



BEYOND Modern Medicine

Dr. Eapen Koshy

A celebration of health with spirulina and ganoderma.

Dear Reader,

We have been wonderfully and fearfully created. The least we can do, in return for this gift of life, is to keep our body healthy. We are what we eat. This booklet is about a simple aquatic alga called spirulina and a species of woody forest mushrooms whose extract is called ganoderma.

The world has to be grateful to Dr Lim Siow Jin, who after more than ten years of research has mastered the techniques of mass production, selected the best species, and has made these available at our doorsteps. It is ignorance to think we are in a modern age. Global warming, environmental degradation, increasing incidence of cancers, diabetes, obesity, and cardiac diseases are taking us to a dark age.

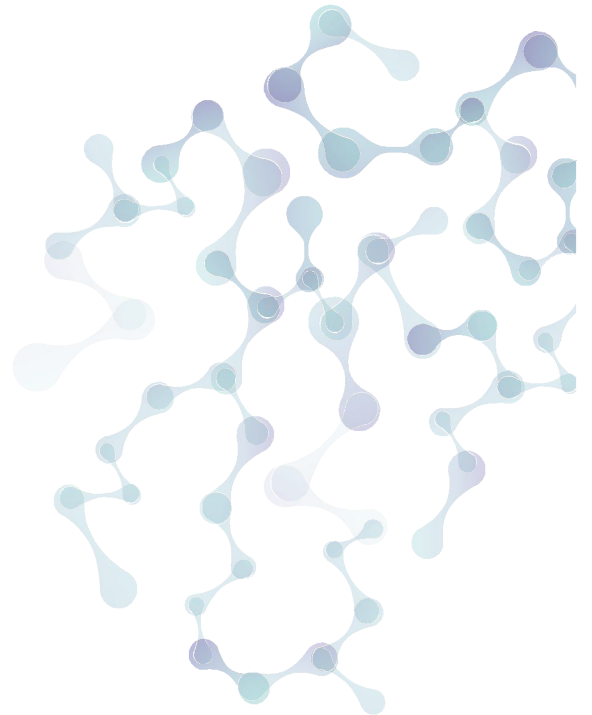
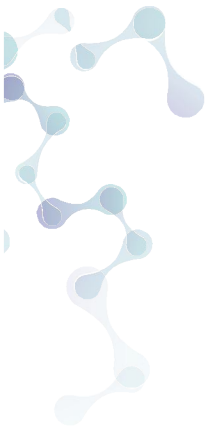
We need a higher shift, in our thinking and a move to a simpler way of life. Only this can cleanse our planet and take us to a golden age. An age with no disease, no violence, no intolerance, and no jealousy. Yes this can be done with a simple alga and some mushroom spores. This book will explain how. In today's busy world, you have found time to read this book. May God's blessings be with you and fill you.

Dr. Eapen Koshy



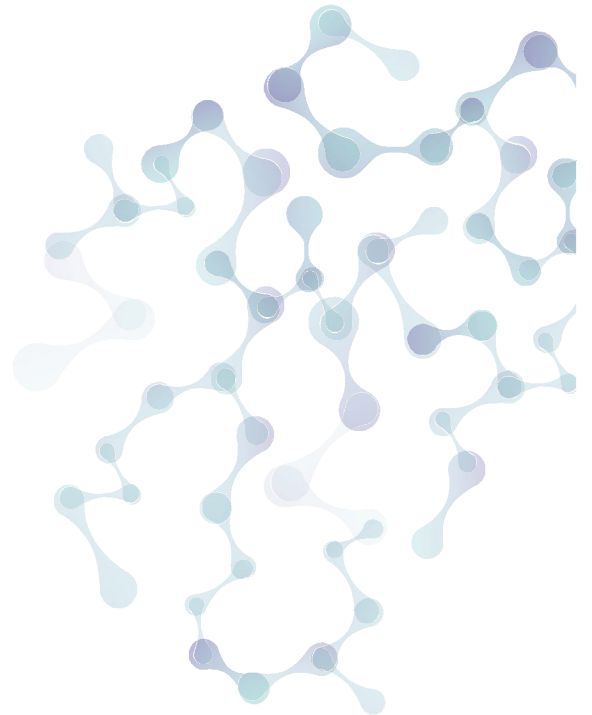
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***What you have learned is a mere handful;
what you haven't learned is the size of the world.***

