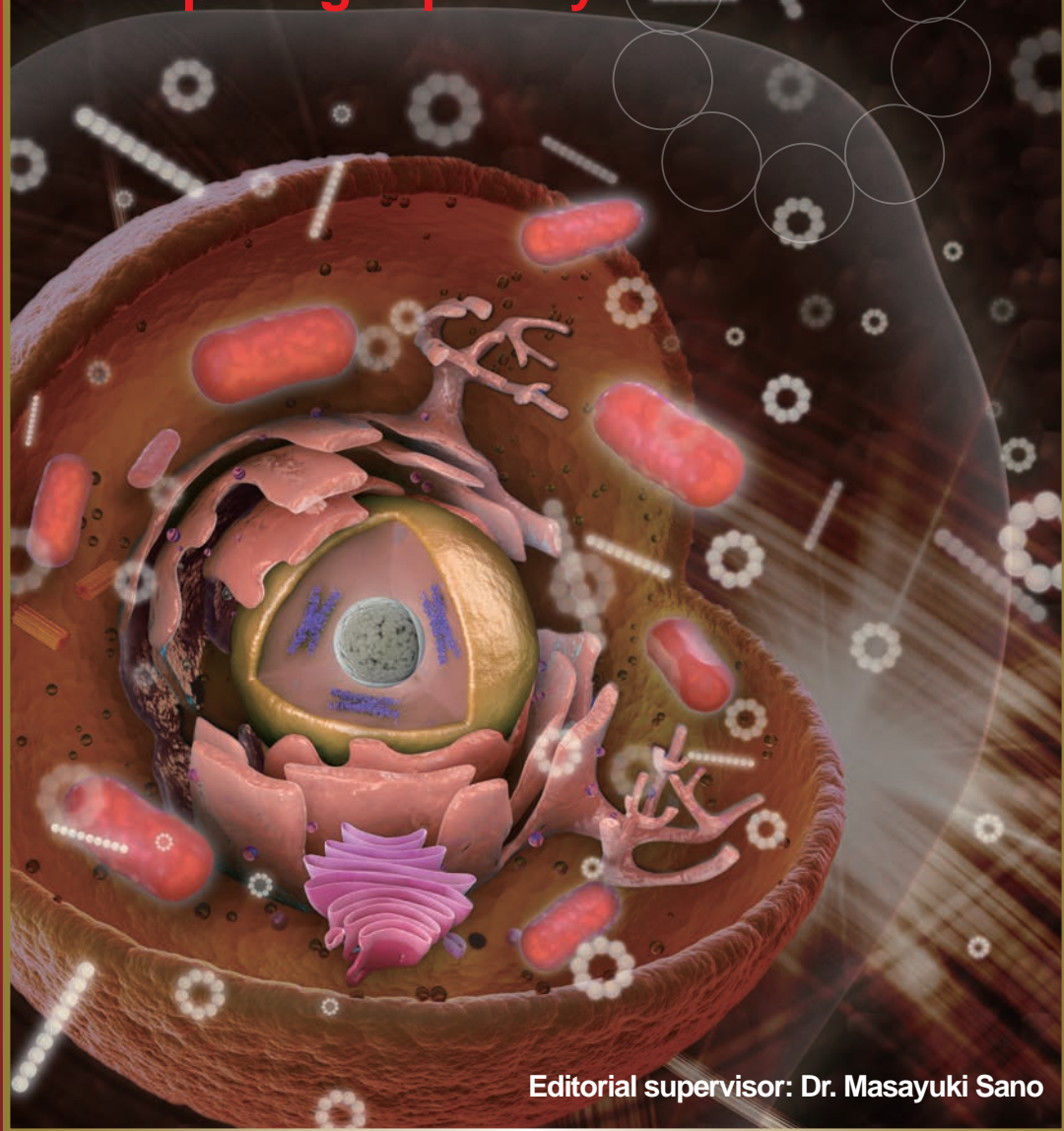


Miraculous substance which activates mitochondria

Active lactic acid

The amazing mechanism which promotes self-repairing capability at cellular level



Editorial supervisor: Dr. Masayuki Sano

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Preface

Mitochondrion, an organelle of about 0.001mm in length, has gained considerable prominence in the field of international medical research.

Recent studies have made it clear that mitochondria not only produce all the vital energy we need but are also deeply involved in the aging process and various intractable diseases challenging people today such as cancer, diabetes, and Parkinson's disease. In other words, if we can activate mitochondria, our human body can be brimming with vitality and we will be able to ward off the decline caused by aging and intractable diseases.

This astonishing fact has brought about tremendous advance and innovation in the medical world. From medical treatment that surmounts disease by fighting against bacteria and building up the immune system to implementation of a healthy lifestyle that enhances the quality of life itself.

By drawing out the intrinsic power of mitochondria, we should be able to obtain vitality that vigorously prevents disease. This dramatic discovery of mitochondria provides the ultimate solution that medical science has long pursued.

The most advanced medical-research institutions have been exploring the most effective way of mitochondrial activation. One of its constituent parts discovered in Japan has been identified as one of the best approaches of mitochondrial activation. The constituent part in question is Active Lactic Acid, which is described in our booklet.

Active lactic acid, which was discovered accidentally, has proved power that was believed to be beyond our common sense until now. Active lactic acid acts directly inside the cells just by ingestion and activates the mitochondria.

It is verified at electronic microscope level that activated mitochondria enable the body to recover health at cellular level and to reject factors that obstruct health. The testimony of people and the mechanism of mitochondria activation ascertained through many clinical trials have proved that Active Lactic acid is superb in supporting human health.

We really appreciate it if as many people as possible can acquire a high level of health by this booklet.

Masayuki Sano
Medical Doctor

Miraculous substance
which activates mitochondria

Active lactic acid

Profile of Dr. Masayuki Sano

Dr. Sano has been involved in more than 3000 operations as a gastroenterological surgeon and has implemented medical treatment of cancer, the ultimate lifestyle-related disease. He is currently working to improve people's health to prevent people from getting sick by various methods such as healthy diet advice, preventive medicine, second opinion medical advice, advanced stem cells treatment, working conditions and living environment improvements, qigong, medical care, health education, and so on.

Representative of Medical and knowledge Company (Co., Ltd.)

Director of Ginza Medical Care Garden Clinic

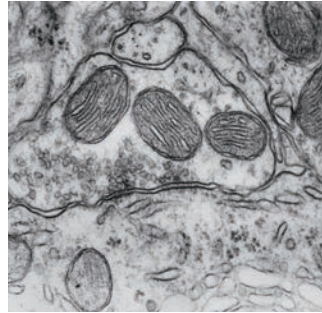
Sun Field Clinic

Natural Clinic Yoyogi

He has titles as a medical doctor, and an industrial physicians, and a second opinion medical specialist.

What are mitochondria?

It has been only a few years since live mitochondria have become observable thanks to the rapid technical improvement of fluorescent microscopes. A schematic diagram of a mitochondrion which resembles paramecium in appearance and which is seen in science textbooks is just a cross section view of a dead mitochondrion.



Its true appearance is a string-like shape, and mitochondria actively move around in our cells, occupying 10% of the body weight. Mitochondria exist more in places such as myocardial cells, bone cells of the limbs and nerve cells where more energy is required, and they continuously function as they frequently fuse and divide inside our cells and work in harmony with other unit in the cell by exchanging their materials.

