

Follow up to Introduction

Additional information regarding the fascinating subject of the production of glutathione and other benefits of undenatured whole foods.

Thor Incorporated is the manufacture this line of Products keeping the integrity of the products maintaining bioavailability.

Essential Dynamics has been chosen by Thor Incorporated and their independent development partners. Essential Dynamic is committed to providing undenatured concentrated whole foods.

Essential Dynamics approach requires fewer supplements, as contrasted with individual supplementation that requires the use of dozens of products that have been designed specifically to be used with one another. The individual supplementation approach leaves one with little structure. People are left to a haphazard way, though well intended, approach to achieving optimal health. In many cases this approach will provide you with several products providing identical ingredients, thus contributing to an imbalanced approach to nutrition. The result is that the duplication or the wrong selection of along with the methods of product preparation has been clinically proven to be ineffective.

Raising Glutathione Levels

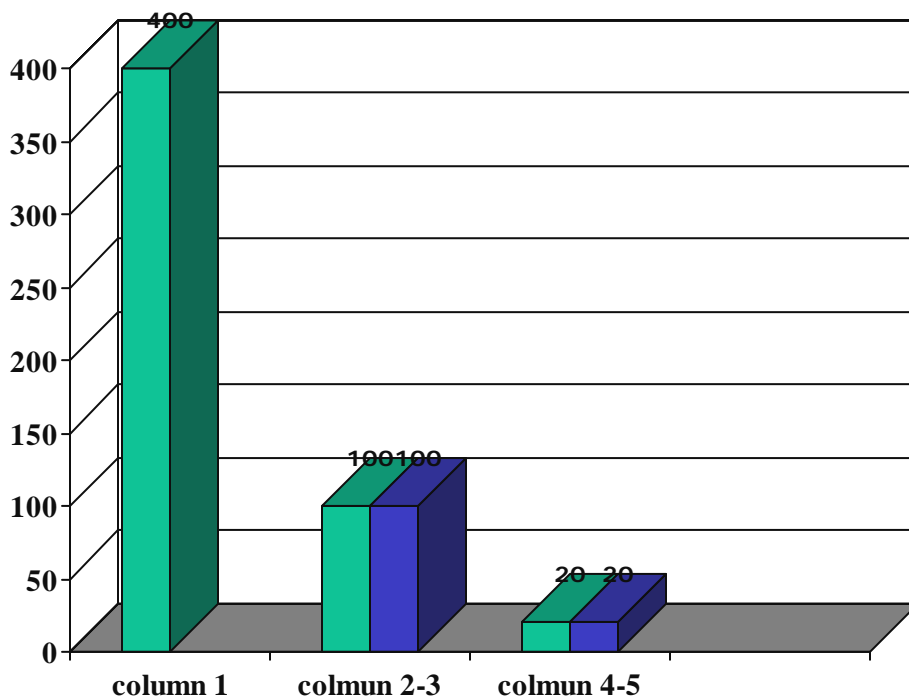
Glutathione levels are impacted by age as well as by disease. At the same time a decline of glutathione levels compromises the ability of the body to undertake detoxification in every cell of the body as well as by the major detoxifying organs, the liver and kidneys. The level of glutathione is also directly related to the ability of the immune system to function efficiently.

Glutathione, by its absence, becomes a limiting factor in the production of leukocytes produced in the bone marrow.

Glutathione levels can be raised. The following is provided to assist you in understanding how this can be accomplished.

GSH Levels

Glutathione Level deteriorate with age, disease and/trauma. This graph is illustrative the numbers are a little different with each individual.



Now let's look at the Chart

An article in the New England Journal of Medicine October 2003 indicated that a heart attack is predictable based on glutathione levels. Research shows that many autoimmune diseases have a relationship to glutathione levels. In some diseases, when the glutathione level decreases to a certain level, death is predictable within 3 days. The blended products we are discussing are precursors that give the body the building blocks to produce and raise its own glutathione levels. One of the principal functions of glutathione is to facilitate detoxification within the cells of the body. The pharmaceutical industry has produced a synthetic glutathione used in emergency rooms to detoxify those with counteracting drug overdoses (usually acetamenophin overdoses), however, this is not effective for long-term usage. As it has a life of two to three hours and has significant side effects with any prolonged use.

