

Megadefence Product Review

Dr Gabriel Cousens

Gabriel Cousens, M.D. M.D. (H) has been a holistic physician since 1973

A diplomat of the American Board of Holistic Medicine and of Ayurveda

Director of the Tree of Life Rejuvenation Center in Patagonia, Arizona

Author of eight widely read books

Mega Defense - Product Review by Gabriel Cousens M.D., M.D. (H)

Mega Defense in its new evolution is a powerful synergy of immune modulating and anti-tumor polysaccharides from a combination of medicinal mushrooms in a proprietary Full Spectrum Immune Complex (IM6) with our renowned outstanding supplement Natural Cellular Defense (a highly activated form of zeolite). This unique alchemical proprietary blend of Agaricus Blazei, Cordyceps Sinensis, Grifola Frondosa (Maitake), Coriolus Versicolor (Turkey Tail), Ganoderma Lucidum (Reishi), and Lentinula Edodes (Shiitaki) has a powerful synergy, which has been experimentally shown to be effective in boosting the immune system on all levels and having a particular positive effect in treating hepatitis B, HIV, prostate, bladder, and breast cancers, diabetes, colorectal tumors, and ovarian cancers.

Other research suggests that the IM6 is indeed a full spectrum immune complex, anti-mutagenic, anti-carcinogenic, anti-infection, anti-allergy (which combined with NCD seems to be very uniquely effective against multiple chemical sensitivities), and anti-inflammatory. IM6 stimulates almost all the aspects of total immune system, working on many levels of building both immune enhancement and immuno-regulatory (immuno-modulating) effects on all levels. IM6 is regarded as a biological response modifier (BRM), which means:

- It causes no harm and places no additional stress on the body.
- It helps the body to adapt to various biological and environmental stressors.
- It exerts a non-specific action on the body supporting some, and perhaps all, of the major systems, including nervous, hormonal, and immune systems, as well as regulatory
- functions.

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These immuno-modulating actions of the mushrooms are particularly noted to be valuable as prophylactic forms of treatment, meaning that they are good to take preventatively, not simply under duress. The mushroom polysaccharides are proven to stimulate natural B-cells, T-cells, and macrophage-dependant immune system responses. Research has also found that these medicinal mushrooms have anti-fungal activity. This, of course, is important in immune-compromised patients such as people with HIV and cancer. The beta-glucans medicinal mushrooms also appear to be effective in lowering blood cholesterol concentrations. Diabetes is another area where we see the medicinal mushrooms, of the B-glucans variety, have been shown to reduce the blood glucose concentrations. In specific, *Agaricus blazei* shows anti-hyperglycemic and anti-triglyceride, as well as anti-cholesterol and anti-atherosclerotic activity. Other medicinal effects include lowered blood pressure and accelerated wound healing. In other words, we have a variety of exciting healing effects. There are no adverse effects of the medicinal B-glucans mushrooms when they have been administered orally. *Agaricus blazei* mushroom is one of the more newly developed medicinal mushrooms. It's an edible mushroom native to a small area in the mountains of Brazil near Sao Paulo. It attracted interest because epidemiologists studying the native population in the area found that the native population had a very low incidence of a variety of illnesses including cancer as well as viral and bacterial diseases, and had a disproportionately high number of people who were long lived. The *A. blazei* has also been shown to be an immune system stimulator, promoting the body's natural defense mechanisms to fight a variety of infectious agents and conditions including cancer. These properties have been studied in a variety of laboratory situations. There is a large body of evidence now that shows the health benefiting effects of the mushroom polysaccharides for a number of reasons:

- They prevent the onset of cancer.
- They have direct anti-tumor activity against various tumors.
- They have immuno-potentiating activity against tumors in conjunction with chemotherapy. (This particular combination has been known to be very supportive when people are doing chemotherapy.)
- They have a preventative effect on tumor metastasis.
- They inhibit protein synthesis in cancer cells.
- They protect the function of the bone marrow and thus the ability to make RBC.
- They protect against neutropenia; a common side effect during chemotherapy.