Avaaiyar
Tamil Poetess (South Indian)
First Century BC





FOREWORD

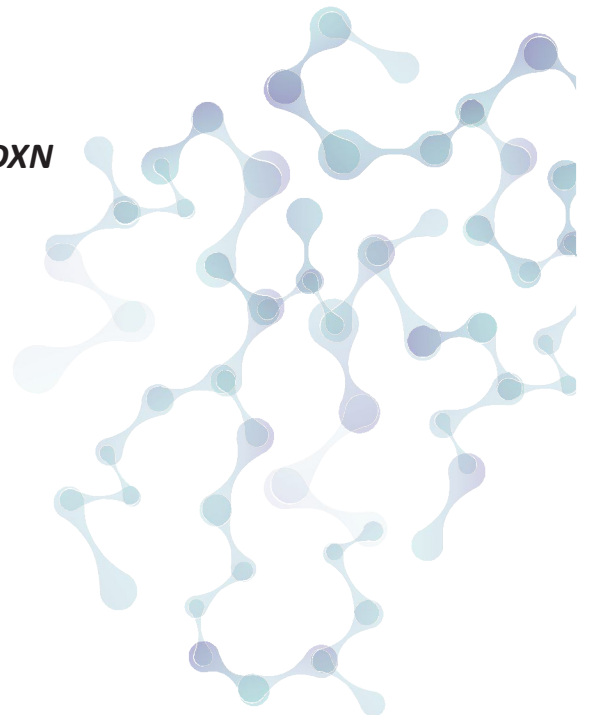
God created us to inhabit and enjoy earth. He further gave us extensive flora and fauna, all useful to us. We have a duty to maintain and benefit from flora and fauna and we have no right to destroy it.

Dr Eapen Koshy is a famous plastic surgery doctor. I know him well and am very impressed by his interest in the simple, yet exotic gifts from God: Ganoderma and spirulina.

Dr Eapen Koshy has exquisitely written that the future survival of our planet is in going back to yesterday. By going back to the future, he is not part of 'old school', but he is very much part of 'ultra modern school' and is futuristic.

I thank him for this book, and wish every world citizen reads it and benefits.

Dr Lim Siow Jin
Founder and CEO of DXN



CHAPTER ONE

SPIRULINA.

Your body deserves it.

“Let Medicine be thy food, and food be thy Medicine”

Hippocrates 470-360 BC

Spirulina is nature’s most complete source of organic nutrition.

It is a multicellular filamentous blue-green aquatic plant. It was present 3.5 billion years ago on our planet (which is a billion years before we arrived) and was the initial source of oxygen for our atmosphere, making it possible for life to start on earth. Therefore it has to be powerful. The nutritional value and power of spirulina was known to our ancestors, but we are rediscovering this only in the last two decades.

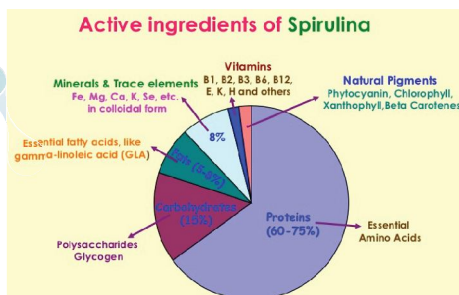


Figure 1 shows the nutrient content of spirulina. There is no other single source of food that can give this unique blend. Being natural it has no toxic effects, can be consumed by all ages, and is the wholesome answer to all nutritional requirements. Spirulina is also highly alkaline(Chapter 4)

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Chlorophyll gives spirulina the rich dark green colour, and can be called the blood of plants. It is fairly identical to haemoglobin (Fig 2 and 3). The core magnesium in chlorophyll is replaced by iron in haemoglobin. Chlorophyll gets converted to haemoglobin and this increases the oxygen carrying capacity of blood and directly elevates health. It is essential for assimilation of amino acids and synthesis of enzymes.