The above chart represents the desired levels of glutathione in a healthy individual up to 30 years of age. Thereafter, glutathione levels begin to decrease gradually but can, at any age be accelerated by disease or traumatic events.

Column 1 up to the age 30: Generally speaking, a person's glutathione level is high enough to sustain good health and an effective immune system. However, glutathione deficiencies may occur even in this age group as a result of the immune system being overloaded by environmental toxins or pollutants as well as food additives and the failure of proper nutrition to sustain appropriate glutathione levels.

Column 2 age 55-normal aging: This indicates that the glutathione level has reduced substantially. When people are in their fifty's compromised conditions are more prevalent, people are more likely to notice aches and pains, mobility is reduced and generally, more people are on drugs. With age there also comes the compounding effect of years of exposure to pollutants and poor nutrition.

Column 3 age 55 and a Disease Level: This represents a person in a compromised or diseased state receiving Medical Therapies regardless of age.

Column 4 age 70 –normal aging: With more problems showing up in their 70's, people are more aware of growing older and this corresponds to the continuing reduction in the glutathione levels within the body.

Column 5 Significant Trauma at any age: This represents significant reduction of glutathione level of a person that has sustained substantial trauma such as experiencing a car accident or a person that has experienced emotional trauma. Glutathione levels can be reduced to as low as 5%, which has been shown to lead to Fibromyalgia or Chronic Fatigue or other like diseases.

Summary:

Glutathione is one of the main ingredients needed in the body. According to Clinical Studies over 70% of the population and 100% of people having an illness with clinical symptoms are deficient in Glutathione. With a reduction in glutathione levels there is a corresponding reduction in the efficiency of the immune system as well as the body's ability to detoxify itself. There will also be problems associated with the transportation of Amino Acids, Minerals, Vitamins, Glycoproteins (sugars), and nutrients into each individual cell.

"With NO Glutathione these nutrients are not transferred." Glutathione "super enhances" the Immune System, rejuvenates the liver and lungs, and is the super antioxidant in the body to make the other antioxidants work."

(Breakthrough In Cell-Defense, Gustavo Bounous, M.D., FRCS ©, Allan C. Somersall, M.D., Ph.D. Free Radicals and Disease Prevention, Derrick Lonsdale, M.D.)

"It is a super antioxidant that protects blood cells from Oxidative stress and damage." ("Harper's BioChemistry," p 53.)

The Thor undenatured whey is not Just Whey!

Research shows that the amino acids start losing their original structure above 40 degrees. The whey on the market today is microwaved at 30 degrees or heated to 88 degrees. Both processes change the amino acid structure to a form no longer beneficial in providing precursors so the body can manufacture its own glutathione. The pH of undenatured whey ranges from 6.4 to 7.2. When the whey is denatured the pH is reduced to the 4.8 to 5.4 an acidic state.

In the medical referenced to Glutathione "Heating Proteins over 72 degrees destroys the disulfide bonds of the Cysteine Amino Acid molecule and the protein bonds are broken". (D), Dr. Allan C. Somersall, Ph.D., M.D., "Breakthrough in Cell -Defense" p. 147.)

Thor bioactive whey is process at 40 degrees and is individually package to protect from air, moisture and heat thus preserving it undenatured status maximizing the effectiveness all of the amino acids.

