

The Healing Powers of Pearl

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Additional Research on life prolonging effect

Do you want a long life and vibrant health? What would you give for truly vibrant, youthful-looking, healthier skin? Or, if you are a parent, you no doubt want to ensure your kids are wonderfully healthy, well-behaved, and as bright as can be — right?

In this book, I will reveal to you an ancient secret that can truly help fulfill your dreams for better health, natural beauty, longevity and well-being. This secret has been deeply revered by ancient cultures such as the Egyptians, Chinese, Indians, and Mayans for millennia. Today, modern scientific research is proving this secret's unique health value and effectiveness, and revealing just how it works its magic.

The secret is pearl.

Scientists were amazed by the remarkable compatibility of pearl with the human body. Then, in 2004, they made a stunning discovery. The DNA involved in the creation of pearl is nearly identical to the part of the human DNA that is responsible for the regulation of calcium metabolism in the human body. In other words, we share a deep-rooted kinship with pearl, right down to the DNA level.

Because of the pearl's crystalline structure and its connection with our human calcium metabolism, the calcium, essential trace minerals, proteins, amino acids, and polysaccharides supplied by pearl are in the right proportion, are more compatible with your body, and more absorbable by your body.

But there is something even more intriguing and powerful in pearls that are found nowhere else on earth: the unique anti-aging substances called pearl signal proteins.

Pearl signal proteins are the ultimate anti-aging ingredients. When they enter the human body, they act as messengers, sending out signals to create fresh, new cells.

The reason we age is that our cells are no longer able to regenerate themselves. Thanks to the wear and tear of the years, they incur permanent damage that affects their ability to function...and ultimately causes their death.

By stimulating skin cell regeneration, pearl signal proteins give you a more youthful complexion. By stimulating organ and muscle cell regeneration, they make your vital organs strong and help your muscles recuperate faster. By stimulating bone cell regeneration, they help you grow better bones and make your existing bones stronger.

Thus, pearl signal proteins renew, regenerate, and restore what time has taken away.

Pearl: Formation & Nutritional Treasures

Pearl has long been prized as a luminous and precious decoration. But the secret of the pearl is not its external beauty. What lies deep within the pearl has the power to renew, regenerate, and restore human health like nothing else.

The healing powers of pearl are directly related to its intrinsic nature-how it is created with its interlocking complex combination of natural nutrients and healing substances.

Pearl is made of calcium compounds, proteins, amino acids, polysaccharide, and many trace minerals. It is interesting to know that these same constituents are also crucial components of human fluids, connective tissues, and bones. They participate in building the structure of our very cells; repairing our tissues; forming antibodies to protect us against invading bacteria, viruses, and developing cancer cells: helping slow down the aging process. These constituents also play an essential role in the function of our brain and nervous system - from aiding memory and sleep, to allaying anxiety and depression.

Scientific investigation shows that these compounds in pearl have strictly arranged crystalline structure clearly different from inorganically formed calcium compounds (the kind you find in most calcium supplements). Crystalline structures are known for their resonant, harmonic, and magnifying qualities. Pearl's crystalline structure may contribute subtle energetic properties and accelerated healing effects when used both externally and internally.

Pearl: Human Teeth & Bones

In Mayan ruins, archaeologists discovered more than 2,000 years old human teeth with a pearl filling, which grew and fused together with their own teeth to form a sound and seamless cavity-free tooth structure!

French scientists have unraveled the wisdom of Mayans. Their research studies show that pearl is not only completely compatible with our human bone, it can also stimulate new bone growth and make existing bone stronger. This makes pearl an ideal tooth filler, bone builder and bone substitute.

According to the California Medical Association Foundation, [osteoporosis](#) is a major health threat for an estimated 44 million Americans. Both men and women are at risk, and it is a hidden, but significant contributing cause of death in our older population. Research from all over the world, both *in vivo* and *in vitro*, reveals that taking pearl internally may well prevent porous bone problem. French scientists find that pearl can stimulate new bone formation, activate [osteogenic](#) bone marrow cells, and increase bone mineralization. Furthermore, French scientists have shown that pearl can reduce the rate of bone [resorption](#). Chinese scientists also showed that calcium from pearl is more easily absorbed to human body than the commonly used calcium source. Chinese scientists have also directly explored the possibility of using pearl to treat animals with osteoporosis. They gave mice a pearl formulation for 90 days. They found that the mice taking the pearl formulation experienced significantly higher bone calcium content, higher bone mineral density, and higher total bone weight in comparison to the mice that did not. This research by scientists from across the globe indicates that pearl is one of the most effective way to prevent osteoporosis.

