

About Two Basic Causes of Human Aging

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Abstract

Two basic causes of human aging are revealed, based on the logic of knowledge and according to natural biological laws. The causes are atherosclerosis and the chemical no correspondence of the food consumed with the chemical composition of the cells. Although the most appropriate preventive-curative method to control atherosclerosis is explained, the same cannot be done to address the second cause, since for this to be possible it is essential to chemically measure the food consumed in correspondence with the chemical composition of the cells, something that has not been possible until now. On a scientific basis, data, first hand-information and practical knowledge about the causes of organ failure are provided and how to deal with them with promising results. This is the reason why only the two basic causes mentioned are addressed in this work, since the results presented here could even be applied to other mammals.

Keywords: human aging; diabetes mellitus II; osteoporosis; hypothyroidism; dementias; Parkinson's diseases.

Introduction

Aging is understood as the biological process that takes place in all living beings, within which structural and functional changes occur that appear naturally over time and are not the result of diseases or accidents. This phenomenon supposes the reduction of the adaptation capacity of each organ, apparatus and system to face the harmful agents that affect every individual. Despite the existence of many theories that try to explain this circumstance^{1,2,3} it is no less true that its causes are not yet well précised.

In the World Report on Aging, the World Health Organization (WHO) states that the changes that constitute and influence aging are complex. Biologically this is associated with the accumulation of a great variety of molecular and cellular damage and over time, they gradually reduce the physiological reserves, increase the risk of many diseases and generally diminish the capacity of the individual that in the long run, death ensues⁴

The content of this article is dedicated to mentioning and explaining with some level of depth two basic causes of human aging that originate within the cells from the moment of birth and that respond, no doubt, to laws of nature in general and of the particular subject.

Developing

The first cause to expose is atherosclerosis, a systemic disease capable of affecting all blood vessels. It begins at very early age and its gradual and inevitable development leads to a decrease in blood flow to all organs, and systems without exception. There comes a time when the blood in charge of transporting oxygen, nutrients and quanta of blue light⁵, to all cells, cannot satisfy all metabolic needs and this causes the organs to be structurally affected by decreasing their size and, therefore, of its functions.

This explanation will be better understood with the following examples:

In the case of diabetes mellitus type 2, the arteries that supply the pancreas are affected by atheroma plaques. This makes the organ less irrigated, decreases in size (structural damage) and secretes less insulin (functional damage)

In bone osteoporosis (structural damage) something similar occurs, as it manifests with the decrease in blood flow to the affected bones as a result of the impairment suffered by the arteries that supply it with atheroma plaques (functional damage)

Likewise, cerebral atrophy in the elderly due to poor nutrition manifests itself with decreased blood supply to the organ due to affectations of the carotid and vertebra-basilar arteries due to atheroma plaques.

With this, the size of this organ decreases (structural disorder) and consequently, diseases such as dementia and Parkinson's disease appear, among others, due to an irrigative deficit (functional damage).

Hypothyroidism also consists of the affectation caused by atheroma plaques in the arteries that supply the thyroid (structural damage), a fact that causes the reduction in the size of the gland and the consequent decrease in the secretion of thyroid hormones (functional damage).

The skin is also affected by the arteries that irrigate it by atheroma plaques to which are added chemical, mechanical and physical factors, as well as exposure to the sun, among others, that cause the loss of its elasticity and that wrinkle at it become increasingly thin and dry.

This can also extend to failure of other organs with the exception of the heart. Although in heart failure there is a decrease in the size of the organ, it may suffer from cardiomegaly due to added arterial hypertension⁶. Especially if it is taken into account that cell, as living units of the body, undergo biochemical damage long before undergoing structural damage.

On the other hand, according to the laws of matter, to be able to affirm that something exists, it must have a mass, a structure, a function, a chemical composition and a geometry. In such a way, behind any functional damage there is always a structural damage, the origin of which must be sought⁷.

