

LETS LIVE LONGER NOW STUDY

Pilot study to establish if the seagan Longevity Nations Diet can reverse diseases as set out in e-book *The Healthspring Code*

Degenerative diseases can be prevented through diet and lifestyle changes based on the seagan Longevity Nations Diet. The aim of the study is to show how to reverse 1. Osteoporosis; 2. MS; 3. Cystic Fibrosis. Not all diseases will reverse at the same pace (if any).

The Longevity Nations Diet, as in *The Healthspring Code*, is a seagan (vegan and fish) diet that is 70% organic with other interventions (a vegan diet has not got the essential minerals contained in fish due to poor mineral levels in plant-based foods, due to low levels of minerals in soil, and supplementation is not the answer).

Project Manager: Karl de Leeuw

Summary

Questions addressed: Can the Longevity Nations, that is a seagan, diet of vegan and fish and 70% organic with other interventions reverse 1. Osteoporosis, 2. MS, & 3. Cystic Fibrosis. Some diseases might not be reversed over the 36-month study period whereas others might be reversed fully. It is the aim of the study to find out.

Study duration per participant: 36 Months

Outcome assessment: The study will not be accepted by the scientific community as it is not in conjunction with a research university. Karl de Leeuw for 10 years tried to convince the medical fraternity to carry out the study, but without joy. This study is, therefore, a pilot to convince the world via the power of social media that an in-depth study needs to be carried out where sufficient funds can pay for numerous before-and-after tests including a control and intervention group. Therefore, for the test below we will only carry out minimum tests and focus on the overall possible recovery of each participant. Each participant will carry out and pay for the following tests during the 36-month study period. Below are estimated costs as a guide only.

Osteoporosis:

- Text Expert Plus – within first 9 months of study (£80 plus £50 allowance for remedies and travel cost to Reading, UK)
- DEXA bone mineral density scan – Month 36 at end of trial – £65 (UK) & €110 (Ireland) plus GP cost for referral

Multiple Sclerosis:

- Text Expert Plus – within first 9 months of study (£80 plus £50 allowance for remedies and travel cost to Reading, UK)
- MRI of the spinal cord – Month 36, at end of trial – £200 (UK) & €275 (Ireland) plus GP cost for referral

Cystic Fibrosis:

- Text Expert Plus – within first 9 months of study (£80 plus £50 allowance for remedies and travel cost to Reading, UK)

Study site:	London, UK. All monthly meetings will take place virtually via Zoom starting 5th June, 2021 at 10:00 and, thereafter, the first Saturday of the month for the 36-month study duration.
Total number of participants per group:	Osteoporosis: 7 minimum requirement MS: 7 minimum requirement Cystic Fibrosis: 7 minimum requirement <hr/> Total: 21 or more
Main inclusion/exclusion criteria:	Adults aged 18 and over, with a diagnosis of: <ol style="list-style-type: none">1. Osteoporosis2. MS3. Cystic Fibrosis

Methods Summary

The participants will be selected from adults and follow the Longevity Nations Diet of:

1. Seagan (vegan and fish) (no meat, dairy or eggs)
2. Organic food (70%)
3. No soya
4. No mineral or vitamin supplementation
5. Sea salt or Himalayan salt (no table salt)
6. Non-gluten foods (so rice, buckwheat, millet, etc.)
7. Sugar via fruit and veg (no refined sugar). Only natural fruit juices (no sodas etc.). Acceptable treats will be discussed at first study meeting
8. Conventional cooking via oven, grill and steaming (no microwave)
9. No ingredients with MSG or other preservatives

Great recipes will also be shared by Karl that his nutritionist perfected.

Each participant needs to read and follow *The Healthspring Code* book, authored by Karl de Leeuw, that is part of this study. The Kindle book can be downloaded here: [The Healthspring Code](#). Participants will be tested with a German machine, the 'Text Expert Plus', to establish any lack of good bacteria and digestive

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enzymes, or any other matter. Treatment will be via homeopathy and herbal remedies. This is a non-invasive test with a metal probe just touching your feet or hand, all as discussed in chapter 17 of *The Healthspring Code*. This will be carried out within the first 9 months of study and the top Vega expert is in Reading, outside London, UK.

If interested, and you agree with all the terms and conditions here, please apply whereby you need to answer some questions to agree to the inclusion criteria terms. If you are accepted, you will be invited to a group Zoom meeting at 10:00 London, UK time on 5th June, 2021. A Zoom link will be emailed to you before the meeting so you can join the meeting virtually. The length of this meeting could be 2 hours but could extend. Following this meeting you will be provided with a 7-day cool-off period to withdraw. More information will be provided once you have applied and are at the meeting. Please do not apply if you cannot agree to all the inclusion terms.

