds, wakame. That's where fucose is. Kelp keeps coming up over and over. Mushrooms keep coming up over and over. Over the years, that's why I've gotten onto those things. It's like, look, an apple, that's great – and apples do contain long-chain sugars, but no essential polysaccharides. They have glucose. Maybe a little bit of galactose. What apples have is pectin. You've heard about pectin? What is pectin? It's a polysaccharide. It's a long-chain sugar. It's not an essential one, but it is a long-chain sugar. What does pectin do? It basically cleans out your digestive tract and heals your intestines. What's in blueberries? Pectin. Heals your digestive tract. It's a polysaccharide.

Galactose I mentioned was first discovered in cow's milk, but it is present in so many different foods. It's all over the place. You almost can't *not* get galactose if you eat raw foods. How many raw foods enthusiasts do we have in the room? All right. Look at this. Galactose improves healing of injuries, speeds healing of injuries. Improves memory. Improves absorption of good calcium. And it is present in most fruits, vegetables, mushrooms and dairy products. Everything you eat for a snack – plums, pineapples, prunes, raspberries.

We got our first plums this year at my farm. Six summers ago we planted those trees and we just got the first plums – and I did go plum crazy. I actually ate every plum. This year there was about maybe forty on each tree. Next year it's going to be four hundred. Anybody have any plum trees? You know

what happens. After a while it goes to, like, thousands. And that's where "plum crazy" comes from – when you eat so many plums that you get hypoglycemic and then you crash, and then you pass out. Plum crazy.

Asparagus, avocado, boswellia. What's that? Yes! Frankincense. You can grow frankincense in Southern California. I bought a plant years ago. It looks like a bonsai. It's the weirdest-looking plant you've ever seen. The base of it is that big but it's only that high. I'm growing it in my mom's backyard in San Diego. It's been growing there for years. You can eat the leaves – it's good. Anyway, quite a list of foods with galactose. Let's keep going.

Glucose. Okay, so glucose is essential. But what are the problems with glucose? Too much, you go too high and crash; too little, you start going cuckoo. This is the problem with doing a long fast away from glucose – which is recommended if you have what? Diabetes, cancer, any kind of blood sugar metabolism disorder. For heavy infections like candida or chronic infections, you've got to get off all glucose. I don't want to say all sugar – really, just glucose and galactose. Fucose is fine; mannose is



fine; N-acetylneuraminic acid is fine. Those are all sugars. You can have those if you have candida or ca-ca-ca – what's the word? [Audience member: Cancer.] Cancer. But glucose, and to some degree galactose, you need to cut out.

Glucose has to be there for neurological functioning, so if you don't have it for too long – anybody ever done without it for three months? Somebody. Yes. What happened? Did you start going cuckoo up here? Yeah, you just couldn't hold it together any longer. That's what happens. That's showing you that it's essential. What you are doing is you are laying siege to the candida, cutting off its

food supply, and that's part of the strategy; but you can't do that forever because pretty soon you are going to cut off *your* food supply. That's the balance you will need to find.

So you can see how problems with glucose metabolism are associated with schizophrenia, mood disorders, and depression. These disorders are genetic a lot of times. A good friend of mine is very sensitive to glucose and sucrose and fructose – a slight bit too much, and problems appear. She has finally realized that actually there's a genetic disorder in her family. Some people are very, very sensitive to this. In fact, if you get underneath most mental illness you are going to find that it's a sugar disorder. Alcoholism is a sugar disorder. Right? There's a very strong correlation between alcoholism and mental disorders; and a very strong relationship between sugar addictions and mental disorders.

Glucose is widely available. It's in nearly all fruits and vegetables. It's also present in honey, bee pollen and royal jelly. Royal jelly is going to keep coming up in this analysis of essential sugars.

Next is xylose. We have talked about it briefly already. Xylitol, which is basically a metabolite of

xylose, is one of the best things coming down the pipeline. I have seen people lose a hundred pounds just from shifting off all synthetic sugars, getting off any kind of excess of any carbohydrate whatsoever and using xylitol instead. That has changed my awareness about xylitol. Because xylitol does not feed ca-ca [Audience: cancer] and does not feed ca-ca – candida. In fact, it fights those things. Good to know about. I got so far into xylitol and xylose that I started tapping birch trees. I found an outfit outside of Montreal that does birch syrup. I've been trying to get birch syrup on the internet for you.

Now this little aside. This is my breakfast every day in the summer: wild blueberries, wild raspberries, wild gooseberries, wild spikenard berries, and wild currants with the Rallis olive oil – you know, the best olive oil ever? We finally got that. They put that under my name now. Isn't that cool? We are going to start putting that in stores.

It's going to be awesome. All ice pressed – not cold processed, ice processed. So olive oil, and then marine phytoplankton and then birch syrup. Mix that up with a spoon. That is next level. It is so next level. People come over and they're like, "We want to try that."



Then they want that three meals

out of the day. And what's in there is pretty much all essential sugars. Marine phytoplankton has a ton of N-acetylneuraminic acid, which is one of the essential sugars that is rare and difficult to find.

So food sources of xylose – mainly it's derived from wood. That's where it was originally identified, and it was birch wood. You can get your sugars, but they may not necessarily be sweet sugars or sugars that can affect your immune system in a negative way. They can actually be positive. And this is a huge understanding for developing diets for different metabolisms, because not everybody can eat a high-protein diet; not everybody can eat a high-fat diet; and not everybody can eat a high-carbohydrate diet.

But let's say you can eat a high-carbohydrate diet. If you are on just glucose, it's going to cause problems. It causes demineralization problems. It causes sodium disorders – where you don't have enough sodium in your system to balance it out. It can cause hyperacidity. It can cause neurological disorders. The list goes on. But some people actually need a carbohydrate diet. It's their metabolism.

So now we have a much broader pallet of choices as a result of our understanding of all these different sugars that are out there. These are not protein. This is not fat. These are sugars. You can actually meet your carbohydrate needs in a much more interesting and unique way than ever before by eating seaweed, by eating vegetables, by eating mushrooms, and by eating marine phytoplankton powder. Whatever ones you lock onto that have these sugars.

So here are the medium and long-chain sugars. Medium-chain is mannose, and the long-chains are the N-acetylgalactosamine, -glucosamine and neuraminic acid. You've seen that word, haven't you? Glucosamine. In what context? Joints. Do you think there is any relationship between N-acetylglucosamine and joints? Do you think there is a relationship between a deficiency of N-acetylglucosamine and early onset joint problems? Is that possible? I'll bet you it is possible. In fact, that's what it looks like. What's going on is we're not getting this stuff, so we're susceptible. We develop arthritis earlier.