Fig 2 Chlorophyll molecule

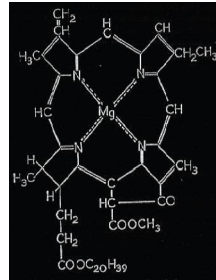
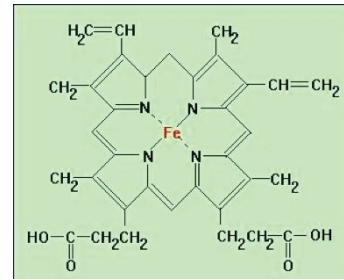


Fig 3 Haemoglobin molecule



Phycocyanine gives spirulina its bluish tinge. It has a structure similar to bilirubin. Like bilirubin it has free radical scavenging properties and some researchers have called it the wonder molecule^{7,9}. The hepatoprotective, neuroprotective and anti-inflammatory properties of phycocyanin have been researched in detail^{7,8,9}. Consumption of phycocyanin in the form of spirulina provides optimal health, and helps combat an environment full of toxins from oil, gas, heavy metals and nuclear isotopes.

Spirulina is a **non mucus forming and non acid forming protein**, possibly the only one of its kind. One Kg of spirulina has the nutrient equivalence of 1000 kg of assorted vegetables and fruits.

GLA (Gamma –linolenic acid) is an omega 6 fatty acid that plays a crucial role in brain development, normal growth and development. Preliminary research studies indicate that it is useful in treating diabetic neuropathy, chronic arthritis, chronic allergies, eczema and acne. Many more functions of GLA are being researched. There are many scientific papers and studies describing the anti viral¹, anti cancer^{2,3}, hypocholesterolemic^{4,5}, anti diabetic⁶ and health improvement properties of Spirulina.

CHAPTER ONE

IMMUNE SYSTEM

Regular consumption of spirulina, produces enhanced activity of bone marrow, T Cells, Natural killer cells, spleen and thymus glands. This gives protection against viral and bacterial attacks.

Whole body Health

Spirulina intake increases our haemoglobin level as early as a month after daily consumption (Personal and practical experience)

Spirulina is a *prebiotic*, promoting beneficial probiotic intestinal bacteria especially lacto bacillus and bifidus. This promotes gastrointestinal health, and corrects the altered intestinal bacterial flora often created by antibiotic usage.

Cancer cells do not appreciate an alkaline environment and the presence of abundant oxygen. Spirulina provides both, thus preventing cells turning cancerous. The anti mitotic properties^{2,3} by itself kills cancer cells.

MALNUTRITION

Spirulina is a simple solution for eradication of world malnutrition .Every world citizen in this era has some degree of malnutrition. Macronutrition maybe present but micronutrition is lacking.

CARDIAC STRENGTH

It directly gives cardiac strength. Elderly people feel a transient palpitation after the first two days of intake due to cardiac strengthening.

CHAPTER ONE

PREGNANCY

Spirulina rapidly elevates haemoglobin levels, provides all vitamins, and contains more calcium than cow's milk. The protein content gives wholesome energy to mother and foetus, and ensures copious breast milk for long time.

ATHLETES

Spirulina is the ultimate natural food for athletes.

It provides pure energy, increases endurance, and ensures speedy recovery.

FAO (Food and Agriculture Organisation) has declared this as *"Best food for tomorrow"*.

WHO has hailed this as *"The greatest food on earth"*.

Spirulina continues to be called *"The Best Natural Food" in international conferences*".

People who experience the effects call it the *"super food"*.

Our body deserves intake of spirulina. All of us should regularly consume spirulina, thus creating a healthier, productive planet.

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CHAPTER TWO

GANODERMA : THE KING OF HERBS. Back to the future

"God said, 'I give you every seed bearing plant which is on the face of all the earth, and every tree that bears fruit with seed. They will be your food'.

Genesis 1:29



REISHI GANODERMA MUSHROOM

Origin of Ganoderma

Chinese Pharmacopeia, written in first century BC documents the miraculous properties of ganoderma. They are woody mushrooms present in dense forests with dim lighting and high humidity and found in around 2 out of ten thousand trees. This reishi herb was called *"The most important elixir of the orient"*.

If found it had to be provided to the emperor as he would then stay young, live long and be disease free. Personal consumption without giving to the king incurred capital punishment. With renewed interest, in the last few years, especially by Chinese and Japanese scientists and pharmaceuticals, we now know the contents and miraculous properties.

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Why do we need ganoderma?