The main function is to produce adenosine triphosphate (ATP), which is an energy source, using nutrients obtained from the food supply and oxygen obtained from respiration. That is to say, they are energy-manufacturing factories in cells. The role of mitochondria is also to let the damaged or non-functional cells perish while maintaining the healthy cell environment. As research in this field advances, the importance of mitochondria on life activities such as health, aging and growth of the human body and even its evolution has been revealed, and to have mitochondria activated is a recent health cognition.

Main points

- Mitochondria are energy-manufacturing factories (ATP factories) in a body.
- Mitochondria also have a function to let weakened cells have self-destruction
- Mitochondria are the sources of healthy life activities.

Diagram of a eukaryotic cell

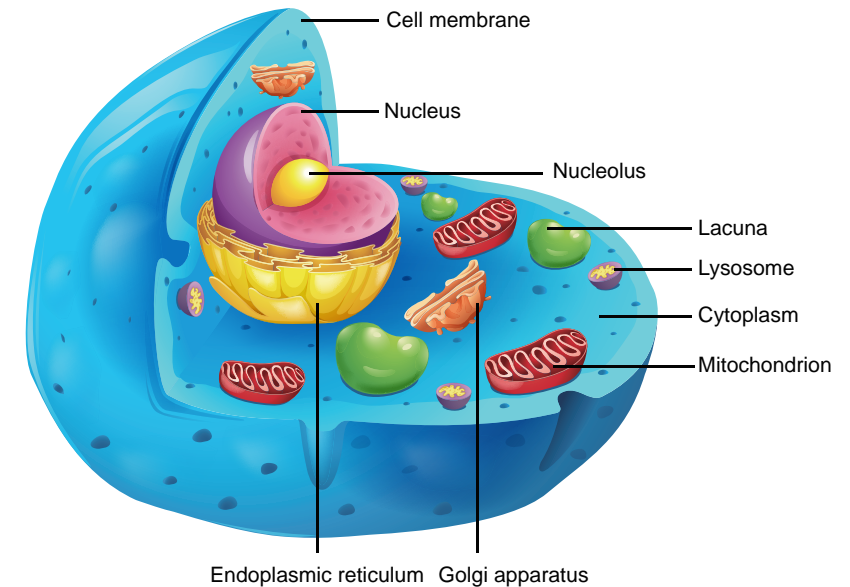
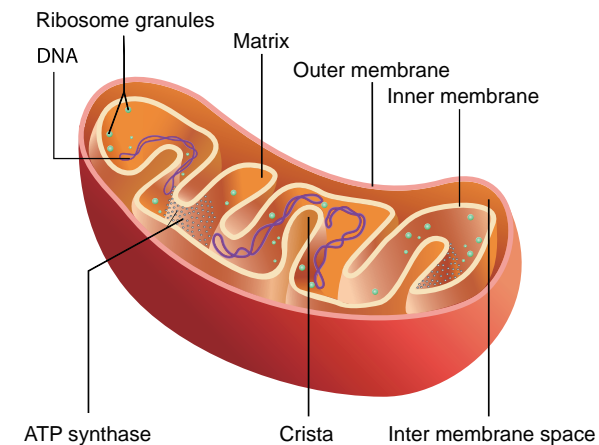


Diagram of a mitochondrion



Mystery of mitochondria - 'Ancient Invaders'

Mitochondria are thought to be bacteria that inhabited large-celled organisms almost 1.8 billion years ago. These bacteria supplied the cell with energy using oxygen and simple sugars, and in return it received a safe inhabitation and glucose. We owe the great evolution in our life to mitochondria.

Mitochondria carry their original DNA inherited matrilineally which differs from the DNA in the cell nucleus. With this unique DNA, it is thought that mitochondria allow the human body to adapt to a complex environment and to be a catalyst for its progress and rebirth.

According to the most recent research, it has been proved that mitochondrial DNA repeatedly damage and regenerate themselves in the very short term. The speed of its rebirth is about 10 times of that of nucleus DNA. Genetic information is updated at a breakneck pace, and the mitochondria accelerate their cycle of existence, evolution and rebirth and let the human body adapt to the environment.

For example, with the advance of food westernization, the intestines of Japanese people became shorter than they used to be and, as a result, the younger generation of Japanese tend to have longer legs.

Mitochondrial DNA is the reason for this sort of short-term adaptation and evolution.

Main points

- Mitochondria are mysterious bacteria which inhabit in human body.
- A mitochondrion has unique DNA that is only inherited matrilineally.
- Mitochondrial DNA have helped humans adapt and advance.

The mystery of mitochondrial DNA



- Looking back at the origin of human beings based on mitochondrial DNA leads us to one lady named Mitochondrial Eve who was born on the African continent about one hundred sixty thousand years ago (give or take about forty thousand years). In this way, mitochondrial DNA which is only inherited matrilineally is also used as important record data to follow the ancestry and identify the identity.
- Human remains have recently been excavated at a parking lot in Leicester, England, and they turned out to be those of Richard III of five hundred years ago. Their discovery has been a news topic. Mitochondrial DNA proved to be the deciding factor of the evidence.
- It is said that mitochondrial DNA holds the key to the enigma of the human body which has not yet been solved. One of them is what we call body memory. Unbelievable cases have been reported about the organ recipients being able to share the same memories as their donors such as people being able to play musical instruments they had never played before or speak foreign languages they had never learned. And it is thought that those memories have been transferred by mitochondrial DNA of transplanted organs.

Why do people get sick?

As research progressed, it has been clarified that many diseases are attributable to malfunction or decrease in the number of mitochondria.

Disease symptoms are diversely determined by mitochondria according to which part of the body cells are malfunctioning.

For instance, the mitochondrial malfunction inside the brain cells causes impairment of memory and mental capacity, and will also increase the risk of Alzheimer's and Parkinson's disease. It is believed that many cancers are due to decrease in power of mitochondrial intrinsic function which kill cells that have become cancerous (apoptosis).

Moreover, free radicals generated when mitochondria produce vital energy (ATP) starts to leak out of a cell due to its inability to hold it in inside caused by their malfunction. That results in causing various physical malfunctions that lead to cancer and aging.

Since mitochondria have essential functions for life activities, if they become weaker it can cause various diseases. Conversely, most diseases can be prevented if you can maintain mitochondria in good condition.



Main points

- Mitochondrial malfunction causes disease.
- Leakage of free radicals may cause cancers and aging.
- Healthy mitochondria can protect against all kinds of disease.

