Analysis by Dr. Rodney Gin
Rodney 医生针对實驗前後驗血值改变的分析：

（Rodney Gin 医生 1996 年获美国南加大医学博士。他的私人诊所位于加州硅谷，是一位研究抗衰老的专家医生）。

Interesting results. I think you are really on to something here, and future studies should probably be done to prove the theories. Below are some of the lab tests that I believe were relevant to your study.

這個（實驗前後驗血比對的）結果很有意思， 我認為你們找到一個真正值得研究的課題。而且未來的研究也許應該着重于理論的證明。下面是我對你們研究（抗衰老）有關的測試數據的分析。

1. AST/ALT: significant reduction in these markers. These are measurements of liver damage and inflammation. The lower the number the better. A substantial decrease was shown. However, I should point out that physicians would say that the patient should have had a baseline established first and there should be some documentation that he was not drinking alcohol prior to the first lab test. (alcohol can potentially increase these values)

1.天门多胺酸转胺酵素/麸丙胺酸转胺酵素：這些數字顯著的變小**（注：AST 数值从 23 降到了 16，降低了 30.4%， ALT 数值从 23 降到了 8，降低了 65.2%）。**這是測量肝功能損害和發炎的數字。數值越低越好。在這裡數據顯示大幅下降。不過，我要指出的是一些醫生可能說病人首先應該建立一個基線，和有文件說明他在第一次驗血測試前沒有喝酒。（因為酒精可能會增加這個數值）**– 請看下列參與研究志願者的回答**

Wilson's （research volunteer）response：

I do not drink alcohol as a normal habit. I know for at least 3 months prior, I had not have any alcohol drinks. Also when I drink alcohol, I normally have half a glass of red wine. I cannot remember when was the last time I had it, I think it may have been about early February time frame.

研究志願者的回答：

我平常沒有喝酒的習慣，而且我知道至少在研究開始的 3 個月前，我就沒有喝過任何含酒精的飲料了。此外，當我喝酒時，我通常只喝半杯紅葡萄酒的量。我不記得我最近一次喝酒是什麼時候的事了，我想可能是在今年的二月初。（注：验血是在 5 月 31 日）

2. triglycerides: were also lower. However, unless the individual was fasting prior to both blood draws, the result will be meaningless. If he was fasting at both blood draws, then the result is more significant.

2.甘油三酸酯：這根指數也變低了**（注：数值从 156 降到了 106，降低了 32.1%）。**不過除非研究志願者在抽取血液樣品前有禁食，否則結果將是毫無意義的。不過如果他在兩次抽取血液樣品前都有禁食，那麼結果代表的意義極為重要。**（注：在人体内高三酸甘油酯含量与动脉硬化有关，加上高血压会提高冠状动脉性心脏病与中風的可能性）。**

-- 請看下列參與研究志願者的回答

Wilson's （research volunteer）response：

I had a 12 hour fast for both blood draws. **I did not consume any food after 8 pm as the lab opens at 8 am. I only had plain water in the morning as I normally wake up at 6 am.**

研究志願者的回答：

我兩次抽取血液樣品前都禁食 12 個小時。實驗室的開放時間為上午 8 點，所以我在前一晚的 8 點以後就不曾進食。就如往常一樣，我在早上 6 點鐘起床後，喝了白水。

3. serum Iron also decreased. This is also interesting as Fe is now considered a marker for inflammation and a risk for heart disease. Some with high Fe levels have even been told to "donate blood" as a treatment. Diet however can affect serum Fe levels and obviously a more vegetarian diet has lower Fe。

3.血清鐵值也減少了**(注：数值从 142 降到了 122，降低了 14.1%）。**這個結果也很有義意，因為現在“鐵”被認為是發炎和心臟疾病風險的指標。一些有高鐵值的人，甚至被建議用“捐血”作為一種治療手段。但是飲食可以影響血清鐵值的水平，偏素食者的鐵值明顯的比較低。**－ 請看下列參與研究志願者的回答**

Wilson's （research volunteer）response：

I do not eat a lot of meat in my normal diet before and after this experiment. I eat mostly chicken and fish with lots of vegetables. Some pork and beef (the good low fat type) every other week or so. No skins and not too much deep fried food in my diet. Always tried to eat 70% to 80% full and about 5 meals a day to keep my blood sugar level balanced through out the day. During the experiment, I ate less red meat than normal, about 25% less. Food intake was actually more during my last two weeks of the experiment as my work place have free breakfast and lunch ;-) I ate a lot more egg whites, pork sausages, potato tarts ;-(, yogurt, salad, soup, drinks, etc.. However, I did not see any weight gain as I normally use the stairs to the 4th floor office at least 4 times a day. I think I did pretty well despite having more food. I will tone down more on the food intake or increase my exercise level.

