Introduction to Dr. Barrie Tan

All right, everybody, you got to sit down. Buckle up, get out a pad of paper or a notepad. If you were at the Reversing Heart Disease Naturally Summit you saw one of the most energetic presentations from this wonderful gentleman who's a you're smarter.

He's not a year older. He's a year after this year. Dr. Barrie Tan, PhD He hardly needs a introduction. He's a world famous researcher, scientist and a businessman.

He is the founder and chief scientist at American River Nutrition in in Massachusetts. We just had the opportunity to be together at a world famous longevity and anti-aging conference.

And everybody wants to be around Dr. Tan. It is like Ringo Starr and Paul McCartney of nutrition and anti-aging and science, and that's really true. I got a chance to say hello, but I had to push people left and right away.

He's made major contributions in the field of vitamin E. Maybe you've heard of tocotrienols and an incredible plant from the Amazon called the Annatto Plant, this gorgeous red, flowery plant.

But now he is an expert on how to handle some of the good and bad of statin medication, statins, Lipitor, restore. I spend every day talking to patients and the number one conversation we have is, doctor, why am I starting trouble for my stands or my brother had a statin and everybody seems to have a story about these drugs, even though in conventional cardiology they are used still widely and I use them to.

Dr. Tan, thank you for being here. Thank you. Thank you for the kind introduction. Looking forward to maximize this wonderful time we have together. Well, thank you.

So tell us a little bit. Let's focus in this conversation. Everybody listening knows that heart disease remains the number one killer of men and women in the Western world.

Everybody knows. I'm sure there are things called risk factors like smoking, like diabetes, like elevated blood pressure, but certainly elevate it, LDL cholesterol that promote that chance.

How Statins Block the Mevalonate Pathway

Your arteries get clogged up and you, got forbid, have a stroke, a heart attack, a bypass, a stent, or don't survive. And controlling these risk factors is the goal.

And if you can control over diet and exercise and stress management or weight loss is great. But some people have genetic reasons. Their LDL cholesterol won't go down or they don't respond completely to lifestyle.

And we have, you know, 40 years of data that lower LDL cholesterol in a heart patient is one measure to lower their risk of heart disease. So tell us in the liver, how do we make cholesterol, which is where most cholesterol is made and statins, how do they work?

And you can be brief. Most people have a clue about this. Yes. I think the easiest way I can do this is everybody in United States, all of us here know about Interstate 95.

Easier for plane to Florida. One in every three Americans traverse that highway like that. And that in the human body is a pathway called mevalonate pathway.

This is a pathway to make cholesterol and without cholesterol we cannot live we just have to have cholesterol

made. And so if you think of Maine to Florida and just think of it pictorially metaphorically it worked when they came up with this statin drug, it blocks it in Boston.

They block it in Boston. Just just think of it. If you clock it in Boston. So the traffic is going to be reduced then some way in Virginia, Washington, D. C., that is the making of CoQ10 and CoQ10.

Drop everybody new note and we take that in drop, CoQ10 drop and then some way in Atlanta, Georgia. Muscle myopathy, muscle problem happen like that. And where does cholesterol drop?

Cholesterol it drop is probably in New York, say, like that. So you've got a picture. So that then hits it in Boston. Cholesterol drop in New York City and in Washington, D. C., CoQ10 drop.

And then in Atlanta, a muscle problem happen like that. So this is just everybody listening. And it's hard when we're doing this just by conversation.

We need to get out an old fashioned folding map. And I suggest Dr. Tan draw all this on a map of this idea that there's steps to great cholesterol. But what you just said, I don't think everybody knows the same pathway has.

I tell patients it's a fork in the road, here's cholesterol production. But here's some other good stuff like CoQ10 and protein formulation. These are fancy words I've had to learn from you.

And we're going to talk in a minute about testosterone production. So you you know, you may want to block the fork in the road that leads to LDL cholesterol, but you don't want to block the fork in the road that leads to CoQ10 and other good things.