The main function of Mitochondria

● Producing thermal energy (body temperature)

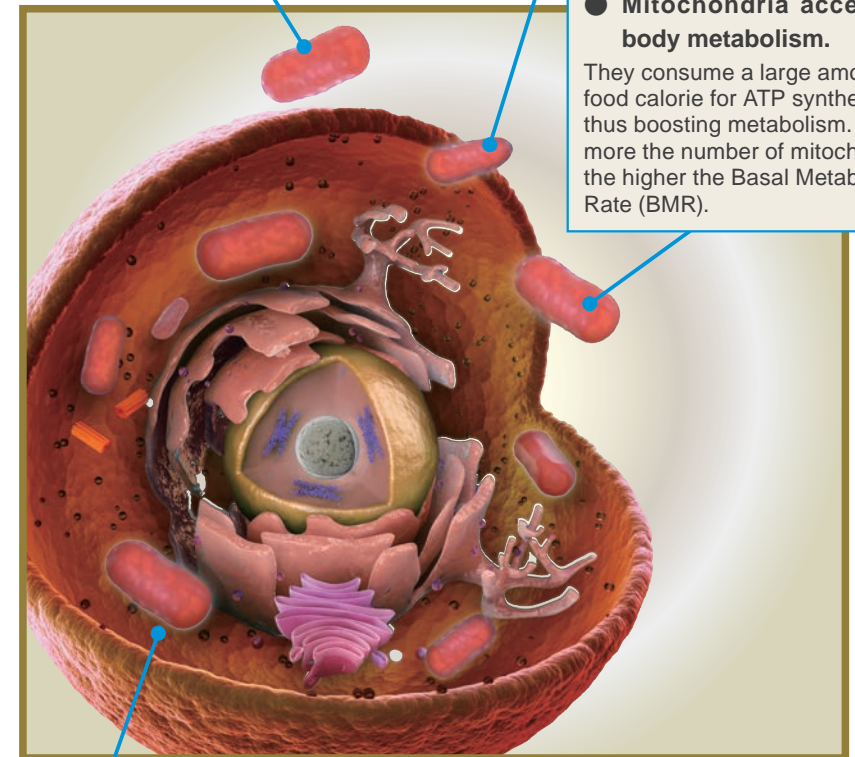
90 percent of ATP is synthesized within mitochondria. This ATP is the origin of body temperature. Body temperature falls as the number of mitochondria decreases and their functions are weakened.

● Mitochondria produce ATP (vital energy).

Mitochondria synthesize an energy source (ATP) for cell activity using nutrients from diet and oxygen from respiration.

● Mitochondria accelerate body metabolism.

They consume a large amount of food calorie for ATP synthesis, thus boosting metabolism. The more the number of mitochondria, the higher the Basal Metabolic Rate (BMR).



● Let cells whose DNA is damaged die. (This is what we call apoptosis.)

If DNA becomes incapable of self-repair, then mitochondria emit some kind of substance that can command 'apoptosis'. This apoptosis protects the life of the human body.

It is a miracle component discovered by chance.

Active lactic acid, this notable component which activates mitochondria and has the potential to bring about a revolution in the healthy life expectancy of humankind, was discovered completely by chance. Here is what happened.

During a cancer cell culture experiment that was being carried out in 1982, it was noticed that all the cancer cells that had been growing on the previous day had died in a single night. This phenomenon was seen in only one of the cell-culture dishes among many such petri dishes. Following analysis of this factor, about nine bounded lactic acid molecules ($C_3H_6O_3$) surrounding each dead cancer cell were identified.

Research progressed as an effective means for cancer treatment and its synthesis method was established in 1990. In 1998, scientific reports relating to its effectiveness were published by the Japanese Cancer Association and the Japan Society of Clinical Oncology and they attracted considerable attention.

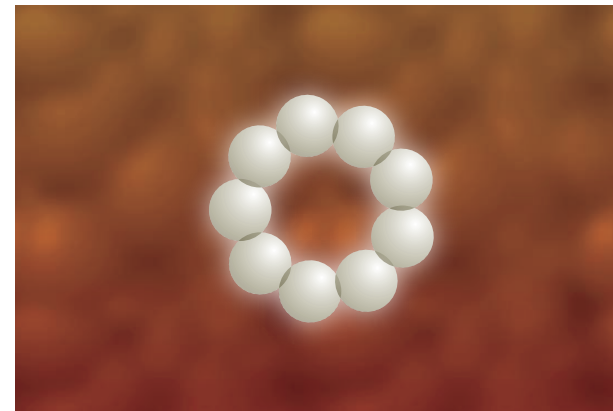
Since then, clinical trials and safety tests have been conducted by various research institutions, and it has been revealed that this substance holds great potential not only as cancer therapy but also as a miracle component for our health. This new lactic acid made up of about nine molecules was named 'Active lactic acid', and in recent times it has been improved by powder concentration to stay longer in the body. The new production method allows it to pervade at the cellular level so that it demonstrates its effectiveness.

Main points

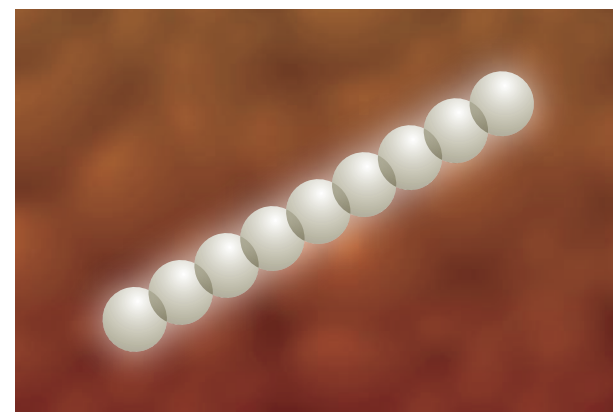
- **Active lactic acid is formed by 9 lactic acid molecules bounding together.**
- **Studies began at an event of sudden death of cancer cells in one petri dish.**
- **They are made to condensed-powder so that they can pervade well at the cellular level.**



Structure of active lactic acid (lactic acid molecules)



Degree of polymerization ± 9 annular fat-soluble



Degree of polymerization ± 9 linear water-soluble

Lactic acid and Active lactic acid

- Lactic acid is a substance produced by adding lactobacillus (lactic acid bacteria) to starch and sugar extracted from plants such as corn.
- Lactic acid changes its name and properties according to the number of molecules or the way they are bonded.
- Active lactic acid made up of about nine molecules is entirely different in function from other kinds of lactic acid that are usually made of one or two molecules.

The amazing mechanism to let cancer cells have self-destruction

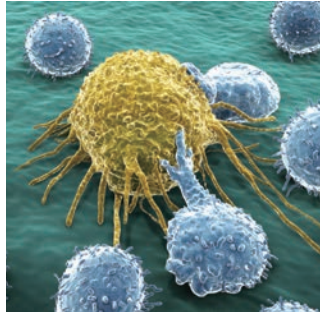
How are cancer cells killed by active lactic acid?

When a state is reached in which life activities are disturbed by DNA damage, etc., normal cells usually perform apoptosis in order to protect life as a whole. However, many cancer cells have frightening properties that destroy this apoptosis mechanism and then continue to proliferate endlessly, undermining the life altogether.

In former medical common sense, in order to fight against these cancer cells, all we need to do was reinforce our own immune system. However, active lactic acid has repelled cancer cells with a wonderful mechanism that surpasses normal reasoning.

Actually, active lactic acid only worked on abnormal cells, i.e. cancer cells, preventing them from producing energy and promoted cancer cells to perform apoptosis which had been believed impossible. Well, up to now, it has not been possible to find a substance with this kind of property – except for active lactic acid.