We are living in a world of stress, environmental pollution, and in addition are consuming food with high sugar, salt, fat, cholesterol and added chemicals. This places us in a state of acidity and 'pre illness'. Enormous resources and money are being spent all over the world, in building advanced hospitals. It is wiser to be in a state of optimal health, and preventing disease, thus making hospitals obsolete.

Ganoderma upgrades body immunity and its unique **adaptogen** quality^{1,2} normalises every single cell of our body. Spirulina has amazingly profound **nutritional content**, but Ganoderma's **pharmacological content** over its nutritional content is paramount. It is regarded as a "*herb of spiritual potency*" since well being is followed by divinity and longevity.

In human history, there have only been anecdotal reports, and traditional oriental sayings about ganoderma; but in the last few years clear scientific reports and studies are emerging.

Contents of Ganoderma

As this book goes to print, more than 400 active ingredients with medicinal properties have been found in ganoderma lucidum. (3 years ago we were aware of about 250 active ingredients). More is being discovered. The most important ingredients and their properties are

1. **Adenosine** is the regulator. It inhibits platelet aggregation³, lowers blood cholesterol, increases favourable lipids and directly enhances adrenal gland function thus helping maintain endocrine balance. These properties give one a youthful and energetic feeling. Detailed physiology of plants and fungi has not yet been studied in detail. Early researchers feel that adenosine.

CHAPTER TWO

nucleotide helps cross-talk mechanisms between plants and fungi⁴.

2. **Tripertenoids** are the builders. They control antigen induced allergy and reduces cholesterol and neutral fat in the body⁹. They enhance functioning of the gastrointestinal system, activates the cell nucleus and have strong anti inflammatory properties¹⁰.

3. **Ganoderic essence** is the regenerator. They are a group of acids whose molecular structure closely resembles steroid hormones. They are hepatoprotective, anti inflammatory and have anti tumour properties^{11,12}. They help overcome complex skin ailments. Rejuvenation of cells occurs and this is maximally evident in skin, giving it a moisturised, radiant look. The bitter taste of ganoderma is predominantly from tris and tripertenoids.

4. **Organic Germanium** is the balancer. It increases the oxygen content of cells and thus the entire body. They regulate the electrical balance of the body. Abnormal electric charges around sick cells are corrected.

5. **Polysaccharides** are the cleansers. They augment the natural healing ability of the human body and create a strong immune system. They restore pancreas function thus reducing blood sugar levels, and increase the oxygen carrying capacity of blood.

Many of the other active ingredients enhance body's immunity, treats high blood pressure, hepatitis, bronchitis, mucus secretion induced asthma, and insomnia.

CHAPTER TWO

Adaptogenic effect

Ganoderma is the king of adaptogens¹. An adaptogen is non toxic and has the ability to enter every cell and normalise it by correcting any imbalances within. Thus the reishi mushroom if taken for a long time, will restore body to its natural state, enabling all organs to function normally.

Conclusion on ganoderma

The fundamental principle of world wellness is prevention of disease; and this is possible by upgrading our body to optimal health.

In this ignorant era of stress and life style diseases; we cannot afford not to be consuming ganoderma.

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CHAPTER THREE

How Alkaline Are You?

“If diet is wrong, medicine is of no use; and if diet is correct, medicine is of no need”

Anonymous

Our body is an integrated creation of trillions of dynamic cells, all interrelated and working together. For optimal function of all these cells the PH balance needs to be 7.4 or close to it. (Neutral ph is 7, 0 is most acidic and 14 is most alkaline). PH balance is a determinant of our health status. Body PH status is the resultant picture of the ongoing metabolic and detoxifying processes of our body.

There are a number of mechanisms in our body that work together to maintain a proper ph balance. But in this “modern” (ignorant) era, it is a challenge for our body to maintain the alkaline ph of 7.4. This is because we are in an age of acidic overload.

Most foods are either “acidic producing” or “alkaline producing”; few are “neutral”. By changing our diet, it is possible to change our body ph. This does not happen with one meal, since our body is a dynamic machine. It has to be a change of way of life.

