

# **Cellfood Concentrate and patients with asthma**

**By Alan O'Toole, Secretary Friends of Asthma,  
and Dr Jackie Paul**

## **Study introduction**

Asthma affects the small airways (bronchioles) that carry air in and out of the lungs. Allergens and other particles cause the airways to become inflamed, swollen and constricted, and excess mucus can be produced. Asthma sufferers experience tightness and wheezing in the chest, coughing, shortness of breath and difficulty in breathing. Asthma attacks can be brought on by particles that irritate the airways. The exact cause of asthma has not been identified; however, a range of genetic and environmental factors are implicated.

About 500,000 people in Ireland, and 5.2 million people in the UK, suffer from asthma. That is around 12% and 8% respectively of the population of both countries. The incidence of asthma is higher in children than adults. The number of asthma sufferers has been rising in recent decades.

Asthma can be controlled through medication. Reliever inhalers (for relaxing the muscles around the airways), preventer inhalers (steroids for controlling the sensitivity of the airways to attack) and steroid tablets (to calm inflamed airways) are typically used. However, the medicines can have short and long term side effects (such as increased heart rate with relieving inhalers and bloating, hunger and mood swings with steroids).

## **Friends of Asthma**

Friends of Asthma is a registered charity in Ireland (charity number CHY13069) that is committed to providing support for asthma sufferers in Ireland through raising their profile in the public eye and through the provision of services and products specifically designed to aid asthmatics. Friends of Asthma investigates new treatments for asthma where there appears to be a strong case for doing so.

## **Cellfood Concentrate**

Cellfood Concentrate is a nutritional supplement in a colloidal solution based on oxygen, trace minerals, amino acids and enzymes made from natural sources. It emanates H<sup>+</sup> ions (used for metabolic normalisation of the acidosis) and O<sup>-</sup> ions that react with oxygen free radicals in the cells, and leads to the forming of molecular bio-available oxygen.

There were a number of anecdotal reports that Cellfood Concentrate could benefit asthma sufferers, both in the UK press<sup>1</sup> and through asthma sufferers networking amongst themselves. Other studies on Cellfood Concentrate indicated that Cellfood

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<sup>1</sup> Daily Mail 3<sup>rd</sup> June, 2003; Prima Magazine December 2003; Health Plus March 2005.

improved the supply and use of oxygen in athletes<sup>2</sup> and could be of benefit in the relief of Fibromyalgia (including fatigue and pain through inflamed tissue and muscles)<sup>3</sup>. A further study into another oxygen product Vitamin O indicated that oxygen therapies improved lung function<sup>4</sup> (a key consideration for asthma sufferers).

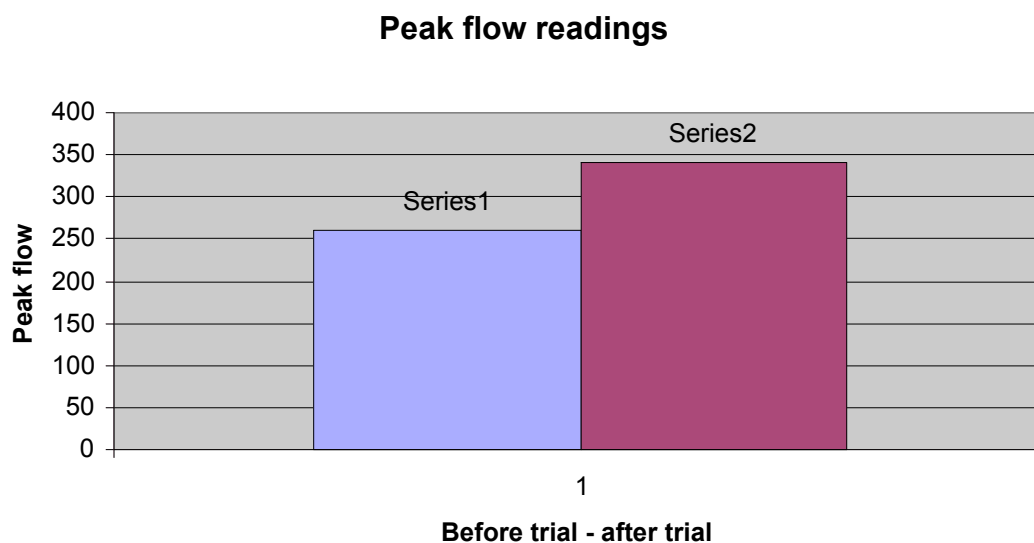
As result of these reports, Friends of Asthma decided to run a small trial overseen by Dr Jackie Paul into the efficacy of Cellfood Concentrate and patients with asthma.