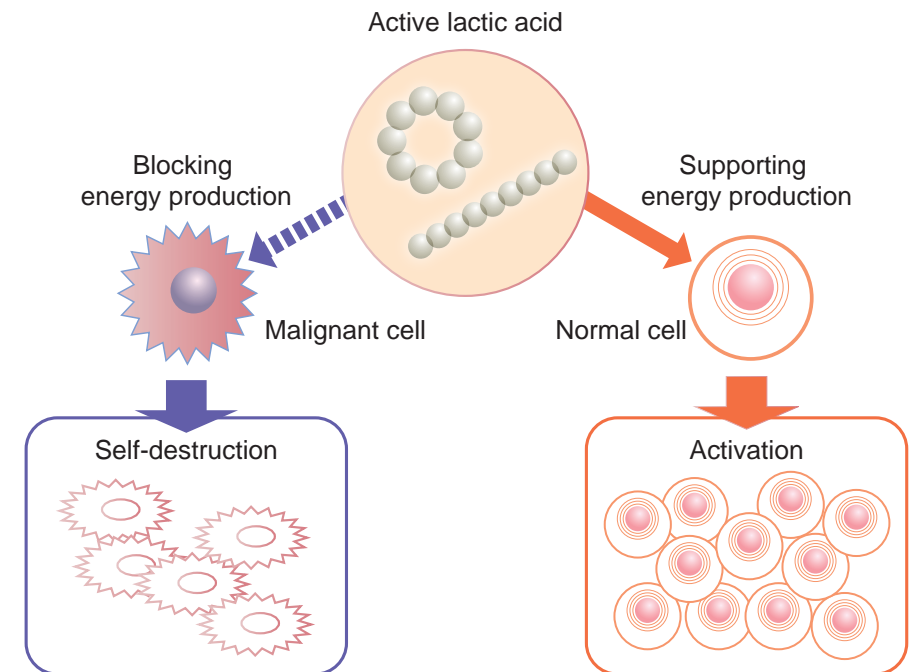
Furthermore, it has become apparent that active lactic acid does some good even to normal cells. It accelerates oxygen supply into cells and activates many of the normal cells.



Advantages of active lactic acid against cancer

- No side effects accompanied by anticancer therapy
- By promoting apoptosis, all cancer cells would perish.
- Since active lactic acid is the nature-derived substance, it is safe for long-term intake.
- It inhibits outbreaks of cancerous cells.

It blocks energy supply to cancer cells and activates normal cells thrive.



Main points

- Active lactic acid leads cancer cells to their apoptosis (apoptosis induction)
- By sending oxygen into normal cells, cells can be activated.
- It is a marvelous substance in function unlike any other.

Miraculous function verified by an electron microscope

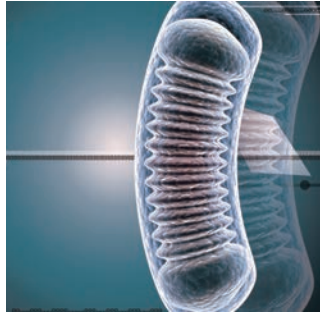
Active lactic acid that is absorbed rapidly at the cellular level is considered to promote mitochondrial energy production within cells. This is why active lactic acid activates normal cells.

Mitochondria is, so to speak, the source of life that produces essential energy to maintain cellular activities. If this weakens, cellular activity wanes and this can become a cause of all kinds of diseases and poor physical condition.

Posted on the right page are micrographs of the cell of a patient who developed severe hepatitis taken by an electron microscope.

In Photo 1, you can see several white spots in the cell, which are the parts hollowed out after the mitochondria died. Now you know the relationship between mitochondria and disease.

In Photo 2, you see the state of the cell after the patient has taken active lactic acid for four months. Here, you see that the mitochondria is reproduced in the hollowed-out part, which shows that the cell has recovered its normal state. Needless to say, the patient's symptoms had improved dramatically. It is an extremely rare case of component whose remedial effect can be verified by electron microscope as in the case of active lactic acid.



Changes in a hepatitis cell

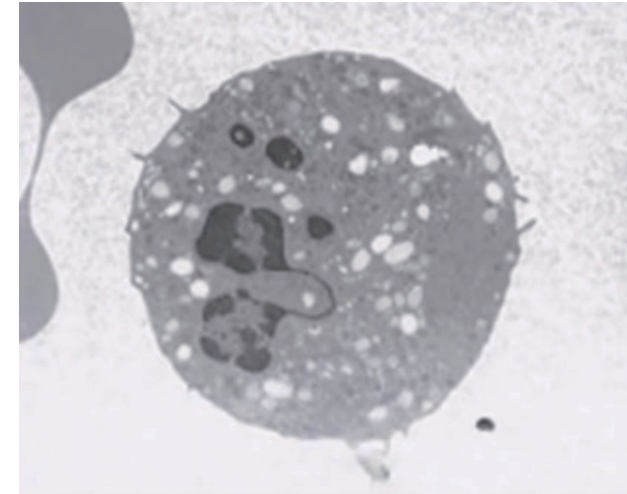


Photo 1

Electron micrograph of the cell of a patient who developed severe hepatitis. White spots are the parts which were hollowed out due to mitochondrial death.

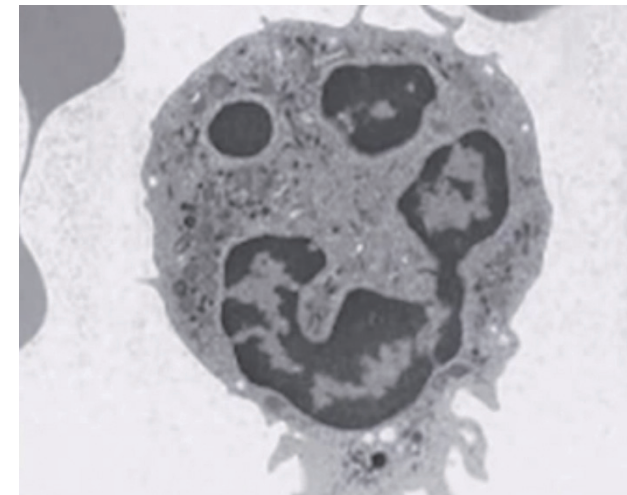


Photo 2

Electron micrograph of the cell of the same patient as in Photo 1 after taking active lactic acid for four months. You see that Mitochondria reproduced in the hollowed parts.

Main points

- **Active lactic acid activates mitochondria.**
- **Mitochondria are the sources of life activity.**
- **If mitochondria are active and healthy, disease symptoms can be improved.**

Turn on the switch of mitochondrial activation

The human body consists of about 3 trillion cells in the infants and about 60 trillion cells in adults. Active lactic acid encourages life energy production by activating mitochondria, which inhabit each cell. Therefore, various improvement cases besides cancer have been reported through clinical trials.

Each cell contains hundreds to 3,000 mitochondria. (The total amount reaches 10 % of body weight.) The function of mitochondria declines if about 5,000 bacteria enter the area around them. This condition means sick or poor health.

When active lactic acid is delivered into a cell, necessary oxygen is supplied and mitochondria activate the circuit that produces a large amount of energy effectively by biochemical reaction known as the tricarboxylic acid cycle (TCA cycle). The bacteria within the cells are to be eradicated by energy materials produced from this cycle.