But when you take a statin like Lipitor, you block them both. Don't you? Yes, but you block them both because Statin is in Boston. So if you hit statin in Boston, then in New York City and then in Washington, D. C.

and then in Atlanta, everything got blocked because you block it really high. So where is cholesterol, cholesterol sideways I'd go side of New York City and then in in Virginia.

That's where CoQ10 drop. People know about that and then in Atlanta muscle problem cardiologist know about that and they care for that patient. And somewhere also there would be with testosterone you're going to ask me that.

But before the wonder people don't know about this why I'm trying to get to you notice that when you leave New York City before you get to Washington, D. C., the interstate passed Philadelphia.

Philadelphia, my friend. And what is that thing in Philadelphia call? That is a compound called GG Geranylgeraniol. That is it. So if you hit it in Boston, cholesterol drop in New York City and then we jump into Washington, D. C., we calculate that drop.

So now I'm here to tell you that Philadelphia thing it GG, it dropped.

GG, CoQ10, and Vitamin K2 Effects

So now we are having this GG a small molecule once and forever to put it in because this GG in Philadelphia is responsible for the making of CoQ10 because CoQ10 it down streaming in Virginia and then the muscle making, which is in Atlanta is also dependent on GG.

So therefore I produce a paper and study this scientifically. Why if you add back GG in Philadelphia, it will fix the problem of CoQ10 in Virginia and fix the problem a muscle in Atlanta.

It will not go back upstream. You can only control it downstream. That how's it work? So I gave you a simplistic picture of this marvelous acid pathway.

It is very important in our body. That's why I chose Interstate 95, the most travel highway in United States. All right. So again, just because I'm learning with you, everybody listening when you're when you're I-75 highways making cholesterol in your liver, there's a fork in the road.

There's a fork. We don't hear about much from doctors. That makes good stuff. But when you take Lipitor, Crestor, Zocor, or Pravachol, call your lowering LDL cholesterol and you're robbing your body of good things and we're calling that good pathway, the GG pathway, but we're blocking it now.

What did you discover? You had already been researching this plant from the Amazon called the Annatto, and you've learned how to create incredible, high quality vitamin E products from the Annatto plant in the Amazon.

But what did you discover that's relevant to this production that was in those test tubes you were working with? What did you find there? Before I leave, this is a picture of Annatto.

It's really beautiful like that. So it is. We use Annatto color for coloring cheese. This is a natural color. I removed the color and then discovered the tocotrienol.

No special vitamin D and then the special GG in it. So when I studied this, what did I discover when do I use GG in the human body, GG is used to make two, three or four things that I know really well.

One of them is GG is part of the building block of CoQ10. I cannot say it any simpler. It is just part of your building block. Since your audience can see this visually, I will sague that when my yellow pad, that's the structure of GG here.

And then the background is the structure of computer. This is actually the molecule of CoQ10 in GG. So if you look at the black and white molecule here, it is about two and a half times the length of the GG is that of CoQ10 so g g is the building block of CoQ10.

Why do people not hear about it before? Because my company, American River Nutrition, this is our first in class. We are the first company in the whole world making these compound from these are not the kind that you that you saw like that.

So that is it says one. And the other thing that we found we can do is remember G Juice in Philadelphia. Yeah. So it makes Coke Q10 in Virginia and then it also make in Atlanta skeletal muscle protein.

So it uses apps that in and in Boston everything go down. So the reason coke you can go down is because it's zap g g in and in Philadelphia. So therefore there isn't enough juju to make coke Q10.

It really is that simple. And if you zap g, g, g g is not available to make skeletal muscle protein. That's why doctors care for patient because they have certain associated muscle symptoms.

Now the audience can Google is Sam's in associated muscle symptom you put Sams you can read about it so so the two thing the third one is also simple many of the audience know that you should take man queen known for making strong bone and strong muscle and mental queen known for.

Okay that's an important or okay for that. People have heard of vitamin K, K2. This is a version of vitamin K2. K2 and vitamin K2. The entire tail of vitamin K2 is G, g.

