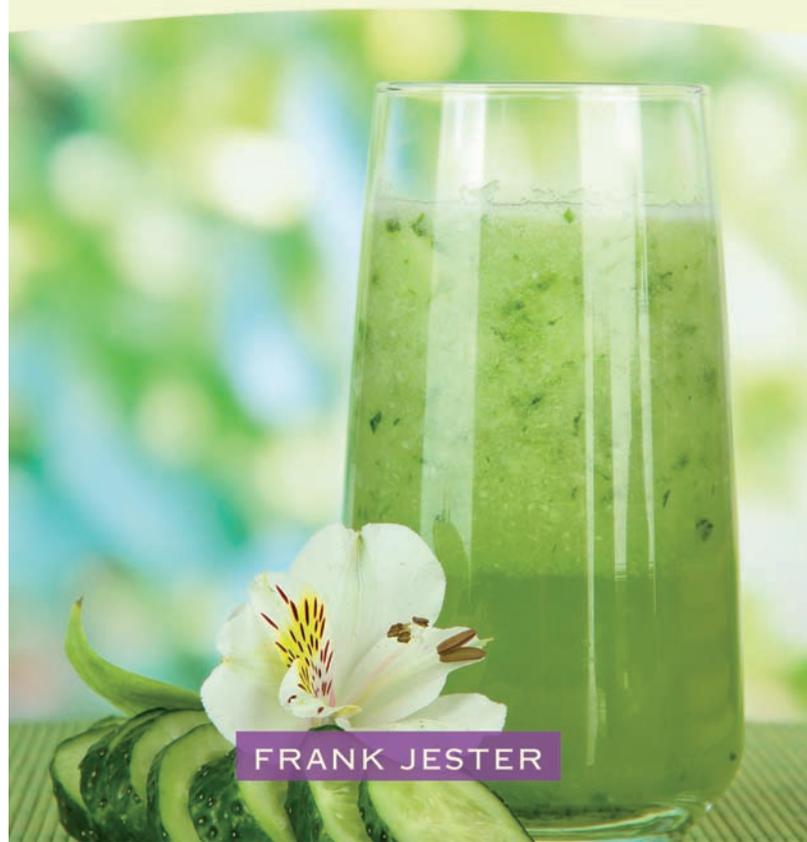


# ARGININE, OPCs AND pH-BALANCE

POWER-NUTRIENTS AND DETOXING  
FOR A LONG AND HEALTHY LIFE



FRANK JESTER

Frank Jester

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Power-nutrients and detoxing  
for a long and healthy life

1st english edition, July 2015

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## About the author



Born in Hamburg, Germany • 1988-1991 professional training as a paramedic • 1996-1998 professional training as a state-approved practitioner in alternative medicine • 1998 visiting student at the Carl Gustav Carus medical academy in Dresden • 1994-2001 medical student at the University of Hamburg, major subjects: oncology, ophthalmology • 2000 internship at the military hospital in Chişinău, Moldova • 2001-2005 student of dentistry at the University of Hamburg •

2005 established own practice in Hamburg • 2014 appointed as an honorary professor at the Kokshetau University, Kokshe Academy, Kazakhstan, for his work and research on arginine

### Professional Life

Since 1993, lecturer in alternative medicine at the German Paracelsus Colleges in Hamburg, Bremen, Oldenburg, Bielefeld and Kiel with special focus on detoxification, purification and nutrition consulting, especially natural foods nutrition • Amalgam elimination • Delivery of first aid courses for learner drivers and pilots in Hamburg since 1998 • 2005 - 2014 own medical and dentistry practice in Hamburg

He is currently focused on further research and gives lectures in German and English on arginine and other health topics.

## Hobbies and Personal Interests

Founder of the Adventure Hiking Club • Provider of survival courses for managers • Founder of Bremen Survival • Cycle trips from Hamburg to Morocco, Norway (North Cape), Russia and New Delhi, India. Recently, completed 5,500km cycle tour around the Baltic Sea on just raw fruit and vegetables • Canoe tours • Diving • Builds ships in bottles, small aircraft pilot • More than 80 inventions waiting to be patented • Languages: German, English, French, Spanish, Russian and Polish.

### Acknowledgements

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Hamburg, May 2013

## Introduction

Today, science is discovering ever-more 'treasures of nature' and causal links between nutrition, nutrients, lifestyle and health. Although our body is so incredibly complex, health is actually a simple thing, provided you stick to certain laws of nature. Use nature's power nutrients. Combining these with natural methods of deacidifying and detoxifying we can maintain and win back our health.