Do you know what's going to kill a giant tortoise at the end of its life? Calcification. What's the disease? It's arthritis. Arthritis is natural; we just accelerate it. Is it possible that we could eventually outsmart arthritis? Absolutely. It's very possible that we are going to outsmart a lot of nature's recycling mechanisms in the next five years. So you've got to hang in there.

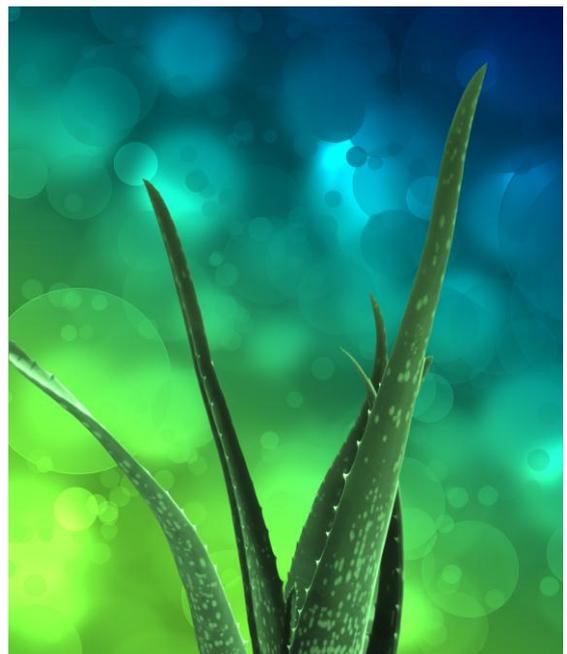
Dr. Dave is going to come up here and tell us all about EPA and DHA and fish oil. His book is *The Immortality Edge*. His discoveries in that area, bringing together the research on carnosine, is leading him down the rabbit hole. We are five

years away from many different kinds of technologies. For example, taking autologous mesenchymal stem cells – your own – and then reversing their age until they are in the embryonic stage; and then injecting that into your joint to rebuild it like it was when you were a kid. That's coming. They are already taking autologous mesenchymal stem cells and injecting them into joints – right here in Orange County – and they are getting crazy results from that. In fact, they are getting such great results that the FDA tried to shut down the doctors that are doing that.

Isn't that great, that the FDA is against everything we are for? Why is that? Like, you watch the government, and they're against everything that we're for. Isn't that weird? By the way, did you vote for the FDA? Did you vote for the CIA? Did you vote for the FBI? Did you vote for the ATF? Did you vote for the USDA? What are you voting for anyway? I just want to throw that out there. Sorry. Back to our polysaccharides.

Sometimes you'll see them called glyconutrients. There is a whole MLM company out there that has really locked that word down, glyconutrients. But they don't have a patent on it; you can still use that word. These long-chain sugars – or medium-chain, right? – have the following effects. They detoxify, they slim, they help produce healthy youthful skin, improve and educate our immune system, increase our brain power and have a general soothing effect, or anti-inflam-aging effect. I can't say anti-inflammatory effect, because that's illegal, but I can say anti-inflam-aging. Because they don't know what that word means.

Mannose. Aloe vera. Aloe vera gel is so powerful. That's one thing I miss when I'm on the road, is I can't have my noni and aloe vera gel fresh. I actually used to have boxes of it shipped to wherever I was, and we'd fillet the aloe vera out and throw it in a blender with everything else. If you have a drink going – like a cacao drink or even orange juice – and you blend aloe vera into it, you don't taste it. You can serve it to people. They won't taste it. If you eat straight aloe vera, it's pretty awful. It's weird and slimy and you try

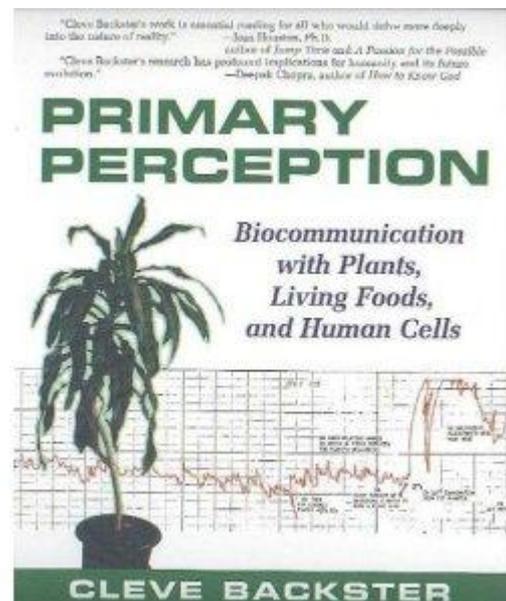


to chew it but then it slips over here, and then you try to chew it and it slips over there. And then you swallow it, slimy and whole, and it's like, ugh. But blending works pretty well. What are the effects? Antibacterial, antifungal, antiviral, reduces inflam-aging.

David Hudson found out that mannose is an ormus carrier. He proved that twenty years ago. I took his advice and I started taking very high ormus mineral content substances – like Dead Sea salt, salts of all kinds, vortrap spring water, certain fractions of mineral substrates that were rock dusts – and I started growing aloe vera with that. It was an amazing thing to see what happened there. I put so much ocean water, sea salt, Dead Sea salt, and rock dust powders into one aloe vera plant that every one of you would have thought, "There's no way. It's gonna kill that plant for sure." But it doesn't. It doesn't kill the aloe vera. In fact, the aloe vera becomes stronger and stronger, and it actually started glowing luminescent! You would think it had a white dust on it, but when you touch it, it doesn't. It looks like it has a luminescent white dust on it. When you touch it you realize, "Oh, it's *in* it." I grew it like that for years in my office, and people would come in and they would say, "Dude, what's going on with that aloe vera plant over there?"

So one day I thought, "I'm going to take a picture of this." All employees at that time were under strict orders, "Do not touch my plants ever for any reason, no matter what." A hundred plants in the office, don't touch them ever, for any reason. So one Saturday morning I come down there, and there is one of my employees who came in that morning because she had a dream that the aloe vera plant told her to clean it. So you know, that kind of gets you thinking. Because we do know, as Dr. Christy Westen stated, that plants do think and they do feel our thoughts.

