



CAN HUMANS LIVE OVER 200 YEARS – WITHOUT CANCER, ALZHEIMER’S, AND HEART DISEASE?

By Kenneth Seaton

In July of 1991, some eighteen years ago, the National Health Federation and James Scheer, the then-Editor of its magazine *Health Freedom News*, showed great wisdom in publishing my research for the first time.¹ I urge members to get a copy from the NHF because it explains the secret of health, cancer, and super lifespan as a function of the concentration of serum albumin in the blood. Since that time, however, my research has been published in mainstream medical journals confirming the finding.² In fact, over 12,000 studies world-wide have established albumin concentration as the life factor. (See the accompanying graph from *The Lancet*.)

giant Bowheads – 80-feet long and 150 tons in weight – will be taken by the Eskimos as part of their natural food source, under government control, and the whales’ age established via amino acids in the eyes as being *over* 300 years.

In support, Dr James McBain, the Director of Veterinary Service at SeaWorld in San Diego, California, has confirmed over the last 22 years that bottlenose dolphins can live over 50 years in robust ageless conditions, when albumin is super high, equivalent to humans living to be more than 125 years old in robust condition, both mentally and physically.

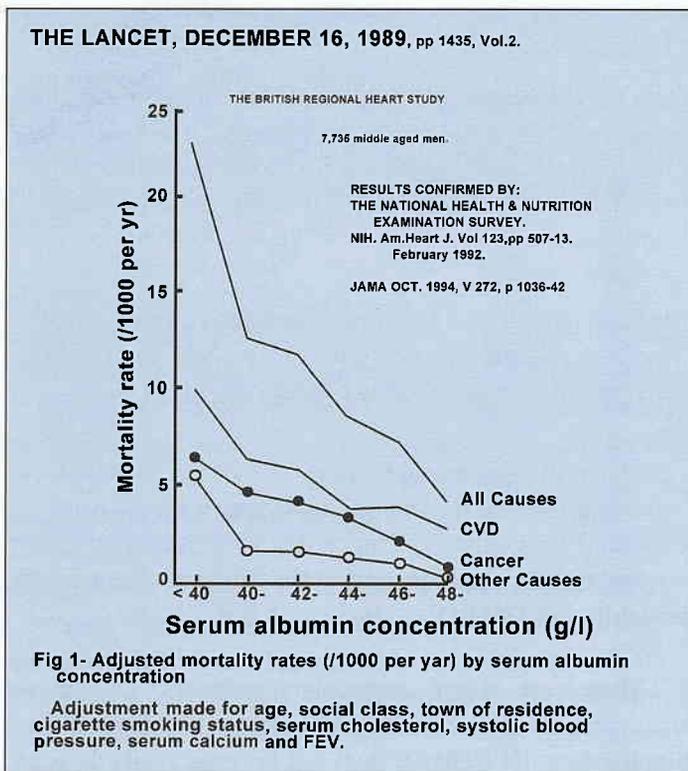
Albumin Levels and Longevity

Normal humans have serum albumin levels of ~43g/L with an Albumin/Globulin ratio of ~1.5. Sick humans will have low levels of ~25-37 g/L and an A/g ratio of ~1.2. Albumin profiles are the best scientific measure of stress on the entire biochemistry and how long you will live. Super humans will have an albumin profile just like Bowhead whales (i.e., ~60g/L, A/G ratio 3.0-4.0 or even higher). Such humans – if they can maintain this albumin profile – could live for some 250 years, twice the established maximum lifespan of 125 years.

Unbelievable, you say? Well, consider that forty-five years ago two of the most eminent scientists in the World grew human and hamster cells in the laboratory adding high levels of albumin and found the cells lasted more than twice as long and none converted to cancer lines.³ My own studies over the last thirty years fully confirm this fact, both in live humans and in the laboratory.

The Secret of Albumin

The greatest mistake in medical history is the belief that albumin concentration is the result of dietary protein. Diet is important, however nature is more subtly clever and the control of albumin concentration is effectuated via osmotic pressure. Stress on the immune system via infections, inflammation, allergies, and disease raises the globulin fraction and clotting factors, insuring the liver reduces albumin to maintain the correct osmotic pressure. This is why infusion of albumin is futile; vitamins, supplements,