I have always been completely convinced that there is basically only one single, one central cause for illness - to some extent, the mother of all illnesses. In my medical career, I have always been on the look out for it. I have a wealth of apprenticeship and journeyman experience behind me - the traditional path along which everyone has to walk to become a doctor. Of course, I learned a lot about medicine in this time, or rather, about the current state of orthodox medicine. But there was one thing missing at university and in my everyday life as a practitioner: information on how to make people 100 percent healthy.

When I say healthy, I mean putting people back to the condition they were in before they became ill, without leaving any scars, without affecting any other organ, and without medication and its side effects. In another area, this distinction becomes clearer. I am also a certified dentist, having followed traditional training in dentistry. But under no circumstances would I go so far as to claim that I practice healing. What I do - and I say this quite clearly - is solely to repair dental substance.

And it was exactly the same in the field of human medicine; namely relieving symptoms while the causes remained untreated. Later, I turned to natural medicine and studied its laws.

So let's take a look at the causes of ill health and take heart from nature's bounty. This includes a 'wonder molecule', arginine, providing natural energy for our arteries, direct from the chessboard of human evolution; antioxidants, such as the previously unknown oligomeric proanthocyanidins, or OPCs, which protect the body from free radicals; and other measures such as an alkaline-focused nutrition, rich in minerals and high in fibre. Show the red card to unnecessary interventions forever.

I really hope that this book will have a positive impact on your life. If you read it once, you will only be able to take in and use some of the information. So read it again and again, treat it as a reference book and try out some of the ideas it contains step by step.

In trying to change their diet, many people realise that it is not so easy change entrenched habits. This is mainly because people try to leave something out or to limit their diet. This is frustrating over time.

Therefore, my suggestion is to add something first (arginine, vital nutrients, OPCs, fibre). The resulting spark of energy will motivate you and encourage you to address other causes and to gradually turn your nutrition and lifestyle around, bit by bit. Choose a diet rich in alkaline-forming foods that fills you up and satisfies you, and that provides balance. This helps you address the real cause of (chronic) health problems, instead of repressing symptoms.

You can do it! Try it. There is a wealth of academic research and practical tips to help you.

### **Why this combination?**

If I were only to write about arginine, the wonderful thing about this amino acid - its wide spectrum of effects - would not come to the fore sufficiently. If, on top of this, we can develop an awareness of the frequency of over-acidification and nutrient deficiency of our diet today and of how arginine can improve blood flow, helping to transport waste and supply oxygen and nutrients to the smallest of capillaries, only then, I think, can we recognise just much potential is there. This is what really enthuses me! Maybe, in the course of the book, I can infect you with some of this enthusiasm.



## 40,000 illnesses. 40,000 kinds of health?

Roughly 40,000 illnesses have been recorded and I do not know of one that can be completely and truly healed with the help of orthodox medicine. If there are 40,000 illnesses is the corollary that there are also 40,000 'healths'?

Of course this is just pure speculation. Naturally, we have only one single state of health. But if there is just a single kind of health, is there perhaps just one single kind of illness, too? If this were true, we should all begin the quest for this one single illness. If we could remedy this 'core illness', we would, as a logical consequence, become healthy across all aspects of our life. For this to happen we need to find a miracle cure. Of course, I mean this in a metaphorical sense; miracles are the *métier* of the Brothers Grimm. In an ideal scenario it would make more sense to talk about a universal cure, one rooted in a natural base, providing a supportive function for the body: a type of biological spark plug. At the end of the day, only the body can heal itself – even the godfather of doctors, Hippocrates, knew that.

I maintain that we already have such a spark plug. It does not have to be re-invented. It has always been there. It is the amino acid arginine. It has taken a long time for man to understand its central role in people's health. Currently, taught medicine is exceedingly slow in acquiring knowledge of it.

Therefore, let us start the search for the roots of illness; treating its symptoms only takes our minds off the goal. I want to think beyond just fighting symptoms. In the long term, nobody is going to be helped by simply taking them away. I research the root of the

problem, which is why I always want to know one thing before prescribing treatment: why has the body become ill? Why is the person experiencing pain? Why does their connective tissue not work? Why does an organ malfunction either some or all of the time?

One such question is why people feel unwell when they suffer from arthritis. Arthritis is a degenerative disease of the joints. But what causes it? Why do some people suffer from arthritis, while others do not? Why do long-distance runners and other endurance athletes not have a problem – most of the time – with a degeneration of the joints? Why do other people suffer from high blood pressure, skin problems, liver damage, Alzheimer's, acne or diabetes? Is there just a single illness behind all this, perhaps? And, if so, how can I heal this illness?

But note: I'm talking about healing, not about repair work. Based on my understanding of medicine this means putting people back in the situation they were in before they became ill, without leaving scars and without affecting any other organ. This is healing for me, even without medication. On most packaging users are warned to consult their doctor or chemist for details concerning risks and side effects. This phrase does not sit well with an ever-growing number of people and rightly so, as side effects are often reported in the more serious media.