Pearl: Health & Longevity

For thousands of years, pearl has been treasured in China not only as a longevity supplement that can prolong life span, but also to enhance quality of life, such as enhancing eyesight, and improving the function of vital organs. Modern research has validated these ancient wisdoms.

About the anti-aging effect: Chinese scientists find that taking meals with pearl powder can extend the life span of silk worms, mice and fruit flies by 20% to 57%. If we were to translate pearl's profound life extending effects as observed in the silkworm, mice, and fruit flies to the human case, it would indicate that if your current life style let you live up to 80 years old, by taking pearl supplement, you may live up to 96 or even to 125 years old.

Not only can pearl extend life span, it can also improve the quality of life. Studies done in China demonstrated that pearl can boost immune function and memory in animals. In one study, it found that taking pearl for 12 days can enhance antibody production in mice and increase cellular protective functions. Research studies also show that pearl can enhance eye sight.

Research studies also demonstrate that pearl has a significant effect on cardiovascular health. For example, pearl can enhance the heart's contraction without affecting the frequency of heart beat, which means more oxygen-rich blood is pumped per beat through the circulatory system without increasing the actual numbers of beats. The research also indicates that pearl can help the heart keep its natural rhythm, recover from the effects of arrhythmias or abnormal heart rhythm. Furthermore, several human clinical studies reveal that taking pearl powder internally can successfully promote healthy blood pressure.

Pearl: Premier Ancient Beauty Secret

It is legend that Cleopatra, the last queen of Egypt, is reported to have dropped one of the two largest pearls known in recorded history into her wine at dinner. She then proceeded to drink

her cocktail in front of the Roman governor, Mark Antony; maybe to show off her wealth as well acknowledging her exclusive beauty secret.

Pearl was the favorite beauty secret of Wu Ze Tian (625 AD – 705 AD), the only woman in the history of China to assume the title of emperor. She regularly took pearl made from pearl powder internally and used pearl beauty cream externally. When she ascended the throne at age 65 years old her beauty had become legendary, as her skin was said to be as radiant as a young woman.

According to the best known Chinese herbal book, "Ben Cao Gang Mu" or "Materia Medica" by Shizhen Li (1518-1593), pearl can stimulate new skin growth, release toxins, speed and improve healing, remove sun damage, alleviate age spots, and promote more radiant, younger looking skin.

Now scientific proof is revealing how this ancient royal beauty secret works.

French scientists have found that pearl can stimulate fibroblasts, the builder cells for connective tissue, to proliferate. It can increase the production of components that help cells stick together (which reinforces the barrier function of the skin) and their cellular communication with each other. And it can also help collagen – the main structural protein in the skin – regenerate itself.

This research scientifically confirms the traditional wisdom that pearl can increase skin regeneration, thus help improve skin tone and promote youthful looking skin. However, it tells us more than this. Since fibroblasts are "builder cells" that abound in all connective tissue that surround our muscles, skin, and organs, by enhancing fibroblasts regeneration, pearl in fact can help keep your body in shape and make your muscle and organs strong.

Human clinical research also indicates that pearl powder can speed up the healing process of a variety of skin conditions from simple redness, rashes, to repair of wounds and burns.

Pearl: Better Sleep & Greater Peace

In Traditional Chinese Medicine, pearl has been used for thousands of years for calming the nervous system, pacifying the spirit, and promoting peaceful energy. Scientific research shows that pearl could relieve pain and promote a calming effect on animal's nervous system. The researchers discovered also that pearl can increase positive "elevated mood" neurotransmitters, and thus reduce the level of stress, and promote a more peaceful, positive internal biochemistry.

Pearl for Children

Pearl is a singularly superb supplement for children. In China, people find that pearl added to their kids' diet can do more than just meet their children's calcium/mineral needs. It can also improve their performance in school and may even help raise their IQ!

In one study, Chinese scientists found that pearl can improve children's IQ! In their study, they had more than 200 children with mental disabilities take 750-1500 mg of pearl powder every day. After three months, the IQ of 92% of the children had been improved and more than 80% of the children's IQs were enhanced to normal range.

Pearl can additionally prevent them from getting sick, support them so they are less irritable, sensitive, and even more emotionally stable as measured by less tears. It may also help them achieve a better night's sleep, one of nature's best healers, especially for children!

Credit to Dr. Marcus Laux for the above information!

Research on life prolonging effect

It is not an easy task to scientifically confirm the ancient knowledge about the life prolonging effect of pearl powder in human beings. It may take about 50 to 100 years. However, it is not so difficult to show this compelling evidence in animals. To be clear, Chinese scientists have shown that pearl powder can prolong the life span of animals in several research models.