The cause of atherosclerosis lies in the excess of calcium to which the human body is subjected⁸ from birth, when the intracellular calcium is extremely low (0,0001mEq/l). Any liquid that is ingested, whatever it may be, contains calcium that goes to the bones; the remainder is deposited in the arteries to form atheroma plaques. This first affects the intimate layer of the artery, then it grows towards the light and over time hinders blood flow and causes the reduction in the size of the irrigated organ. It can also be deposited in the gallbladder and causes gallstones, as well as in the kidneys where lithiasis due to oxalate and calcium phosphate can occur.

The fundamental chemical component of atheroma plaque is calcium, which gives it its hard consistency and grows by accumulation. In 2005, a device called the Calcium Score (Calcium TAC) was released, with which it was demonstrated that calcium is a marker of coronary heart disease⁸.

Hippocrates stated that the diseases that come to men come from two general causes, namely, the air and diet⁹. The best doctors and philosophers of antiquity knew and divulged the general influence of the air in the production of diseases and their main cause.

Another cause of aging can be found in the chemical non-correspondence of the food consumed with the chemical composition that exists within the cells¹⁰. Although the intracellular chemical composition is known¹¹ which is common to all, so far not what is ingested in certain periods has been measured.

The positive or negative influence that nutritional habits can exert on health or disease states is also more than known¹⁰. To estimate nutritional requirements in man, it is enough to observe their behavior in terms of the nutrients they ingest.

Every type of diet that has been described is subjective, since so far what is eaten has not been chemically measured. Since everything that is not measurable is not valid or reliable, it must be eaten in correspondence with the intracellular chemical composition so as not to affect the cells. However, this principle has not been fulfilled in practice.

The natural environment of any geographical area can influence the diseases that affect its inhabitants¹². This explains the relationship between geography and medicine, where cultural, ethnic and family influences are also involved. The customs and eating styles differ from one human group to another and may even adopt a common pattern that differentiates them; all this without mentioning the eating habits of each person which includes, in addition to preferences and patterns, the way food is prepared.

In order to face the first mentioned cause of aging where the chemical element calcium is present, responsible for the atheroma plaque and the fundamental lesion of atherosclerosis, the application of two strategies is supposed. One of them may be the decrease in your intake, something that is not possible, since all liquids to ingest contain calcium and many foods provide this ion. The other possibility, which is feasible, is the destruction of the ion by prior magnetization of the ingested liquids. It has been shown that this strategy, while serving as a therapeutic resource, can be applied as a preventive measure to avoid the formation of atheroma plaques.

Experimentally it has been proven that destruction of calcareous incrustations (composed of calcium and magnesium) in industrial facilities is only possible through the magnetization of liquids, based on the principle of electromagnetic induction or Faraday's Law¹³.

In an applied research¹⁴, it was possible to demonstrate the effectiveness of a complementary therapy, which led to the disappearance of clinical symptoms of angina pectoris, transient cerebral ischemia, both hemorrhoidal and lower limb varices and the disappearance of lithiasis vesicular (in these cases not only as a therapeutic strategy, but also as a preventive measure).

Regarding the second mentioned cause of aging, it is necessary to find a diet that corresponds to the composition of the chemical elements existing within the cells in given periods. To date, the quantity and chemical composition of the food consumed has not been measured. This must bring about a certain affectation of the cells since, as previously mentioned what is not valid or reliable.

Nor has it been possible to search for the causes of diseases within cells with the application of existing technologies, to which is added the need to consider the differences between the numerous and varied types of human cells, even when they show common morphological, physical-chemical and functional traits.

General Considerations

The first basic cause of human aging discussed here, atherosclerosis, is a disease that, while it begins early in life, is capable of accelerating the aging process by accumulation and not by time. In this entity, the lesion is atheroma plaque, whose fundamental component is calcium. For this reason, it is advisable to avoid excess in the consumption on food rich in calcium and to magnetize the liquids that are ingested from the first stages of life.

Regarding the second cause addressed, the chemical non-correspondence of food with the chemical composition of the cells, experimental studies are pending and assess the feasibility of specifying the intracellular chemical composition of the organs affected by chronic non-communicable diseases.

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