http://www.agsci.ubc.ca/courses/fnh/410/protein/1_41.htm

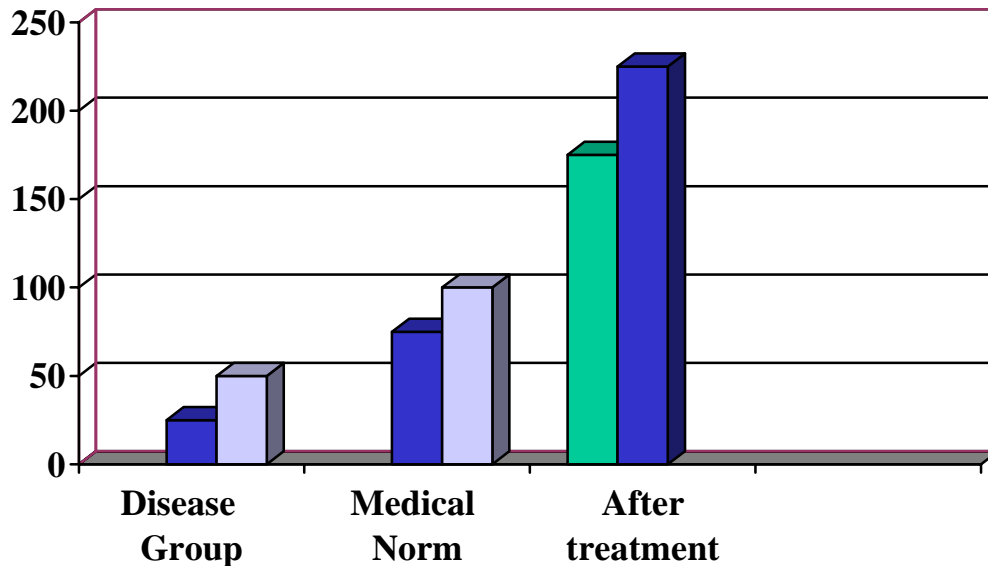
Thousands of people who have feelings of desperation and hopelessness have hope again as they regain their health. The nagging question is: What is my glutathione level and would it be beneficial to increase it?

Increasing Glutathione levels goes a long way to overall wellness

Raising Natural Killer Cell Levels

A Study done by Quantum Research, Inc showed that Natural Killer cell activity (Lytic Units) could be improved. The following shows some benefits of improving Natural Killer cell activity.

Natural Killer Cells Modulation



This first column: The study indicated that when the Natural Killer cell activity (Lytic Units) of the 107 participants, was between 25-50. The following diseases were present by the 107 participants.

- Cancer participants
- Chronic Fatigue Syndrome
- Lupus
- Aids, HIV
- Hepatitis C
- Allergies
- Colitis
- Chronic Infections
- Other autoimmune diseases
- Cervical Dysplasia/Metaplasia

The average treatment was
Total participant treatment time
Total number of people

13.2 months
1,422 months
107

Average starting Natural Killer cell activity	18 Lytic Units
Average monthly Natural Killer cell activity increase	28.25
Average percentage of improvement	1,276% over 13.2 Months

It takes time, but it is feasible to raise Natural Killer cell activity.

The second Column:

Medial Laboratory Report indicates the normal range of Natural Killer Cell activity in Lytic Units is 75-100.

The third column: The treatment provided in this study included a whey product resulting in the increase of Natural Killer cell activity between 200 of 300%. This study by **Quantum Research** involving 107 participants improved a noted in the following:

- Cancer - post treatment - remission
- Chronic Fatigue Syndrome – post treatment -
- Lupus
- Aids, HIV
- Hepatitis C
- Allergies
- Colitis
- Chronic Infections
- Other autoimmune diseases
- Cervical Dysplasia/Metaplasia

Summary:

The full text is available upon request

Number	Presenting disease	Post treatment Status
1	AIDS	Opportunistic infections ceased
37	CFS - Lupus	Remission
55	Cancer – all	Remission or Making great progress
1	Colon problems	Remission
1	Hepatitis	Remission
12	Others	Doing well, remission or undetectable

Jesse A. Stoff M.D. of Immune Consultants to Quantum Research, Inc. raises the following question.

“With all of the modern miracles of medicine, how is it that so many people succumb to so many common, uncontrolled infections? There are constant reminders of over prescribing of antibiotics. The human immune system has the ability to fight degenerative disease, cancer, heart disease and infectious diseases when the body has the necessary building blocks”.

We have become a society that demands immediate results from a magic pill and in many cases we fail to look at the root cause of the illness. It is of value to remind us that the human immune system has the ability to fight degenerative disease, cancer, heart disease and infectious diseases when the body has the necessary building blocks.

Thousands of people who have feelings of desperation and hopelessness have hope again as they regain their health.

The questions one needs to ask is; what is my Natural Killer cell activity (Lytic Units) and would it be beneficial to increase my Natural Killer cell activity (Lytic Units)?

