Brooks Bradley's Homemade Liposomal Vitamin C Method

http://www.indiadivine.org/showthread.php/1024272-Brooks-Bradley-s-Homemade-Liposomal-C-Method

What follows is all of Brooks Bradley's original posts on The Silverlist about this...This has already been cross-posted in many places and apparently he wants this info to be spread far and wide.

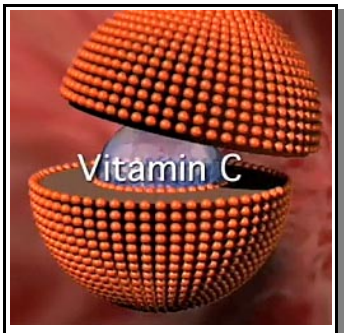
If you are not familiar with this man, he works with a private research foundation that has no internet presence that you will find by search engine. They research various simple, cheap and effective alternative medical protocols. Then he releases the synopsis of their results to the Silverlist from time-to-time, then he disappears again.

He is getting on in years and simply does not spend as much time on any forum as he used to. Those of us who have watched him for years know that he does not deal in hyperbole and is a master of understatement and courtesy, so the almost breathless nature of the first post really caused a stir.

DaddyBob 24 August 2009

We are euphoric (almost) over our enthusiasm regarding a substance which became available about 24 months ago, and since subjected to a number of different evaluations.

While the actual materials are not (essentially) modified in chemical or biological essence, the FORM of delivery is GREATLY improved and we have enjoyed ASTONISHING results among all of our principal investigators evaluating these materials. These research evaluations revolved around substances yielded by a process called Liposomal Encapsulated Technology (LET). All of our evaluations involved either Liposomal Encapsulated GSH or Liposomal Encapsulated Vitamin C. A majority of our experimental cases involved LET-based Vitamin C.



Liposome containing Vit C

About six months ago, inspired by the very recent (last 15 months) documented research of Dr. Thomas Levy, M.D. and associates, we endeavored to prosecute some evaluations of our own.....which centered on vitamin C encapsulated by phospholipid liposomes. The actual material we utilized was obtained from representatives of a firm holding some exclusive procedural patents (Livon), but there are, probably, others now available.....especially with the proclivities of firms for circumventing existing patents. The material is called "Smart" Lypo-Spheric Nano-Spheres.

The principal characteristic which enables the substance to yield such outstanding results, springs from its ability to present both in the blood stream and the inter-cellular environments----simultaneously. I could hardly believe Dr. Levy's original claims as to

results they achieved. To wit: That the ORAL ingestion of this "Vitamin C on Steroids" as the hype had pronounced it-----turned out (at least for us), to be ...EXACTLY THAT. E.G. 5 GRAMS of the LET-type Vitamin C (taken orally) did, indeed, yield results comparable to 50 GRAMS OF IV ADMINISTERED Vitamin C.

We were, simply, ASTOUNDED...by this result. I will not attempt to elaborate on our specific experiments, but will state that our associates achieved some UNBELIEVABLE results in very short time windows----and some involving stage IV carcinoma (which had proven unresponsive to ALL EXISTING ALLEOPATHIC PROTOCOLS). The implications are simply STAGGERING....for us.

The COST PROFILE simply COLLAPSES when considering such a simple---non-toxic----address to an amazing number of terminal-type insults; e.g. snakebite, botulinum, viral insults from across the entire spectrum, etc).

I must go now, but I encourage list members to conduct a web search on this manufacturing technology and the products available.....that actually exhibit the nano-encapsulation technology.

Do understand that some condition/circumstance may present itself, that could modify or, maybe, even negate our profound results...but I most SERIOUSLY DOUBT such will be the case. At present, we can hardly believe our results, but three other research groups (with whom we exchange information periodically) .....have effected results identical to ours.

In our recent researches evaluating this technology and, consequently, in searching for possible "process" improvements/modifications which might facilitate the "lay person" an opportunity for a DIY methodology achievable in a home environment---we did achieve some notable progress. First, a brief summary of our exploratory activity. Our literature searches revealed several companies actively exhibiting valid capability in this area (LET).

Typical, and demonstrably capable, is a company named MICROTEK. Helpful information is available there. http://www.microteklabs.com/

One fact became obvious, early on, to wit: The truly striking feature of LET was a NATURALLY-occurring characteristic..... and not a man-made process, that was driving this encapsulation process. That is, this process is a function of an automatic, "natural tendency" of certain substances (e.g. phospholipids in this case) to form tiny vacoules or bubbles---called liposomes----when in a aqueous solution under certain conditions."

