

# C60: a 'life force agent'?

**A seemingly trivial but biologically very exciting effect of C60: regrowth of a 'dead' nail.**

As the acknowledged leading anti-aging doctor in the Netherlands (age 87 and a dozen books on the subject to prove it under my belt) I have been advising my patients for some time to do as I do: take C60 and TA-65, which I regard as by far the most important tools to live (much) longer and stay (much) younger.

As a preamble to the basic theme, C60, let me tell you something about my personal experience with TA-65, the 'Nobel- technology' preparation that lengthens your telomeres (see Wiki). I'm not going to mention such intangibles as 'more energy', 'better sleep', etc., but will confine myself to a characteristic aging phenomenon known in bio-gerontology as *dysdifferentiation*. 'What the heck is that?', you may wonder.

Well, in early foetal development the polypotent cells differentiate (specialize) into liver cells, brain cells, skin cell, etc. That's *differentiation*. Most of the genes in the DNA in our organs and tissues are 'silent', only those genes required to make e.g. a liver cell function properly are 'open'. *Dysdifferentiation* is the reverse and occurs in the old individual. As has been shown experimentally the brain cell of an old rat may start producing haemoglobin because the suppressed gene for Hb has been 'opened' in the brain cell, a very abnormal phenomenon related to aging. This is an example of *dysdifferentiation*.

In humans a familiar example of *dysdifferentiation* is the growth of fine hairs on the auricle, which is found only in older individuals. It is a typical aging phenomenon recognised by science. At 82 when I first started taking the 'telomere extender' TA-65, I had these tiny hairs on my auricles for many years, as evidenced by the fact that my wife who gave me a hair-cut every six weeks would use a small pair of scissors to trim my auricles. Surprise, surprise: after using TA-65 for a few months the hairs on my auricles had completely disappeared: my auricles were as bald as in my younger years. A case of *dysdifferentiation* had been eliminated, true 'rejuvenation' had been achieved. I reported this to a number of scientists, among whom Bill Andrews (molecular biologist, the scientist who discovered the human telomerase at Geron, who was duly impressed by this surprising finding. I merely mention this as a preamble to my curious tale about a C60 effect.

## **C60 and nail growth**

Both C60 and TA-65 are known to promote hair growth and nail growth in humans. Incidentally, my nails started to grow faster when I began using TA-65.

But one sick nail (on my left big toe) refused to budge. Due to a skiing-accident some forty years ago this nail was dropped, never to return. All that remained was an exposed nail bed and a dark bluish-green sickle-shaped sliver at the base, a bit like the stump of a severed leg.

Little wonder that though all my nails grew faster with TA-65, my left big toe was totally unaffected. Now before proceeding one more observation.

It had been known since the early sixties when a British physician started documenting the rate of growth of his finger nails during his life, that the rate of nail growth is a reliable indicator of your state of health and even of your risk of dying. For example, even when he had a cold his nails would grow more slowly, and, as said doctor observed (a phenomenon that has subsequently been corroborated) some time before his death his nails had stopped growing. As a rule of thumb it may be said that when nails stop growing altogether people will be dead within two years on the average.

So, rate of nail growth may be regarded as an indicator of 'vitality' and 'life force'.

### **Surprise, surprise**

I had been taking C60 for two months when I happened to notice to my astonishment while drying my foot on the edge of the bathtub that my left big toe had grown a (healthy) new nail and that the greenish-blue sliver at the base was now at the top.

Biologically speaking an absolute 'miracle' that shouldn't be, and possibly an expression of the extraordinary action of C60 on the 'life force' (Bergson's 'élan vitale') of the body.

In my opinion as a biologist (and doctor) this effect of C60 on my 'amputated nail' is even more astonishing than TA-65 effect on my auricles. Could it be that this is a harbinger of a very long life ahead: another 80 years? Only time will tell, but on the basis of Moussa's rat experiment, the high dose of C60 I'm using at my age and my big toe miracle I take this possibility seriously into account.

**Thumbs up, or rather big toes up!** James Defares