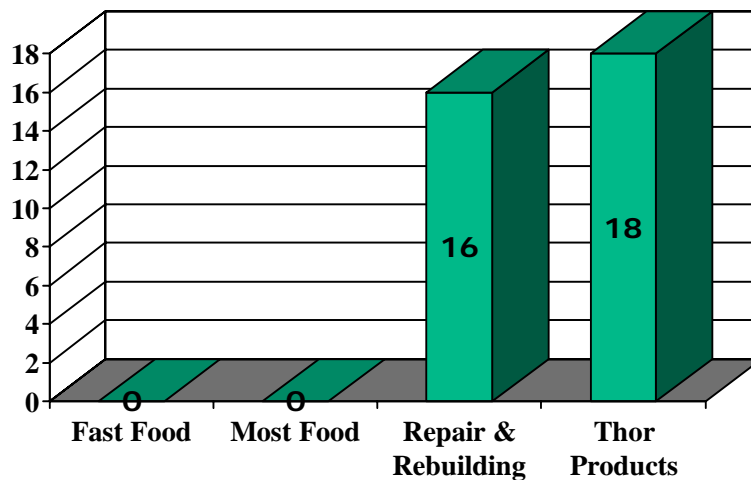
Increasing Natural Killer cell activity goes a long way toward overall wellness.

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Your Undenatured Amino Acid Intake

Thor's undenatured whey protein has 18 undenatured amino acids.

Presence of Undenatured Amino Acids



Fast Food: When proteins are cooked too fast and at too high of temperature they become undenatured

Most Food: many of the foods we do have been subjected to heat causing them to be, denatured which it reduces or eliminates their bioavailability from nutritional standpoint. Meat begins to denature when Cook to over a 200°, vegetables and denature 90 to 94° as does a grain and to foods can be denatured paella canning or freezing process.

Repair and Rebuilding: Replenishing the body with the required amino acids gives the body the necessary building blocks to maintain necessary cell function. According to Dr. Billie J. Sahley the 10 essential amino acids needed in a meal to make sure that proteins are utilized as proteins and not change into fat or carbohydrates. When a person is ill or under considerable stress 16 amino acids are required in each meal and when 1 amino acid is missing the protein becomes fat or carbohydrates. Whether you require 10 or 16 amino acids with each meal the absence of those building blocks will not provide what your body needs to create sufficient protein molecules.

(Billie J. Sahley, Ph. D., "Heal with Amino Acids and Nutrients." "Harper's BioChemistry" pp.23-28.)

Thor Whey and Green products have demonstrated: According to Lab reports have 18 undenatured amino acids for increasing cellular function and raising glutathione levels.

According to Dr. Brice E. Vickery.

90% of the 2,300 patients are deficient in protein. We find that 90% of our clients are also deficient in protein. They are eating protein, but it is not being utilized in the body.

Dr. Brice E. Vickery further states, when eating protein, if the meal does not have all of the 10 essential amino acids present our bodies fall short of protein requirements. If we are sick and/or stressed there are 6 additional essential amino acids needed in the meal. If any of these 16 amino acids are missing, the acids will be changed into fat rather than create protein.

Sufficient Amino Acids go a long ways toward overall wellness.

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Polysaccharides

Polysaccharides are long chain sugars that are found in undenatured whey, greens, vegetables, berries, and fruits. They are critical to cell communications.

Harvard University Studies recommended we get 5 servings of fruits and Vegetables per day.

http://www.eurekalert.org/pub_releases/2004-11/jotn-efa102804.php
<http://www.hsph.harvard.edu/nutritionsource/fruits.html>

A hectic lifestyle with fast foods, processed food could seem to be an insurmountable task. Thor Incorporated has produced concentrated whole food, greens, fruits and berries vegetables, which have polysaccharides that are consistent with the Harvard study.

According To Eric Braverman M.D. when he was addressing cell communications, He States: "as we get older these communications systems start to reduce functions and in time they limit their operations. When we do not give the body the raw materials to functions properly, various body functions and systems cause certain symptoms to occur. Twenty-two Polysaccharides along with 18 amino acids can do wonder for the following declining body systems." He further stated, "By jumpstarting with the nutritional building blocks, we can cause the body's hormonal levels to rise, delaying the aging process. While you cannot completely stop the genetic programming, you can certainly prevent it from occurring too early..." Source: Dr. Eric R. Braverman, MD, And The Edge Effect.