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- However, none of the studies show that there is total tumor eradication with the use of the beta-glucans. They do show that there is regression in tumor size.

Now, once we move away from prevention of cancer and amelioration of cancer, which alone is a very good reason to take Mega Defense in our very carcinogenic world, we also look at some other very important functions of beta-glucans. The world is facing an ever-increasing problem with antibiotic resistant diseases. The fungal beta-glucans are effective against almost all known pathogenic microbes by acting through a variety of immuno-modulatory mechanisms involving modulating both cellular and humoral immune response systems. This protective effect includes Hepatitis-B, HIV, antibiotic resistant mycobacterium tuberculosis of which the world is facing a near epidemic. Mega Defense has been shown to be effective against antibiotic resistant bacillus anthrax as well as antibiotic resistant streptococcus pneumonia types 4 and type 6B, and effective against anti-biotic resistant staphalococcus areas.

With the addition of NCD, there is a double synergy. NCD not only specifically protects against cancer by inducing the P-21 tumor suppressor gene in cancer cells, but also by removing toxins in the form of heavy metals, such as mercury, lead, cadmium, and arsenic, and chemicals including pesticides and herbicides, and volatile organic compounds, radioactive substances, and by some unclear mechanism, reducing viral replication. Fortunately it has a high affinity for these toxic elements but a low affinity for such key minerals as calcium, magnesium, and potassium.

Zeolites, in general, have also been shown to stabilize zinc finger protein activation through the removal of all these inhibitory toxic heavy metals, which is important because it helps to stabilize a healthy immune system. In addition to these specific benefits, NCD also seems to be a superior protector against oxidation as well as balancing the body's pH to protect against acidity. It helps to maintain a systemic slight alkalinity.

The overall picture is a new Mega Defense is much improved, very exciting, versatile, double synergistic health product, providing a very complete immune system modulation and amplification to protect us against a wide variety of problems. MD really acts as a powerful general preventative, and in that way, it is something I recommend that everyone begin to take to live safely and healthfully in a very toxic world. MD may be especially useful in middle-aged people (who have accumulated biological toxins and other inflammatory stresses), people

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with active and stressful lifestyles, as well as athletes, whose stress they put on their own systems does indeed wear down their immunity. In summary there are a variety of health effects from this Mega Defense synergy:

- Increases enduring radiant health and increased wellbeing. Increases post-natal jing and ojas, (which means deep, primordial life force).
- Anti-viral, anti-bacterial, and anti-fungal effects; and especially important for anti-biotic resistant T.B. and other antibiotic resistant bacteria, including anthrax.
- Cancer prevention and cancer ameliorating effects
- Immune system activation and modulation
- Helps with chemical and environmental sensitivities, especially with multiple chemical and environmental sensitivities
- Removes heavy metals pesticides, herbicides, volatile organic compounds, and radioactivity.
- Improves Natural Killer Cell, T-cell, and macrophage activity
- Reduces risk for heart disease
- Improves blood flow and thus increased sexual function and athletic ability
- Decreases platelet aggregation and clotting protection
- Improves blood flow.
- Normalizes cholesterol levels
- Builds kidney yin and yang forces
- Protects liver and improves detoxification ability
- Nourishes and tonifies the digestive system
- Helps create a slightly alkaline pH
- Improves skin and hair
- Improves blood sugar normalization
- Improves respiratory and lung protection
- Protects against free radical damage

Mega Defense may be most usefully and productively thought of as a highly effective general preventative shield against all biological and chemical stresses. It is something I recommend that everyone begin to take to live safely and healthfully in a very toxic world. I personally take it regularly and increase the dosage while travelling. Recommended dose is one capsule twice a day for 6 days a week and then resting for 1 day. I am very pleased to share this new, exciting, powerful, protective synergy called Mega Defense.

I bless you all.

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May your health and joy, and awareness continue to improve as we heal ourselves and our planet!

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