So therefore, if you zap the G G, the body is unable to make adequate m k for vitamin K2. And what does that mean? That means that the bone may begin to be more porous.

That means that the calcium is littered in the artery kidney stone, gall stone. It just the balance of the calcium is not in the bone, is in the soft tissues, and you don't want so much calcium in the soft tissue.

So I gave you three or four. Good example. If you if you leave G by itself it does those three or four thing. If you

messed up the g g then is unable to make core Q10 properly, unable to make M. K.

for properly unable to make skeletal muscle, probably. Now keep in mind, as we age, we already don't make enough g g and what do you have? Because log means low energy and a low co q10 means low energy.

We have we have less. M. K. four So we have calcification of the artery. Then we have a loss of muscle mass. We call Sarcopenia. Those will be nothing to do with drug.

However, if we do with drugs, then we have decimation of g, g. If you decimate g, g, then the worst thing can happen. Sam's can happen. Co Q10 Drop for the first time.

I'm telling the audience you already know if you take statin drug coke, you can drop. I'm telling you the reason your coke Q10 drop when you take that in drug is because that is so success for it not only lowering cholesterol it it lower G G like Matt and because a lower guy like Matt that is the reason why coke your can drop so I explained to you why computed drop and that's because of g until now g g is simply not available.

So I thought it would be a very powerful supplement to add Coke ten and g g together, g g for the first time and for the Coke you ten.

Human Study Results on Testosterone and CoQ10

We use the most potent Coke Q10 and that is ubiquity now. And right now we're doing clinical study using ubiquitin all the best form of coke, you ten and g g together.

Oh, wow. So again, everybody write this down. Dr. Tan did not say that statins are evil, but he's giving the most honest assessment that when you're blocking the pathway that leads to making LDL cholesterol to help your arteries, you're blocking this g g pathway.

And now he's talked about that can rob your body of coke Q10 very important antioxidant that gives you energy and may be one of the strongest longevity vitamins on the planet.

And I'm talking actual scientific literature from Sweden and other studies you're blocking mk4, which is a version of vitamin K2, and you might want that vitamin K2 for your bones in your muscles, but you're blocking it.

If you take the statin blindly, you're blocking potentially protein development and testosterone development. And here comes out a narrow plant, that beautiful red plant.

And you can add back the g. G that you're losing with age and you're really losing with your Lipitor, Crestor, statin. But you get the best of the world.

You drop your cholesterol out, but you add in the precursors or you keep making those for big healthful products. Now, some people will say, how come my doctor didn't tell me about this?

How come I haven't heard about this online you just shared with me because you're so up to date and I'm pretty up to date. You just published the paper a week ago and when people are listening this, it'll be a couple of weeks ago.

But it's recent that you actually tested in humans. What happens to testosterone levels? And both men and women need testosterone. When you add in this new vitamin you've created called G, G or the brand that extend life man is called G, G, pure.

What happens to testosterone levels in human studies that you've just completed and published? Thank you so much for asking this question when you did the interview.

This is not in when we planned for this interview. This is not in the picture yet, but it's just recently got published. And it's very simple. If you use the Interstate 95 member, Atlanta is making muscle somewhere next to Virginia

where they make a co Q10 that's Segway on that interstate, I think is 85 there.

They come off a 95 also is the same exact way they make M. K. for that this vitamin K2 and and make vitamin K2. Sorry you're asking about testosterone the testosterone piece is after Atlanta.

So he's almost at Miami. Miami member Interstate 95 is all the way from Maine to Miami. So I'm all the way from Maine to Friday Keys. So in Miami, almost at the very end, testosterone is being made and we get people dog.

And then we found out that for men who are low in testosterone, that g increase increase approximately 15 to 20%. To me, this is very dramatic. I talk about that increase that is in biochemistry textbook, but I have to show clinical study.

So for the first time we gave to healthy man and healthy women like that and in particularly in healthy men that have low testosterone, meaning that they are about a 35 years old and older with a testosterone, is lower, is able to increase this testosterone.

