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Activated Charcoal as life extension supplement??

Posted by: [Bob Firestine](#) (IP Logged)

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>From the LEF forum, [forum.lef.org]#

Just browsing the vpn.com site and found the following on activated charcoal – A huge increase apparently in max lifespan. Any thoughts? Thanks...

Dr. V. V. Frolkis, a famous Russian Gerontologist, and his colleagues have discovered that activated charcoal is a potent life-extending agent. Activated charcoal has been found to increase the mean lifespan of older test animals by approximately 40% and their maximum lifespan by approximately 34%.(2)

Activated charcoal decreases the age-related increase in the brain's sensitivity to drugs and toxins. Activated charcoal normalizes cholesterol and lipid metabolism. The regular use of activated charcoal improves the adaptive functioning of essential organs (the liver, kidneys, and adrenals). That translates into better defense mechanisms. Microscopic tissue analysis shows that activated charcoal prevents many cellular changes associated with aging—decreased protein synthesis, lower RNA activity, atherosclerosis, and organ fibrosis. So the cumulative effects from activated charcoal are longer life and improved overall health.(19)

A recommended protocol for anti-aging and life extension benefits is as follows: On two consecutive days each week, take about 30 grams each day of powdered activated charcoal in divided daily doses. Take charcoal in the morning, at midday and before bed on an empty stomach. Avoid excessive calories or unhealthy foods on those days.

2. V. Frolkis, et al., "Enterosorption in prolonging old animal life." Exp. Gerontol. 19; 217–25, 1984.

19. Andreichyn MA; Lutsuk OS; Andreichyn SM; Kopcha VS Enterosorption as a method for prolonging life. Fiziol Cheloveka, 22(7–9):131–5 1996 May–Jun.

[Here is one of the abstracts on this. However, I don't know if any of these experiments were controlled or tested to see if involuntary CR had an effect on the results.

Biomater Artif Cells Artif Organs 1989;17(3):341–51

Effect of enterosorption on animal lifespan.

Frolkis VV, Nikolaev VG, Paramonova GI, Shchorbitskaya EV, Bogatskaya LN, Stupina AS, Kovtun AI, Sabko VE, Shaposhnikov VM, Muradian KK, et al

Institute of Gerontology AMS USSR.

Experiments were performed on Wistar male rats, starting from the 28th month of

age. The effect of dietary sorbent (non coated nitrogen-containing carbon administered as 10 day courses at 1 month intervals in dosage of 10 ml/kg) on lifespan and a number of biological indices were studied. Enterosorption resulted in the increase of mean and maximal lifespan by 43 and 34% respectively. Analysis of the effect of enterosorption on activity of microsomal enzymes, intensity of total RNA and protein biosynthesis, lipid metabolism, formation of free radicals etc. showed that it produced a positive influence on the functional state of the studied systems and increased the organism's adaptive capacities. Enterosorption was found to delay the rate of onset of age-related structural changes in the organs and tissues.

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I have known about these results for some time and even went so far as to purchase some activated charcoal, however I haven't got around to doing this "distasteful" procedure. -- Tom]

Any comments on this? That's a lot of charcoal, even if one could capsules to make it less distasteful.

-Bob

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