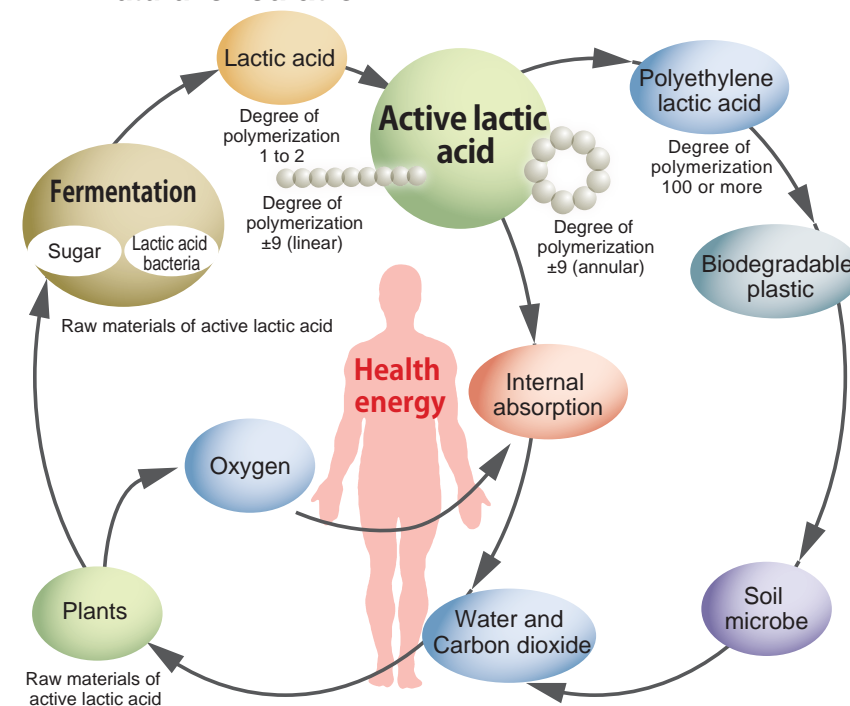
That means that active lactic acid has the function of turning on a switch that can make mitochondria healthy by supplying oxygen. As mitochondria get healthy, cells get healthy, and as a result, disease would be repelled and then we can have healthy life.

Moreover, mitochondria are thought to prioritize working on malfunctioning parts of the body. Behind the innumerable improvement cases for all kind of diseases, lies this special mechanism.

Main points

- Mitochondria produce a large amount of energy through the TCA cycle.
- Mitochondria prioritize working on malfunctioning parts of the body.
- Countless cases of disease improvement have been reported.

Active lactic acid that produces health energy in natural circulation



Recycle of lactic acid

Lactic acid produced by fermenting plants shows different functions in accordance with its combination in polymerization. Its use varies from food to plastic, but afterwards, it will be decomposed and returned to nature which is environmentally friendly. Active lactic acid uses lactic acid as energy for health and promotes human's natural biological cycles.

Features of therapeutic effects by active lactic acid

• There are no reports of side effects.

Since active lactic acid is the biological material that is already exists in the human body and has been activated powerfully, it is extremely mild and harmless for the human body.

• No instances of tolerance have been reported. (It can be used throughout your lifetime.)

• Lactic acid is not a substance that makes you tired.

Recent studies have shown that lactic acid does not make you tired but is actually a substance that lets you recover from exhaustion and it has been shown that lactic acid is an extremely effective substance for human body regeneration.

The lifestyle habits that keep mitochondria healthy

.....

- ❶ Keep in mind to breathe through the nose.
- ❷ Avoid taking cold food or cold drink.
- ❸ Avoid taking food in cold nature.
(Avoid yang deficient food.)
- ❹ Take a bath at a temperature of 40°C
for about 15 to 20 minutes daily.
- ❺ Have a time of feeling hungry.
- ❻ Masticate your food well with both jaws.
- ❼ Maintain a good posture.
(Keep your back straight.)
- ❽ Lie on your back.
(Release yourself from gravity.)
- ❾ Keep in mind to do some light exercises,
stretch and relax yourself.
Vigorous exercises which make you out of
breath should be avoided.
- ❿ Strengthen your legs and lower back.
- ⓫ Do some sunbathing.



PART 2

Active Lactic Acid + Mitochondria Super Health Power

(The mechanism based on testimony)

The struggle against cancer I

Evidence 1 Stomach cancer

Six years ago, it was discovered that I had stomach cancer, and I had two thirds of it removed by surgery. Last year I finally completed a five-year post-operative examination, and my doctor was astonished saying, "I have practiced medicine for over 50 years, and you are my first patient who made a remarkable recovery from this cancer." I started taking active lactic acid seven years ago because I could not stand the pain of the rheumatoid arthritis I was suffering from. Three months later, when I was just about to recover from the rheumatism, I found that I had cancer. My cancer was on stage III -B and had already been spread to the lymph glands. What's more, the cancer I was suffering from was progressive stomach cancer, which is classified as 'undifferentiated cancer' among the 200 types of cancer and they said it was impossible to live for more than five years from that point in time. I put my trust in active lactic acid and rejected anticancer therapy after the operation. As a result, I could achieve a recovery that astonished even my doctor. He plans to announce my recovery as a miraculous case at a medical conference.

Ever since I was discharged from the hospital after my cancer operation, there has not been a single day staying in bed or taking a break from my household chores. I feel nothing but gratitude for the good health that has been given to me by active lactic acid.

75-year-old woman

Evidence 2 Breast cancer

Just as my twin children became two years old, I started to have backaches and pain in my legs. When I had a thorough check-up at a university hospital, I was found to have cancer that originated from breast and transferred to the liver, lungs, lower back and hip joint. I could not even manage to walk, and was unable to undergo treatment for it because of its severe metastasis.

At this terrible time, my parents brought active lactic acid to me in my ward. I started to take it hoping against hope of my recovery, my pain gradually started to go away and I became able to move my toes. Though my doctor could not see any hope of my recovery, I could be discharged from the hospital since my symptoms had dramatically improved after taking active lactic acid for 8 months.

31-year-old woman

Evidence 3 Pancreatic cancer

I had a tired feeling that I had never felt before and in addition I had pain and a sense of discomfort in my lower back. So I went for a check-up and it turned out that I had pancreatic cancer. Pancreatic cancer has been considered to be the most difficult cancer to cure, and I felt as if I had been told that I was about to die. Fortunately, no metastasis of cancer was found. My doctor advised me to take anticancer drugs, but I decided not to as I had heard frightening things about them from people I know.

While I was looking for something to take instead of anticancer drugs, my sister recommended active lactic acid. Once I started to take it, I could notice that symptoms like feeling tired were eased. And when I had a check-up after taking active lactic acid for four months, the outcome of my doctor's diagnosis was "No cancer found". I don't know how, but my tumor has disappeared. After recovering from pancreatic cancer, I got back into agricultural work and am now leading a fulfilling life.

