

## IS THIS THE PROTEIN, ALPHA-2-MACROGLOBULIN (A2M) IS KEEPING US HEALTHY

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### INTRODUCTION

Until today (February 6, 2020) at least 56 people (34-82 years) do not have any health issues (even fever, cough or common cold) after using A2M-ShopAnn System for 2-5 years. These people previously had multiple health issues. Some of them suffered from coronary arterial diseases and heart attacks, diabetes, hypertension, spinal stenosis, trigger fingers, Carpel-Tunnel syndrome, over weight or cancer and many other health problems for several years. Some of them are now without any medications. All of them are very healthy. Some of them were also prevented from the complications of uncontrolled diabetes or

high level of cholesterol.

So now question is what is this miracle A2M-ShopAnn System ?. It's nothing but a combination of few natural food items, most of them we are using in our daily life either in cooking or we are eating.

There is a huge scientific background behind this success. This could be a breakthrough in current medical science.

One of our plasma proteins, alpha-2- macroglobulin (A2M) in our body is protecting us all the time without our knowledge. The main function of this protein is to remove about five hundred types of toxins (proteases) which are the main cause to start many disease(s). I have mentioned a list of naturally available food items (never touch with heat) which could keep our A2M in physiological concentration and keep us healthy by inhibiting toxic effects of proteases.

## BACKGROUND

A2M: a lifesaving protein is opening a new window in preventive medicine & healthcare research.<sup>[1-7]</sup> In a clinical study (first time in the world)<sup>[3]</sup>, in each patient (randomly selected), the plasma concentration of A2M - a broad-spectrum protease inhibitor - significantly decreased and conversely, the toxin, protease activity increased in various types of diseases who were admitted in a hospital in Bangladesh.<sup>[5]</sup> This finding was an expected phenomenon on human based on previous research done on animal models 25-30 years ago.<sup>[11,12]</sup> In many severe and common diseases, the involvement of proteases are well recognized.<sup>[7]</sup>

Our new concept is “the prevention of disease(s) may be possible by inhibiting the toxic effects of proteases through increasing our own A2M”. Therefore a new laboratory blood test (measurement of A2M) should be introduced for unknown cause of disease (s) or to know the current health status. If it is lower than its physiological concentration, it should be raised by using natural food materials (which are mentioned in this article).

A2M is the key protein that was found 0.6 billion years ago in a variety of animal phyla, including nematodes, arthropods, mollusks, echinoderms, urochordates, vertebrates, invertebrates and even plants, which probably accounted for their survival.<sup>[16,18]</sup> The concentration of A2M is significant (2-4 mg/ml) in humans, which probably accounts for our protection against proteases and which keeps us healthy all the time.<sup>[4]</sup> If proteases are eliminated or if the physiological concentration of A2M is maintained in our bodies, many diseases could be cured or prevented.<sup>[4,7]</sup>

A2M acts as an anti-protease capable of deactivating neutralizing a wide variety of proteases.<sup>[4,18]</sup> It acts as a fibrinolysis inhibitor by suppressing plasmin and kallikrein. It functions as a coagulation inhibitor by suppressing thrombin. Alpha-2-macroglobulin may act as a carrier protein because it also binds with numerous growth factors and cytokines, such as platelet-derived growth factor, basic fibroblast growth factor, TGF- $\beta$ , insulin, and IL-1 $\beta$ .<sup>[4,18]</sup> Recently, some books and scientific publications have shown that we are only affected by various diseases when **A2M**, decreases.<sup>[1-7, 11-13]</sup>

It was recently shown in an animal research that the amount of this A2M in a type of rat (naked mole rat – NMR, *Heterocephalus glaber*) is nearly double the amount in humans.<sup>[8]</sup> The gut of the NMR is colonized by diverse, but low numbers of cultivable microbes compared with humans and mice. The primary food plants of the rodents are rich in

polyphenols and related compounds, possessing anti-microbial, anti-inflammatory, anti-oxidative as well as anti-cancer activity which may contribute to their exceptionally healthy life. These rats live longer and are free of cancer.<sup>[9]</sup>

Polyphenols are naturally occurring compounds found largely in fruits, vegetables, coffee, tea, nuts, legumes and cereals. More than 8,000 different phenolic compounds have been identified in plants.<sup>[10]</sup>

About 30 years ago, the results of some very surprising animal (rat and guinea pig) research studies showed that this protein (A2M) was miraculously capable of saving the animals from sure death in a septic shock model.<sup>[9-10]</sup>

A2M is a broad spectrum protease inhibitor. It might be possible to reveal the hitherto unknown causes of many diseases or any new information about them by determining the amount of this protein in the blood.<sup>[14]</sup>

If the amount of A2M in a blood test is less than normal (2-4 mg/ml), then poisoning by a group of powerful harmful chemical, protease(s), (an enzyme), is particularly likely. This is because the main element required to remove this poisonous protease is a protein, A2M. Only in its absence is the protease able to poison freely and the auto-immune power of the body gradually deteriorates, which can lead to serious illness.<sup>[14]</sup>

Most of the drugs hitherto available globally to cure various diseases have been prepared to resist a particular type or types of protease.<sup>[4]</sup> However, A2M, which is present in our body from birth, is capable of neutralizing any kind of protease. Therefore, determining the amount of protein and returning the required amount of A2M to the body may one day help us get rid of many diseases.