<http://www.pathmed.com/p/1.html>

According to Harper's Biochemistry, Chapter 56, pp. 648-666, 24th Edition, 1996 states: "Communication within the brain and between the brain and the rest of the body's extensive nervous system occurs through chemical "languages" by which brain cells, (individual cells, body systems), or neurons communicate with each other. There are about 50 such languages that neurotransmitters use to transmit messages from one neuron, nerve cell, to a specific organ such as a muscle or gland that releases hormones. These regulate (communications) mental performance, emotional state, cognitive functions, and the pain response."

**Declining systems with Polysaccharides deficiencies.
Eric Braverman M.D.**

Line No.	Declining Systems	Type of Decline. The results are a diseased state.	Usual Beginning Age of Decline
1	Electrical – Magnetic	Electrical activity of Brain Waves	45
2	Neurotransmitters	Dopamine, Acetylcholine, Gaba, Serotonin	30,40,50,60
3	Pineal	Melatonin, ACTH, Endorphin, MSH	20
4	Pituitary & Hypothalamus	Hormone feedback loops, Luteinize, throtropin	30
5	Sensory	Touch, Hearing, Smell, Vision	20-40
6	Psychological Balance	Personality health, Mental, Dementia	30
7	Thyroid (Hyper or Hypo)	Calcitonin & Thyroid hormone	50
8	Parathyroid	Parathyroid hormone	50
9	Thymus	Glandular size & immune systems	Puberty
10	Cardiovascular/Vascular	Blood Flow, Circulation, and Blood Pressure	40
11	Pulmonary	Lung elasticity and function	50
12	Adrenal	Cortisol, Water used by cells, Testosterone, Estrogen, Metabolism of Calcium	30-60
13	Nephrology	Kidney decline & function	50
14	Somatic	Growth Hormones (83), Muscle Mass, SRIF	30-50
15	Gastric	Nutrient absorption	40
16	Pancreatic	Blood sugar level, insulin	40
17	Insulin	Glucose tolerance	40
18	Androgen	Testosterone in Men (Male Menopause)	40-50
19	Menopause	Estrogen, progesterone, testosterone in women (Function transfers to the adrenals)	45-55
20	Osteoporosis	Bone Density, Absorption of Minerals	40
21	Derma	Collagen, Elastin, Vitamin D Synthesis	45
22	Oncho	Fingernails & nail deformities, Fungus infections	40
23	Urinary	Bladder control	45
24	Genome	DNA function, repair, and mutation repair	45

The Importance of EFA Oils

Most people are finally with Omega 3 (DHA & EPA) primary. They have anti-bacterial, anti-fungus, and anti-viral properties. These lipids are extremely important in lipid transport and storage in various diseases such as obesity, diabetes, cholesterol problems. They assisted in the destruction of several types of cancer cells including Leukemia, Lymphoma and solid tumors.

Most people obtain sufficient omega 6 and 9 in their diets. The critical role of Omega 3's is that it is necessary to balance excess intake of Omega 6 & 9 in most people's diet. Most importantly however, the omega 3's are extremely important for inhibiting such diseases as diabetes, heart problems, cholesterol and cancer.

Omega-3's Fatty Acids

Omega-3 is a category of fatty acids that are available from a variety of sources. The following are sources of Omega-3s Fatty Acids. There are two "omega-3" fatty acids in fish oil: EPA (eicosapentaenoic) and DHA (docosahexaenoic) more commonly known. "Alkylbiacylglycerols and Triacylglycerols are the other Essential Fatty Acids almost unknown by the general public and constitute the majority of lipids in the body" mostly from fish.