70-year-old man

Evidence 4 Osteosarcoma

I have been taking active lactic acid for eight years to get rid of the stiffness in my shoulders and the pain in my lower back. Two years ago, I went to see a doctor because there was a black lump as big as a large mole on my left sole. The doctor diagnosed osteosarcoma, which is a malignant type of cancer. I underwent a surgery to remove it immediately after I was admitted to the hospital. I was advised that, if it metastasized into the skin by more than 0.2mm in depth, the cancer would spread throughout my whole body via the lymph glands and that I should receive cancer treatment at a major hospital. When I was transferred to a major hospital for further surgery, a skin transplant operation was carried out. I was told that, judging from the size of its surface area, the cancer must have metastasized pretty deeply, but thanks to active lactic acid, the test results revealed that the osteosarcoma had penetrated my skin to only 0.06mm in depth and there was no threat of metastasis. The success rate of the skin grafting is said to be good if it is over 60 per cent, but in my case it was 99%. Now, when I touch my skin, it feels much softer than when I had cancer and I don't feel any discomfort. Also, my walking rehabilitation was completed within about one week. I now have an annual medical examination and I consult a doctor twice a year. I am so grateful to active lactic acid, which has enabled me to work energetically in the farm even at this age of 70s. I recently took a training equipment out from a closet for stretching which had been staying there for a long time being covered with dust. I even do sit ups every day. I no longer use a walking stick and my bent back seems to have straightened.

76-year-old woman

The struggle against cancer II

Evidence 5 Malignant lymphoma

At the beginning of the new year 2012, my daughter-in-law pointed out to me that my stomach was swollen, so I decided to have an examination at the hospital although I wasn't aware of any health problems. The results revealed that I had stage IV malignant lymphoma and I needed to undergo surgery in March. Around that time, I began to take active lactic acid on the recommendation of one of my best friends. One month after the surgery, I had a check-up in preparation for anticancer drug treatment. The condition of the tumor did not seem to be any worse, so my treatment was postponed. Its condition did not change even when I was examined three months later, and I was extremely relieved when I was told that my next visit to the hospital would be six months later and that my anticancer drug treatment was put on hold. Well, I stopped taking active lactic acid. Then, just as soon as I stopped, a tumor formed on the lymph glands in my neck. I went to see my doctor in a rush and the doctor said "If you have 2 or 3 more tumors, please prepare for radiotherapy", and I began taking increased dosage of active lactic acid. When I went to check-up in November of that year, the intestines were still as it were and the tumor in my neck was gone. I owe my present good health to active lactic acid. Since my family members know my experience with active lactic acid, they take it whenever they feel unwell physically.

62-year-old woman



Evidence 6 Stomach cancer

I had been using over-the-counter medication ever since I suffered from chronic stomach pain about three years ago. However, my pain got so severe that I couldn't stand it anymore, so I eventually went to see a doctor. The result of my examination was that I had stomach cancer. I was told that I needed an immediate operation as my test result indicated that I had Stage IV cancer and was close to stage V. However, I was so busy with my work that I couldn't have the operation even though I really wanted to. When the date of my operation

approached three weeks later, one of my acquaintances introduced me to active lactic acid. I began taking 10 sticks a day hoping against hope of my recovery. Then the pain subsided after two weeks. I had gained back my energy and I could go back to work. I had the operation as planned, but the postoperative recovery was so quick that even the staff in the hospital was surprised. I was discharged from hospital in two weeks. Before having operation, I had been told to bring a cap for anticancer drug dosage because there is a possibility of metastasis to the lymph glands. However, I did not need to prepare the cap. I was told consequently that actual level was II once I had had an incision in my stomach. Although this actually happened to me, I am truly amazed by it.

67-year-old man

Evidence 7 Ovarian cancer

I felt something physically wrong with me on October 22, 2012. Since then, my oppressive condition had endured like nothing I had ever experienced and my weight dropped by 12 kilograms within one month. I visited a major hospital for medical inspection and discovered that I had ovarian cancer. According to my doctor in charge, it was impossible to tell how far my cancer had progressed without abdominal incision. My first operation went ahead on November 29. Since it was Stage IV cancer (although I wasn't told anything at the time), they closed my stomach just as it was without any excision. On my brother's enthusiastic recommendation and with my doctor's approval, I started to take active lactic acid in conjunction with anticancer drugs. In the case of ovarian cancer, the normal tumor marker level is said to be under 35, but mine was 546.6 at the time as of December 5. As a result of taking a little extra active lactic acid every day, the marker level on January 4 of the following year had dropped to 435.1. The marker level of the third examination on February 1 was 67.1. Moreover, it finally fell to 21.8 in the fourth examination on March 1. At the second operation on March 25, I had my uterus and ovaries removed. My doctor was surprised about my results. He performed an incision on my stomach, but he could not find any cancer cells. The doctor was surprised and said, "What on earth happened?" Now I think about the whole process again and I consider that there were few side effects of anticancer drugs on me because I kept taking active lactic acid. My marker level is currently 12.2. I am back at work now and I'm enjoying a comfortable life in good health. My family members have also become happy, and this outcome is all due to active lactic acid. I will continue taking active lactic acid.

64-year-old woman

The struggle against cerebrovascular disease/heart disease



Evidence 8 Brain infarction

On January 20, 2007, I had a stroke and the left side of my body was paralyzed. Since then, I was unable to sit in a wheel chair on my own and needed a nurse to help me.

I was introduced to active lactic acid and began to take ten sticks a day. Four or five days later, I could sit in a chair, eat meals, and I could even walk by myself with a walking stick. One of the chief nurses even commented, "You seem to be a different person. You could not even sit in your

wheel chair unattended. You worked hard and made it!"

I was discharged from the hospital one month later. I still feel a bit uncomfortable, but now I can even take a walk every day and I spend my days without any inconvenience. Sometimes I find myself running up the stairs. I owe such a lot to active lactic acid. Nowadays, I take four sticks a day to prevent a recurrence of brain infarction.

67-year-old woman

Evidence 9 Dementia

My mother was diagnosed with Alzheimer-type dementia more than 10 years ago. At the same time, she was advised by her doctor, "You are going to die of pneumonia in five or six years' time." I accepted that her death was going to take place five years ago since her dementia symptoms were deteriorating. Sometimes she would telephone relatives at midnight, and at other times she would become selfish and grizzle. At that time, I was introduced to active lactic acid by an acquaintance of mine, and I had my mother take it every day. She entered a nursing facility in February 2013, and I asked the staff at the facility to make sure that my mother always took it at bedtime.

She passed away on December 20, 2013. We were very fortunate as this exceeded by far the five-year death notice given by the doctor. My mother could spend her days maintaining a good and healthy life with powers of reasoning that were much better than those of other elderly dementia patients. When she passed away, she drew her last breath peacefully without suffering. I really do

not know how it would have been if I had not come across this active lactic acid. I am overwhelmed with gratitude for active lactic acid.

A woman at the age of 89 (Contributed by her son)

Evidence 10 Arrhythmia (irregular pulse)

I was diagnosed with Wolff-Parkinson-White syndrome (WPW) in 1979. Around 2002, I began suffering from arrhythmia every once in a while. If symptoms of WPW syndrome come together with an arrhythmia attack, there is a risk of death, so I underwent an operation at a university hospital in March 2003. I was told that the cause of WPW syndrome had been eliminated but I had still not completely recovered from idiopathic atrial fibrillation. After that, I had an arrhythmia attack caused by idiopathic atrial fibrillation, but one of the doctors in charge of my case directed, "Since you have no danger of dying, just keep taking the two kinds of medicine I've prescribed. However, since the end of 2005, the number of arrhythmia attacks increased, and during March and April in 2006, I had attacks once or three times a week, and in May I started to suffer from attacks almost every day. Even taking my prescribed drugs would not bring my bad condition under control. I continued to have pains in my chest after each arrhythmia attack, I felt lethargic, my voice became hoarse and all my energy was drained away. On June 10, 2006, I started taking active lactic acid through a recommendation of one of my acquaintances. Just then, I had three arrhythmia attacks on that day, but my body was under control and back to normal in 5 to 30 minutes. I had two attacks on the next day, June 11, but they were under control in 5 to 10 minutes. One of my arrhythmia attacks accompanied by toothache on June 12 disappeared within 5 minutes after taking active lactic acid. (I haven't had any toothache since then, and the pyorrhea gradually improved. Now I don't have any stomatitis).