Acidifying foods and agents

Refined Sugar is the most acidifying food that the whole planet is consuming every day. Sugar intake is a slow suicide, a slow steady loss of physical and mental equanimity follows. Therefore the most acidifying of all foods would be sugar containing and Cola tops the list, along with sodas, lemonades, and all carbonated fizzy drinks. Coke has a ph of 2.5. Neutralising a glass of coke with a ph of 2.5, requires consumption of 32 glasses of alkaline water with a ph of 10.

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Sugar is more addictive than cocaine; a can of coke contains 10 teaspoons of refined sugar. The flow chart of life follows like this for cola drinkers..Coke..High insulin levels5...high blood pressure..Elevated cholesterol..Heart disease..Diabetes..Weight gain⁶.. Premature ageing..And many more negative effects. Phosphoric acid in colas lead to osteoporosis, as it interferes with calcium absorption.

Caffeine in high quantity is acidic(unless mixed with ganoderma now available as alkaline coffee), and in high concentrations as in colas contributes to arrhythmias, insomnia, mineral and vitamin depletion.

Icecreams. All diary products are acidic (yes, milk too); ice-cream has concentrated dense form of milk, and the whole array of chemical additives and sweeteners. They are all mucus forming, acne forming ⁷, osteoporotic and cardiac unfriendly⁸.

What if i am acidic?

An acidic balance will make tumour cells form and thrive; makes white blood cells weak to combat disease, and downgrades immunity; decreases energy production within cell mitochondria; decreases body's ability to absorb nutrients and minerals; and Promotes fatigue and illness. A blood ph of 6.9 can induce coma, cause gasping and death.

Acidic ph is more common in this era because of 1. Daily intake of refined sugar which is the root cause of all modern lifestyle diseases. 2. Acid producing foods like white flour, beverages, and chemical artificial sweeteners. 3. All pharmaceutical drugs are acid forming (with aspirin heading the list). 4. Stress is a contributor to acid formation 5. The modern diet containing high amount of meat and dairy products. All animal products are acid producing.

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Symptoms of acidic over load

Acne, headaches, menstrual cramps, feeling of sighing, water retention, insomnia, lethargy, hyper irritability, easy to anger, selfish behaviour, frequent sighing, feeling of inadequate oxygen, unable to hold breath for than 20 seconds etc. Checking of urine Ph or salivary ph with ph strips is one way to know your ph status. The normal blood ph is 7.4, and normal salivary ph is 6.5 to 7.0. If successive checking shows salivary ph below 6.5, then body is acidic.

As acidity rises, the body is inviting cancer, diabetes, high blood pressure and renal failure.

Calcium in the form of calcium phosphate and calcium carbonates is a large reservoir base present in our bones and muscles. In response to our acid overloaded diet, these are released into our circulation for PH homeostasis(1).It is estimated that half our skeletal mass of calcium can be excreted from our body over twenty years to balance the acid diet overload(2). Kidneys have to work overtime and literally our muscles and bones are excreted in our urine to maintain our ph. It therefore follows that our skeletal and muscle mass (3) can be preserved by consuming an alkaline diet.

Alkaline foods are almost all vegetables, herbs, fruits, nuts and seeds.

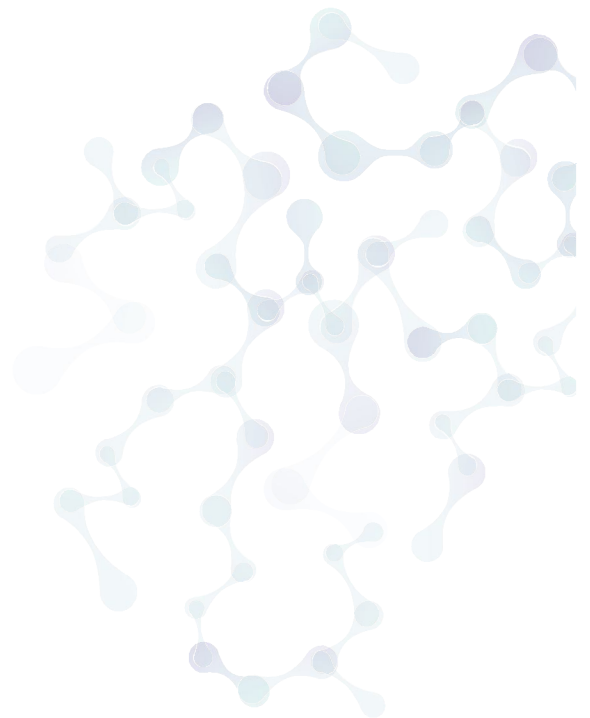
To maintain optimal health, the diet should be 65 % alkaline and 35% acidic. To correct an acidic body the alkaline diet percentage should be close to 85 percent. ***Spirulina and Ganoderma are highly alkaline and speeds up alkalisation of an acidic body.***

