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Eating & Drinking a Substance More Than 25 Times the Optimal Dose Becomes Highly Toxic. Very Important Role of Optimal Dose of Vitamin-D3 and Clothes You Wear in the Fight Against Malignancies Including Glioblastoma and Cancers of Breast, Lung, and Pancreas as well as Loss of Control of Infection due to DNA-Instability

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## **Abstract**

Everything we eat or drink usually has an optimal dose which includes any medicine. Using optimal dose, we can obtain maximum improvement in our body with minimum amount. If you eat or drink more than 25 times the optimal dose it often creates serious toxic side effects. Particularly in the presence of electro-magnetic-field, often early stages of cancer develop. Strong EMF source such as cell phone is in the patient's pocket, multiple organs near the cellular phone in the presence of EMF can develop early stages of multiple cancers. And, if anybody spends more than one hour in short distance with patients who has abnormally increased 8-OH-dG & integrin α5β1, oncogene c-Fos AB2 or increased Human Papillomavirus Type 16, cancer can become infectious to the people who stay in close distance for more than one hour including dentist with advanced cancer treating patients. But we found the optimal dose of Vitamin D, has the most important 10 unique beneficial effects. Among them, most important 3 beneficial effects are: 1) Safe and most effective anti-cancer effect 2) It excretes viruses, bacteria, and fungus as well as toxic metals into urine 3) Acetylcholine significantly increases, which almost immediately improves brain circulation and the condition of the rest of the body, particularly improve memory and Alzheimer's condition. However, Vitamin C is also required for the body. But when it exceeds a few hundred mg most important beneficial effects of optimal dose of Vitamin D<sub>3</sub> effect will be inhibited and it will become highly harmful for the body. For some patients one cup of Vitamin C rich orange juice or lemon juice completely inhibits beneficial effects of optimal dose of Vitamin  $D_3$ . Also without touching the patient's body, at visible distance testing with Bi-Digital O-Ring Test, (which received a U.S. patent for non-invasive early diagnosis and treatment of cancers or cardio-vascular problems), strong BDORT negative (-) substance is touching the body surface inhibits beneficial effects of Vitamin  $D_3$ . For example, blue jeans or often black underwear or BDORT strong negative (-) white artificial teeth or brassiere or lipstick which has strong negative (-) BDORT is touching the body surface, beneficial effect of optimal dose of Vitamin-D3 will be inhibited.

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## Introduction

Every substance we drink or eat has an optimal dose. And the definition of the optimal dose is using minimum amount of which makes our body highly beneficial by making Bi-Digital O-Ring Test result strong positive. According to our study, optimal dose can be estimated accurately with the Bi-Digital O-Ring Test. But the question is how to measure the optimal dose is extremely important, because many substances have a highly beneficial effect, but their optimal dose is very small. Often the size is smaller than the tip of a 5th finger. But without testing the optimal dose if you eat more than 25 times of the optimal dose often results are highly toxic for the human body. For example, optimal dose of banana is about 2 or 2.5mm of cross section of banana. But, most of the people don't know what the optimal dose of the banana is. Most people often eat a whole banana. A whole banana is more than 50 times of the optimal dose, and often induces DNA-instability, which can contribute to the development of cancers. Also, when amount of zinc exceeds concentration of more than 30 mg it often produces DNA-instability which can be estimated by 8-OH-dG. Particularly the author noticed significant increase of 8-OH-dG before or after development of cancer. Since May 2019 due to increased electro-magnetic-field radiation from out of space,

in addition to increased solar energy activity, we found many people from different parts of the world, often developed most malignant tumors such as glioblastoma of the brain, which is the most malignant brain tumor. And, the majority of the people die within 2 years and pancreatic cancer, colon cancer, lung cancer and breast cancer. In the presence of relatively high concentration of Human Papillomavirus Type 16 commonly transmitted by Egg-yolk, while Egg-white never caries Human Papillomavirus Type 16 and Egg white seems to have anti-viral effect.

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### **Methods & Materials**

We found US Patented Bi-Digital O-Ring Test which was given for the detection of beneficial effect and harmful effect of any method of treatment including detection of specific molecule including identical cancer tissue the Bi-Digital O-Ring Test was given as a method of non-invasive highly sensitive electro-magnetic field resonance phenomenon between 2 identical molecules with the same amount and the method can be found from the following U.S. Patent: U.S. Patent No. 5, 188, 107, Bi-Digital O-Ring Test for Imaging and Diagnosis of Internal Organs of A Patient, February 23, 1993.

## Results

Although there are many topics to cover in this article, I would like to concentrate on the clinically very important concept of optimal dose. Definition of optimal dose is the smallest amounts that induce maximum beneficial effects that can be confirmed by U.S. patented Bi-Digital O-Ring Test. Since everything we eat or drink has optimal dose but question is how to estimate optimal dose. In the past to determine optimal dose of children or adult various attempts were made and most widely used method is amount that is proportion to body weight. Unfortunately, we found children's optima dose of medication is much less than adult dose but when we compared with adult dose and accurately evaluated Bi-Digital O-Ring Test, we found optimal dose determined by Bi-Digital O-Ring Test is more than 2 times that of adult dose., while optimal dose evaluated by standard body weight proportional method is less than half of adult dose. Using BDORT, many lives of patients can be saved. Optimal dose exists for every medication. We found most reliable method is amount determined by Bi-Digital O-Ring Test, that is more than 2 times estimated by body weight proportional method which is not only too small and ineffective and some lose life. This principle can be accurately determined by optimal dose of insulin injection. Instead of injecting dosage of insulin kept on paper, we often find that amount of insulin prescribed by Doctor is often overdosed and toxic. For example, optimal dose of banana is 2- 2.5 mm cross section of banana but if more than 25 times of optimal dose is eaten, banana can be highly toxic, because nobody examines optimal dose of banana. Instead of optimal dose, we often eat entire banana which is more than 50 times of optimal dose which is highly toxic and contributes to development of DNA instability. In the presence of DNA instability 8-OH-dG which is proportional to DNA mutation will be increased significantly even before cancer cells are created in the presence of strong electromagnetic field. There are many highly beneficial fruits whose red outside is often BDORT negative (-) but inside has BDORT strong positive (+). An example is Dragon fruit with a white interior made with many minute black seeds. The optimal dose is a very small amount about less than the tip of 5th finger. However, it is often eaten half or whole and persons end up eating more than 50 times of its optimal dose. As a consequence, toxic side effects were experienced and never known it's highly beneficial anti-cancer effects particularly when optimal dose of Dragon fruit is taken after optimal dose of Vitamin D<sub>3</sub>. This was not known until this author examined optimal dose in November 2018. The combination of optimal dose of Vitamin D<sub>3</sub> and this highly beneficial fruit can be a very powerful anti-cancer treatment and stop cancer activity by proper combination of new thymus gland stimulation at the back of each hand. There are many examples of such cases which will be presented during the meeting with detailed information.

# **Competing Interests**

The author declare that there is no competing interests regarding the publication of this article.

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