



FUNCTIONAL NUTRITION

Your Regeneration Coach, Dr. Jawid Khan, Ph.D.

An Interview with China's well-known Professor Man

Professor Man

Introduction

- Vice president of **World Chinese Medical Federation**
- Expert of **Chinese Special Medicinal and Botanical Nutrition**
- Nutrition Professor of **Chinese Medical Association**
- Committee of **Cancer-Curing Foundation of Shenyang**
- Volunteer Team of **Red Cross Society of China**
- Creator & Initiator of the '**Guozhen Ten-Way Therapeutic and Anti-cancer Diet**'

Dr. Khan Introduction

- Functional Nutrition Regeneration Coach
- Chief Science Officer of Health & Nutrition for Nu Life
- Doctor of Science - Health & Nutrition, Bedford University (London)
- Doctor of Functional Medicine (Graduate & Member from the Institute For Functional Medicine, USA)
- Protégé of Dr. Jeffrey S. Bland, Ph.D. since 1986
- Dr. Khan has frequently appeared and been interviewed on TV programs, magazines & newspapers in Asia, like China, Hong Kong, Taiwan, Brunei, Malaysia and Thailand to promote the concept of health preservation and regeneration.
- Dr. Khan has been an avid advocate & enthusiastic at participating in public services.
- He has educated tens of thousands through thousands of seminars conducted throughout Asia.
- He has his Health & Functional Nutrition site educating and helping many in coaching them in Health Regeneration

12 Health Topics from Dr. Khan

<http://www.drjawidkhan.com/>

1. Gene Nutrition: *Feed Your Genes!*
2. Plant Stem-Cell Therapy: *33 Days to Total Cell Regeneration!*
3. GI Genius: *Develop Your Brilliant Gastrointestinal System!*
4. Young Heart: *Cardio-Vascular Regeneration — Like a Teen again!*
5. Young Skin: *Grow Young in 27 Days!*
6. Hair Pro: *Protect and Rejuvenate Your Hair Now!*
7. Shape Your Body: *12 Weeks to Your New Physique!*
8. Mind on Fire: *Cure Brain Inflammation –Take Charge of Your Mental Health!*
9. Emotional Balance: *Enjoy the Nutritional-Emotional Connection.*
10. Fibro-Blast Your Bones: *Regenerate Your Joints, Cartilage and Skeletal System!*
11. Endless Energy: *Regenerate Your Liver, Fuel the Powerhouse of Your Cells!*
12. Vital Pro: *Ignite Your Libido as You Age Gracefully*

Interview Purpose

- The present health status of the Chinese in China.
- The present changes that are taking place.
- The future of the health revolution in China in 21st century.
- Precious & important education work by Professor Man.

Health Status of Chinese

The rapid economic growth of China has led to dramatic change in nutrition status in Chinese.

- Double burdens
 - **Under-nutrition (Rural Area)**
 - Some rural areas are still under poverty with poor sanitation
 - **Over-nutrition (Developed Area)**
 - A marked shift over the past 20 years to diets high in saturated fat, sugar and refined foods
 - Rapid rise of over-nutrition and diseases such as diabetes, hypertension and coronary heart disease and cancer.
 - 23% of the adult population is overweight or obese.



What is Dr. Man Now doing in improving the general health of Chinese people?

- Education
- Managing daily diet
- Functional Nutrition
- Pine Pollen



China's future trend, solution & recommendation

- Improve nutritional status through functional nutrition.
- Promote healthy eating and lifestyles.
- Education through seminars.
- Online training education & webinars.
- Dr. Khan's expertise, coaching & training programs.

