

C-60, LIPO FULLERENE, BUCKY BALL, BUCKMEISTER FULLERENE

PART 1

1.1 THE C60 MOLECULE

The C60 molecule is a 3rd form of Carbon, the other two being diamond and graphite, and it is a superconductor with intelligent properties. C60 is clinically proven to have many beneficial health effects in a variety of organisms. It has anti-cancer effects, brain rejuvenating effects and cardiovascular health effects as well as extremely dramatic longevity effects in a variety of organisms. This molecule "knows" what is nourishing to the human body and what is toxic and will adsorb (collect on its surface) all toxic chemicals or life damaging electromagnetic energy that comes in its vicinity. When taken internally in an olive oil, coconut oil or hemp oil solution, the C60 molecule becomes a semi-permanent constituent of the mitochondrial lipid bilayer of each cell, where it functions as an extremely effective antioxidant, since it is not used up and keeps getting re-absorbed in the mitochondrial.

The C60 molecule acts as an "electron reservoir" and can accept or donate multiple electrons and thus neutralise all types of free radicals indefinitely - until it leaves the body. There are indications that it takes weeks for all C60 to leave the lipid bilayers of the cells and mitochondria. Mitochondria are our cells' energy dynamos, and they decay as we age. A prominent theory of aging holds that decaying of mitochondria is a key driver of aging. Recent research suggests it may be possible to reverse mitochondrial decay. The C60 molecule has been found to stop the aging process, probably due to its action on the mitochondria.

In 1985 the discovery was announced of a third allotrope in which the atoms form C60 molecules in the shape of a football. This led to the award of the 1996 Nobel Prize to Harry (now Sir Harry) Kroto of Sussex University, Robert Curl and Richard Smalley (both of Rice University in Houston, USA). The C60 molecule has a strong liver-protective effect, and it protects against radioactivity (gamma radiation) - so important now that we are being constantly influenced by the Fukushima disaster. C60 also has a beneficial effect on cardiovascular health. C60 literally has the highest negative toxicity (stronger growth and longer life) of all substances known to man. A study by Professor Fathi Moussa (who has studied C60 for over 18 years) found that a tiny dose of C60 administered only 24 times to a group of rats, doubled their lifespan and the rats did not exhibit any signs of aging at all. The C60 olive oil treated rats did not develop any tumours, unlike the rats in the control group. The rat study is not a fluke – a similar C60 study on mice reported not just an increased lifespan – also very greatly improved learning and memory. Very old mice (near end of life) performed as young mice (6 months old). Other experimenters have reported: More energy, less sleep needed, Mental improvements, greater physical strength, calmer, reduction in stress, higher libido, better athletic performance - such as: run longer with seemingly more effective utilisation of oxygen, less fatigue. "Cardiac improvements". Better stamina and endurance.

C60 is an amazing molecule in many respects. As a crystal, it can be harder than diamond. It is a superconductor at temperatures substantially above absolute zero. It is a 271 times more powerful antioxidant than vitamin C, and it preserves salmon twice as long as vitamin E does. It is so liver-protective that rats, pre-treated with a high dose of C60 and then injected with a normally lethal hepatotoxic

chemical, suffered no adverse effects and their livers looked normal, whereas the control group died rapidly due to massive liver failure. And perhaps the most mysterious property of C60: It behaves both as a wave and a particle.

Even though there is yet relatively little known about the medicinal effects of C60, it is already known for its multifaceted cardiovascular health effects. A bottle of C60 dissolved in 100ml of pure, extra virgin olive oil may extend life through a process of DNA-demethylation, which permanently rejuvenates an individual on the genetic molecular level. It protects the body on the cellular level by attaching to the mitochondria of every cell, where it simultaneously is adsorbing toxins that may already be in the cell and defending the cell from toxins that attempt to enter. Telomere growth is also extended by the C60 molecule. This may counteract the aging process of the cell - making the cell capable of an unlimited lifespan.

C60 also removes all toxins from the body, such as mercury, lead, fluoride, bromine and other toxins that are in our food, air, water and vaccines. If you have had any vaccinations, you probably have mercury, and this must be removed from the system before it causes brain damage. C60 may help to remove this toxin from the body. Personal research indicates a powerful detoxification effect when the dosage is increased.

1.2 TAKING C60 TO REMOVE TOXINS RAPIDLY

- C60 is non-toxic to the human body. The recommended amount for healthy individuals is:
- 1 Teaspoon (5ml) taken twice daily by mouth

The recommended amount for someone who is unwell is:

- Take 1 + Tablespoon (15mls) twice daily by mouth if fighting off illness. The more toxic or sick, the more C60 is required.

A suitable program may be 2 teaspoons morning and night daily until the bottle is finished then dropping to a normal daily intake of 1 teaspoon per day from the second bottles onwards or once well. If there is a chance of toxicity occurring in the future like Chemotherapy or vaccination, then increasing the intake for short periods may be prudent.