Do you remember the great examination that was done by Cleve Backster in his book *Primary Perception*? This is world-famous because it was put into *The Secret Life of Plants*. What was the test that he did? Do you guys recall? He was a polygraph test expert. He had a dracena plant in his office. One day he walks in there – he had been doing CIA interrogations – and he had the thought, "I wonder if I can hook up this lie detector to this dracena plant and then threaten it with imminent harm?" – CIA training – to see if it would respond. So he hooked it up, then he took a hot cup of coffee and he dipped the leaf in there. No reaction. He was trying to think of all the ways of getting the thing to react. And then at 13 minutes and 55 seconds into his experiment he had the thought of burning it. And the machine went, "zsch-zsch-zsch-zsch-zsch-zsch." The machine went crazy.



A thousand experiments later – well-documented, replicable experiments that he has put into his books – we now have proof that plants think; that they know you; that they react to you whenever you think about them, wherever you are in the world. If somebody walks in and kills one plant out of two, and then you line up the usual suspects, one of them being the killer, the surviving plant will react to the killer as soon as he – or she – walks into the room. And it goes on like this. I mean – it's way more bizarre than this. This is science. I don't care what the religious belief is about science; I want to know what the results are. So do you. I want to know what the experimental results are, and

come hell or high water, we're going to look at those results with innocent perception. That's scientific.

This other stuff that's sold to us – does this bother you? – this other stuff that's sold to us is religious. It's religious. It doesn't have anything to do with scientific results; it's a religious belief. If it doesn't fit that religious belief, it gets thrown out – we can't even look at it. And this audience is not there.

That denial and judgment is dangerous. It is taking us away from where we are supposed to be going. If our science is taking us this way, come hell or high water we go that way if that's what the results are saying. I'm not saying that science is the only way of knowing something, but it is a way. It is a way. You can have a dream that tells you, "Do this," and it's the best thing ever. That can happen. It's another way of knowing something.

So all this stuff – this mannose, polysaccharides – all this is carrying an intelligence. You will notice that all of these carry the faculty for affecting what? Our cognition. And that all of these are affecting our joints, where we have levitational substances. We had Dr. James Oschman up here at the last Longevity Now Conference. Do you guys recall that? This guy is the leading energy medicine man in the world. Somebody asked him a really good question. They asked, "How does our body work? We've got our bones staying on bones staying on bones, and the joints in between. How do we hold ourselves up?" They wanted to know specifically what is going on at the joint level, and he said, "Well, actually what our research is showing is it's not like you're stacked up bones on bones; there is some kind of a levitational phenomenon going on in the joint."



**That's a big deal. Right? Let's talk about it for a second.**

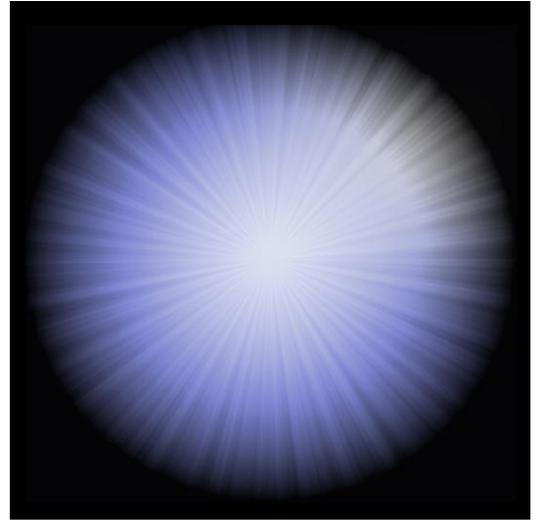
Because this material, these polysaccharides, concentrate that levitational material. Now you are going, "Levitational material? We can't float in the air." But a tree somehow displaces the force of gravity and falls upward. Right? See, this thing that we were sold our whole life – gravity, gravity, gravity, gravity, gravity, gravity – you can't have gravity without levity. There has to be two forces. If it was all gravity we'd be all flat

like *Flatland*, which is a book you should read. If there was only gravity, or if gravity in any way was a greater force than levity, we could not walk, stand, move – there could be no growth whatsoever. Think about it. Do your own research. There must be two forces: gravity and levity.

What did Rudolf Steiner say? Rudolf Steiner, when asked what causes aging, said, "As we age, we gradually accumulate debris that is attracted by the Earth's gravity." Why did he say it that way? Because inside of your body are levitational forces. That's why you can walk around, stand up. How do we do that? We don't sense our own weight. As we age, we do. As we accumulate debris in our bodies that is attracted by gravity, then we start sensing our own weight. But a baby doesn't sense her own weight. A young child, a five-year-old, doesn't sense her own weight. A ten-year-old doesn't sense her own weight. If your joints are healthy, you don't sense your own weight. Now, that's interesting.

If you have a joint surgery – anybody ever had a knee surgery? – listen closely. If you allow atmospheric gravitational oxygen to move down into that area, then depending on your age, you may not ever recover from that injury or that surgery. The reason is because your joints need to be completely shielded from gravitational oxidation. And I say it in that way for a reason that is well thought out.

You need to write that down: gravitational oxidation. We want the substances that carry the levitational substances that are hidden inside of plants in their sugar form – like mannose, like N-acetylneuraminic acid and beta-glucans, which we are going to get into next – and all of those things actually are jelly-like and give buoyancy, just like spring water has. So always, at all times, we want to try to get as much of that kind of material that has levitational substance in it into our body so that we don't age – so we don't get compressed or gravitate. Does that make any sense? Would you rather gravitate or levitate? [Audience: Levitate!] Good. Okay.



So mannose is not only found in aloe vera. All of those other plants contain it. Not nearly in the amounts that aloe vera contains, but it's always there. And you can see, it's in everything from carob all the way to turnips, mushrooms, guar gum – which is usually an extraction. It's like a material that's made out of seaweed. Kelp, green beans, gooseberries – I mean across the whole plant world you find this stuff.

N-acetylgalactosamine is known to inhibit the spread of tumors. Heart disease is caused by a too-low level of this saccharide. So there has been a connection now made between too-low levels of this saccharide and heart disease. What is heart disease? It's a formation of plaques in your coronary artery and throughout your cardiovascular system, but generally in your coronary artery, that eventually plugs it up. So it chokes oxygen. Do you guys know about this? This is interesting.

I always thought that what happens is your cardiovascular system gets plugged up and your heart can't move the blood around anymore, because we are taught our heart is a pump. It's not; it's a regulator. It can't pump anything. That's another one that drives me crazy, is they tell you your heart's a pump. Really? You are going to take a turkey baster, where the bulb is that big, and you're going to put it down to the size of a capillary in your eye? It will never happen.

