



2015 Valentine's Issue

At 22 years old, The Longevity Foundation is re-tooling and re-energizing!

Building on our past successes and looking toward the future, the Foundation is moving to expand and re-energize its research activities. After many years of ground-breaking collaborative research and distinguished scientific journal publications, we are now fostering new research partnerships and roles for our scientific community.



Paul Wong, Ph. D., who has long been the leader of our research team, has agreed to take an even more focused role in our efforts since his recent retirement from M.D. Anderson. Without the many demands he had in overseeing his own lab and acting as a professor, he is more able to plan and coordinate the activities of our collaborative research partners. He has recruited highly distinguished researchers at leading institutions that are not traditionally known for working together—the University of Texas and Texas A&M! Those institutions, teaming up with Harvard Medical School and Bach Pharma, are building a powerful force for future achievements!

Paul Wong, Ph. D.



At Texas A&M, Paul is building on his previous relationship with Ashtok Shetty, Ph.D, the Director of Neuronal Sciences, Institute for Regenerative Medicine, Texas A&M Health Science Center College of Medicine, Temple, Texas. Dr. Shetty's primary areas of research are neuronal diseases of aging, epilepsy, Gulf War Syndrome, and traumatic brain injury. Dr. Shetty is now in the process of conducting neuropathogenic studies on cells of ataxia-telangiectasia (A-T) mice that have been treated with Bach Pharma's drug, GVT.

Ashtok Shetty, Ph. D.



For many years, Paul has worked as a colleague of Marcelo Aldaz, M.D., Ph.D., Professor, Department of Molecular Carcinogenesis, Science Park-Research Division, The University of Texas MD Anderson Cancer Center, Smithville, Texas, but he has just recently recruited him as part of our team. Dr. Aldaz's primary areas of research are breast cancer, neuronal degeneration (epilepsy), metabolic syndrome and diabetes. Doctors Aldaz and Shetty are currently working with Paul and Bach Pharma to design new studies on the effect of GVT© on neuronal stem cells.

Marcelo Aldaz, M.D., Ph.D.



Dr. Gerard Berry has been involved with The Longevity Foundation for many years and continues his involvement as Director of the Metabolism Program at Boston Children's Hospital and Professor of Pediatrics at the Harvard School of Medicine. He is planning an A-T clinical trial and is exploring potential funding sources, while working closely with Bach Pharma to document the effectiveness of GVT© in treatment of metabolic and degenerative diseases. With specialties in A-T, metabolic, and degenerative diseases, Dr. Berry will continue to be an important collaborator on Foundation-sponsored research.

Gerard Berry, M.D.

Inflammation-the tie that binds

Soon after Patrick Howard was diagnosed with a then almost unknown disease called ataxia-telangiectasia, AT, Dr. Bill Lynn was contacted at the University of Texas Medical Branch at Galveston in an attempt to understand the underlying cause of the disease. (See our video at thelongevityfoundation.org.) Within 30 minutes, Dr. Lynn had discovered a scientific paper which he interpreted as pointing to a key problem with the disease which involved the patients' inability to adequately control free radicals within their organ systems. Dr. Lynn's initial interpretation has been validated many times in the last 22 years in research and publications sponsored by The Longevity Foundation.

The inability to effectively counter-act free radicals is something our bodies all struggle with as we age. Free radicals are known in the scientific world as reactive oxygen species or ROS. The state of having too many free radicals or ROS is also commonly known as auto-immunity or excessive inflammatory response.

The research results show that a whole host of degenerative diseases are caused by ROS. These conditions are more likely to present themselves later in our lives. Speeding up this aspect of the aging process can be caused by genetic deficiencies or environmental factors. The phenomenon of this pre-mature aging process is the common thread found among our researchers, who share their individual complementary perspectives, data sets, and resources that bring forward new and productive collaborations.

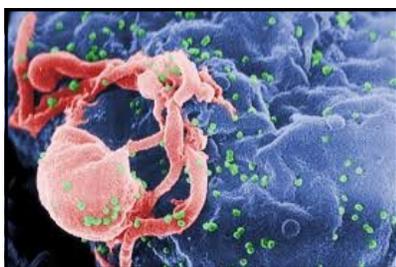
For example, Dr. Shetty's work on Gulf War Syndrome, which is caused by multiple toxic exposures, and Dr. Aldaz's research into the harm that excessive radiation can cause in breast cancer treatment share the common element of excessive free radicals. On the genetic side, Berry, Aldaz and Shetty are working on neuro-degeneration, which is also strongly linked to excessive ROS. The same can also be said for just about every disease our scientists are researching. Even Ebola and other viruses like HIV can cause wide-spread, severe inflammatory responses.

