

## **Optimal dose of Vitamin D<sub>3</sub> 400 I.U. has a significant anti-cancer effect, while widely used 2000 I.U. or higher promotes cancer: Since marked reduction of Taurine was found in various cancer tissues, oral intake of optimal dose of Taurine with ω3 fish oil & cilantro was found to be new safe and effective method of cancer treatment**

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**Introduction:** The author had found that the optimal dose of Vitamin D<sub>3</sub> 400 I.U. has safe & very effective anticancer effects, while commonly used 2000~5000 I.U. of Vit. D<sub>3</sub> gives a 2~3 times increase in cancer markers. We found Taurine has a similar effect.

**Method:** Using very strong Electromagnetic Field (EMF) Resonance phenomenon between 2 identical molecules with identical weight for which U.S. patent was given in 1993, non-invasive measurement became possible without expensive bulky measuring instrument. Effects of optimal dose of Vitamin D<sub>3</sub> & Taurine were compared.

**Results:** We examined the concentration of Taurine in normal internal organs and in cancer & other malignancies' tissue. We found that Taurine levels in normal tissue are 4~6ng. But in the cases with malignancies, the amount of Taurine was strikingly reduced to less than 0.25ng in adenocarcinoma of the esophagus, stomach, colon, prostate, breast, and lung. Therefore we determined first what the optimal dose of Taurine would be for the average healthy adult, which we found to be 175mg of Taurine instead of commonly used 500mg. Since in cancer patients Taurine is markedly reduced at least 1/16~1/24th of its normal value, we examined the effect of the optimal dose of Taurine on cancer patients. In a patient with normal tissue, the effects of one optimal dose of Taurine usually lasted one day. However in a cancer patient, the effect did not last as long, and required Taurine 3 times/day. This dosage for cancer patients produced a very significant change in cancer associated parameters, such as Oncogene C-fosAb2 & Integrin α<sub>5</sub>β<sub>1</sub>, being reduced to less than 1/1,000th. The optimal dose of Taurine 175mg with omega 3 fish oil (EPA 180mg & DHA 120mg) & cilantro 3 times/day, significantly increases urinary excretion of these cancer parameters, toxic metals, & microorganisms. Thus, optimal dose of Taurine can be used as new safe, effective, economical & non-invasive treatment for various cancer patients together with optimal dose of ω3 fish oil & cilantro.

**Discussion:** Use of optimal dose of Taurine of about 175mg is very important. Since most of Taurine is available as 500mg tablet or capsule of 500mg powder, people often use 500mg (which is about 3 times over dose), without evaluating optimal dose. In cancer patients, instead of using toxic overdose, it is important to use more frequently optimal dose. Anti-cancer effect as well as urinary excretion effect of bacteria, virus, fungus, and toxic metals & substances are superior with optimal dose of Taurine compared with optimal dose of Vitamin D<sub>3</sub>.

### **Biography**

Yoshiaki Omura received Oncological Residency training at Cancer Institute of Columbia University & Doctor of Science Degree through research on Pharmaco-Electro-Physiology of Single Cardiac Cells in-vivo and in-vitro from Columbia Uni.. He studied & researched on EMF Resonance phenomenon between 2 identical molecules at graduate experimental physics dept., Columbia Uni.. He published over 270 original research articles, many chapters, & 9 books. He is currently Adjunct Prof. of Family & Community Medicine, NY Medical College; Director of Medical Research, Heart Disease Research Foundation of NY; President & Prof. of Int'l College of Acupuncture & Electro-Therapeutics, NY; Editor in Chief, Acupuncture & Electro-Therapeutics Research, Int'l Journal of Integrative Medicine, (indexed by 17 major int'l Indexing Periodicals); Editor of Integrative Oncology. Formerly, he was also Adjunct Prof. or Visiting Prof. in Universities in USA, France, Germany, Italy, Ukraine, Brazil, Portugal, Turkey, Serbia, Japan, Korea, Taiwan, & China.