This pro tends to retention of muscle mass increase of energy and ability to thrive. The original finding in animal study came from Japanese scientist is not originally from me.

They use initially they use M. K. for and found out to M. K. for increases that testosterone in animals and they say wait a minute M. K. for the whole technology why don't we just test their juju and see if it would do the same?

They did that and the g g also did like what M. K. for could in increasing the testes to increase the production of testosterone. So we did this in human study and found increase.

So this is the study we published a few weeks ago. We're going to put a press release if the audience, you know, we don't sell finished product. We do clinical study based on this.

If you come to American River nutrition, we will post this and you can download the whole paper and read it by yourself. And what I tell you something, while we're at this, we're not even yet published.

We already got the data, but not yet published would be you go back to Virginia again with your tennis mate. Of course, I am curious and really passionate about it.

If you get people jiggy, will they increase their cocoa tan or not like that? We give them to G. G.. And you know what? The Cocoa Tan increase about a little bit above 20%, like 22%.

Ladies and gentlemen, this is as good as it's ever going to get. Notice how I said I did not give this people cocoa ten. I gave these people g g. So we get them g g.

So we helped this biohacking device. You get people g g and you're able to understand the biochemistry of the body. The body will use and employ the g g correct.

So metabolism optimally and allow the body to make cocoa ten. This is as good as is ever going to be. But I'm not saying that people now can dig g g and don't take Cocoa ten.

I don't know that yet. So therefore we should have a product of G. G. and CO Q10. So together you're optimally allowing your body to metabolize, to have the best amount of cocoa, ten, as you be know, and the best amount of g g because g g goes further than cocoa ten is able to protect the muscle.

G is able to protect the bone, cocoa ten protect the muscle. So together that this is a truly good combo. Wow. This is really people listening. This is we try and bring high quality people to interview and high quality content.

But if you can actually, you know, number one, there's maybe you want to be on a G, g product alone or a g, g plus you bitcoin all product which is called extend quintile, all made by extend life because you just want to optimize

your g g pathway for all these wonderful products and you want to optimize your co-create.

Ten Level. We can't make any claims that this is a longevity product that's always nearly impossible to determine, but it might be because it's going to support so many important processes.

But we're talking about, I think there's 40 million Americans on statins and so few of them even take Coke. You tend to protect themselves, but they certainly don't take this combination of Coke, Q10 and JG called Extend Quintile.

Statin Support, Clinical Testing, and Closing Remarks

Or maybe you already got a bottle of Coke Q10 you like. So you just add in GB pure and you make your own combination in g g pure is also extend life, but now you're supporting and you're telling us there's new clinical data.

I've always wondered about this. If I give a patient g, g, pure, will they raise their Coke, Q10, blood level? And 20% is a big raise. If I give a patient gap here, will I raise their testosterone level, which many men and women need a little boost?

So this is crazy. Good. Yeah. And we're talking the way we should practice medicine. We have a theory. You had a theory. You come up with a product and you do the scientific study and you publish it.

You don't just say yes. So. Yeah, bravo. Let me out. Yeah. Thank you. And before I go, if you ordered this from Extend Life, I have sent them the paper so you can have extended life sent to you.

The paper that I published that I'm not telling people who takes that did not to take called Q10 and only G. G. because that in is such a powerful drug.

I don't know if I give them G alone can circumvent but it will circumvent the muscle problem but I can I don't know for sure it can circumvent or the cool Q10 thing and hand there's an option for people to take duty alone if they want to address the muscle problem or to protect the muscle as well as the the blood level of co Q10.

There's the option of days of coke you ten plus G together, so I'd leave it. But however if you know of people who are taking that, I'm not advising them not to take standard.

If they are on setting the managing muscle problem, have them consider taking G. G. and the paper that I publish in a very well known journal. Explain why the need of taking it and by the way to put where the money to put where the research is what we're actually doing yet another study, a clinical study in Texas, whereby we have people listen to this carefully.