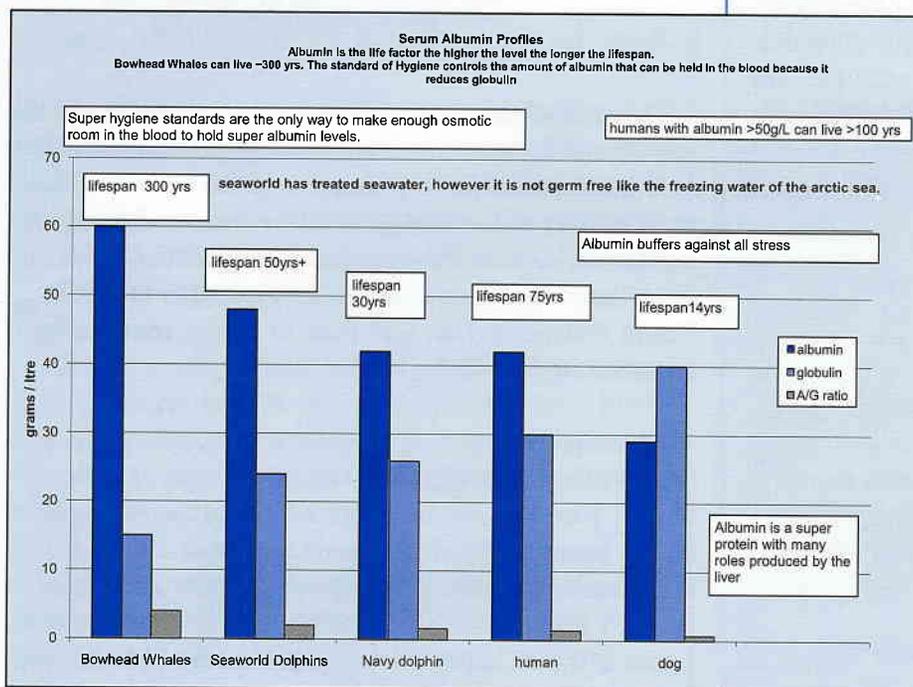


A Whale’s Tale

Since 1974, my research has predicted that certain whales would live super-long lifespans, remaining in beautiful condition and free of cancer, and that we humans could also. Recently, Stone-Age harpoon heads have been recovered from Arctic Bowhead whales that establish a life span for them of approximately 250 years. My prediction has always been that we would see proof of their having lifespans of more than 300 years; and I remain confident that

eating eggs, liver supplements, and the like cannot achieve super-albumin profiles.

The secret is to practice super hygiene, imitating the Bowhead Whales, and thereby naturally reducing the stress on the immune system. Then, globulins fall to about 15-20g/l; and only then is there enough osmotic room for super-albumin levels of 60g/l, also insuring that the A/G ratio reaches 3.0-4.0 (albumin 60g/L/ globulin 15g/L = 4.0). This super level is only possible if a child commences this super-hygiene system from birth. Adults starting this super-hygiene system at about forty years of age can achieve albumin profiles of some 48-54g/L, still a remarkable health benefit. (See the attached graph from *The Lancet*.) "Cleanliness is indeed next to Godliness."



Two Vital Factors

Two factors are vital in the super lifespan of Bowhead Whales that are also essential to human super health:

Daily cleaning of the fingernails, hands, eyes, nasal passages, hair, teeth, and mouth. Any infection, inflammation, or disease will raise globulin and reduce albumin. The hygiene system has to be a guarantee against all of these stressors.

Bathing every night (just prior to sleeping) in a hot bath with ions (charged particle) similar to the sea water in the Arctic Sea. This is because the skin battery must be recharged every night to power regeneration and repair. Whales – like humans – rebuild their bodies every ten years, thus remaining beautiful and robust even into old age.

So, extended human lifespans are indeed possible. The answer, though, may lie in nothing more than simple but rigorous hygiene. [HFN](#)

Kenneth Seaton is a retired 67-year-old Australian "wide-spectrum" scientist (Polymath) who was awarded a Ph.D in 1979 from the College of Advanced Education in New South Wales for his research into understanding the nuclear forces controlling electrons and chemical reactions. In 1980, he was the first to discover the importance of hygiene of the fingernails and nasal passageway in the prevention of all respiratory infections, and that these infections are spread via the fingernails, not through the air. In 1986, Seaton was awarded a Doctor of Science degree for his proposition that albumin was the 'life factor' and its level was due to hygiene standards, not high-protein diet. A member of the

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- Dr James McBain, the Director of Veterinary Service at SeaWorld, who was kind enough to supply 30 years of bottlenose dolphins' serum proteins levels and lifespan.

References

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2. Seaton K., "Albumin concentration controls cancer," *JNMA*, 2001:93 at 491-493; Seaton K., "Can high Serum albumin prevent Alzheimer's?" *Am Acad. Anti-Aging Med.*, 1994 Convention Las Vegas. (Copy of paper available from author.); and Seaton K., "Is cortisol the aging hormone?" *J Adv Med*, 1998, 11:73-94.
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