Lists and description of Omega-3's Fatty Acids

Different Types of Omega 3's	Different Sources of Omega's	Other Omega Included	Blood type
*ALA	Flax Seed Oil	3 is 7 parts 6 is 2 parts 9 is 3 parts	O
*ALA	Pumpkin Seed Oil	3 6 9	All
*ALA	Olive Oil	6 is medium 3 is low	All
EPA & DHA Plus Alkylbiacylglycerols and Triacylglycerols	Sardine Oil	3 is high	All
EPA & DHA Plus Alkylbiacylglycerols and Triacylglycerols	Salmon Oil	3 is high	O
EPA & DHA Plus Alkylbiacylglycerols and Triacylglycerols	Cod Liver Oil	3	Ok for treatment but not recommended for basic nutrition

*The omega-3 fats from fish oil - EPA and DHA - are biologically more potent than the omega-3 fat called ALA from plant sources like Flax Oil, Olive Oil and Pumpkin Oil. It is estimated that it can take ten times the omega-3 from flax to equal the omega-3 from fish for

some people who have trouble-converting ALA to the longer-chain omega-3 fats from marine sources.

http://europa.eu.int/comm/agriculture/prom/olive/medinfo/uk_ie/factsheets/
<http://www.udri.udayton.edu/NR/exeres/4BEACB52-0F59-4D82-8134-14CFEE5D2127.htm>

(The FDA approval of fish oil at dosages up to 3 grams per day as safe in all age groups can be found in the Federal Register Vol. 62, No. 108, June 5, 1997.)

Thor product includes Olive Oil, Pumpkin Seed Oil and Sardine oil, as the most Basic Oil.

According to Stephen Edelson M.D.

<http://www.twbookmark.com/authors/81/2655/interview17360.html>

Research indicates, "80% of Americans are deficient in EPA's and Fatty Acids." "You may not get EPA and DHA from flaxseed if you have a chronic condition according to research. Many people lack an activating enzyme for utilizing flaxseed. Fish oils have the highest amounts of EPA's. But many fish oils have high levels of mercury and other metals. "Stephen Edelson M.D., "What your Dr. may not tell you about Autoimmune Diseases."

According to the Diabetes Abstract, Vol 35, Issue 12, 1364-1370 1986 American

"Alkylbiacylglycerols and Triacylglycerols are the other Essential Fatty Acids almost unknown by the general public and constitute the majority of lipids in the body" mostly from fish. Mothers pass on these Essential Fatty Acids to their baby in form of stem cells which jump start the immune system of the baby if the mother is getting enough of these Fatty Acids. "They slowed tumor growth and in some cases reduced tumor weight by 90 %." "These lipids are extremely important in lipid transport and storage in various diseases such as obesity, diabetes, Cholesterol problems, Respiratory problems with new borns, cholera, Tay-Sachs disease." "Diacylglycerols modulate the insulin receptor (1251 IGF) and have an effect on tumor-promoting phorbol diester." Diabetes association "These lipids work on the tissues including the liver, heart, kidney, muscles, lungs, testis, brain, and adipose tissue." "These lipids are the major energy-storing lipids and are activated by ATP (creating energy)." Harper's BioChemistry, Chapter 26, pp. 245-253.

Harper's impressive list of benefits of Essential Fatty Acids

1. "They activated macrophage function and consequently inhibited metastasis. "
2. "They assisted in the destruction of several types of cancer cells including Leukemia, Lymphoma and solid tumors."
3. "They have anti-bacterial, anti-fungus, and anti-viral properties."
4. "They have a powerful anti-oxidant that eliminates the free radicals and protects the cells from excessive damage from chemotherapy and radiation therapy, pesticides, insecticides, chemicals, and other environmental pollutant."
5. "It is a carrier of much needed oxygen and nutrients to the red blood cells, spleen, & bones structure."
6. "It assists the stem cells in the formation of white blood cells and enhances the stem cell formation of the immune system of the T-cells."
7. "It has an anti-tumor affect by inhibiting the blood supply to cancerous tumors."
8. "They prevented tumor cells from invading healthy tissues." "Progress in BioChem Pharmacology, Anderson, R. Ether Lipids in the Therapy of Cancer,