CHAPTER THREE

Conclusion

Maintaining correct body PH balance is a top priority for physical and spiritual health. Alkaline PH of 7.4 keeps our body cells and organs happy and equipped to fight any disease⁽⁴⁾. It takes away anger, brings in calmness and a state of tolerance and peace. Acidic PH makes one prone to anger, prevents calm decision making, and makes every cell in the body lethargic and unhappy.

Individuals can be acidic; communities can be acidic; nations can be acidic: People in power and nations as a whole may make decisions and actions that they would not have made, if they were alkaline.



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CHAPTER FOUR

It is the Truth: Dosages and regimes

“When health is lost, all is lost”

What is Truth?

Truth is anything that has no evil in it.

Every single modern pharmaceutical drug has an array of side and toxic effects, maximally represented by the ubiquitous paracetamol and aspirin. They are strong acidifiers, cause gastritis, and have renal and hepatic toxicity.

Spirulina and ganoderma have no toxic effects at any dosage. ***They are therefore akin to truth.***

Reishi Gano (RG) is a mushroom essence formulated from 90 day old red ganoderma lucidum mushroom. Ganocelium(GL) is formulated from 18 day old mycelium of Ganoderma lucidum.

Both RG and GL are best taken in pairs as their properties complement each other. For example GL contains about four times organic germanium (responsible for increasing oxygen content of red blood cell and every cell in the body) than RG. Thus for comprehensive maximal effects they should be taken as pairs.

Timings

For best absorption spirulina and RG, GL is best taken half an hour before meal with a full glass of water. However they can be taken at any time. When would you eat an apple? It does not really matter.

CHAPTER FOUR

Understanding of Ganotherapy

Modern drugs aim for immediate results; they only mask the symptoms, giving a temporary solution. Unfortunately most patients want this short term solution which is foolish, and the same is expected from naturopathy.

Ganotherapy aims at long term permanent solutions by upgrading the body and thus making the body fight the disease. Our human body is the world's best doctor. There is no pharmacological drug that can match our immune system or the metabolic processes in our body.

On taking spirulina the pure energy from spirulina is immediately felt, manifesting as new found brain and physical energy and good sound sleep. But ganoderma goes through various phases which are:

1. Scanning (6 weeks) All cells are checked for toxins and inactivity.
2. Detoxification (8-30 weeks) Unwanted toxins are excreted via body's natural excretory mechanisms; Urine, stools, sweat, flatus, and phlegm.
3. Regulation (1-12 months) Bio electric and biochemical balance is restored.
4. Building (6-24 months) damaged cells are repaired. Immune system is upgraded. Inactive cells are activated.
5. Rejuvenation (1-3 years) Body gains youthfulness, immune system is maximally upgraded. Ageing is deferred

The effects of ganotherapy is different in each individual, as it depends on prevailing health condition, life style, and commitment to daily intake. However within 12 months, without doubt, body will be upgraded with visible manifestations.

CHAPTER FOUR

Dosage Schedule.a guide

RG and GL and spirulina are pure vegetables and hence there is no dosage schedule.

However it is advisable to start with one pair morning and evening and two capsules of spirulina morning and evening half an hour before meals. After one week, increase spirulina to three morning and evening , and RG, GL to two pairs morning and evening. After 2nd week increase spirulina to 4 in morning and evening and 4 pairs morning and evening. This dose may be continued for 6 weeks and then back to maintenance dose of 2 pairs morning and evening and spirulina 2 morning and evening.

By 12th week cholesterol levels will come down, sugars will be better controlled in diabetics and Blood pressure will start getting controlled in hypertensives. As alkalisation occurs, mental calmness and symptoms of acidic ph start fading.

All diseases can be classified as mild, moderate and severe.

The above dose is adequate for any mild disease. The dosage can be increased in moderate and severe diseases.