Maintaining physiological concentration of this special protein (A2M) in our body by using few natural foods keeps many people healthy without any disease may be a ground breaking invention in medical science.

As long as A2M is not developed as a drug, polyphenol containing foods (since there is a correlation of raising A2M with polyphenol) along with other foods may be used on a daily basis in order to stay healthy without developing any disease (s). In addition, a miracle

observation was also found. At least until now the complications of uncontrolled diabetes or high level of cholesterol were completely prevented by using A2M-ShopoAnn System.<sup>[19]</sup>

## CONCLUSION

The mechanism by which A2M is clearing toxins (proteases) opened a new window to understand the main cause of starting of many disease (s). It is a protective mechanism by which people in the whole of the world can have disease free life. Further studies needs to be done to find out the relationship between A2M and proteases in different diseases such as: Diabetes, Hypertension, Viral infections (including HIV), Flu, Cholera, Malaria, Diarrhea, Dengue, Chechen pox, Rheumatic fever, Infection, Septicemia, Septic shock, Cerebrovascular diseases (stroke), Cardiovascular diseases: Heart attack, Any clot formation and clotting disorders, Cancers - any type, Alzheimer's disease, Autoimmune diseases, Psychiatric disorders (including Autism, Schizophrenia), Genetic disorders, Kidney disorders, Joint pain etc.

*In order to obtain healthy life following food items should be used.*

### **40 Foods High in Polyphenols<sup>[17]</sup>**

You can select any/many item(s) on your choice

#### Herbs and Spices High in Polyphenols

1. Cloves (15,188 mg per 100 g)
2. Peppermint, Dried (11,960 mg per 100 g)
3. Star anise (5,460 mg per 100 g)
4. Cocoa Powder (3,448 mg per 100 g)
5. Mexican Oregano, Dried (2,319 mg per 100 g)
6. Celery Seed (2,094 mg per 100 g)
7. Dried Sage (1,207 mg per 100 g)
8. Dried Rosemary (1,018 mg per 100 g)
9. Dried Spearmint (956 mg per 100 g)
10. Dried Thyme (878 mg per 100 g)
11. Capers (654 mg per 100 g)

#### Other Herbs and Spices High in Polyphenols

#### Fruits High in Polyphenols

12. Black Chokeberry (1,756 mg per 100 g)

13. Black Elderberry (1,359 mg per 100 g)

14. Lowbush Blueberry (836 mg per 100 g)

15. Blackcurrant (758 mg per 100 g)

16. Highbush Blueberry (560 mg per 100 g)

17. Plum (377 mg per 100 g)

Other Fruits High in Polyphenols

Vegetables High in Polyphenols

18. Black Olive (569 mg per 100 g)

19. Green Olive (346 mg per 100 g)

20. Globe Artichoke Heads (260 mg per 100 g)

21. Red Chicory (235 mg per 100 g)

22. Red Onion (168 mg per 100 g)

23. Green Chicory (166 mg per 100 g)

24. Spinach (119 mg per 100 g)

Other Vegetables High in Polyphenols (per 100 g)

Nuts and Seeds High in Polyphenols

25. Flaxseed Meal (1,528 mg per 100 g)

26. Chestnut (1,215 mg per 100 g)

27. Hazelnut (495 mg per 100 g)

28. Pecan Nut (493 mg per 100 g)

29. Soy Flour (466 mg per 100 g)

30. Roasted Soybean (246 mg per 100 g)

31. Almond (187 mg per 100 g)

32. Soy, Tempeh (148 mg per 100 g)

Beverages High in Polyphenols

33. Coffee (214 mg per 100 ml)

34. Black Tea (102 mg per 100 ml)

35. Red Wine (101 mg per 100 ml)

36. Green Tea (89 mg per 100 ml)

37. Apple Juice (68 mg per 100 ml)

38. Pomegranate Juice (66 mg per 100 ml)

Other Beverages High in Polyphenols

Other

39. Extra-Virgin Olive Oil (62 mg per 100 ml)

40. Vinegar (13 mg per 100 ml)

**Other food items** (Select any/many/all of the items on your choice)

- 1) Raw garlic - chopped finely (2 cloves)
  - 2) Raw ginger - chopped finely - 1 teaspoon
  - 3) Raw (bitter melon –Karella) juice - 5 teaspoons
  - 4) Rose apple juice - 5 teaspoons
  - 5) Black cumin – 2 teaspoons
  - 6) Raw turmeric juice - 2 teaspoons
  - 7) Extra virgin olive Oil - 1 tablespoon
  - 8) Basil (Tulsi) juice - 2 teaspoons
  - 9) Fenugreek (Methi) - 1 tablespoon
  - 10) Date - 1 piece
  - 11) Grapes - 5
  - 12) Variety of green vegetables - Half kg
  - 13) Honey - Half teaspoon
  - 14) Milk – 1 glass
  - 15) Ripe banana – 1 piece
  - 16) Cinnamon powder – ½ teaspoon
  - 17) Watermelon drink - 1 glass + honey – 1 teaspoon + Lemon juice - 1 teaspoon
  - 18) Pomegranate – 1/2 cup
  - 19) Fish or meat - 1 cup
  - 20) Figs -1
  - 21) Yogurt- 1 cup
  - 20) Water – 3 liters (in 24 hours)
  - 21) Sleep - 7-8 hours (in 24 hours)
  - 22) Smoking and Alcohol – Prohibited
- (Walking 30 minutes every day or any kind of regular physical exercise is recommended).

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