The keystone activity is that these liposomes automatically fill themselves with whatever aqueous solution they were in----before they were formed. "This type of bubble, called a membrane, forms a protective barrier around virtually every cell in the human body."

Livon Labs has perfected a process which employs a high-pressure (1700 p.s.i.) discharge system which directs a liquid stream against a forming plate. The high impact forces the phospholipids (soy lecithin in this case) to form liposomes----so small, they require an

electrom microscope for viewing. This technology does not create the LET activity....it just enhances it. In our personal researches we have determined the key to exploiting the LET phenomenon appeared to be Livon's application of intense force in their mixing methodology.

Enter the "enlightening" moment. Searching for a method of achieving liposomal encapsulation, it occurred to us to explore ultrasonic stimulation as an option. It worked...maybe not quite as well as Livon's "high tech" brute force approach...but about 70% as well. Plenty efficient for our purposes.

Our vitamin "C" liposomal encapsulation protocol is as follows: Using a small (2 cup) Ultrasonic cleaner, (Item #03305, obtainable from Harbor Freight @ about $30.00), we performed the following:

1. Dissolved 3 level tablespoons (18g) of non-GMO Soy Lecithin in 1 cup of water (240ml or 240g) (preferably distilled).

2. Dissolved 1 level tablespoon (8.1g) of ascorbic acid powder (Vit. "C ") in 1/2 cup of water. (120ml or 120g) (preferably distilled).

3. Poured both solutions together in the ultrasonic cleaner bowl and turned the unit on.

Using a plastic straw (leaving the top of the cleaner opened), gently, slowly, stirred the contents. Note: The cleaner will automatically self-stop about every 2 minutes. Just push ON button to continue. Repeat for a total of 3 series (6 minutes). By that time the entire solution should be blended into a cloudy, homogeneous, milk-like mixture. The LET solution is now formed.

4. This protocol furnishes about 12 grams (12,000mg.) of vitamin C product. At 70% encapsulation efficiency, 8400 mg would be of the LET type. This solution will keep acceptably at room temperature for 3 to 4 days. Refrigerated, it will keep much longer. We use it so fast around our place...there isn't enough left to be concerned over storage. The "homogenizing effect" is so powerful that after 3 days at room temperature, no precipitation or solution separation appears evident.

This type of sequestered vitamin "C" has demonstrated to be, at least 5 times more effective (per volumetric measure) than any other form of orally-ingested vitamin "C" ....that we have tested. Additionally, it appears to be even more rapid in tissue-bed availability----than IV applications. An astounding revelation....to us. We estimate the DIY researcher can produce the active LET portion of this solution for 15 cents per gram....as against about $1.00 per gram from commercial sources.

It is my hope that this limited explanation of our activities in this area, is of some value to our do-it-yourself health-maintenance researchers. In any event, this protocol has demonstrated to be non-toxic and most helpful to OUR RESEARCHES.

Sincerely, Brooks Bradley.

P.S. A larger, more powerful, ultrasonic cleaner is now available at Harbor Freight. Item number 91593. 2+ liters, for about $60.00. Both units have performed quite well for us. Almost as well as our $500.00 lead zirconate titanate, research grade unit.

My apologies; I neglected to outline the attendant, probable, variations in the protocol. What I SHOULD have said in my original post is "The visible, obviously homogenized, portion of the solution", whenever I made the comment about the stability of the completed, resultant, material.

I believe you will gain a little better knowledge of the results you achieved, after reading my most recent comment on an inquiry by Sheila. Bottom line----your result was perfectly normal. Interestingly, the meniscus may present at the top...or the bottom ..... or not at all. Usually, if the initial material combination has not run long enough to incorporate a majority of the lecithin (or there is simply too much lecithin for the available ascorbic acid fraction.....the meniscus will form on the top of the sample .... within a few minutes after stopping the US agitation.

If your procedure has run acceptably well and----long enough to homogenize well, any meniscus formation will, generally, present on the BOTTOM after overnight storage--- with or without refrigeration.

In any event, you are doing fine. If you do not want to consume the isolated lecithin fraction you are observing, just decant the homogenized liposome solution and dispose of the isolated lecithin fraction. I hope this information helps your dilemma.

