 **Dr. Verdegem on Bios Life**

By teamrich Friday, February 22, 2008 bios life cholesterol diabetes dr peter verdegem triglycerides Unicity

Dr. Peter Verdegem Answers Your Questions on Bios Life

Dr. Peter J.E. Verdegem, Unicity’s Chief Science Officer, obtained a MSc in Organic Chemistry from the University of Leiden in the Netherlands. In his specialization he studied the chemistry of the photosynthetic reaction center of plants. After his MSc degree, he started a Ph.D. research project studying the human eye. For this various vitamin A analogues were synthesized and incorporated into rhodopsin, the visual receptor in the retina. NMR allowed to measure internuclear distances in the receptor vitamin A ligand, and thereby a three-dimensional model for the ligand could be constructed. This has resulted in a greater understanding of the fascinating physics that happens in the visual process. In 1998 he was awarded a Ph.D. in Bio-Organic Photochemistry.

Dr Peter Verdegem, Unicity’s Chief Science Officer picture

Peter J. Verdegem, Ph.D., MBA

**1. How serious can be a chromium reaction on diabetes?**

Chromium is very beneficial for diabetes. It is an essential mineral that serves as a sensitizers of insulin. It is the job of insulin to produce sugar levels. But if it does so in the presence of chromium, it is going to do it more effectively. So, the question suggests, that people think chromium is bad in the case of diabetes, because they ask about a chromium reaction. However, it will not create a reaction, it is just very good for people with diabetes because it is going to bring your sugar levels down even further, on top of the effect that Bios Life itself will generate.

The question probably relates to the statement on the box of Bios Life, we warn that if you are diabetic please consult with your doctor because this product contains chromium. The statement on the box is there to make sure that your treating doctor knows about the fact that you are going to take chromium, because if you use insulin and you are carefully set up to use the exact amount of insulin needed and you then add chromium to your diet from Bios Life, you will increase the sugar lowering effect so you will need less medication, less insulin. This is a very positive thing. We just want to make sure that your doctor knows about it. So chromium is good for diabetics, there will not be a chromium reaction.

**2. Does Bios Life have an ORAC value? (ORAC is big with the juicers)**

Bios Life does not have an ORAC value, of course it does have one, but we have never measured it. ORAC is an experimental procedure that tells us how strong a product is in providing antioxidant protection. The higher the ORAC value, the bigger the antioxidant protection.

Bios Life will have an ORAC value because there are some antioxidants in the product, think of the minerals, think of some vitamins, but the product, of course, is not an antioxidant product, so we have not seen the need to currently measure the ORAC value of the product.

**3. My HDL is so high that my total cholesterol number is 200. Can the HDL ever be too high? (I’ve been on Bios Life for years.)**

HDL can never be too high. What HDL is doing in your body is cleaning out the arteries of existing plaque, functioning as a kind of vacuum cleaner, picking up the excess fat in your blood. Some people, Dr Jerry Bresnahan for example, calls it a crowbar by making sure that existing plaque in the body is actually being loosened up in the arterial walls so that it can be removed more effectively.

So there is no maximum value for HDL, the higher, the better. And, in fact, due to your high HDL, the total cholesterol numbers being so high are not so much of a concern. It is much more beneficial to have a high HDL than it is dangerous to have high total cholesterol. So, high HDL values are perfect.

4. **Is Bios Life recommended if the customer is a teen/child diabetic?**

Bios Life can be safely taken by a teen if they have diabetes. We want to make sure that they do not start with the maximum dose. So start slowly with one packet a day and keep careful control, carefully monitoring of the glucose values, because of the effects that Bios Life will reduce your overall glucose values at the time.

**5. If someone is already on a pump for diabetes, can they safely use Bios Life?**

Yes they can, the same thing applies that the pump is carefully set to give the amount of insulin needed for the patient. With Bios Life the fiber and the chromium in the product are going to reduce the overall glucose values, so the pump will probably need to be adjusted and we would like you to discuss that with your doctor before you do so.

**6. A 10-year-old with juvenile diabetes; mother concerned with sugar content in Bios Life and how much to give.**

There is no sugar in Bio Life. Bios Life has absolutely no carbohydrates, so there is no effect on sugar levels by using Bios Life.

**7. Does Bios Life lower LDL even if there is no change in diet?**

Yes it does. The studies that we have done with Bios Life, and there are currently over eight, have all shown that people taking Bios Life did not do anything about their diet. So they did not need to change their diet in order to see the success of Bios Life on LDL levels.