So what we are looking at here is this relationship between plaque formation, or gravitational material accumulating in your body being pushed out by levitational material. That's one way of looking at it, at least. And you bet it's going to be happening in your joints, it's going to be happening in your coronary artery, it's going to be happening throughout your cardiovascular system, it's going to be happening throughout your lymphatic system and wherever the age-related calcification is occurring.

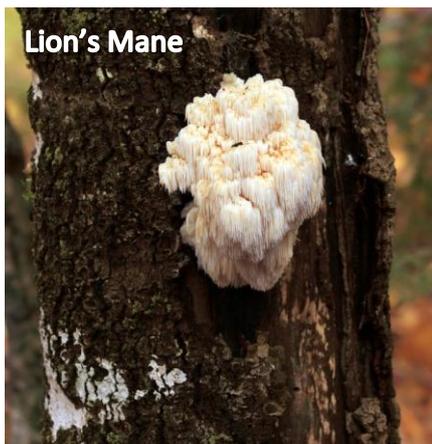
N-acetylgalactosamine is a very rare one. Now, here is what I was saying before. N-acetylgalactosamine is in marine phytoplankton powder and red algae. It's important to know that those are good sources. Look at what it does: it's an immune system modulator, antiviral, anti-inflammatory, repairs cartilage, and repairs the mucosal lining that is damaged by Crohn's disease, ulcerative colitis and interstitial cystitis. It enhances learning, too. Let's keep going.

N-acetylglucosamine. The big one for that is shiitake mushroom. And by the way, it's s-h-i-i-t-a-k-e. I have seen other spellings. How did I find that out? Because I was spelling it the wrong way. Shiitake is a gilled mushroom that looks like the mushrooms that come out of the ground – except it grows out of a tree. That's the one that has N-acetylglucosamine.



And also glucosamine sulfate, right? What's that made out of? Chondroitin sulfate and glucosamine sulfate. Where are those usually coming from? The shellfish industry. It comes from the ground up shells of crabs.

Exoskeletons of insects, by the way, also contain these essential sugars. That's what an insect exoskeleton is made out of. How many people are excited about biting into a grasshopper's head? One person. It is actually good nutrition. It is. From a strictly nutritional perspective, grasshoppers are really good for you. I have never had the stomach or heart to do that, because – first of all – I like grasshoppers a lot. They're so cool. Second of all, the crunch? No way. Nope. Not going there. But if you did that, you would get all these essential sugars. In fact, this whole thing about insects as food – how do we do it? We get into honey, royal jelly, bee pollen – which is an insect product, and it's a noble insect product, one that we will actually be able to do.



So here are the properties of N-acetylneuraminic acid: antibacterial, antiviral, enhances learning (again) and brain development. And this is the one that's actually very abundant in your mom's breast milk. This is the one. That's key here, because it helps with the developmental process of the child. There is marine phytoplankton powder again. Remember, I was saying N-acetylneuraminic acid is very rare; it is in raw dairy products but mainly lion's mane mushroom and marine phytoplankton powder.

Lion's mane mushroom. Do you guys know about that one? That's the one for – of course nothing can cure anything. I couldn't cure a ham, as I've told you – but that's the one for Parkinson's disease, number one recommendation for Parkinson's disease, lion's mane mushroom. And when you find a lion's mane mushroom it's really cool, because it's a combed mushroom. It's hard to see in that image, but it has these long stalagmites that come out like that. They are like teeth, or combed. And when you see it, you know it.

So now we have been through all the essential sugars. What are they again? Glucose, galactose, fucose, mannose, xylose, N-acetylneuraminic acid, N-acetylglucosamine. But those are not all the long-chain healing sugars that are out there. There are many, many more than that. One of the key ones is polysaccharide K [PSK], which is concentrated out of *Trametes versicolor* or Coriolus, which is the most widely abundant mushroom in the forests of the Northern Hemisphere of the world. Every one of you has seen it.



Trametes is the source of polysaccharide K which has been concentrated into a formula that is the most widely sold anti-cancer medicine in the world. Isn't that interesting?

They never tell us. Anybody who has cancer knows doctors don't tell you that their little medicines are made out of mushrooms. I mean, if you get an antibiotic, they don't tell you it's made out of a mushroom – which it is. Think about it. Tetracycline. What's it made out of? A mushroom. Streptomycin. What's it made out of? A mushroom. You go down the list – they're all mushrooms.

They knew all along that that's where the chemistry is – that's where the action is for immunological benefits. But now we're talking about very concentrated, lethal chemistries. When you separate the intelligence away, and then you start killing good bacteria, friendly bacteria, *every* bacteria, and sterilize your entire digestive tract and your entire body, that's very dangerous. The flip side of the antibiotic equation is it kills off your probiotics.

Okay, so what's a better choice? Let's nourish our probiotics with polysaccharides because they eat it as food. Within our lymphatic system, our lymphocytes – our white blood cells – actually eat the polysaccharide, dice it up into little pieces, take it to the bone marrow, replicate more of it, bring it back out and then excrete it in order to produce cytokines like interleukin-1 and interleukin-2. The whole process is very complex, but it has been completely figured out scientifically. They have worked out exactly how polysaccharide K works, exactly how beta-glucans work and what's going on at the macrophage white blood cell level.



And I can tell you one thing: polysaccharide K doesn't have any negative effect on your probiotics, but it is lethal to viruses, fungus, mold, candida, and certain types of mutated cells – I don't want to say what they are, but you can probably guess. It's that zodiac sign between Gemini and Leo. By the way, polysaccharide K is also sold in health food stores like Erewhon Natural Foods, who sponsor this event. This is the first place I ever saw that as a health food store item. It's called PSK. So if you have any kind of ca-ca – candida or pa-pa-pa parasites or ca-ca cancer, there are other choices. I'm not going to say what those choices are; but you can probably figure out what those choices are.

Pectin is a long-chain polysaccharide. I mentioned it before – it's the gooey stuff, the structural material that's in apples and berries. If you have ever blended up berries, like blueberries, did you notice it hardens like Jell-o? That's pectin that does that. And what does it work on? We said earlier. Who remembers? Way in the back, somebody back there. [Audience member: Intestines.] Intestines, right? And digestive tract.

Chitin is also a polysaccharide. My friend David Wilcock is going to be here this weekend, and he has just written an amazing book, one of the best books I've read in ten years, which is called *The Source Field Investigations*. It's actually an analysis of scientific research – most of it coming out of Russia – about the nature of reality.