1.3 TAKING C60 FOR LONGEVITY AND HEALTH MAINTENANCE

Most people take 5 ml (1 teaspoon) daily. When taking for the first time, take 5ml per day for the first week then drop to 2.5ml daily to maintain the levels. C60 can be taken with food, preferably with a few wedges of fresh apple or with a leafy salad, or in a smoothie, others dip bread in it, I personally take it straight up with some fresh green apple. When taken with an Apple it increases Hydrogen production and intake and this is very beneficial to the body. When apple fibre breaks down it releases Hydrogen, that's why Apples are good for us.

The Olive Oil C60 has a peppery after taste. The Coconut Oil C60 has a pleasant smooth taste. The Hemp C60 has an earthy taste that is quite pleasant. The main thing to remember is to take it every day.

Athletes undertaking a sporting event such as a marathon or other competitive exertion, may enhance recovery as well as endurance due to increased Oxygenation of the blood, by taking C60 prior and after the event.

The first time you take C60 it is common to have symptoms that are characteristic of detoxification. Drinking salt water when symptoms are noticeable will assist in detoxification. This may last for 2 to 7 days and then will naturally dissipate.

Note: Always store c-60 in a dark glass container and keep in a dark cupboard. C-60 has a long shelf life if kept in the dark.

2 PART 2

2.1 C-60 - RESEARCH

Recent experiments using HeLa cells in cancer research involve the development of new photosensitisers with the increased ability to be absorbed by cancer cells and still trigger cell death. It is also important that a new photosensitiser does not stay in the body for a long time to prevent unwanted cell damage. Fullerenes (C60) can be made, to be absorbed by HeLa cells. The C60 derivatives can be delivered to the cells by using the functional groups L-phenylalanine, folic acid, and L-arginine among others. Functionalizing the fullerenes aims to increase the solubility of the molecule by the cancer cells. Cancer cells take up these molecules at an increased rate because of an upregulation of transporters in the cancer cell, in this case amino acid transporters will bring in the L-arginine and L-phenylalanine functional groups of the fullerenes. Once absorbed by the cells, the C60 derivatives would react to light radiation by turning molecular oxygen into reactive oxygen which triggers apoptosis in the HeLa cells and other cancer cells that can absorb the fullerene molecule.

This research shows that a reactive substance can target cancer cells and then be triggered by light radiation, minimizing damage to surrounding tissues while undergoing treatment. When absorbed by cancer cells and exposed to light radiation, the reaction that creates reactive oxygen damages the DNA, proteins, and lipids that make up the cancer cell. This cellular damage forces the cancerous cell to go through apoptosis, which can lead to the reduction in size of a tumour. Once the light radiation treatment is finished the fullerene will reabsorb the free radicals to prevent damage of other tissues.

Since this treatment focuses on cancer cells, it is a good option for patients whose cancer cells are within reach of light radiation. As this research continues, the treatment may penetrate deeper into the body and be absorbed by cancer cells more effectively. Red and Violet lights can be bought on EBay or go into the sunlight daily. Health and safety hazards of nanomaterials and Toxicology of carbon nanomaterials A comprehensive and recent review on fullerene toxicity is given by Lalwani et al. [59] These authors review the works on fullerene toxicity beginning in the early 1990s to present and conclude that very little evidence gathered since the discovery of fullerenes indicate that C60 is toxic.

Every cell in the body has photoreceptors; we make our own light. Oxygen and exercise generate this so I would advise any one wanting to maximise the healing properties of C-60 to do breathing exercises, yoga,

etc and exercise that gets heart rate up, generating oxygenated blood flow is essential. I would also take Folic acid and L -arginine supplements to increase absorption by cells of C-60.

2.2 WHAT IS C60?

Numerous scientific studies have discovered C60 has positive health enhancing properties for both animals and plants. C60 is 250 times more effective against oxidative radicals than Vitamin C. C60 has also been found to be highly protective against radiation. Runners and cyclists reach their fastest times. Weightlifters exceed their personal bests. C60 helps to maximize your performance, strength, and endurance, as well as reduce your recovery times. When C60 is rubbed on the skin, wrinkles are gently reduced. Skin feels softer and more supple. Age spots fade away. Wounds and sores heal much faster. This all leads to a much more youthful appearance. People find the brain fog that is so common in today's polluted environments, to rapidly dissipate. Mental clarity, emotional focus and vigour are increased with C60. Energy levels raise and remain balanced throughout the day. People feel more internally connected, focused and on task.

2.3 HOW IT WORKS

C60 or Buckminster fullerenes have many amazing biologically enhancing properties. C60 has a slight positive +2 charge that attracts negatively charged oxidative free-radicals and neutralizes them. Each C60 molecule absorbed through the skin or internally for research purposes only, can help neutralize large numbers oxidizing free-radicals every second. This occurs without the C60 molecule being changed or losing reductive potency. C60 rapidly resets and keeps on working. When the cells of the body are relieved of an existing free-radical oxidative burden, they can once again function at natural peak efficiency. Increasing energy, performance and virility.