I had attacks once or twice every two weeks afterwards. From the end of June, I stopped taking one of the two prescribed drugs. Whenever an attack was about to occur, I just took active lactic acid. My condition soon stabilized afterwards and I could get arrhythmia out of my life. From December 2006 onwards, I also stopped taking the other prescribed drug and I don't need to go to hospital any more.

73-year-old man

The struggle against lifestyle-related disease

Evidence 11 Diabetes

I was diagnosed with diabetes on January 23, 2004. I was shocked because I had never realized that I would suffer from diabetes at such a young age. My HbA1c value at that time was 7.9%. I was told by a doctor that if these symptoms persists, I would suffer complications from diabetes in five to seven years. I was introduced to active lactic acid by a supervisor in my company, and I purchased it immediately. I took three sticks a day, changed my diet focusing on vegetables and fish, and keeping my food intake down to 1800Kcal. I also worked out on my exercise bike at home three times a week and tried to burn calories in daily life by always walking instead of using elevators. As a result, by the end of February, my A1C value was 6.6% and dropped to 6.1% by the end of March. The doctor made a compliment saying "Now you're able to control your blood sugar level. Well done!" and I was told that every two months' visit for check-up would be enough for me. Because of taking active lactic acid, my A1C value finally went down to 5.7% in late May, which is the normal value. I was over the moon! I happened to notice that my weight had fallen from 60 kg in January to 50kg. There had been an unexpected effect on my diet that even my wife envied. Later on, I had a further check-up at the end of June. And my A1C value had dropped to 5.2%.

34-year-old man

Evidence 12 Liver disease

I came to know about active lactic acid when my mother told me about it saying "It's nothing short of miracle! I became healthy with active lactic acid!" My husband had been having trouble over his liver value, which was quite high. In the hope of improving his health, I let him take two or three sticks every day from October 2007. When he went for an examination six months later, his yGTP value had dropped from 373 to 151. In addition, other values that were rather high had dropped to the normal level. It sure was a surprise.

56-year-old woman

Evidence 13 High blood pressure

In 1994, I was told that I had diabetes, and since then, I have suffered from various diseases such as high blood pressure, myocardial infarction, rheumatism, and athlete's foot. I was constantly in and out of hospital and every day I devoted myself to rehabilitation. During such a difficult time, I encountered active lactic acid in March 2006. I started to take one stick of active lactic acid a day and I stopped going to the toilet several times in the middle of the night.

After taking active lactic acid for a month, I could walk by myself for 30 minutes and I could walk uphill for two hours without hesitation. This was a huge advance considering that I had been unable to walk even 10 steps with a walking stick. Every day is filled with joy now.

My blood pressure used to be 200 over 90 but it's now 130/60 and my athlete's foot is gone, too. I am so grateful to active lactic acid, which has enable me to do my farm work in good health with no more backache.

Thank you very much indeed.

78-year-old man



The struggle against autoimmune diseases

Evidence 14 Diabetes

On my mother's recommendation, I started to take active lactic acid in the hope of improving atopic dermatitis from which I had been suffering for over 30 years. The next day, I found my fingers surprisingly improved and there were no itchiness and rashes. I felt so happy that my fingers were cured of atopy. I was surprised at the fact that as I had kept taking it, my itchiness and the red rashes (They were more purple than red, though) on my face and neck disappeared. My skin condition changed from dry and rough to moist and smooth. Now makeup sits well on my skin, and I feel grateful to active lactic acid for all these great benefits.

36-year-old woman

Evidence 15 Rheumatism

At the beginning of August 2007, I suddenly had acute muscle pain throughout my body. I got into a state where once I laid down, I couldn't get up anymore, I couldn't turn my body over, I couldn't put my clothes on or take them off, I couldn't go up and down the stairs and I couldn't get in and out of the car. I anxiously discussed with my wife as to whether I would spend the rest of my life in a wheelchair, needless to say, unable to play tennis anymore. When my symptoms were at their peak in my first medical examination, CPR value of blood data of inflammation reached 8.99 as against a normal value of under 0.3, I could not sleep at all due to acute pain all over my body.

A specialist from the University of Tokyo Hospital prescribed the steroid drug 'Predonine' to me. However, because my A1C level was usually 7 since I seemed to have diabetes, a large amount of Predonine could not be prescribed due to a risk of side effects, and observing both the CRP value and HbA1c value I prepared myself for a long-term battle. Soon after, I was introduced to this active lactic acid and from December 23, I started to take it with the intention of trying five times the normal doses for a four-month period. However, my pain subsided at the New Year, and by January 3, I could finally be free from Predonine. My A1C level dropped to 6.4, and on February 8, my doctor, who was somewhat puzzled, declared with great astonishment, "You have fully recovered."

64-year-old man

Evidence 16 Ulcerative colitis

In 1989, I was diagnosed with ulcerative colitis, and three years after the diagnosis, the symptoms got worse and eventually my entire intestines were ulcerated. Since then, I was constantly in and out of hospital and especially at seasonable changes, I was in a deplorable state. I tried almost all kinds of treatments and medication, but no signs of improvement were ever seen. Then, I decided to find a cure on my own, such as fasting or eating brown rice, and I finally ended up with spiritual therapy. In the end, none of these therapies worked for me.

Then, 15 years after the onset of my disease, I was introduced to active lactic acid by someone I knew who said, "There is a product that will work well for your intestines." I then decided to try three sticks a day. About one month later, my long-drawn-out symptoms of melena had stopped and I discovered that I no longer had any stomach pain.

At a check-up after four months since I started to take active lactic acid, all the ulcers were gone! I knew I had been feeling well, but I have never realized that I had fully recovered. My physician had been telling me constantly for ten years, "Since your ulcerative colitis symptoms are quite serious, you need to be aware you may have cancer". However, fortunately, I am all right for the time being.

56-year-old woman



The rebirth from gangrene

Evidence 17 Gangrene Diabetes

I was diagnosed with diabetes in 1995. I used to love eating and I had a sweet tooth at that time. Consequently, I worked hard on my diet and exercises, but this disease is said to be incurable. A doctor in charge of my case told me that nothing could be done other than coping with this disease for the rest of my life. I had been taking one stick of Active lactic acid a day for more than 8 years. My eyesight declined, and one day, I found a black blood clot on my sole. I did not care of the black lump because it was not painful. But when I showed it to the doctor, he told me that he might have to amputate my leg if it got worse. His words scared me a lot. Since then I took ten sticks of active lactic acid a day. Then the black lump disappeared after three weeks. Is it because an improvement of my blood flow killed all the bacteria?