One of the things that happened in the early 1920s or 1930s was that a Russian scientist figured out

that chitin – which is present in mushrooms and insect exoskeletons – has levitational properties. Strangely enough. And he designed a little flying cart that used chitin to get off the ground. This is highly controversial stuff that was all over the internet, but Wilcock breaks it all down in his book – all the stories, all the websites, every single resource that's out there. You come to your own conclusions. But I find it very strange that this scientist, over there in some other country, comes up with this idea that chitin has levitational properties. One of those things to be aware of.

Chitin is a really hard, fibrous type of sugar and that's very difficult to digest; but if it's in a small enough percentage – 12% or less, like in a medicinal mushroom powder – you do apparently digest it. So I want to put that out there as well.

Now we get into beta-glucans. Beta-glucan has been the subject of a thousand peer-reviewed studies. This particular polysaccharide has been more researched than anything else due to the results that we are getting from using it in animals and humans. Beta-glucans are basically glucose polymers that are linked together in a chain. So it's just long-chain glucoses in a certain format, and it's the most abundant polysaccharide in fungal and bacterial cell walls. It's present in yeast cell walls, as well. Therefore, if you ingest it – and all the research is pointing to this – it actually can change the quality of your cellular membranes.

Reishi



If you put all the pieces together that we are covering this weekend – for example DHA and EPA, which have a very strong effect on cellular membranes; and all these polysaccharides; and if you hydrate and take in some of the other unique cellular membrane materials like proteins – especially if they are highly available, like superfood proteins – then you change the whole quality of the cellular membrane and have a radical transformation in your health. And in your intelligence – because it's all about the cellular membrane.

So beta-glucans occur in cellulose in plants. It occurs in seaweed and bran. Bran is the outside material on a cereal. This took me forever to figure this out! What the heck is cereal made out of, like Captain Crunch? How in the world did we get to a cereal like Captain Crunch? And what does that have to do with cereal grains? What's a cereal grain? And then finally realizing it's a grass. So a cereal is a seed of a grass.

I did a whole video on this called *Night with the Lettuce Gods*. You guys should watch this video. It's out on YouTube somewhere. I was at a party north of Montreal in the Laurentian Mountains, and I just thought, "I've got to do a video about how people used to live on farms."

If you lived on a farm, you would get up in the morning, like at five-thirty in the morning. I had been at this party all night, so it was five-thirty in the morning. I got a bowl out of the kitchen and I went out and I grabbed a bunch of grains.



These were, in fact, wild oats. I did not sow my wild oats that night; I actually picked them. You pick the grain and you whack it into a bowl, and what comes out? The seeds, which are grains or cereals with the bran on it, the little outer covering. You guys following me here?

In the old days, you would thresh those out; then you would go to the cow and get the milk. Then you would go to the bees and get the honey. Then you would get the blueberries and mix it all together for your morning cereal. Somehow, that became Fruit Loops, Lucky Charms and Captain Crunch. Look at that meal: honey, wild cereals, raw milk and berries. What's in that? Everything, right? All the essential sugars are there. You see how that makes sense now?



Shiitake

Baker's yeast. All baker's yeast contains beta-glucans in its cell wall. Some brewer's yeast contains beta-glucans in its cell wall. Certain fungi and mushrooms contain beta-glucans. Which ones are those? The medicinal mushrooms, of course – especially the big-hitters like *Agaricus blazei*, shiitake mushroom and reishi – and chaga. Beta-glucans is one of the key components of the fungal cell wall in many of the medicinal mushrooms. Now look at that fungal cell wall. Look at what's going on there. First is glycoprotein, so it's a conjugate of essential sugar with protein. Then you have mannoprotein – mannose and protein put together. And then you have beta-glucans right there. Then you have chitin, then you have mannoprotein again, and then you have the membrane.



Reishi

This is very similar to how our cellular membranes are constructed. I got out my microbiology book, busted out the pictures of actual cell walls and what they are made up of, and what I found was almost identical to that right there. So our cells are basically built very similarly to mushroom cells, and we are 80%-plus identical to a mushroom. That's your new guru: a mushroom. Just putting that out there. That's one of my favorites. I did this whole talk on reishi once, and that was my punch line: This is your new guru – a mushroom. Some people got a kick out of it; others didn't.

Beta-glucans and mushrooms have one-six side branches, whereas those of bacteria have one-four side branches. If you look into this you will start seeing "1,3-beta-glucans-1,4" or "1,3-beta-glucans-1,6" and it's like, "What the heck does that mean?"

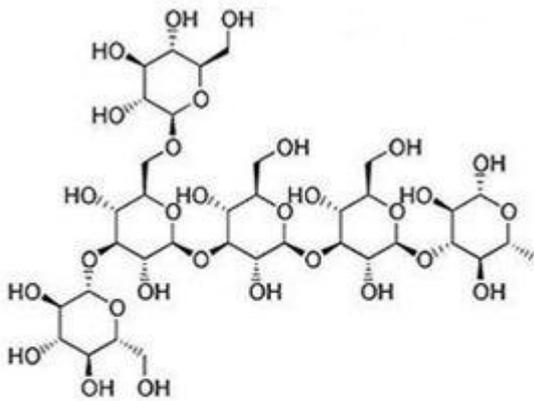


Chaga

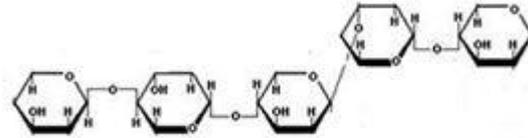
That's the structure of it. The key idea here is that research has found that the beta-1,3/1,6-glucans – what's in mushrooms – have much stronger immunological effects. And the 1,3/1,4-glucan is more for skin health, anti-inflammatory, epithelial cell effects; but it's not really immunological. That immediately brings our focus back onto mushrooms. That's where most of the research is, and that's what it's pointing to. It's saying the mushroom stuff is better.

Here is an example of beta-1,3/1,6 linkage. The numbers have to do with the position of that hexane ring. Right? So the hexane ring is the six-sided object and the first position is 1, second is 2, 3, 4, 5, 6.

So 1,3/1,6 means it links on 1 and 3 and then 1 and 6. Right? And 1,3/1,4 means it's on 3 and 4 instead of 3 and 6 for that ring. Just for those of you who are really scientific and you're like, "What does that mean?" That's what it means.