In one such study conducted in Suzhou Medical School, scientists found that by immersing some mulberry leaf, a favorite meal for silkworm's, in a five percent pearl powder solution, that it can increase the adult phase of silkworm (moth) by an incredible 57.7 percent. When they fed mice their meals containing 1 percent pearl powder, they found that the mice's life span on average was increased by 21.6 percent.

In another longevity study, scientists at Guangxi Chinese Medicine Research Institute studied the effect on fruit fly's life span by feeding meals with some added pearl powder. They found that compared to the placebo group, the average life span of fruit flies fed with 0.5% pearl powder is increased from 55.2 days to 74.4 days for female fruit fly and from 45 days to 64.6 days for male fruit fly. Fruit flies' longest life span is increased from 70 days to 100 days for female fruit fly and from 60 days to 102 days for male fruit fly.

If we were to translate the anti-aging effects, the profound life extending phenomena as observed in the silkworm, mice, and fruit flies from the pearl powder, it would indicate that our life span could increase from 80 years old to at least 96 years old on average. Perhaps, another compelling reason our ancestors found pearl powder so precious!

Traditional wisdom and current scientific research is demonstrating that pearl powder has a definitive anti-aging effect. More research and clinical trials are needed to confirm its full range of effects.

E. Lopez and other French scientists from the Biophysics Laboratory at the Museum D'Histoire Naturelle in Paris, France, have found that pearl nacre, which is the material made of pearl, can enhance regeneration of fibroblasts.⁸⁴ In their research, these scientists implanted pearl nacre in the dermis of rats to test the ingredient's effect on skin fibroblasts. They found that pearl nacre enhanced the fibroblasts' synthesis of the extracellular matrix. It increased the production of components that help cells stick together (which reinforces the barrier function of the skin) and their

cellular communication with each other. And it also helped collagen – the main structural protein in the skin – regenerate itself.

This research scientifically confirms the traditional wisdom that pearl nacre can increase skin regeneration, thus help improve skin tone and promote youthful looking skin. It shows that pearl nacre does this by increasing collagen and other extracellular matrix production and by increasing cellular communication. However, it tells us more than this. Since fibroblasts are "builder cells" that abound in all connective tissue that surround our muscles, skin, and organs, by enhancing fibroblasts regeneration, pearl nacre in fact can help keep your body in shape and make your muscle and organs strong. This research may explain, at least partly, why pearl nacre can make your heart beat stronger and more regular and help improve eye health as being shown in other scientific research.

In 1992, E. Lopez and other French scientists from the Biophysics Laboratory at the Museum D'Histoire Naturelle in Paris, France, did some interesting experiments to study the osteogenic properties of pearl nacre (again, this is the exact material that comprises both pearl and mother-of-pearl).⁵⁶⁻⁵⁹ They placed pearl nacre chips on a layer of human osteoblasts. They found that the osteoblasts that were near the pearl nacre chips proliferated, and then attached themselves to the chips. Even more amazing, the osteoblasts formed a complete sequence of bone in the presence of the pearl nacre. How do we know it was the pearl nacre that caused this? Because only the osteoblasts surrounding the pearl nacre chips induced this type of mineralization.

In 2003, the same group of French scientists decided to investigate pearl fillings. They placed pieces of mother-of-pearl in experimental cavities in the lumbar vertebrae of sheep. They found that the insertion of this pearl nacre induced the production of layers of newly formed bone adjacent to the implanted pearl nacre filling.⁵⁶ They also discovered that inserting the mother-of-pearl caused an increased mineralization of the sheep's bone, which means that the bone surrounding the cavity actually became stronger.

Next, the scientists compared pearl-filled cavities with empty cavities and with cavities patched with the normal acrylic polymer filling used by dentists, which is called PMMA. They found there was no new bone formation in the empty cavities or in those filled with PMMA.⁵⁶ In fact, they discovered that PMMA actually causes necrosis – or cell death – of the surrounding bone cells. It also changes bone architecture and causes a significant reduction in bone formation and mineralization.

Dr. Y. Shen and colleagues studied the osteogenic activity of pearl in a culture of simulated body fluid and cells, with the intent to compare its effects to that of mother-of-pearl and hydroxyapatite, a form of calcium known to be osteogenic. They found that not only did pearl stimulate the growth of osteoblasts, but the proliferation occurred more quickly and smoothly than on either of the other substances.⁶⁰ In fact, an abundant extracellular matrix occupied the whole pearl surface after just five days. The researchers concluded that pearl is a superior osteo-inductive material with high osteogenic activity. In other words, pearl can build better bone than mother-of-pearl and hydroxyapatite.