**8. Can you drink Bios Life and Hawaiian Non! together?**

Yes, no problem. Bios Life is a food, Hawaiian Noni is a food; you can safely add those two products together.

**9. Will Bios Life absorb the good fats we eat?**

Bios Life does trap some of the fats from our food that is how it works. So if you are concerned, for example with omega-3 fatty acids from fish oil, which are very important fatty acids, you may want to separate the use of Bios Life and fatty acids over a time. What I would do is take Bios Life a few minutes before a meal and take fatty acids early on an empty stomach or before bedtime.

**10. Why don’t we talk about lowering triglycerides and the importance of lowering it?**

We do talk about it. Triglycerides are a very important additional risk for cardio vascular disease and metabolic syndrome. This is a big problem for diabetics the triglyceride values are the values that respond the quickest to Bios Life intervention. Our studies show that, on average, 40% of triglycerides are being reduced when you take Bios Life in a period of eight weeks.

**11. What makes Bios Life lower triglycerides?**

That’s a good question. First of all it lowers triglycerides because Bios Life traps fat in the digestive tract. Fat of course is the direct source of triglycerides, so that is a major effect. Also, Bios Life improves HDL; and HDL is known to pick up extra triglycerides in the blood stream and remove them from the body.

**12. When will Bios Life Complete be listed in the PDR?**

It currently is listed in the 2007 edition of the PDR (Physicians’ Desk Reference), under Unicity International.

**13. How many double blind studies have been completed on Bios Life 2 and Bios Life Complete and how many open panel studies?**

We have completed nine studies with Bios Life. Some of them are double blind, placebo controlled studies and some of them are open panel studies.

**14. What if you forget to take Bios Life before you eat or do not have it with you. Can it help to have it later or just do not do it that time?**

The best time to take Bios Life, in order to reach the maximum optimal effect, is about 10 minutes before your meal, before every meal. However, if you forget to take the product still take it at any other time during the day.

Best time is before a meal, because fiber works best before the meal. The other ingredients being policosanols and phytosterols actually work throughout the whole day, so it doesn’t really matter for those ingredients when you take the product. Therefore, should you forget to take the product before your meal, go ahead and take it at anytime during the day; even after or during the meal, because it is always better than not taking it at all.

**15. What is the difference between the double blind studies and the open panel?**

A double blind study is a study that is considered to be the state of the art study today, for studying the effects of pharmaceuticals and also dietary supplements.

The importance of the double blind, placebo controlled study is that there are two groups of people that take part in the study. One group gets the real product, the effective product. The other group gets the placebo, which is indistinguishable from the effective product, only it has no effective ingredients in it. The patients that take part in the study and the doctor that administers the products do not know which product has been given to whom. By doing so you can be absolutely sure that any effect observed during the study with the active group is going to be in effect due to the product, because all subjective effects that may also play a role would also be present in the placebo group. So that is the best study design to see a difference.

An open panel study is another type of study in which everybody gets the effective product. We can then observe how strong the product is in a population based study. Sometimes it is better to do an open panel study than a double blind placebo controlled study because the ethical condition that you always have to go through before you do a clinical study does not seem as ethical if you give people with high cholesterol a placebo. Sometimes you are stuck with the fact that you have to do an open panel study. Also pharmaceuticals, like Lipitor, have done open panel studies because of the same reason.

**16. How much effect do emotions have on cholesterol and heart disease?**

That’s an interesting question. Interestingly the Psycho Social Dex which basically describes emotions is an important risk factor for cardio vascular disease. I believe that the Inner Heart Study ranks it at a position 4. It is true that being depressed or having other type of psychological problems may actually interfere with your cardio vascular health. If you are depressed for a long time you are more likely to develop a myocardial farction.

**17. Explain the health benefits to a young, healthy man or woman, with high cholesterol levels (30 to 50 years old).**

Bios Life is primarily a cholesterol optimizing product, however it has many more effects.

First of all it improves your digestive health by cleaning out your intestinal tract by promoting the growth of friendly bacteria. It controls your sugar levels, which makes sure that your have better energy and that you don’t have insulin spikes throughout the day. It lowers the glycemic index of your food which is a great benefit if you are, for example, diabetic or if you want to lose weight. It also stimulates your immune system by promoting friendly bacteria; therefore you are going to have better immune health.

So for that kind of person who has perfect cholesterol levels, Bios Life is going to have great health benefits for you.

**For more information on Bios Life, please go to www.bioslife.com or**

**www.unicitvscience.com**

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