## Symptoms gone. But is everything OK?

A German newspaper, Süddeutsche Zeitung, brought the facts to the table with a shocking report. For some years now, specialists at clinics in Greifswald, Jena, Rostock and Weimar have been examining newly admitted patients for medication as the cause of their illness. Based on the experience gathered, pharmacologist Petra Thürmann from Wuppertal estimates that around five percent of all admissions to departments of internal medicine can be traced to side effects. The German Federal Institute for Drugs and Medical Devices has confirmed the scale of the problem. This would mean up to 300,000 cases a year. Based on estimates drawn up by leading health researcher Prof. Gerd Glaeske at the University of Bremen,

anything between 16,000 and 25,000 deaths are caused by side effects and interaction a year.”

The article continues to say that kidney damage was comparatively rarely recorded. Two-thirds of all cases in clinics dealt with gastric haemorrhaging and stomach ulcers in connection with pain killers, low blood sugar levels as a result of medication used to fight diabetes and sometimes serious damage caused by cardiovascular preparations.



With one specific form of cardiac insufficiency, 70 to 80 percent of patients suffered additional problems due to the treatment.

Very often, when patients suffer side effects, they are basically trading one complaint for another. There is a whole range of compelling research on this issue. Prof. Rainer Böger MD from the University Clinic in Hamburg has recently published further findings. One of his central arguments is that anti-hypertensive medication can cause considerable damage to the liver. In other words, if you try to reduce blood pressure, you may possibly end up suffering from liver damage. This is a bad swap and a million miles away from healing in the original sense of the medical professional.

Let us take a look at an over-acidified rheumatism patient. The doctor prescribes medication to ease his suffering. Soon afterwards, other symptoms such as stomach pains appear. No wonder. Because of the medication, the stomach starts producing additional acids. Then the patient is prescribed new medication. This time, he takes a so-called proton pump inhibitor, an acid blocker to counteract the gastric acid. Problem remedied you might think. The stomach now no longer acts as a catchment tank for excess acid, and the patient can ‘stomach’ his rheumatism tablets much better. But the acid does not allow itself to be thrown overboard so easily. It is constantly on the lookout for a new outlet – such as the skin, joints, kidneys, fatty tissue, connective tissue or even the brain. In my medical practice, I have seen people come to me with a hotchpotch of up to 14 different medications.

Blood tests showed that all of these patients were over-acidified throughout their whole bodies. This brings us to our first key issue: over-acidification.

## Acids on the loose

Over-acidification, whether from an excess of medication, or an excess of alcohol, or for a number of other reasons can often lead to the same complaint: “I feel so drained and worn out,” followed by constant tiredness, lapses in concentration, a feeling of frailty and lack of energy. All these boil down to a single fundamental question: how acidic can or should a person actually be? Are there any standards, any rough guidelines? Is there anything like an acid barrier?

Remember the terms acids and bases? Something we all heard in chemistry lessons – and then forgot. Well perhaps it was not the most interesting subject in school. Nonetheless, the relationship between the two is very important, especially for our bodies and for our health.

There is another thing most people remember from their school days: 60 to 70 percent of our body is made up of water, both within and outside cells. This kind of water is not just plain water – it contains something more: for example, a wide range of solutes, which can either be acidic or alkaline. Acids are found in everybody, of course, they a natural product of our metabolism. At natural levels they are relatively harmless, since excess acids are normally secreted through the kidneys. But when there is an excessive amount of these acid-making materials streaming around our bodies, they can really cause some damage and the body finds another way to get rid of them, such as through the skin. When this happens, the skin shows signs of an acid problem and starts to defend itself.

## The secret of improved circulation: the biological ‘spark plug’, L-arginine

“Blood is quite a peculiar juice,” says Mephisto to Faust in Goethe’s classic drama. And it is a potent word that the great universal scholar Goethe leaves for us to contemplate. Science has come a long way since then, of course. Still, only a few people are truly aware of the diverse capabilities of their blood. This is somewhat remarkable, when you consider the fact that it is the source of life, ensuring that our body and organs work, that we remain agile, effective and healthy. Blood contains all of the key nutrients and energy that humans need to lead a healthy life. Blood accounts for roughly eight percent of our bodyweight and in adults five to six litres are constantly pumped around the body. Sometimes under more pressure, sometimes under less. If blood pressure goes haywire the heart will encounter problems, as the heart has to constantly transport hormones, vitamins, minerals, enzymes, proteins and nutrients to all of the body’s organs and tissues.