Sincerely, Brooks Bradley.

P.S. One just needs to continue to experiment " around-the-edges " of this protocol, in order to achieve optimum results. Do not be reluctant to do such...this IS NOT ROCKET SCIENCE....just common sense.

Your question has been asked by others....(private inquires addressed directly to me). In the interest of saving me time and energy, I offer the following explanation. First, soy lecithin is a "slow" incorporator, when introduced into aqueous mediums....sometimes. Especially, when there is a high lecithin granule population ratio----relative to the total water volume. The general reaction is that a major percentage of the lecithin blends readily with the the water medium, but there will remain a definitive lecithin component which floats on the surface and exhibits a somewhat "gelatinous" appearance (this is quite natural, based upon the native characteristics of the substances involved).

Do not fret over encountering such circumstances.....they will not compromise the basic effectiveness of your protocol. However, it is of some import to understand that the speed, and completeness, of the incorporation of the granular lecithin---into the aqueous medium, is affected by a number of conditions, such as the total amount of lecithin versus the total

volume of water; the temperature of the water-based solution and the strength of any other substance being incorporated into the parent solution----from very weak, to saturated (none of which are seriously compromising). Under the best of conditions, even after ultrasonic mixing for 8 to 9 minutes....there is, often, a thin meniscus (a distinct separation between two or more liquids in the same container).

[Example: a thin layer of oil lying on top of water.] In the liposome generation methodology we are discussing, the visible, gelatinous, portion of the meniscus is principally made up of unincorporated lecithin. It IS NOT a problem....in fact the lecithin component has useful, cardiovascular, health-support effects----beyond those being discussed here.

Either (or both) of two measures may be executed to reduce the volume of unincorporated lecithin you may be encountering. First, increasing the volume of the total water fraction, or secondly, raising the temperature of the total parent solution and extending the time of US reaction exposure. One reason for the condition you are encountering is that the closer one gets to achieving a saturated solution of lecithin .... the more resistant the process becomes to accepting more granular lecithin into that solution ----- until the point is reached where no further material will incorporate---hence, THE SATURATION POINT IS EXPERIENCED.

In my brief, original post, I did not discuss the nuances of speed, degree or completeness of dissolution of the lecithin----or for that matter---the ascorbic acid fraction. Neither did I outline a number of other considerations; such as the effects of varying the volume of water versus the ratios of the solution components....or the total water volume versus the protocol components .... primarily, because such elaborations would not serve usefulness / effectivity for the non-technical DIY person. I simply outlined a SAFE, mid-spectrum, protocol allowing the average lay-person to achieve a measure of acceptable results for home experimental research.

My personal bias is that it is better to have a small, uncombined, lecithin fraction presenting as a meniscus.....than to strive toward what I perceive to be a cosmetic achievement----of small consequence.....by means of diluting the total solution. In any event the excess lecithin is a positive addition.....it is just not active in the liposome process----- until some parameter changes that avails it the opportunity to participate in the encapsulation process.

My final comment on this subject: If it is of paramount importance to one, regardless of reason....by just increasing the water volume and reactivating the US Cleaner for several minutes....the remaining lecithin will (in almost all cases) go into the emulsified solution. However, bear in mind, you have diluted the entire solution by an equivalent strength-----with NO increase in total vitamin C component.

Please understand, these comments are not meant to browbeat "anyone" .... in any way .... but, rather, to aid the less technically-informed on the list. Sincerely, Brooks Bradley.

Although not scientifically rigorous, I offer a simple test which will yield the DIY researcher some element of confidence that they do, in fact, have a useful measure of liposomal encapsulate.

First, pour about 4 fluid ounces of your finished Vitamin C encapsulate into a cylindrical, 12 ounce water glass. Next, place 1/4 teaspoon of sodium bicarbonate into about 1 fluid ounce of distilled water and stir for 3 to 5 seconds. Next, pour the sodium bicarbonate solution into the Vitamin C mixture and stir gently for several seconds. Note: If the foam / bubble line which forms on top is 1/2 inch or less---in height---you have about a 50% encapsulation efficiency. If the foam/bubble line is 3/8 of one inch...or less, you have about a 60% efficiency. If the foam/bubble line is 1/8 inch or less, you have about 75% efficiency. If the foam/bubble line is just a trace.....you should major in chemistry.