Now, I take a bit more active lactic acid whenever I have initial symptoms of a cold. At my regular check-ups, my gangrene has not gotten any worse. The fact that I can get by without receiving insulin shots against diabetes is due to active lactic acid. I am so grateful that I was introduced to active lactic acid.

69-year-old woman

Evidence 18 Gangrene Diabetes

While I was undergoing medical treatment for my arteriosclerosis obliterans, an acquaintance of mine recommended me active lactic acid. So I have purchased it about two years ago. Honestly, I did not put expectations on it in the beginning, so I have hardly took any of it though I had purchased it. What prompted me to take it regularly and earnestly was what happened last December when I went to see a doctor. My visit was due to such severe pain that I was unable to sleep. The doctor told me that my toes were affected with necrosis. No improvement could be seen even though I was hospitalized for intravenous drip treatment and to take the doctor's prescribed medication. And the doctor finally told me that I had no choice but to amputate my toes. This acquaintance brought me various reference materials for active lactic acid telling me that at this difficult time, active lactic acid could prove its power. Then I decided to take double the amount of active lactic acid every day with confidence, "Even if it won't turn out to be effective, I won't be worse off for trying."

And in February of the following year, I could notice my symptoms improved. My toes, which had been darkened, changed back to normal skin color and the pain had gone away. Judging from the state of gangrene, my doctor assured me saying "You don't need to have toe amputation now. I was so delighted when he told me that I could skip the operation and I just needed to have regular check-ups at the hospital.

In addition to my full recovery from arteriosclerosis obliterans, my goal from now is to share my joy with people who are suffering from severe diseases like I had. I am currently introducing the wonderfulness of active lactic acid to people around me in the same way as my acquaintance introduced it to me.

73-year-old man



↑ February 3, 2013



↑ April 9, 2013



↑ September 30, 2013

Improvement of infertility

Evidence 19 Infertility

When I was in a hospital with an ectopic pregnancy due to a failure of IVF (in vitro fertilization), my mother visited me and recommended a product saying "I hear this supplement is really good for health." And that product was active lactic acid. Being half in doubt, I started to take active lactic acid. Active lactic acid in powder was nothing but bitter, but I had such an intense desire to get pregnant this time without fail, so I continued to take it every day with the belief of "Good medicine tastes bitter."

Then the following month (i.e. 2 months later of my discharge from the hospital), after my mother suggested me to switch from powder type to tablet type saying, "If you have such a hard time with the powder type, why don't you switch to this?", I was found pregnant in an examination. It was also a natural pregnancy that I had already given up on! And eventually in March, I gave birth to a baby girl. In spite of late pregnancy and busy childcare, neither I nor my daughter has caught a cold, not even once. It is because we take lactic acid every day.



41-year-old woman

Evidence 20 Infertility/IgA nephropathy

In December 2008, I ran into a hospital because of a sudden stomachache. According to the examination result, my blood uric acid level was 3+ and urine protein level was 3+. Both of which are somewhat higher than normal. I was recommended to be examined at a specialized hospital due to suspected symptoms of reduced kidney function. I had a full-scale examination in January 2009. The result of my kidney biopsy established that I had IgA nephropathy (Berger's disease). IgA nephropathy is an unidentified and intractable disease. Its terminal symptoms end up with kidney failure and poor prognosis, and it is said that there is no fundamental treatment for it. Patients suffering from this disease have to undergo dialysis. But my doctor suggested that I should try the treatment without dialysis for a while delaying it as long as possible. And I was told by the doctor that childbirth would be difficult because of the risk of complications of this disease. Because it places a burden on the kidneys, it is said that there is a high probability of toxemia. We already had one child, but we

were planning to have a second one.

At this point, my urine protein level was in the range of 1800, which is far from the normal value which is in the range of 100. However, I begged my doctor to delay the treatment by three months and I decided to try various remedies that seemed to improve my symptoms. And among those folk remedies, I decided to devote myself entirely to active lactic acid. I increased my dose of active lactic acid from one-two sticks, to six-ten a day.

And in April 2012, it is so amazing that I finally conceived a child. At this point, my urine protein level went down to 200 that means that it dropped from 3+ to 1+. In May, I was suddenly hospitalized due to bleeding, but it stopped after taking active lactic acid.

In November, I had a natural delivery of my baby who weighed 3200g. I could achieve my goal for giving birth to a perfectly good health baby. It is very rare that IgA nephropathy can be healed and it is nearly impossible to give birth as well. For this wonderful and happy experience, I should give thanks to active lactic acid.

35-year-old woman

Evidence 21 Infertility

My wife and I had undergone infertility treatment for over 10 years. We tried various treatments during this time, but there seemed to be no signs that we would be blessed with a child. Then I was really lucky to be informed that active lactic acid is effective for infertility. From that time on, my wife started to take six sticks of active lactic acid a day, and I took three sticks a day. Then half a year later, the day we had been looking forward to finally arrived. After experiencing pregnancy and delivery, all our 3 family members who have been able to enjoy a fulfilled life full of smiles should give thanks to active lactic acid. According to the observations of a Tsukuba University professor, one of the reasons for infertility is the decline of the function of mitochondria in man. Since active lactic acid activates mitochondria, I believe that it has a beneficial effect on the increase of a male's generative functions. I realize that active lactic acid does not directly act on sperm, but because of activating mitochondria in the body, it has led to pregnancy.

40-year-old woman and her husband, 42-year-old man

Improvement examples of the patients by activating Mitochondria with the intake of Active lactic acid.

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|--------------------------------------|--|
| Cancer (Malignant tumour) | Brain tumour / Lung cancer / Stomach cancer / Large intestine cancer Pancreatic cancer / Liver cancer / Thyroid cancer / Breast cancer Uterine cancer / Ovarian cancer / Prostate cancer Leukemia / Malignant lymphoma / Multiple myeloma Osteosarcoma / Retroperitoneal sarcoma Alleviating health injuries by side effect of anticancer agent |
| Lifestyle-related disease | Stroke / Myocardial infarction / Arrhythmia / Arteriosclerosis Diabetes / Diabetic complication / Hypertension Hyperlipemia / Hepatitis function disorder / Gout / Kidney failure |
| Autoimmune disease | Collagen disease / Rheumatoid arthritis / Basedow's disease Ulcerative colitis / Crohn's disease / Sjogren's syndrome Systemic lupus erythematosus / Atopic dermatitis / Allergic rhinitis Pollinosis / Asthma |
| Neurological disease | Depression / Dementia / Panic disorder / Insomnia / Migraine Parkinson's disease / Meniere's disease / Autonomic Imbalance Neuralgia |
| Eye disease | Cataract / Glaucoma / Myodesopsia / Macular degeneration / Dry eye |
| Digestive disease | Stomach ulcer / Duodenal ulcer / Stomach polyps (Gastric polyps) Colon polyps / Constipation / Diarrhea / Hemorrhoids |
| Gynecological disease | Menopausal discomfort / Infertility / Menstrual pain Endometriosis / Uterine myoma / Ovarian cyst |
| Andrological disease | BPH (Benign Prostatic Hyperplasia) / Infertility / ED |
| Others | Athlete's foot / Promoting restoration of the wound Stiff shoulders / Backache / Tinnitus / Poor circulation / Rough skin Osteoporosis / Periodontal disease / Psoriasis vulgaris Empyema / Radiation exposure / Gangrene |