

VITAMINS AND SUPPLEMENTS

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Although I am a plastic surgeon, my undergraduate degree was from the University of Florida School of Pharmacy where I completed my five year college degree in three years. I then practiced compounding pharmacy in Jacksonville at Owens Apothecary for three years. Because of financial needs, I continued to practice pharmacy for another four years while attending medical school at the University of Miami. The formulation of my protocol in the area of nutrition, vitamins and supplements has therefore evolved over my entire profession as a pharmacist, physician and plastic surgeon. The following is my personal regimen and not a medical recommendation.

NUTRITION:

Since I arise every day between 2:30-3:00 a.m., my first meal is no later than 3:30 a.m. This should be your largest meal of the day as our metabolism is at its highest level in the morning. My second meal is at 7 a.m. after my rigorous 1-2 hour work-out routine (karate/Shawn T Insanity etc.). Three smaller meals follows including my last and smallest meal at about 6 p.m. Supplements and vitamins are timed after all of these meals.

VITAMINS AND SUPPLEMENTS:

2:30 a.m.: Neo-40 (Nitric Oxide precursors) and Digestive Advantage (probiotic)

3:00 a.m. meal: 2 Organic eggs, humus and chicken sausage: then the fat soluble vitamins and supplements: Eye Vitamins: beta carotene 10,000 I.U., Lutein 40 mg, Lycopene 40 mg, Zeaxanthin 4 mg
Oils and omega three - OrthOmega 820x4 (or LifeExtension Super Omega-3), Flaxseed oil 2000 mg, Krill oil,
Vitamin D-3 10,000 I.U., Soy Lecithin 325 mg, Flaxseed oil 2000mg.

4:30 a.m. - 7 a.m. - Karate, meditation, Insanity

7:00 a.m. meal - after the 1-2 hour work out 5 days a week:

B-complex without minerals (Puritan Pride B-150); Ester C 500 mg;
Pycnogenol 150 mg, Resveratrol 300 mg, Ubiquinol 300 mg, red yeast
rice and garlique, LifeLink™ BHT and Metformin 500 mg.

10:00 a.m. meal - ingredients in Protandim taken separately in larger doses
(Milk thistle, Bacopa, Ashwagandha and Green tea) plus Turmeric 500 mg

1:00 p.m. lunch - all minerals: Magnesium L-threonine 144 mg., chelated
molybdenum 150 mcg, OptiZinc 30 mg, Selenium 200 mCg, Zinc and Tri-
iodine.

Also L-acetyl carnitine, D-ribose, Midogen; Niagen

6:00 p.m. salad and or veggies only. Prior to bedtime: probiotics,
magnesium, vitamin K, D-ribose and baby aspirin. Melatonin 5 mg at
bedtime (11 p.m.).

FOODS:

**ALL ORGANIC. NO GMO'S, NO FAST FOODS AND AVOID MOST
RESTAURANTS.**

10 TOP GMO FOODS TO AVOID: CORN, SOY, SUGAR, ASPARTAME,
PAPAYAS, CANOLA, COTTON, DAIRY, ZUCCHINI AND YELLOW
SQUASH.

All of my foods are carefully screened, are domestic/organic and gluten
free. My protein source includes organic chicken, organic lentils, organic
eggs, select organic nuts, select organic cheeses and limited organic beef.
I totally avoid genetically GMO foods and most foods that require an
ingredients label. I ingest at least 8-10 servings of organic fruits and
vegetables a day but avoid citrus, bananas and other high carb fruits. Also I
avoid cabbage family foods. All of my water is filtered and chemical free
(8-10 glasses a day). There are basically no safe sea foods so I only
indulge occasionally for enjoyment. I ingest 80% of my calories prior to 5
p.m. and retire at about 11 p.m. (awaken spontaneously 2:30-3 a.m.)

My top foods are: (IN SEASON AND ORGANIC):

Apples (3 a day)

Best nuts and seeds: Almonds, macadamian, pecans, walnuts, brazil nuts, pistachios, pumpkin seeds and sunflower seeds.

Beans and lentils

Lots of Veggies: Broccoli, spinach, lettuce, kale, beets (Beetlelite™), turnips, rutabaga, tomatoes (cooked, sauces, salza),

Lots of Fruits: Blueberries, raspberries, blackberries, apples (3 a day), pineapple, acai berries, kiwi, avocado and strawberries

Limited Cheeses (selected organic)

Eggs

Humus

Chicken thighs (skinless and boneless organic), organic chicken sausage and burgers.

Fluids: filtered chemically tested water only - preferably non bottled (only safe plastics if bottled) - 8 to 10 glasses a day. Limited safe sparking waters. **NEVER** allow lime or lemon slices to be inserted in your water: researchers swabbed the rinds and flesh of 76 lemons from 21 restaurants collected during 43 visits and found that a whopping 70 percent of them produced microbial growth.

Water alternatives: Organic Kombucha and Kevita, green tea, coffee, etc.

Juice spritzer: Mix seltzer water with cranberry, or pomegranate juice to create a bubbly, fruit spritzer. To keep calories low, try to stick with using just ¼ of juice and mix with cold tea Raw honey as sweetener for all drinks.

REGENERATIVE MEDICINE, PLASTIC SURGERY AND AGE EXTENSION:

As a pharmacist, physician, plastic surgeon and scientist, I have been actively involved with cellular medicine during my entire career. I began performing fat grafting 35 years ago and wrote a chapter on “specialized technique of fat grafting in the face” five years ago (ref#1). Six years ago I

met Dr Mark Berman, co founder of CSN, and became involved in regenerative medicine (ref#2). At a t symposium earlier this year, I met telomere researcher Dr Bill Andrews and formulated my strategy for life extension (ref#3). I spent 3 days this month with Dr. Lee in Seoul, Korea training on his new expansion/storage system. This system will be installed in my clinic later this year.

Theoretically, qualitative human life may be extended with the above lifestyle changes. However, there is increasing evidence that our telomere lengths determine longevity. My mentor at Medikan in Seoul, Dr Hee Young Lee recommends telomere testing and is closely working in the area of telomere research. As we age, our telomeres shorten but there are always stem cells with telomeres of varying lengths. Therefore, isolation and expansion of the cells with longer lengths may be achieved. Reinjection of these cells can theoretically extend our life expectancy by decades. The use of allogeneic stem cells (from younger individuals of the same species) may be an alternative (ref#4).

REFERENCES: Nutrition, Vitamins and Supplements:

Nitric Oxide:

<https://www.dropbox.com/s/w0qnra27fo422sj/csn-%20no%20stem%20cells%20june%202017.pdf?dl=0>

https://www.youtube.com/watch?v=E88Mmm_E2RI

<https://www.youtube.com/watch?v=KwTYPFWo430>

REFERENCES: Stem Cell Science:

1. www.stemcellsurgeryflorida.com

“Stem Cells in Aesthetic Procedures” - Springer publications 2014 - Dr Lewis Obi, chapter 29:

<https://www.dropbox.com/s/ukk0n67uoontdl7/Stem%20Cells%20in%20Aesthetic%20Procedures.pdf?dl=0>

2. Stem cells for knee repair: <https://www.outpatientsurgery.net/surgical-services/orthopedics/the-future-of-knee-repair--02-16>

3. CURING AGING - Bill Andrews on Telomere Basics - Sierra Sciences LLC, Reno, Nevada 775.856.9500 ext 108

4. <http://stemcellassays.com/2015/08/msc-extend-life-span/>