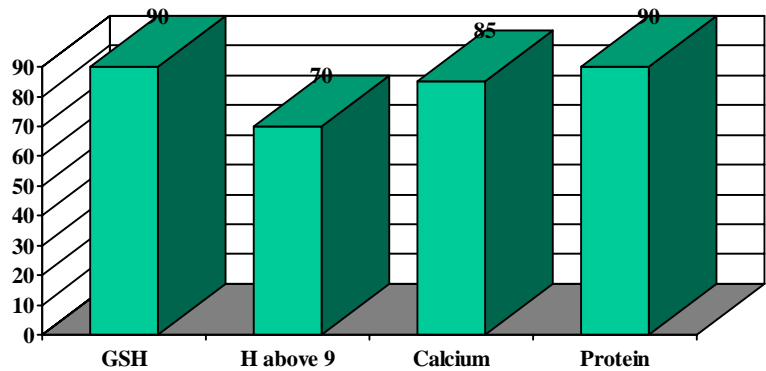
22:118-121, 1988.

9. "They are the intercellular communication and contact, key to healthy plasma, play vital roles in cell metabolism," and have a separate function beyond omega 3,6, & 9." "Harper's Bio Chemistry, Chapter 26, pp. 245-253.

Harvard found the body creates its own stem cells in the Immune System.

Thor Incorporated is using Olive Oil, Pumpkin Oil and Fish Oil and for above mentioned reasons.

Deficiencies



According to studies undertaken by James Braly, M.D.

90% of Clients are found deficient in Glutathione (GSH) and Protein.
70 % of people have Homocysteine levels above 9.

80% Need to Lower Homocysteine and they may reduce Risk of Heart Attack
82% Need to Lower Homocysteine and they may reduce Risk of Strokes
90% Need to Lower Homocysteine and they may reduce Risk of Diabetes

33% Need to Lower Homocysteine and they may reduce Risk of Cancer
50% Need to Lower Homocysteine and they may reduce Risk of Alzheimer's
Dr. James Braly, M.D. Life Stream Recovery, Inc, Laguna Hills, CA

According to Dr. Curtis Wood

In the book, "OVERFED, BUT UNDERNOURISHED" by Wood, Jr., Dr. Curtis.
85% are Calcium deficient – Nerves, Osteoporosis, & Brain dysfunction
40% have Chronic Fatigue Syndrome
20% experience Hiatal Hernia
20% have High Blood Pressure
50% are Deficient in Vitamin C
25% die from Heart Disease
60% will get Diabetes,
33% will get Cancer
Hospital admittance increased 5 times faster than the population

According to William B. Ferril, M.D.

If the body is given the right nutrients, body systems will put them where they are needed and the body will heal itself. Dr. William B. Ferril, M.D.

What We Provide at Thor Incorporated

Thor's basic concentrated whole foods our design as an enhancement to your current nutrition and wellness program.

We work with concentrated whole foods that are not denatured. Thus preserving there useful as nutritional bases "Precursors" or building blocks, e.g. amino acids, peptides, enzymes, polysccharides and minerals in food form.

Our goal is to support current medical therapies and improve the reader's quality of life. The Medical Professional can not effective provide nutritional based precursors to raise glutathione and Natural Killer Cell Levels. Nor provide the Polysaccharides and essential fatty acids. Thor products are able to provide these undenatured concentrated whole provide the body with critically need nutritional based precursors. Our products provide nutritional benefits that drugs fail to do and when drug therapy is need the Medical Professional can provide what nutrition cannot.

Blended Products:

Bio Active Whey – is a whole food product undenatured providing the precursors to raising Glutathione Levels and Natural Killer Cells amino acids.

Barley green and PM vegetables – is a whole food product that see Amino Acids and Polysaccharides at a high pH levels

Khorasan green and PM vegetables - is a whole food product that see Amino Acids and Polysaccharides at a high pH levels

AM Vegetables - is a whole food product that sees Amino Acids and Polysaccharides at a high pH levels

Berries Fruits and Enzymes Blend - is a whole food product that provides Polysaccharides and enzymes to help clean up the blood.

Rice Blend - is a whole food product that see Amino Acids and Polysaccharides peptides at a high pH levels

Concentrated Olive Oils, Pumpkin Seed and Sardine Oil – these provide the essential omega oils- See Essential Fatty Acids

Colostrum and whey blend – is a whole food product that see Amino Acids and Polysaccharides at a high pH levels