**$\beta$ -1,3:  $\beta$ -1,6 Linkage**



**$\beta$ -1,3:  $\beta$ -1,4 Linkage**

Oats. Very high in beta-1,3/1,4-glucans. So it has the antimicrobial, antiparasitic, anticholesteremic effects, but is not really immunomodulatory. And good for endurance, by the way. All these polysaccharides are amazing because they are long-chain sugars.

If you were an athlete in the old days, your coach would tell you to dose up. In high school, we'd eat spaghetti the night before. What a nightmare. Right? We'd eat spaghetti so we'd have those long-chain sugars to burn off. But what do we do now? Long-chain polysaccharides. Aloe vera sounds like a real good idea now. Fresh noni sounds like a real good idea all of a sudden. Bee pollen and royal jelly sound like a real good idea all of a sudden. Medicinal mushroom powders sound like a real good idea for long-term energy, so that we have long-term sustained blood sugar levels. That's what polysaccharides will do for us.

Barley is antimutagenic. Oats and barley lead the list of the grains. If you are going to eat the grains, it's oats and barley. I have asked people, folks who come to my events who are ninety years old, 100 years old. There was a woman 104 – the oldest one that ever made it to one of my events. I've asked these folks what they eat. And what comes up a lot is oats. It comes up repeatedly. I want to put that in there.

There's a raw food guy out there who is 110 right now. Bernardo LaPallo. You guys know about him? You know what he said the best thing ever is? Chocolate. He's 110. If you are 110 you can say whatever you want. He looks good and he's sharp, he's with it. Watch him on YouTube. So what are his top longevity foods? Listen to the list: chocolate was number one. Number two, honey – which contains lots of those essential sugars. Number three, olive oil. Number four, cinnamon and garlic. A 110-year-old telling you what to eat. This guy has been into raw foods for over 100 years. He's the best-looking 110-year-old on Earth. That's pretty powerful. That's amazing. He should be running the FDA.

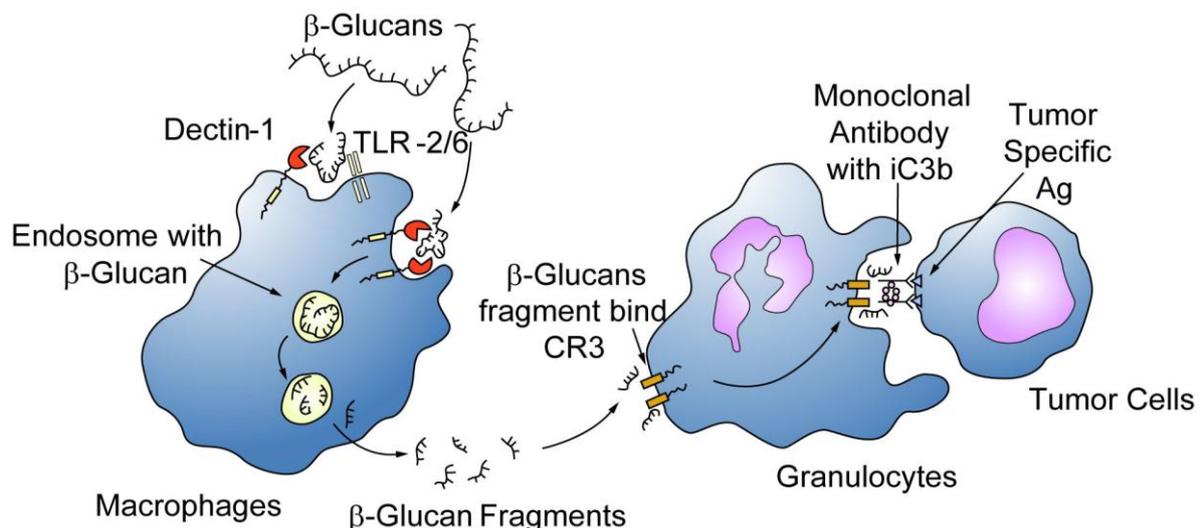


So beta-1,3/1,6-glucans stimulates naturally occurring immune cells which are then able to selectively recognize and destroy mutated cells. To selectively recognize means there is intelligence. They improve your immune system's intelligence, so your immune system goes, "Oh, that's the problem over there."

And this is another thing: I don't take nearly the amount of medicinal mushrooms that I used to, but my immune system is still the same – because they correct the intelligence of your immune system. They change the intelligence of your immune system. Now, it's not like I want to stop taking them, but I used to do \$300 worth of chaga a day. Every form – alcohol extracts of chaga, then dumping that into the tea, letting the alcohol boil off, because it boils off at like 160°F, and then you get an extra concentrate. Then we take powdered chaga, throw that in the smoothie; and then we would take chaga fresh, throw that in and do all that at once three times a day – mega amounts. Just to see what would happen. You've got to know, right? If it's good for you, maybe more is better. I've heard that my whole life, "more is better," and maybe they were right in some respects.

It was the best ever, and we kept doing it. When I say \$300 worth of chaga, we weren't paying for it. We were procuring wild chaga. But if you had to buy it, it would be \$300 worth of chaga a day. Crushing it into a powder. Why did I stop? I wasn't at home anymore. I had to go out on the road.

So here is what I was telling you guys about, the way that the white blood cells pick up the polysaccharides, dice them up, bring them back to the bone marrow, replicate more white blood cells from stem cells, bring them back into the blood with particles of the beta-glucans or of the polysaccharides, and then use them to fry viruses, mutated cells, bad bacteria, all that kind of stuff. So this is the way that it works – this is actually from the best article that I found that was given to me by my friend Dale when I was in Indonesia, about how that all works. And you can see that right there you are getting the tumor-specific response from the lymphocyte based on the effects of the beta-glucan fragments. I'll show you a little bit more clearly what's going on here.



*Journal of Hematology & Oncology 2009, 2:25 doi:10.1186/1756-8722-2-25*

Basically what's happening is the beta-glucans trigger a cascade of cytokines such as tumor necrosis factor. That's a very powerful substance. That's a good one to google: tumor necrosis factor. That is a substance your immune system secretes that fries tumors. And then also interleukin-1 and interleukin-2. Those are cytokines. Those are things that your white blood cells release that cause an

immunological response that helps your immune system target the enemy. I first heard the word interleukin from Deepak Chopra, "You meditate and then you get more interleukin-1 and more interleukin-2." That's how I remembered it.

Let's keep going. *Agaricus blazei* has the highest content of beta-glucans of any medicinal mushroom. This is the one that comes out of Brazil. It was highly regarded in Brazil. It actually came from a suburb of Sao Paulo that is now a complete city. The original ecosystem of this mushroom has been completely mowed down with concrete and asphalt. Fortunately, the Japanese were onto this back in the '60s and they got cell cultures and have been able to replicate it. Now it's grown all over the world; but the original ecosystem is no longer there.