For example in severe renal failure, crippling Parkinson's disease, resistant psoriasis etc the dose has to be gradually increased to fifteen pairs a day and the reversal of symptoms will take 18 to 24 months. They have to keep the faith. Renal patients on dialysis, will take even longer as with each dialysis, ganoderma is also taken out of the system.

CHAPTER FOUR

Opposition Effect Reaction

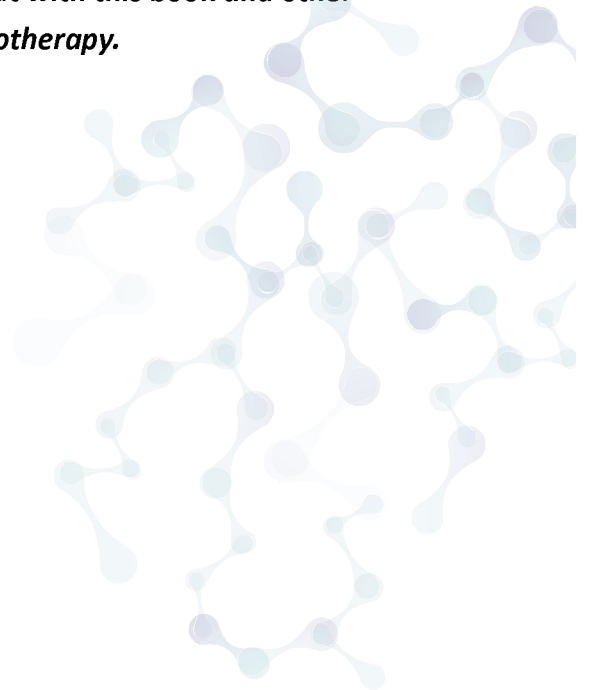
Symptoms worsen before they get better. This happens as toxins are eliminated and immune system is upgraded, and because alkalisation is taking place.

This may manifest as increased urination, loose motions, increased flatus, urticaria or increased phlegm. If it is intolerable, dosage can be halved for a few days.

MEGATHERAPY

IN intractable severe disease states megatherapy can be given after 12 weeks. This is up to thirty pairs a day. This megadose can be continued for weeks and months till symptoms are controlled. This is especially effective in cancer, HIV cases going on to aids, hepatitis, and renal failure.

It would be ideal to take mega therapy with advice of a doctor who understands ganotherapy. ***Such doctors are a rare commodity now, but with this book and other emerging literature more doctors will be turning to ganotherapy.***



CHAPTER FIVE

Common questions.

1. Is there any dose limitage? Is there are any toxicity?

There is no dose limitation and there is no toxicity. However it is better to increase in a graded fashion, unless you have an expert ganotherapist to guide you.

2. I am a professional athlete. Will this affect my doping tests?

Spirulina is part of an athlete's nutrition in almost all sporting nations. The Cuban and Chinese Olympic teams regularly consume spirulina and ganoderma and have passed all doping tests.

3. I live in a developed country with no pollution and am healthy and fit. Do I need to take?

The earth is one. It is imprudent to think pollution is not present in your city or country. Pollution from anywhere will reach at micro levels to all parts of the world. Moreover Developed countries happen to have high rates of depression; and these are the best brain tonics. Prevention of disease makes curing of disease obsolete. You can get that in your life.

4. Is there any age restriction?

No. It can be given from womb to tomb. Give smaller doses to children.

5. Can they be taken during pregnancy?

They should be taken in pregnancy. The strength given to uterine muscle ensures smooth delivery, and copious breast milk is ensured to mothers. Ganoderma, more importantly, will prevent genetic mutations thus reducing the chances of any abnormalities in the baby.