One of the most exciting aspects of our research is that one of our collaborators, Bach Pharma, holds the patent for GVT[©], a drug originally discovered in Russia. GVT[©], has a very rare, if not unique, property that allows it to mitigate free radical damage without any potential side effects. The body needs some free radicals, or unpaired electrons, to survive. The best example is that free radicals are necessary for electrical conduction in nerves. Too many anti-oxidants, which provide pairing electrons for free radicals, might shut down body functions. These anti-oxidants might also become free radicals themselves, as they run out of free radicals with which to pair.

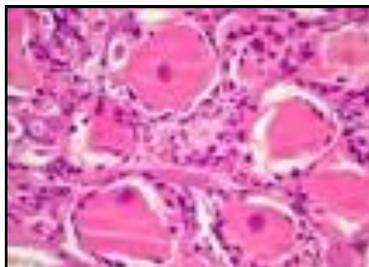
The beauty of GVT[©] is that it is a molecule that is capable of either accepting or donating electrons, depending upon the body's current free radical load status. In other words, GVT[©] acts as a buffer and will not over-compensate as an anti-oxidant nor become a free radical with excessive doses.

Most of our funding is dedicated to getting preliminary data on the effects of many different anti-oxidants on various diseases. For reasons mentioned above, none have proven more effective than GVT[©]. Our researchers have been very successful in getting substantial NIH grants when they are armed with preliminary data from research that has been funded by The Longevity Foundation. Our challenge is that the NIH grants are tightly restricted so that they may not be used to explore other diseases. Therefore, we are re-energizing our efforts to raise the funds necessary for our newly expanded research team to perform the experiments required to win larger government and industry funding.

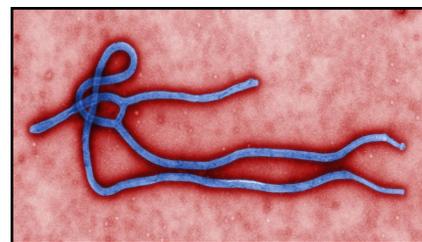
Images of viruses/diseases that can all cause potentially deadly inflammatory responses



H.I.V.



Ataxia-telangiectasia



Ebola



Artist Bill Worrell



Donates Silver Heart Pendant Jewelry Sculpture

Valentine's Day Gift of LOVE!!

Long-time friend and supporter Bill Worrell recently created a wearable art sculpture that has been cast and re-produced to sell for the benefit of The Longevity Foundation's research. The uniquely hand-crafted silver heart necklace is done with the same distinctive flair of Worrell's many creations, which are collected by art patrons all over the world! For almost five decades, his sculptures, paintings, jewelry and ceramics have been featured in some of the finest galleries in the Southwest, including Exposures Gallery in Sedona and Worrell Gallery in Santa Fe. A piece of wearable art similar to this silver heart necklace would sell for \$150 or more in a gallery. It is a bargain at \$100, not to mention its value in promoting The Longevity Foundation's research! Give the loved ones on your Valentine's Day list the gift of love AND the satisfaction of supporting a great cause! Order your silver heart(s) at www.thelongevityfoundation.org or contact us by phone or email. 512-413-3901



PLEASE SUPPORT our research by purchasing a heart or donating through our website @: www.thelongevityfoundtaion.org You may also send a check payable to: The Longevity Foundation, 2315 Westforest Drive, Austin, Texas 78704. The Longevity Foundation operates with nominal overhead so your donations can directly fund research. Donations are tax deductible!

The Longevity Foundation is a 501 C3 ID# 74-2645973



Photos by Sean Ziemba

LAISSEZ LES BONS TEMPS ROULER!!

In late October, the 2nd annual Gumbo Cook-Off benefitting The Longevity Foundation was held at the beautiful Oohla Bean Inn and Retreat in Driftwood, TX. The day offered 16 different types of gumbo, great Zydeco music by Dr. Zog, trophies for winners, Twisted X beer, Deep Eddy vodka and lots of Louisiana style fun!! Special guests included two of our researchers, Paul Wong and Marcelo Aldaz, who gave the attendees a first-hand explanation of the research that we are funding. Many thanks to our generous sponsors, the chefs, volunteers and all who attended!

In Memoriam

With a heavy heart, We are sad to say that The Longevity Foundation recently lost two great friends and supporters,

Dorothy their Founda- fund- Barton ond an- and 2014. generous and help-



Ted Stewart
July 30, 1947- December 17, 2014

Nichols and Ted Stewart. families have actively sup- portion for many years, donat- raising events including Creek Country Club in 2009 annual Driftwood Gumbo Dorothy and Ted were al- influences on the Foundation ful friends to many people



Dorothy Nichols
August 8, 1926- December 2, 2014

Dorothy, Ted, and ported The Longevity ing and co-sponsoring the Pickin' Party at and the first and sec- Cook-Offs in 2013 ways strong, kind, and and concerned, fun, who are involved

with the Foundation. We share their families' sorrow, while focusing on the great joy of having known them, for their eternal spirits and for the many treasured memories we will always have of them. Thanks Dorothy and Ted.

We love you.