We will have one WhatsApp for all 3 diseases. In addition, we will meet once a month via Zoom at 10:00 London, UK time on the first Saturday of the month. Karl de Leeuw reserves the right to expel participants from the WhatsApp and monthly Zoom meetings at his own discretion. However, in practice this should mainly be due to a participant not adhering to standards of politeness and/or causing harassment.

All participants need to pay for the 36-month study test costs as set out above. These payments will be made direct to the test centres and all information will be provided during and after the first Zoom meeting. Please do not apply if you have not got the cash flow to make payment to the test centres.

Why diseases take place, as per Karl de Leeuw's opinion (each participant needs to obtain their own advice as per the disclaimer document)

The true father of Western medicine, Hippocrates, stated 2,400 years ago that, "Nature is the physician of man", and, "Leave your drugs in the chemist's pots if you can cure your patient with food".

The Hunzakut longevity nation, of the Karakoram Mountains in Northern Pakistan, are recorded to have lived up to 120 years, although some dispute this. Karl de Leeuw studied their diet; what they eat and do not eat and the findings are in chapter 2 of *The Healthspring Code*. There is also a link to the foods that a further current seven longevity nations eat. In summary, they eat mainly fruit and vegetables, small amounts of fish, very little meat (including poultry), and very little dairy. Mainly organic. All fruit and vegetables, whether they are acid or alkaline, before entering the body produce an alkaline residue in the body. This is known as the 'PRAL score', which is discussed in chapter 3. Conversely, meat, dairy, and eggs—although slightly alkaline before entering the body—leave an acid residue.

This acid residue builds up within weak cells and organs, which causes degenerative disease. When a baby is born, it has the highest alkaline mineral concentration that it will ever have in life, establishing the highest pH. This is why most degenerative diseases do not occur when in youth; they occur usually after 40 years of age.

So how does it all work? The blood runs at a pH of 7.365. Like our core temperature, this number must remain constant with a consequence of death should it vary more than approximately 0.5pH up or down. The difficulty with our Western diet is that an average of 80% of the food consumed is acidic. The body works very hard to regulate pH. The lungs, circulation (blood) and kidneys are all responsible for keeping the score at 7.365 pH. When an acidic diet and lifestyle threatens the balance, the body cannot assimilate minerals and vitamins effectively. Minerals and vitamins are the overlooked heroes of the human body, and when they are in short supply, internal havoc breaks loose. When faced with a lot of incoming acid, the blood begins to pull alkaline minerals out of our tissues to compensate. That is why we need alkaline minerals such as sodium, potassium, calcium, and magnesium to neutralise, or detoxify, strong acids. However, half of all minerals can only be assimilated in an acid environment and that is why we need to include fruits such as lemons and apples, or cider vinegar, when we eat food to make it temporarily acidic (this is where the alkaline industry gets it wrong). In the case of osteoporosis, calcium is pulled out of the bones. With MS, as the myelin sheath

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is mainly composed of alkaline minerals, these minerals are leached causing the nerves to 'cross chatter'. Cystic fibrosis is all to do with the lungs. Karl de Leeuw's asthma disappeared within 9 months of being on the diet and the reason is that the lungs with the circulatory system and the kidneys regulate the blood pH to be within 0.5 of 7.365pH.

We know nutritionists that remove people from chemo and cures them via an alkaline diet. Karl de Leeuw's asthma disappeared within 9 months. So, curing diseases is not new. The problem is that it is not scientifically shown, and this is what this study is about. It is a pilot study.

The *Nutritional Journal* (Fenton et al. *Nutrition Journal* 2011, 10-41) published a research paper summarising current research using alkaline methods. The paper's heading is "Causal assessment of dietary acid load and bone disease; a systematic review & meta-analysis applying Hill's epidemiologic criteria for causality". The research is flawed for the following reasons:

1. Half of minerals need a temporary acid environment as discussed above
2. In most of the studies researches used synthetic supplements and not natural foods.
See chapter 12 of *The Healthspring Code*
3. The studies are conducted over very short periods. Karl de Leeuw experienced much longer periods of change and indicates that it takes time for the body to absorb the alkaline minerals into the bones, muscles etc.
4. Karl de Leeuw's co-author, Jackie Kilroe, was on a plant-based diet. However, when tested using Text Expert Plus she was, overall, acidic. The reason is that she did not have the correct digestive enzymes or good bacteria to absorb all the minerals. See chapter 17 of *The Healthspring Code*
5. Holistically, we need to do a lot of small things that commutatively reverse diseases as set out in all the chapters. Dr Ronan Murphy of Dublin City University (DCU), as an example, has shown how certain minerals, fitness, and other items improve health. This study will be about doing all items at once. Using a car engine as example, you need all the cylinders to fire otherwise the catalytic converter will stop working and the car come to an halt