研究志願者的回答：

在此研究期之前和之後，我的正常飲食都不含大量的肉類。我主要吃雞肉，魚和大量的蔬菜。每隔一周左右，我會吃一些（很好的低脂肪型）豬肉和牛肉。在我的飲食中沒有肉皮和沒有太多油炸食物。我總是試圖只吃 7 到 8 分飽，為了讓我的血糖水平在一天中保持平衡，我每天約進食 5 餐。在實驗過程中，我的紅肉攝取量大約比以往少 25%。但是因為我的工作地方有免費的早餐和午餐，我在實驗的最後兩個星期期間食物的攝入量，實際上是增多了。而且我吃了很多的（非素食）蛋白，豬肉香腸，馬鈴薯條，酸奶，沙拉，湯，飲料等。但是我的體重沒增加，因為我通常每天至少 4 次，上下樓梯到 4 樓的辦公室。我覺得除了增加了食物的攝取量外，我做的非常好。我將會減少食物的攝入量，或提高我的運動量。

4. TSH : both levels are in the "good" range. 0.3-3 is generally considered what you want. Lower is typically better for "anti-aging" purposes as long as you don't go below 0.3. It means more thyroid hormone is circulating. Free T3 went up which is a good thing as well. Still, skeptics would want a stronger baseline, but numbers are all going the correct direction.

4.甲状腺激素：這兩次的數據都在“好”的範圍。從 0.3-3 被普遍認為是理想的數字。只要你不低於 0.3，通常数值越低是代表“抗衰老性”越好**(注：数值从 1. 57 降到了**

1. 17，降低了 25.5%），数字越低意味著更多的甲狀腺激素循環。游離 T3 上升了（注：数值从 3.3 升到了 3.7，上升了 12.1%），這是一件好事。虽然懷疑論者可能會希望有更多的基線作为参考，但你们的实验显示所有的數值都走向進步的方向。

5. Testosterone: Here the numbers are all going the right direction which is up. It would be interesting to hear a personal account of the patient's libido and if it improved after course of treatment.
5.睾酮：這裡所有的數據都增加了（注：数字从 485 增加到 577，增加了 19%），這表示朝向進步的方向。如果能聽到志願者個人的性慾，在經過能量調整後有增加的話，這是很有意思而值得关注的。- 請看下列參與研究志願者的回答

Wilson's （research volunteer）response：

Yes! I have increased libido during this experiment period and continuing still ;-) With meditation and Qi Gong practices, I am able to control much better than before. I estimated that my drive and desire during this time had doubled. My actual physical contacts had increased about 150% and were seemingly much more accommodating with my wife which was not generally the case previously.

研究志願者的回答：

是的！我的性慾在這實驗期間有增加並且到現在還在持續中。不過使用靜坐和氣功的方式，我的控制能力比以前好多了。我估計我的慾望目前是以往的兩倍，不過我們實際上的接觸增加了大約一倍半，而且和以往不一樣的是我的妻子配合度也提高了。

6. IGF BP3: This went up a little. IGF BP3 is somewhat a marker for growth hormone.
6.IGF BP3：這個數據增加了些（注：数值从 4 升到了 5，增加了 25%）。IGF BP3 是生長激素的一個指標。

7. IGF1: This also increased and is another marker for growth hormone.
7. IGF1：這個數據也增加了（注：数值从 192 升到了 209，增加了 8.9%）。同樣的，這也是生長激素的另一個值標。（注：医学早已确认生长激素的制造与年龄相关，在接近 20 歲時，生長激素的制造達到高峰，21 歲之後生長激素逐年減少，因此生长激素是人体年轻化的很重要的指标）。

8. IL-6: This is a cytokine and generally increases with age and age related diseases. Lower levels of IL-6 have been reported with reduced caloric intake. This number also decreased in your study. There have been numerous studies showing decreased caloric intake extends life. As IL-6 is lower with reduced caloric intake, people theorize that reducing IL-6 can extend one's life. So, it is a good marker to follow and it went in the right direction.
8. IL-6：這是一種細胞因子，通常會因為年齡和年齡相關的疾病而增加。已有報告指出，減少熱量的攝入，可降低 IL-6 的值。這個數字在經過你們的實驗後也降低了（注：数值从 1 降到了 0.7，降低了 30%）。已經有不少研究顯示降低熱量的攝入可延長壽命。減少熱量的攝取，可以降低 IL-6 的值，由此推論，減少 IL-6 可延長人的生命。因此 IL-6 是一個很好的指標，而且在此它朝著正確的方向減少。- 請看下列參與研究志願者的回答

Wilson's （research volunteer）response：

This number may have been improved if it wasn't for the work place free food ;-) The last 2 weeks before the test, my caloric intake have definitely increase by at least 25%. I am

glad my IL-6 still was in the right direction.
研究志願者的回答：

如果不是因為工作場所的免費食物，這個數字可能會改善的更多。在實驗的最後 2 週，我的熱量攝入量反而增加了至少 25%。我很高興我的 IL-6 值仍然降低了。

Overall it appears that the lab values were all headed in the right direction to demonstrate evidence of anti-aging benefits of Master Li's experiment. Further studies would be recommended with more baseline labs and follow up tests.

整體而言，所有的驗血數據都進步了，這提供了李老師的能量調整抗衰老功效的證據。我建議進一步的研究將可以包含更大的範圍，更多次的时候检测並可涉及不同的領域。

Rodney Gin, M.D.

备注：

Rodney 医生的这一份分析是以 Life Extension Lab（Life Extension 实验室）所做的能量调整前後驗血数值报告为基准做的。为了帮助大家更充分的了解各数据代表的意义，在不影响原文的情况下，我们特别加上了括弧内的注解。