CHAPTER FIVE

6. How can ganoderma be a remedy for all ailments?

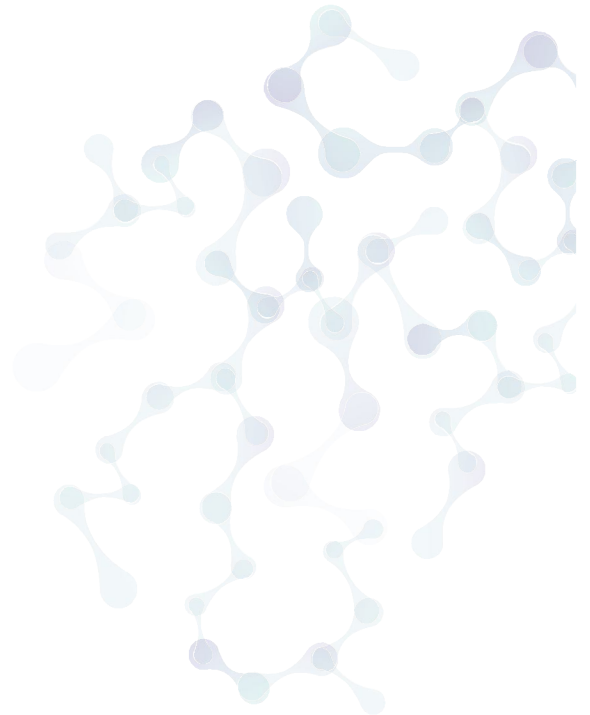
If alcoholism can downgrade every cell and organ of our body, then ganoderma can do the opposite. Ganoderma does not cure any disease. It upgrades our body, so that our body can deal with and fight disease.

7. Are spirulina and ganoderma costly?

Having experienced the goodness and upgrading effects of ganoderma and spirulina in myself and numerous others; I consider them dearer than gold, and any price is not too high. They are reasonably priced by any standards.

8. I am on medication. Can i take spirulina and ganoderma with my medication?

Yes, of course. Spirulina and ganoderma will synergise and augment the medication as they upgrade your body. Soon you can reduce the medication dose to get the desired effect and gradually taper and stop as your body upgrades and normalises. It reduces toxic side effects of chemotherapy and other drugs.



CHAPTER SIX

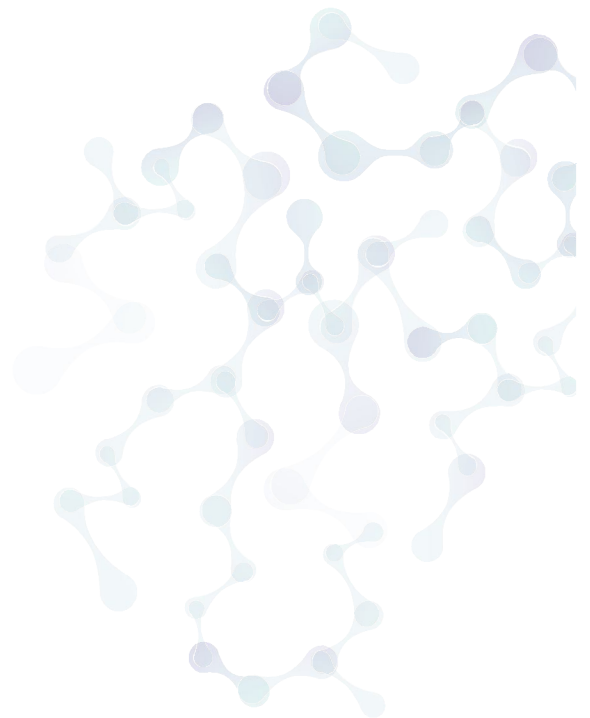
Conclusion

We have been given the gift of life. In this book of life, we write the pages. As we flip through the pages of our book, let us fill them with health and happiness.

Modern medicine, unfortunately, is rapidly going commercial. Medical profession and money cannot go together. Pharmaceutical drugs possess more toxicity than capacity to cure. If this path is pursued, modern medicine, will not stand the tests of time and truth, and will die.

Let me conclude the whole matter. Stay Alkaline, eat natural food; consume the nectars of mother earth, spirulina and ganoderma. You will stay young, and will possess boundless energy and enthusiasm. Be healthy, be happy, and be productive. Make your creator happy and proud of you. Thanks for reading this book. I enjoyed writing it.

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About the author

Dr Eapen koshy is a native of kerala, situated in southern India. He is currently Chief of Plastic surgery at Ibom hospital, Nigeria. He has worked in many institutions around the world.

He is a vegan, a yogi, a marathon runner, and an ardent bridge player. He advocates the importance of living with nature. More than being a popular plastic surgeon, he shares his discipline in food and simple living to all.

This book is a further tool of his, sharing the secrets of longevity and his earning towards a drugless, disease free planet.

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