

THE EFFECT OF ORGANIC GERMANIUM TO CLEAR UP FERR RADICAL

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ABSTRACT

THE FOOD WITH ORGANIC GERMANIUM IS VERY POPULAR IN JAPAN. THERE IS LARGE VOLUME OF ORGANIC GERMANIUM FROM GINSENG, GANODERMA, GARLIC AND ANGELICA KEISKEI .ETC PRODUCED IN SOME AREAS. THE TARGET OF THIS STUDY IS TO FIND WHETHER ORGANIC GERMANIUM IS BENEFIT OR INJURIOUS TO HUMAN. IT WAS FOUND THAT SOME PATIENTS OF CANCER OR CHRONIC RENAL FAILURE POSSESSED HIGHER FREE RADICAL WERE CONTENTS THAN NORMAL. SO THE BLOOD FROM CHRONIC RENAL FAILURE PATIENTS WAS COLLECTED AND THE VALUES OF RBC, BUN, CREATININE AND GLUTATHIONE PEROXIDASE BEFORE THEIR CONSUMPTION OF FOOD WITH ORGANIC GERMANIUM WERE SURVEYED. THOSE DATA WERE SET AS BASE LINE. THEN LET CHRONIC RENAL FAILURE PATIENTS TAKE THE FOOD WHICH CONTAINING 150PPM OF ORGANIC GERMANIUM TWO TWICE IN ONE DAY FOR ONE MONTH. THE VALUES OF RBC、BUN、CREATININE AND GLUTATHIONE PEROXIDASE FROM THEIR BLOOD WERE EXAMINED AS THE SECOND SET DATA. THE VALUES OF RBC、BUN、CREATININE AND GLUTATHIONE PEROXIDASE DATA WERE CONTINUED TO BE AFTER STOP TAKING DETERMINED ORGANIC GERMANIUM FOR THREE MONTHS AND FOUR MONTHS. AT THE SAME TIME, ANOTHER TEAM WAS SET UP AS THE CONTROL GROUP WITHOUT TAKING ANY FOOD CONTAINING ORGANIC GERMANIUM. NO SIDE EFFECT WAS FOUND IN TRIAL GROUP WHO TAKE ORGANIC GERMANIUM. THE VALUES RBC, BUN AND CREATININE DIDN'T SHOW SIGNIFICANT DIFFERENCE BY STATISTICAL ANALYSIS, BUT LARGE VARIATION IN GLUTATHIONE PEROXIDASE WAS FOUND. THE CHANGE OF GLUTATHIONE PEROXIDASE WAS FOUND TO BE FROM 536.73U/L TO 570.81U/L. IT WAS CONCLUDED THAT A TINY DOSAGE OF ORGANIC GERMANIUM (300PPM/DAY) WOULD INCREASE THE GLUTATHIONE PEROXIDASE LEVEL IN HUMAN BODY. THEREFORE, THE CONSUMPTION OF GINSENG, GANODERMA OR GARLIC WOULD DECREASE THE FREE RADICAL LEVEL IN HUMAN BODY.

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