### **Trial methods**

Twenty (20) patients with asthma were recruited to take part in the trial. They all had been suffering asthma for a number of years, and were members of Friends of Asthma. They took Cellfood Concentrate for three months<sup>5</sup>. Their peak flow<sup>6</sup> readings and oxygen levels<sup>7</sup> were measured at the beginning and at the end of the trial. They were also asked for their perceptions of the number of attacks they suffered, the frequency with which they took medication and any other observations they felt relevant.

### **Trial results**

Peak flow readings



<sup>2</sup> *Product Efficacy Report: Cellfood* by Kim De' Ath, Heinrich Nolte, Dr Johan Van Heerden, Sports Institute, University of Pretoria 2002.

<sup>3</sup> *Efficacy of CELLFOOD (Deutrosulfazyme) in patients diagnosed with Fibromyalgia*, Department of Clinical Medicine and Immunology Sciences, University of Siena 2006.

<sup>4</sup> *Study into Vitamin O* by Dr John Heinerman, Anthropological Research Center, Utah 2002. The study showed a 17-32% increase in arterial blood oxygen (PaO<sub>2</sub>). Patients with fatigue syndrome showed improved lung function.

<sup>5</sup> Cellfood Concentrate is taken as 8 drops in a 200ml glass of bottled or filtered water three times a day.

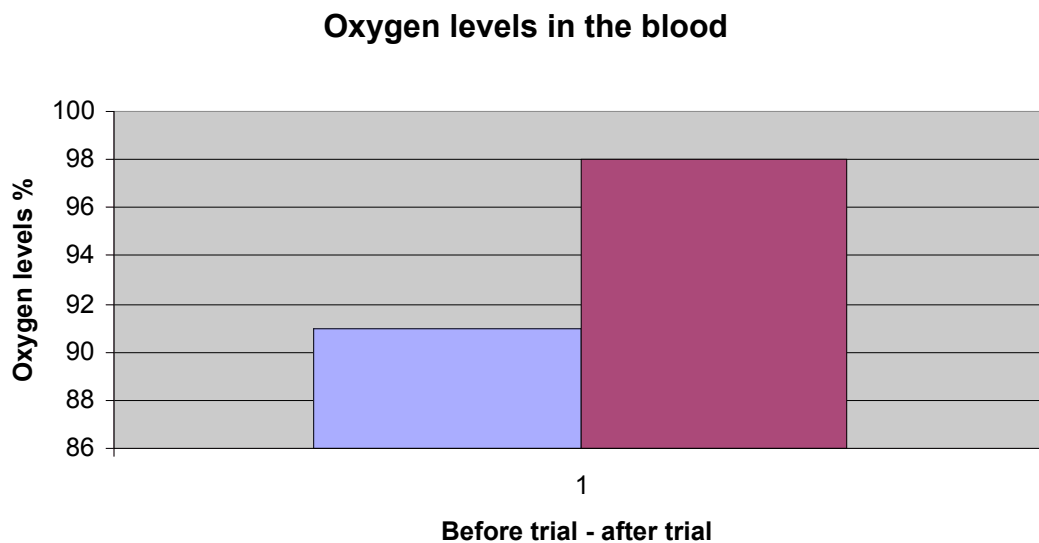
<sup>6</sup> Peak flow measures lung function. A Mini Wright Peak Flow Metre was used for the trial.