The people who originally lived there used this mushroom heavily as food and medicine and they had extreme longevity, great immune systems. That's kind of how the Japanese got wind of it. It's because of the Japanese that it was popularized. This has something like over 40% beta-glucans. What I recall – and I couldn't dig this up because I didn't have my books with me, but it's somewhere around 48% beta-glucans, which is the highest of anything in the world. And you could see inhibition of CYP450 [cytochrome P450] isoenzymes. That has to do with cancer response. Don't want to get more specific than that, because we know obviously nothing can be cured. Only God's Light can cure you. Isn't that great?

Cytokine induction. What does that mean? Interleukin-1, interleukin-2, tumor necrosis factor – that's antitumor, antimutagenic, antigenotoxic. So these beta-glucans actually help to clean up your DNA. That's powerful. Beta-glucans, by the way, big research on radiation protection. Huge, huge research on radiation protection. Exposed to radiation? Best thing for you: beta-glucans. That's why, if you listen to what I put out there for the Fukushima radiation protocol, I said reishi mushroom and chaga mushroom. Chaga mushroom contains twenty-nine different types of beta-glucans. Reishi mushroom is 33% beta-glucans.

Look at that picture. That's wild *Agaricus*. You talk about magic. If you are on the Los Angeles freeway, it's not the best news ever. You're not in the enchanted world of fairies, elves, mushrooms and toads. But if you are drinking your cacao smoothie with mushrooms in it, you might actually approximate the enchanted world. Because that world that we hear about – like in the J.K. Rowling *Harry Potter* series, right? – it's just on the other side of the wall. That fairy world that's in J.R. Tolkien's books – that's very close, but so far away – is actually very much connected to the mushroom kingdom.



Shiitake. You can see how it grows like a normal ground mushroom, right? Out of a tree, though. It comes out of the tree and actually produces a body with a gilled, normal look and appearance. What I like about shiitake so much is that it's so edible. You can walk right up to the tree and just eat it. I did that in the forest at my house a few weeks ago. I wasn't 100% sure it was shiitake, but then I found another one so I became more sure – after I ate it though. You know, sometimes you can muscle test it. Just go, "I think this is a good one." And it turned out to be shiitake, which is great.

In my forest, we have pholiota, which looks like shiitake, and then we have shiitake. Those are the greatest finds. Shiitake has the same properties through its beta-glucans: antitumor, inhibition of CYP450 isoenzymes, immunomodulatory.



So here is the Trametes again. This is the one with polysaccharide K. Also contains beta-glucans. According to the research, this is probably the number two anti-cancer herb in the world. What's number one? Chaga mushroom. So it's very common. The Japanese called it the cloud mushroom, because you can kind of see it has a little bit of a cloud appearance. And it used to be called *Coriolus*. That was the Latin genus. That changed that recently to *Trametes*, so you are going to see both. So if you see *Coriolus versicolor*, that's probably an old book but is referencing the same

mushroom – the most common tree mushroom in the world.

All these medicinal mushrooms are tree mushrooms, with a few exceptions. *Cordyceps* is not a tree mushroom; it's actually an insect-eating mushroom. *Agaricus blazei*, which we looked at just a moment ago is actually a mushroom that comes out of the ground. So there are some exceptions, but as a general rule, the tree mushrooms are the medicinal mushrooms. Which to me is interesting because a tree is doing something really trippy; it's falling upwards.

It's violating every law we've been taught. "In order to go up, you have to fight gravity; and because you are fighting gravity, you have friction." But a tree doesn't have friction. It never heats up. In fact, if you touch a tree it's cold. How could it be cold? How could it be cool under a tree? How can sap move up and down that tree without creating frictional heat?

If gravity is the only rule then we're obviously in a totally wrong physics model. The whole being of a tree completely violates everything in physics – that a tree could even exist, that you could even exist. I've got to put that out there, because we've got to start really questioning this current science model, because it's delivered to us – what? Death, pain, fire, destruction, wars, greed, famine, hate, pollution, oceans filled with plastics. That's what it's delivered to us. So we have to go, "Wait. Maybe the whole structure of this model of thinking is wrong." Perhaps?

So the tree. Now, if the Earth was left to its natural ecosystem development and we weren't interfering with it, the Earth would develop forests. The Earth for most of its recent history had huge forests on it with 500-foot-tall trees until we came along and kind of mowed everything down. Apparently, at the bottom of the Great Lakes are 500-foot-tall trees from an ancient ecosystem. They are still there. They are preserved completely by the water and the pressure. So they are just basically sitting under there. That means to me that the Earth is actually drawing out of itself levitational materials.



The mushroom then goes after that levitational material in trees to concentrate it into its fruiting body – the part that comes out. That's why it has beta-glucans, that's why it has polysaccharide K, that's why it has maitake D-Fraction and all the other polysaccharides that have levitational substances. Because the tree had it.

And then eventually it tries to get it into a spore which then, if you ever see this – I saw this and it blew my mind. I actually witnessed it. I always thought that medicinal mushrooms, tree mushrooms, are always releasing spores, all the time. But no, they don't. Actually, these tree mushrooms release spores on maybe one day a year in a highly energetic event. One day I was in the forest and I saw it, and I was like, "Whoa."



Photo by Igor Malcevski

What happened was this. We were looking at a giant *Ganoderma applanatum*. You guys ever seen the giant shelf mushrooms? If you live in the northern regions of America or Canada you know what those are – those big ones that are in the forest. Who's seen those? They are called 'artist conks' because the bottoms of them are white, and artists used to use those as canvases.

Anyway, one day we were in a big forest, and we were just hanging out, and all of a sudden the mushroom went, "pssshhhhhht," and it was blowing out smoke. We were just like, "What the heck is that?" What actually happened – what I observed – is the clouds parted, sun hit it, that happened. Clouds went back in front of the sun, parted again, sun hit it, it happened again. This was September 15th, 2008. It did that three times. We observed it three times. I never knew anything like that was going on in the forest, ever. I mean, it was like "pssshhhht," and a big puff of smoke comes out!

Now, the smoke didn't go down. Do you follow me here? The spores go up. They are levitational. That's the whole idea of the mushroom. It's trying to get spores to go up. I've told you before about the levitational quality of spores. Spores can survive the highest altitudes of the Earth's atmosphere and they can survive the vacuum of space. It's been well-documented over many years that there are mushroom spores coming in and out of the atmosphere of this Earth, and it has been going on all along. So mushrooms from outer space? There's something to it.