Pine pollen

- Belong to the family of Pinaceae
- Flower in April and May
- The flowers are picked and processed for pollen extraction and purification
- Chinese traditional medicine
- Has a history of over a thousand years
- Documented in “Chinese Pharmacopoeia” and “Shennong Ben Cao Jing”
- Regarded as “God Elixir” by the folks



Pine pollen

- Regarded as “Cells regulator”
- Can effectively improve the health of cells.
- With multi-level health promoting functions:
 - Anti-bacterial/Anti-inflammatory
 - Anti-Virus
 - Antioxidant
 - Enhances body against mutated cells
 - Activate immune cells(macrophage, T cells, B cells)
 - Improve micro-circulation

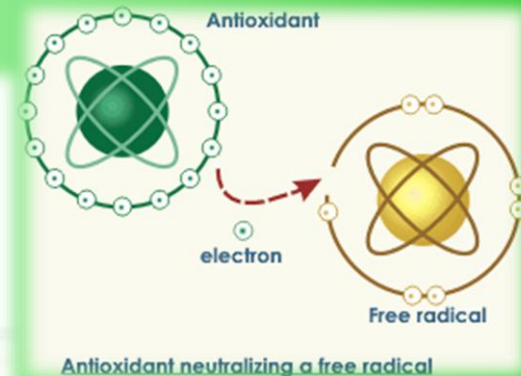
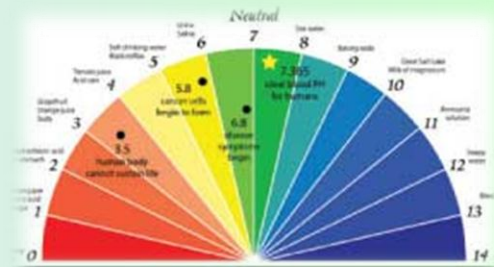


Precious pine pollen

- It is known as “King of the plant”, “King of Health” & “King of Pollen”.
- A precious health promoting product with 3 “As” a treasure of China.
 - **All Natural**
 - No synthetic additives, preservatives, color and flavoring.
 - **All nutrients**
 - With over 20 amino acids, 14 vitamins, >30 minerals, 100 enzymes, also nucleic acids, fiber, unsaturated fatty acids and flavonoids.
 - **All active**
 - High absorption rate.
 - Safe, with no animal hormones.

10 main functions of Precious pine pollen

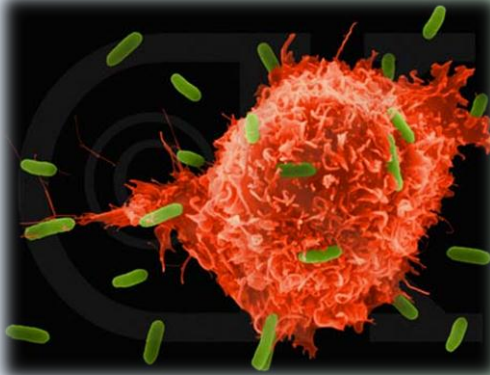
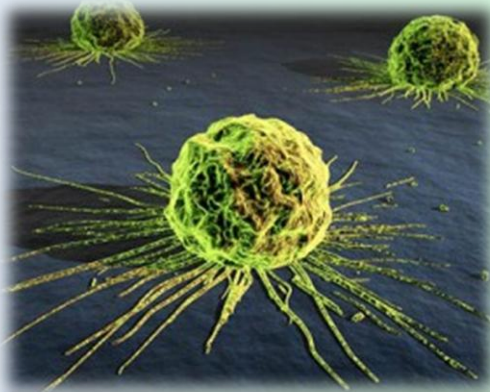
- Provides nutrients
- Acid-Base balance
- Cells' food
- Immunomodulator
- Resists free radicals
- Anti-radiation
- Fosters metabolism
- Helps cell repair
- Neutralizes drug factors
- Improves genes



Pine pollen helps prevent cancer



- **Pine pollen is a immune system enhancer**
 - Stimulates immune functions and activates 2 globulins.
 - Increases level of antibodies.
 - Enhances the phagocytosis of macrophage.
 - Improves immunity
 - Contains anti-cancer substances like quercetin, caffeic acid phenethyl ester (CAPE), polysaccharides, enzymes etc.
 - Activates enzymes.
 - Improves the actions of enzymes for degradation, and thus control the number of cancer cells.
 - With anti-virus property.
 - Increases the number of white blood cells.



Birthmark grew in the brain

- Mr. Liu
- A birthmark originally located on the eye bag expended into the brain
- Deteriorated into melanoma (melanin tumor)
- Although he had gone through 3 operations to remove the tumor, it grew back again after some time
- On the edge of death
- His doctors already gave up
- Tried the medication of Pine Pollen
- After 3 days, the condition got better
- After 7 days, he could get out of bed