<sup>7</sup> Oxygen levels were measured by an Oxymeter.

There was a significant increase in peak flow readings at the end of the trial. The key points were:

- All (100%) participants registered an increase in peak flow readings.
- The average increase was 30% - from 260 before the trial to 340 after the trial.
- The smallest increase was 11% - from 360 to 400.
- The largest increase was 66% - from 150 to 250.
- 50% of the participants showed increases between 25-40%.

Oxygen levels



Oxygen levels in the blood increased after the trial.

- All (100%) participants showed an increase in oxygen levels.
- The average increase was 7% - from 91% to 97.6%.
- The smallest increase was 5% - from 95% to 99%.
- The largest increase was 8.8% - from 90% to 98%.
- 58% of participants showed an increase of 6.5%.

Other factors

Participants also gave their observations on the product and how they felt. All commented that their breathing had improved, most said that they used their inhalers less frequently, and some reported that they had periods of up to two weeks when they did not use their inhalers at all. Most also said that they felt they had more energy, and that they felt less fatigued after doing normal tasks. Some also reported more than normal urination, mild queasiness and feelings of dizziness for a period of days when first taking Cellfood<sup>8</sup>.

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<sup>8</sup> The literature accompanying Cellfood Concentrate states that detoxification symptoms might be experienced as a result of the body using the extra oxygen to help eliminate waste.

## **Discussion**

The peak flow readings appear to be significant. Peak flow indicates the strength of the lungs. Higher readings tend to mean fewer asthma attacks, and attacks of less severity, because the airways are wider and better able to combat the allergens and other particles that trigger an attack. Three points stand out. First, all participants recorded an increase in peak flow readings. This would suggest that Cellfood Concentrate is effective as a way to improve lung function.

Second, the average 30% increase in peak flow readings is potentially very significant. Only one other non-drug treatment appears to be able to increase peak flow readings, and that is pressure threshold inspiratory muscle training (IMT). The best known IMT device is manufactured by POWERbreathe®. However, studies have shown that the typical increase is around 11%, a third of the results Cellfood Concentrate returned<sup>9</sup>.

Third, higher peak flow readings should translate into a reduction of asthma and a measurable improvement on the quality of life. This appears to be borne out by the comments from the participants that most used their inhalers less frequently whilst taking Cellfood Concentrate. If this is the case, then Cellfood Concentrate is one of only a very few treatments that can actually reduce the number of asthma attacks.

The oxygen reading results appear to bear out the manufacturer's claims that Cellfood Concentrate generates oxygen in the body. The increases recorded by the participants brought them into line with readings for averagely healthy people. Oxygen levels are important because low levels in the blood affect the way the lung functions, and can result in a greater number of infections (asthmatics suffer more viral infections than non-asthmatics). The increases recorded in this trial could help to explain improvements in peak flow readings and in themselves suggest improved lung function.

Finally, the participants' observations on Cellfood Concentrate seem to imply a significant improvement in the quality of life as they had fewer asthma attacks and needed to use their medication less frequently. They also tended to observe that they had more energy and could fulfil their everyday tasks with greater ease.

## **Conclusion**

Friends of Asthma believes that this small trial has clearly demonstrated that the anecdotal reports that Cellfood Concentrate can help people with asthma have been borne out. The increase in peak flow readings, with the implied and recorded improvements in asthma, and the reduction of the use of possibly harmful medication, are potentially very significant for the treatment of asthma. The improvement in well-being of the participants in the trial is also very significant. We believe there is a very strong case for a larger, double blind trial into Cellfood Concentrate and asthma so that the results of this trial can be borne out. If they are, then a treatment like Cellfood Concentrate should be part of most treatment protocols for asthma.

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<sup>9</sup> McConnell et al, Sports Medicine and Human Performance Unit, School of Sports and Exercise Sciences and Department of Medicine, University of Birmingham 1998.