Research shows that pearl powder taken internally can improve heart function. Yunyi Zhang and

colleagues at Shanghai Medical University studied pearl's pharmacology and its effect on heart function.⁷⁷ They found that pearl powder can enhance the heart's contraction without affecting the frequency of heart beat, which means more oxygen-rich blood is pumped per beat through the circulatory system without increasing numbers of beats. This means the heart is working smarter and more efficiently; not harder. The research also indicates that pearl powder can help the heart's pacemaker keep its natural rhythm, helping rebuff and recover from the effects of arrhythmias or abnormal heart rhythm. ⁷⁸

Kangmin Gong and his colleagues at Zhejiang Chinese Traditional Medicine Research Institute and Zhejiang University No. 1 Adjunct Hospital conducted a human clinical trial to study the effect of pearl powder on high blood pressure.⁷⁹ The 90 patients in the study took 500 milligram of pearl powder twice a day for 30 days. The average systolic pressure dropped from 161.0 mmHg to 139.2 mmHg – a decline of 15 percent. The average diastolic pressure dropped from 96.0 mmHg to 84.6 mmHg – a decline of 13 percent.

In another similar human clinical trial with 75 patients, Kangmin Gong and his colleagues obtained similar successful results.⁸⁰ It has also been reported that patients notice fewer headaches, less dizziness and irritability, and improved sleep after taking pearl powder.

Dongmei Wang and her associates at Shaanxi Xian Jiaotong University Adjunct Hospital also studied pearl powder's effects on blood pressure. They found that pearl powder can lower the blood pressure of mice, improve their sleep, and make them more calm.⁸¹

Blood lipid research indicates that pearl powder taken internally can reduce lipid peroxide and cholesterol levels of coronary disease patients.⁷⁸

Dr. Huang and his colleagues at Zhejiang Medical School conducted a double-blind, placebo-controlled human clinical trial to study the effect of pearl powder on lipid peroxides and cholesterol content of coronary disease patients. ⁷⁸ Twenty patients took pearl powder for a month. Seventeen patients took placebo. The researchers found that for the patients taking pearl powder, their harmful lipid peroxide and total cholesterol levels were significantly reduced, while for patients taking placebo, there was not much change on average.

This can help stop the formation process of atherosclerosis in its track, before it can clog your arteries, so it never becomes a problem for your cardiovascular system.

H. Xu and colleagues at the Department of Chemistry of Huazhong University of Science and Technology provided scientific validation that pearl powder can help prevent and treat chickens with myopia. ⁷⁶

Pearl powder might not only extend life span, it can also improve the quality of life. Studies done in China demonstrated that pearl powder can boost immune function in animals.^{74,75} In one study, it found that taking pearl powder for 12 days can enhance mice's antibody production and increase cellular protective functions.

Furthermore, it was found that after giving mice meals containing 1% pearl powder for 14 days, mice make much less mistake during study test. This study indicates that pearl powder can improve learning ability and memory in mice. 75

Jianxin Pan and his colleagues at Suzhou Medical School studied the effects of pearl powder on the rabbit's nervous system.⁸⁹ They found that pearl powder could relieve pain and promote a calming effect on their nervous system. The researchers discovered also that after injecting the rabbits with a pearl powder solution, their brain production of 5-HT, 5-HIAA, and NA increased. These are positive "elevated mood" neurotransmitters, and this research indicates that pearl powder can reduce the level of stress, and promote a more peaceful, positive internal biochemistry.

Chinese scientists found that pearl powder can improve children's IQ. In one study, they had more than 200 children with mental disabilities take 750-1500 mg of pearl powder every day. ⁹⁰ After three months, the IQ of 92% of the children has been improved and more than 80% of the children's IQ were enhanced to normal range.

Dr. Jian Wang at Nanjin Second Hospital and Dehui Hou at China Medical University studied the effect of a pearl powder supplement on mice. They found that the mice that had taken pearl powder for 12 days did better in maze tests and had stronger immunity than the mice that did not.⁷⁴ In other words, pearl powder made the mice smarter and healthier.

Pearl Powder is a powerful antioxidant. It can both enhance the activity of Superoxide dismutase (SOD), one of the body's premier antioxidant enzymes, and also reduce peroxidation, one of the major aging processes of our body.