The whole thing makes sense. Think about it. What are these mushrooms doing? They are recycling wood. What is wood? A water-levitational device. What are they taking out of the ecosystem? They are taking that levitational material out of the ecosystem in order to take their genetic material somewhere else. What do they do for us? Well, they are entirely in the recycling zone. That's their karma. They are the recyclers.

If you were going to design an organism, or design yourself as an organism, you wouldn't want to have to kill to eat. You don't want to have to kill, right? You want to be in a recycling zone where you support all life and the development of life – from when it's algae all the way up to when it's giant trees. Do you follow me on this?

**What these mushrooms are really doing for us is they are allies that help to support and nourish life. That's what they do.**



Maitake

Here's another big one – maitake, also beta-1,3/1,6-glucans. Maitake is very high in beta-glucans – 25%. It is almost as high as reishi. Reishi is 33%. If we are clever, and if we're really following what I'm saying, what we can do and what is going to happen in the future – where medicine is going – is that we are going to grow these in such a way to produce more beta-glucans, and more maitake D-Fraction, and more chitin, and more polysaccharides, and more polysaccharide K and all the stuff we

want. We can grow more of it – we can grow it such a way that there is more of that. And that's where the next round of mushroom science is going.

We're just now tuning into what these medicinal mushrooms are, but in twenty years it's going to be a whole 'nother ballgame. We'll take these medicines and make them ten times more powerful – 100 times more powerful – because maybe they are only carrying this much levitational material now, but they could carry much more. That is what I suspect is going on; I know that it's going on with aloe vera. It's carrying this much, but it actually could be that much. I bet you that's going on with noni too, actually. And it's probably going on with every other polysaccharide-containing food there is. We want to get that fraction higher, and higher and higher.

Fifty percent of the wild goji berry's sugars are polysaccharides. Did you guys know this? Did you know that the thing about the goji berries is its polysaccharides? Who knew that? I just want a show of hands. That's pretty good. Fifty percent of its sugars are polysaccharides. In the domesticated goji berry, it's about 36%.

The Chinese have been onto this forever, taking the polysaccharide fraction of the goji berry and using that with medicinal mushrooms. When Ron Teegarden comes up here and starts talking about his products – you know, it's all stuff that's been developed out of China – then it's going to start making sense. Imagine mushrooms together with that high fraction of goji berry polysaccharide. What is that going to give you? Endurance. Neurological health. What else? Immunomodulation. You see how all this comes together? We'll keep going.

Reishi. That red color of reishi is the beta-glucans. That's beta-glucans. That reishi, the magic fairy steps right there, that's about 100 miles away from where I live. This is the most well-researched herb in the history of the world. That's something. What does that mean? To me it means I better be on this every day.

I was in Vancouver talking about reishi, and a woman came up and gave me the latest book on reishi mushroom from the Chinese Academy of Sciences. One to three studies on every page.



Reishi

Three hundred studies at least in that book, just in that little book.

This is what the Chinese have been studying. They have been taking beta-glucans from reishi and they have been studying the effects. Let's say you never took an herb ever in your whole life, never heard of it, don't care, you've been on antibiotics, you're on the whole antibiotic diet. You've never done anything like this, ever. And suddenly you are seventy-five and you have cancer. What should you do? The Chinese have actually been doing scientific research on giving reishi mushroom to people in that situation.

It's effective for people who have never taken any herb in their whole life, who have never taken anything natural, or have never eaten natural foods. Isn't that amazing? That's the kind of stuff I want to know about, because people come to me all the time and say, "Look, my grandmother is eighty, and it's not looking good for her, and she hates any kind of water that I bring her. She only drinks tap water and there's no way I can get her to eat any raw foods at all. What do you think I should do?" Reishi mushroom. "My friend has been on Depakote for fifteen years and she wants to get off of it and what do you think? She is only going to do one thing I give her. What do you think it should be?"



Reishi Mushroom

For years I've been saying, "Look, an apple is great, but that ain't gonna do it." Reishi is. It's going to do something that affects everything. Even if you have been on SSRIs for twelve years, reishi mushroom is going to help you. Reishi is actually Shen-stabilizing. It helps. It works for people, and it's completely hypoallergenic so it doesn't cause any weird response. In contrast, if you give tribulus-ashwagandha powder to somebody who has never had an herb in their life, they're gonna be like, "Blaaaaa!"

Shiitake is about 34% beta-glucans; reishi is 33% according to one study I pulled off the internet that was done in Thailand. We saw that maitake is sometimes up to 30% but sometimes down to 28%. That's pretty high. This is giving you an idea of where these things are.

Twenty-nine different beta-glucans are in chaga mushroom. I mentioned that already. Every study would say there are twenty-nine different types of beta-glucans in chaga mushroom, but I could never find what they were. Are they beta-1,3/1,6? Apparently, some of them are beta-1,3/1,6; and some of them are beta-1,3/1,4. Maybe there are other kinds, but it's not clear in the literature. Some of the scientists in these studies speak in such arcane language that you can barely even read one sentence. You're like, "What?" And then you have to go back.

The point of this is that all of these things are in our superfoods, in our superherbs, and in our raw foods. That's where the magic is. And if you go down this list – look at it – all the seaweeds, noni,

marine phytoplankton, maitake, lion's mane, shiitake, royal jelly, kelp, honey, goji berries all have it. To me, what makes them super is they contain the super-sugars, the polysaccharide sugars, the essential sugars.

One more thing I want to say is that these sugars are taking up those very interesting minerals that we have been talking about. What we are doing at my farms is we are working on getting the right minerals into the soil, minerals that have that higher fraction of the levitational material. When I talk about the levitational minerals I'm talking about sulfur. Real material. We're getting that into the soil and then developing all our plants to have a higher fraction of that stuff so that the medicine is more available. It's stronger, it's richer, it's more complete. Do you understand what I'm saying? This is the future of farming. And that's what I want to pass along to you, because I know that you are the farmers of the future.

**For more information about David Wolfe, please visit the following websites:**

[www.TheLongevityNowConference.com](http://www.TheLongevityNowConference.com)

[www.LongevityWarehouse.com](http://www.LongevityWarehouse.com)

[www.TheBestDayEver.com](http://www.TheBestDayEver.com)

[www.DavidWolfe.com](http://www.DavidWolfe.com)

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