The percentages given above, represent the amount of the total Vitamin C component incorporated during the encapsulation process.....that was actually encapsulated. The less encapsulation....the greater the foaming. What is actually occurring in this test, is that the ascorbic acid fraction is being transformed into the sodium ascorbate form of vitamin C. This test does not negatively affect the usefulness of the solution you have tested.....as the isolated Vitamin C component is not adversely affecting the encapsulate (which is being protected by the lecithin bubble-covering.)

Actually, the sodium ascorbate form of vitamin C is greater than an order-of-magnitude more soluble for tissue incorporation.....than is the ascorbic acid form. In any event this simple test should serve to raise the level of confidence in the DIY researcher....that they do---in fact---have a useful measure of encapsulated vitamin C.

Sincerely, Brooks Bradley.

Please watch this demo: http://www.youtube.com/watch?v=SeU--wadrMY

Re: Brooks Bradley's Homemade Liposomal C Method

Guest 09-09-2009 05:09 PM

I have now tried both the Livon Lipo-C and my own homemade version. I *think* the homemade works better for me. I *think* that is because my homemade is made with pure L-Ascorbic Acid, very high quality, from the Vitamin C Foundation, and the Livon product is made with sodium ascorbate.

From several people who posted their methods in various forums, and my own experience, here is my method:

1. In a blender, 1 cup of distilled water + 3 level tablespoons of granular soy lecithin, blend well (in a blender) until no granules are visible, OR shake this in a jar or " Blender Bottle " until all is dissolved. Do not let it sit.
2. Dissolve 1 tablespoon of C powder in 1/2 cup distilled water.
3. Combine both in the UC, turn it on and stir it gently with a straw, not touching the actual interior of the UC. Run it for 3 cycles. (6 minutes total)
4. Pour it out of the UC into a half gallon pitcher for the next step.
5. Add 3/4 teaspoon of baking soda to 3 fluid ounces of DW and stir or shake a bit.
6. Add this to the mix in the pitcher.
7. It will foam a lot. Let the head go down before decanting into the final container.

Refrigerate.

DaddyBob

Re: Brooks Bradley's Homemade Liposomal C Method

Guest 09-13-2009 07:11 PM

>Anyone got any recommendations as to a suitable dose, should it be taken with or without food and any supplements to avoid when taking?<

About a tablespoon at a time, or just a small swig. Take on empty stomach and wait 10 minutes before eating or 15 minimum before taking another empty-stomach type of supplement. The intention is for it to go through the stomach undigested. Then if you taking another supplement you simply want it to be clear of your gut to get the best effect of the next supplement.

Don't take over 5 tablespoons a day, not because there's anything wrong with the C, but because you need to watch for any signs of mental over-stimulation by the choline in the lecithin. For the same reason, don't take too much too late at night.

BTW, Brooks just came out and is now suggesting to use the baking soda before encapsulation with the lecithin in order to have sodium ascorbate, which is 3000% more assimilable that plain L-Ascorbic Acid.

DaddyBob

I have read all the above and here is my method:

1. In a small blender add 1/2 cup (120ml or 120g) of distilled water.
2. Add 1 level tablespoon (8.1g) Ascorbic Acid powder (Vitamin C)
3. Blend for about 10 seconds.
4. Add 3 level tablespoons (18g) of non-GMO Soy Lecithin.
5. Add 1 cup (240ml or 240g) of distilled water.
6. Blend for about 30-60 seconds.
7. Pour solution into the ultrasonic cleaner and turn on.
8. Stir slowly & often with a plastic straw or spoon for 6-12 minutes.
9. Pour into a covered glass container and refrigerate.
10. Dosage varies. I suggest 1 tablespoon in some water as a beginning dose. I would probably take 1 tablespoon every two hours until symptoms reduce or go away. I don't know what the maximum dosage per day should be. Let me know what works for you.

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1 April 2013

Slightly modified the process:

1. Put 1.5 cups (US) 360ml (360g) of distilled water in a blender.
2. Add 1 level tablespoon (8.1g) Ascorbic Acid powder (Vitamin C) & blend a few seconds.
3. Add 3 level tablespoons (18g) of non-GMO Soy Lecithin & blend one minute.
4. Pour solution into the ultrasonic cleaner and turn on.
5. Stir slowly & often with a plastic straw or spoon for 6-12 minutes.
6. Pour into a covered glass container and refrigerate.