The cost of Osteoporosis, MS, Cystic Fibrosis and Coronavirus to the UK as an example

Osteoporosis: Direct medical costs from fragility fractures to the UK healthcare economy were estimated at £1.8billion in 2000, with the potential to increase to £2.2billion by 2025, and with most of these costs relating to hip fracture care (<https://www.nice.org.uk/guidance/cg146/chapter/introduction>).

MS: 89,000 people in England suffer from the disease (<https://www.nice.org.uk/guidance/cg186/resources/costing-statement-pdf-193250413>) and for certain treatments overseas, per participant, the annual cost ranges from \$63,000 to \$104,000 (<https://www.managedcaremag.com/archives/2018/10/ms-drugs-expensive-often-lifelong-and-not-cost-effective>).

Cystic Fibrosis : In the UK, 10,500 people suffer (<https://www.cysticfibrosis.org.uk/what-is-cystic-fibrosis/faqs#How%20common%20is%20cystic%20fibrosis?>).

Why this research is needed

The following examples exist that show that a seagan diet plus organic reduce/ illuminate disease:

Example 1: The Longevity Nations. The diet of the Hunzakuts and seven further longevity nations that cut out meat, dairy, and eggs & is mainly organic, as discussed in chapter 2 of *The Healthspring Code*.

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Example 2: The China Study. The premier in China in the 1970s surveyed 96% of the then population and the outcome was that the cause of cancer was meat, dairy and eggs, as detailed in chapter 4. Oxford University and Cornell University took part in the study.

Example 3: Professor Franco Berrino, formerly of Istituto Nazionale dei Tumori, Milan, Italy over many years has reversed breast cancer with a Mediterranean diet: <https://www.ncbi.nlm.nih.gov/pubmed/11205485>.

Example 4: Professor George Jelinek of Melbourne, Australia, School of Population and Global Health reversed his MS with a seagan diet: https://overcomingms.org/about-oms/about-prof-jelinek/?gclid=CjwKCAjwstfkBRBoEiwADTmnEK7IOZ2rtc1gZHVLYIFsn_HthNzne5tyEz2Hla6VE3qXawd9ISkO5RoCo3cQAvD_BwE.

Example 5: Karl de Leeuw. Within 9 months of a longevity nation diet, that is seagan & 70% organic plus additional items, as per this study, reversed his asthma.

Selection of Participants

Inclusion criteria

- You have a diagnosis of Osteoporosis, MS, Cystic Fibrosis
- You are over 18 years of age
- You are either taking or not taking any medication (if you are taking medication this study will not ask you to stop taking the medication)
- You will pay for all your tests over a 36 month study period as set out above. Payment will be direct between you and the test centres. More info will be provided on the 5 June 2021 Zoom meeting
- You will attend the first zoom meeting on the 5 June 2021 at 10:00 London, UK time and subsequent meetings on the first Saturday of the month also at the same time for the duration of the 36 months study
- You need to agree that all you test results can be shared on social media and provide Karl de Leeuw the right to publish the data including Zoom footage taken at the monthly meetings
- You need to tick the online Disclaimer document when applying and each participant needs to take their own advice as to suitability of joining the study and take full responsibility for any outcome. This is not a medical study and the General Medical Council in the UK confirmed that we do not need their approval as Karl de Leeuw is not a medical professional providing advice and no medication is used for the purpose of this study. If you are an participant from any country outside the UK please ensure that your Medical Council also exclude a diet study from obtaining approval

Intellectual property + Karl de Leeuw CV

All intellectual property rights, know-how and Zoom video footage of the monthly meetings in connection with the study shall remain the property of Karl de Leeuw and "Lets Live Longer Now" Ltd an UK company. Karl de Leeuw will share all data of the studies with the scientific and wider community. Karl has an BSc degree in Quantity Surveying and an MSc in Property Development / Project Management and as such has 30 years of experience in looking after client finances and managing projects. Karl estimated time that he will insert in this study is 2.5 days per week x 8 hours per day x 52 weeks x 3 years = 3,120 total hours at his charge out rate of £50 in the UK = £156,000 . Karl is injecting his time for free and in return will have all intellectual property rights and the owner of all participants data to share with the scientific and wider community