Shengshan Hu and his associates at Jiangxi Medicine Research Institute also studied the antioxidant effect of pearl nacre.⁵⁷ However, in addition to measuring lipid peroxidation (LPO) levels, they also monitored SOD activity. The researchers found that after taking pearl nacre solution for 30 days, the SOD activity of the mice increased and their LPO activity decreased.

Chinese researchers at Suzhou Medical School studied the effect of pearl powder on the content of peroxidized lipids in the mouse heart and brain.⁵⁷ These researchers found that after taking pearl powder for just 30 days, mice experienced a decrease in the amount of peroxidized lipids in their brains and hearts – indicating that pearl powder slows down and may even reverse some of the age-related damage. The results of this research were further confirmed in several other independent studies.⁵⁷⁻⁶³

The less oxidation, the less damage to your vital organs, the more functioning and better metabolic balance you'll have, with your chances for enhanced quality of life optimized.

Peroxidized lipids (LPO) are fats that have been attacked and damaged by free radicals. This is when even good fats lose their value, and get transformed into dangerous substances. Free radicals are the molecules that are highly unstable, and they can rapidly damage and degrade tissues that are not adequately protected. The more peroxidized lipids you have, the worse off you are. This is often used as a bio-marker for determining your accurate biologic health and true age beyond just counting your years. Unfortunately, your peroxidized lipid content usually increases

with age; it is part of the normal aging process. That's why there has been so much interest in antioxidants lately as well, as some antioxidants can prevent peroxidation, slow down pre-mature aging, and preserve more youthful functioning organs, skin, and even your good looks!

Superoxide Dismutase (SOD) is one of the body's premier antioxidant enzymes. SOD is so important to your health and longevity, its manufacture is ensured by the body by being encoded into our DNA to make sure we make it for ourselves! SOD catalyzes the dismutation reaction, where a potent and potentially highly damaging superoxide free radical is rendered harmless and turned into simple oxygen and hydrogen peroxide. SOD eliminates superoxide radicals from the cell's environment and prevents the formation of reactive oxygen species and their derivatives, as they are known cellular killers and cripples. It plays an important role in maintaining vascular tone, lung function, and the metabolism, and in the prevention of such diseases as atherosclerosis, diabetes, and arthritis. The higher the SOD level is, the better it is for you. Many scientists consider SOD the key antioxidant player directly linked to longevity (closely coupled with Catalase and Glutathione), as various animal studies show higher SOD levels can support better health over a much longer life span.

In 1998, Xiaoping Li and his colleagues at Wuhan Mineralogy University in Wuhan, China, conducted human and animal studies comparing the bioavailability of pearl powder to that of other calcium supplements in a human clinical trial.⁵⁵ Their studies show that pearl powder is absorbed twice as efficiently as conventional calcium carbonate supplements (by far the most common form of calcium in dietary supplements).

Scientific tests reveal that calcium and essential trace minerals in pearl has a natural highly aligned micro-crystalline structure.

Latest scientific discovery reveals that the regulation of calcium involved in pearl formation is similar to humans' at the DNA level. Our human body shares a deep kinship with pearl. Pearl is completely compatible with human bone. It can stimulate new bone growth, increases mineralization, which enhances bone density.

The possibility of using pearl powder to treat animals with osteoporosis has been explored by Chinese scientists. Hongfu Wang and his associates from the Shanghai Medical School Senior Medicine Research Center studied pearl powder for the treatment of osteoporosis in mice.^{53,54} Some mice were given a pearl powder formulation for 90 days; others were not. What the researchers discovered was that the mice that received the pearl powder formulation experienced significantly higher bone calcium content, bone mineral density, and total bone weight in comparison to the mice that did not. This is highly encouraging, but no guarantee, not yet anyway, as mice are used as the test subjects because they are excellent indicators for the expected effect in human metabolism. To date, pearl powder's ability to treat osteoporosis in human's is still clinically unknown, and we all await those human clinical studies for any confirmation of bone benefit.

Pearl powder might not only extend life span, it can also improve the quality of life. Studies done in China also demonstrated that pearl powder can boost immune function in animals.^{64,65} In one study, it found that taking pearl powder for 12 days can enhance mice's antibody production and increase cellular protective functions.

Furthermore, it was found that after giving mice meals containing 1% pearl powder for 14 days, mice make much less mistake during study test. This study indicates that pearl powder can improve learning ability and memory in mice. 65

For thousands of years, Chinese have used pearl to enhance their eyesight and treat eye diseases, such as myopia. H. Xu and colleagues at the Department of Chemistry of Huazhong University of Science and Technology provided scientific validation that pearl powder made from pearl powder can help prevent and treat chickens with myopia. 66

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