2.4 THE SCIENCE

Scientific studies on animals found C60 increased rodent lifespan by between 35% to 95%¹ - and had the following outcomes:

- Learning speed and memory were increased significantly.
- Age related cognitive decline and tumours were completely prevented.
- Potential negative effects of environmental toxins and radiation were eliminated.
- Test animals on C60 lived long, vigorous and health lives. C60 does not exhibit toxicity at even absurdly high doses and is very safe.
- Telomere length is directly related to lifespan. Telomeres wrap the ends of the chromosomes and keep them stable. Oxidative stress has been found through scientific research to be a significant cause of telomere shortening, the main cause of aging.

C60 reduces oxidative radicals. A reduction in oxidative radicals may be responsible for the significantly increased lifespan and vigour found in these peer reviewed scientific studies. Countless studies showed that fullerene (and derivatives) could have many potential biomedical applications. However, while several independent research groups showed that has no acute or sub-acute toxicity in various experimental models, more than 25 years after its discovery the in vivo fate and the chronic effects of this

fullerene remain unknown. If the potential of C60 derivatives in the biomedical field have to be fulfilled these issues must be addressed. Here we show that oral administration of c60 dissolved in olive oil (0.8 mg/ml) at reiterated doses (1.7 mg/kg of body weight) to rats not only does not entail chronic toxicity but it almost doubles their lifespan. The effects oil solutions in an experimental in rat strongly suggest that the effect on lifespan is mainly due to the attenuation of age-associated increases in oxidative stress. Pharmacokinetic studies show that c60 is absorbed by the gastro-intestinal tract and eliminated in a few to tens of hours. These results of importance in the fields of medicine and toxicology should open the way for the many possible -and waited for- biomedical applications of cancer therapy, neurodegenerative disorders, and ageing.

Buckminsterfullerene, buckyballs, or C60 is a powerful antioxidant that has effects on unsaturated fats. C60 removes superoxide, which is a toxic by-product of cellular metabolism that contributes to tissue injury in many human diseases. A review of scientific research has shown that C60 has longevity and antioxidant effects given its scavenging capacity for reactive oxygen species. Some think that by absorbing nearby acid, C60 is then attracted to the mitochondria and carries the protons superoxide acceptors to prevent the very source of damage from the electron transport chain. The proposed mechanism indicates that C60 has the ability to acquire positive charge by absorbing protons (positively charged hydrogen atoms) and this complex could enter the mitochondria, leading to a decrease in reactive oxygen species production. Computer simulations have shown that C60 has the ability to pass through lipid membranes, enter the cell, and alter its functions. Some C60 derivatives that are produced in the body are water soluble and apparently non-toxic below concentrations of 1 mg/mL ⁹

2.5 HEALTH BENEFITS OF C60

- C60 IMPROVES LONGEVITY: Carboxyl C60 prevents nerve cells from dying by either dehydration or amyloid-beta (causes Alzheimer's) and allowed mice to live 8 days longer in a 120 day lifetime. Another study found that average lifespan can increase 5-14% even when starting halfway through the lives of mice. The above studies use a derivative of C60 while using actual C60 in olive oil can get 90% increase in lifespan for rats (using a dose of 1.7 mg/kg of body weight twice a month).
- C60 PROTECTS AGAINST FREE RADICALS: Free radicals can react with almost any molecule in your body and potentially damage it before leaving the molecule and going to the next one. An antioxidant like C60 (carboxyl) prevents age-related decline in mice. Carboxy C60 is significantly better than ubiquinone, preventing fat peroxidation and iron-induced oxidation in cells. Also, malonyl-C60 inhibits nitric oxide synthase, a creator of nitric oxide which is a free radical in test-tubes.
- C60 PREVENTS INFLAMMATION: By inhibiting IL-1, matrix metalloproteinases, and TNF- alpha, hydroxyl-C60 prevents inflammation in mice.
- C60 KILLS VIRUSES: When the right kind of photons work with hydroxy C60 it can deactivate mosquito viruses.
- C60 PROTECTS NERVES: Nerves can die from being fired too often and worked too hard. Hydroxyl C60 protects nerves from dying due to overwork in cell cultures.

- C60 PREVENTS OSTEOARTHRITIS: Further, water-soluble C60 prevents stress-induced damage and the breakdown of bones. It also prevents loss of bone cells and prevents bone inflammation in rabbits
- C60 IMPROVES OBESITY AND METABOLIC SYNDROME: The C60 in squalene (shark oil) is a powerful antioxidant and can prevent fat cells from growing in size. It also prevents cells from increasing in number and prevent insulin resistance in cells.
- C60 KILLS BACTERIA: Also, malonyl C60 killed and helped white blood cells to kill Group A Streptococcus (strep throat, skin infections, toxic shock syndrome).
- C60 PREVENTS UV DAMAGE: Perfect for incorporating into a skin lotion, C60 Oil stops sunburn in models of human skin. C60 is also able to decrease Th2 and Th17 Dominance, a major contributing factor to many chronic illnesses and autoimmune disorders.

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