On top of this, blood is both the bringer of oxygen and the disposer of harmful waste substances and germs that have infiltrated the body. Our lifeblood also acts as a central warning system: if something goes wrong somewhere, specialised cells pass this on - like sending radio signals through the blood. This in turn activates the body’s own defense mechanism which sends further cells to the rescue in the relevant crisis area. The system of arteries in the human body manages the transport logistics for this valuable fuel – a biological masterpiece developed over millions of years and optimized by evolution.



It is an ingenious system of pipelines through which this 'peculiar juice', pumped by the heart, flows its lifelong course through a dendritic cosmos of flexible tubes as wide as your thumb in the centre of the body. At the periphery of this network the tubes are as fine as hair – the capillary system. In general, the network in an adult body measures roughly 90,000 kilometres. Laid out end-to-end, the blood vessels of a single adult could wrap around the Earth two-and-a-half times.

This universe of arteries, veins and minute capillaries is a wonder of nature, supplying our body with the crimson juice of life down to the tiniest of fibres in our circulatory system.

A miracle of construction is an apt description of the heart. What a phenomenal achievement it performs in simply carrying out its work – transporting 7,000 litres of blood around the clock, day-in, day-out. An engineer that came even close to replicating such a marvel would surely win a Nobel prize.

Researchers have also earned more than praise for striving so successfully in easing the Herculean work of our central power unit, in improving the quality of our lives and in extending the time that we have to enjoy it.

The rewards came in 1998 when three American scientists, Robert F. Furchgott, Louis J. Ignarro and Ferid Murad received the Nobel Prize. As the Nobel Committee stated, the prize was awarded, "for research into the effects of nitrogen oxide (NO) as a signalling molecule in man's cardiovascular system".

Let me give you a brief outline of the nature of the discovery. Nitrogen oxide naturally occurs in the human body. When it does, it 'explodes' the arterial system. I mean that in a positive sense. I am referring of course to a widening of the arteries and, as we know, one of the benefits of this is that the heart can significantly increase its efficiency.

I deliberately chose the explosion metaphor to weave in a piece of medical history, because the story of the discovery of arginine is pertinent to Alfred Nobel himself. He earned uncountable millions from his discovery of the explosive nitroglycerine. He donated part of this wealth to researchers and creative artists in a variety of categories through a foundation – the Nobel Prize.

The curious thing about this story is that Alfred Nobel was prescribed precisely this nitroglycerine by his doctor as a means of combating his heart problems. Nitroglycerine releases NO, i.e. nitrogen oxide, the substance that opens our blood vessels wide.

However, Nobel only took it once, because this 'explosive' material gave him headaches. But his doctor was on the trail of the cause for Nobel's heart problems.

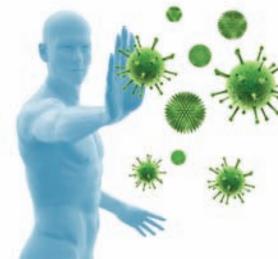
The one thing he could not know at the time was that it would be a structural relative of nitro that would deliver headache-free results, without any other side effects - and that this relative would be arginine. During Nobel's lifetime, arginine had not yet been discovered as a trigger for nitrogen oxide.

The potential that emerged from this discovery was only identified in much later research, particularly that conducted by Nobel prize-winner Louis J. Ignarro and others. While we are on the theme of medical history, initial research on arginine acquired the substance from an amino acid mix using silver (in the form of an arginine-silver compound). The word for silver in Latin is argentum, from where we get the name arginine. I know it sounds like cough medicine from the chemist's, but it is one of nature's building blocks.

Below you will learn about L-arginine's wide spectrum of activity. It makes for exciting reading. Could it really be true that L-arginine is a wonder molecule?

Speculate for yourself about arginine's possible fields of application. You already know that our blood supplies each cell throughout the entire human body with oxygen and nutrients. Arginine, as you also know, helps improve blood flow...

## Arginine's spectrum of effects





There are over 40,000 different illnesses. Does that mean that there are 40,000 states of health? We are either healthy or we are not. Accompany Frank Jester - Hamburg's hardest doctor - on his journey through our bodies, towards better health and a greater sense of well-being. Even if you don't intend to bathe in ice or cycle to Morocco as he has done, you can still make

use of his unusual approach and wealth of experience for your own health and well-being.

The book provides fascinating, well-founded insights into major academic findings from nutritional medicine and shows how you can make the most of them in your own life.

Learn...

- ♦ how to increase your energy levels, improve your intellectual skills, boost your immune system and enhance your performance in sports
- ♦ which symptoms are linked to over-acidification and what you can do about it
- ♦ how to effectively deploy the biological spark plug arginine
- ♦ how to cut the risk of heart attack
- ♦ why low-cholesterol diets are nonsense
- ♦ which combinations of nutrients are most effective
- ♦ what you can do about cravings and how to regulate your blood-sugar level

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