We have people on set. They have hot problem under a cot under cardiologist care who have confirmed myopathy. One group is placebo. One group is then on a jig to see that if they're on G. G., they have confirmed myopathy to see if the guy would reduce the muscle problem.

So if that study comes, they probably will take another year if it comes out. I would be glad to tell you this, but the fact that I'm willing to do this study, I'm willing to game it to find it.

Does it do the job or not? If it doesn't do the job, I want to quit the claim. If it does do the job then I should let people know. So I'm system medically do blow by blow out is clinical.

Say thank you Dr. Kahn for allowing me to have this half an hour to chat with your listeners on this. This is wonderful. Really exciting. And you know, again, being a actual doctor that treats patients, I just finished a whole day of patients today and the questions that all the time about statins and complications, if you can't tolerate a Lipitor or a Crestor, which might cost you $6 a month, the next choice are sometimes medications that are $500 to $600 a month, and they're hard to get approved by insurance.

So when we're talking the potential in your study you're going to do may show it add in a GG Pure which is not $500 or $600 a month or add in Xtend-Quinol, both products by Xtendlife from New Zealand but they ship easily by DHL all across the United States so rapidly, you know, at a very reasonable price, you're protecting your body and still getting the benefit from the statin.

Neither you or I are saying don't take a statin. We're just saying take it in a way that is, you know, the new paradigm. And, you know, the problem is if all the people listening go to their cardiologist or their internist, they're not going to know this.

We always say a new concept in medicine can take 17 years to become routine. And maybe in 2041, I think I did the math. It's 17 years or now, hopefully Dr. Tan and I will do another interview in 2041.

You know, by maybe by then it'll be routine. It'll be called Lipitor-Quinole GG. You know, it'll just be routine. But it's going to take a while to get everybody educated.

You know, God knows, I want to thank you because this is so exciting and your upcoming research is obviously we're going to need to have you back next year for 3.0.

But I think everybody learned a lot. And this, you know, your map analogy is great, but just a fork in the road goes to cholesterol and we like the Lipitor to block that.

We just don't like blocking testosterone protein MK-4, K2, and CoQ10, and by adding in GG right there and Xtend-Quinol, which is GG Plus CoQ10 you get the both the best of both worlds, right? Yes.

Yeah. I'll just ask you, maybe this is too personal. Are you on a statin yourself? You know something? I don't mind. Full disclosure, I have genetic hypercholesterolemia and the doctor put me on Statin and from day one, I had been taking it.

I do not have muscle problem. I'm thankful sometime people are genetically disposed to duty. I have been and I've been taking 150 milligram GG, I also take about 300 milligram CoQ10, so it works just fine.

I'm grateful. Nothing is a problem with me. They check my blood work. I don't have high any muscle breakdown. My CoQ10 is checked periodically. It's quite on a high side, so I'm grateful.

So it's good. So no, no, no problem. If any muscle problem. All right. After you do this human Statin muscle aching study you mentioned, which we all want to hear about when it's done, maybe we can do some research looking at the potential that GG and CoQ10 have some anti-aging effect.

I mean, whether it be on epigenetic age telomeres, you know, some other measure, because I think it's it's very possible that this could have profound implications.

But we have to test it, right? Yes, we have to do. And, you know, another time when we talk, you can ask me, because you are very interested in anti-aging.

I know that GG in animal study and tocotrienols in animal study, they clearly have anti-aging implication because they work in so many functions in our body.

And overall the function at the the point to reduce inflammation and the longevity of the animal. So both increase increasing the length of their life as well as the quality of their life.

That's what I call anti-aging, both the length and the quality of daily life. So. Well, thank you so much for having me on. I hope that your audience is well blessed.

If I ever run into the listener when I'm doing book signing or talks like that, come up and say, Hi, I would love to meet you in person sometime. I go to different trade shows periodically, so able to do that, so blessing and have

you have a wonderful New Year and be all good and healthy.

Thank you and thank you for all the contributions you have made. They're going to help so many people listening, thank you so much. Have a good evening.

Thank you.