Journal of Cancer Science & Treatment
JCST, 5(S1): 01
www.scitcentral.com
ISSN: 2641-7472

Abstract: Open Access

A Review of Nutrients to Extend Healthspan and Avoid Cancer by Reducing the Amount of Protein Misfolding and Calcification!!

Alfred "Roc" Ordman*

Triumph Health Corporation, Beloit College, USA.

Published February 17, 2023

ABSTRACT

At low levels, vitamin C (VC) traps free radicals to reduce cancer risk. At high levels, it generates them to kill cancer cells. Since 1984, I have been reading about and conducting original research on how to extend human healthspan. In 1994 my discovery of the optimum dosage of VC to trap free radicals was the banner headline of USA Today. My website, nutritioninvestigator.org, contains over 700 pages including theories of why we age. My nutrition newsletter provides links to healthspan articles.

When I developed bladder cancer, the standard treatment to prevent recurrence was expensive and only 10% effective over 5 years. I conducted a clinical trial to develop a VC formulation to prevent recurrence. An article explaining its mechanism of action led to it being manufactured as a nutrient supplement, Triumph. It produces an elevated level of VC in the bladder that generates free radicals to kill cancer cells. Combined with vitamin K (VK), it is likely to prevent initiation of other cancers. The VK level in the serum also promotes decalcification of the arteries which decreases the risk of heart disease.

I was then invited to develop any supplement I wished. Because another cause of aging, The Translational Infidelity Error Theory, which causes protein misfolding (PM), had recently been discovered, I developed Mito-C, a nutrient supplement with natural ingredients selected to slow the process of PM. PM is responsible for Alzheimer's, Parkinson's, other dementias, arthritis, and other age-associated diseases. A peer-reviewed scientific article about this has also been published.

Many foods and specific nutrients reduce one's risk for age-associated diseases. It is an honor to spread this knowledge to help reduce medical expenses and suffering.

Keywords: Healthspan, Misfolding, Alzheimer's, Parkinson's, Dementia

Corresponding author: Alfred Ordman, Triumph Health Corporation, Beloit College, USA, E-mail: ordman@beloit.edu

Citation: Ordman AR. (2023) A Review of Nutrients to Extend Healthspan and Avoid Cancer by Reducing the Amount of Protein Misfolding and Calcification!! J Cancer Sci Treatment, 5(S1): 01.