



MINI MAYA: Exploring the Six Hidden Causes of Aging

2025/09/14 : Course notes from the Mini MAYA (Make America Young Again) meeting.

Why do people get old and “die of old age”? This has been a question that has continued throughout the ages. What is aging?

In my worldview, aging is caused by six factors:

1. Susceptibility to Febrile Illnesses (introduce Cascarilla Tea)
2. Accumulation of epigenetic distortion around cellular and mitochondrial DNA (CHI Sun)
3. Accumulation of unconscious emotional trauma. (introduce Cactus Powder with Tangerine Juice)
4. Gradual depletion of primordial Jing, the Spiritual spin that holds the body together, otherwise described as a veil that separates body from Spirit that thickens over time. (Qigong, Superfoods, Vital Spin Water.)
5. The Power of Appreciation
6. Accumulation of free radical end products that make the body less and less viable for the soul. (CHI Palm and CHI Guard Product Series – DMSO – O2 water.)

To me, these are intertwined but can be addressed individually:

1. **Accumulated Damage from Febrile Illnesses:** The book from which I learned about this shamanic botanical just said: “Cascarilla – Prevents Aging”. Based on this, I started researching and testing. Susceptibility to febrile illnesses, whether influenza, pulmonary or intestinal bacterial infections can weaken the body, contribute to aging, and sometimes cause a premature end to life. The ancient Incans used Cascarilla to augment body resilience to “prevent aging” by reducing susceptibility to febrile illnesses and to strengthen kidneys and liver. The great-grandson of a formerly 126 year old centenarian told me his great grandfather took a little Cascarilla every morning before heading off to farm his field. Those I know who are taking small amounts of this as a daily supplement have not suffered significant colds or flu since starting it. For centuries, the Spaniards, who discovered the local Inca shamans using it in 1630 just 10 miles from where these centenarians lived, carried it around the world and used it to treat malaria.
2. **Accumulation of Epigenetic Distortion and Mitochondrial Dysfunction:** CHI Sun: This is largely caused by the growing influence of factories on the purity of the food we eat, water we drink, and air we breathe. Heavy metals, pesticides, and traumatic shock can all disrupt the function of DNA and our quality of life. Epigenetic distortion in mitochondria causes what is often called metabolic syndrome, where the mitochondria is no longer able to produce sufficient energy to fuel the cells through production of ATP (adenosine Triphosphate) and other chemicals that act as fuel to the cells throughout the body. Another huge way that epigenetic distortion is introduced into the DNA and mitochondria is vaccines. Young people who have endured at least 30 vaccine injections have a wide variety of chronic illnesses and mental/emotional disorders. Unwinding this epigenetic distortion is not easy.

Reducing epigenetic distortion is approached in three steps. First, the CHI Sun attunes the DNA to the overall signal of the body to enhance attunement with the etheric template of the body. In the case of mitochondrial DNA, it also **attunes each to its kind of DNA. This initiates a waking up of the DNA and an** initiation of cleansing. The CHI Sun also dissipates much of the

shock induced by such insults as vaccines. Secondly, a variety of healthy foods and supplements help chelate different sorts of contaminants, whether heavy metals, microplastics, or other contaminants.

3. **Primordial Jing:** The depletion of Primordial Jing, according to the Taoists, is the true cause of inevitable aging. They believe they can increase it through herbs, exercise, and meditation, but do not believe it can be replenished indefinitely. The ancient Inca have a different way to view what may be this same issue. They believe there is a film that gradually accumulates between the body and Spirit. This, to them, is why human life is limited to 150 years. Like the Taoists, they were unable to dissolve this accumulating film. We are currently developing systems to transfer large quantities of supplemental Jing to the body to dissipate this film. The CHI Palm provides a moderate amount of this during use. It appears to be sufficiently effective to reverse the aging process locally where applied, but is insufficient for the whole body.
4. **Accumulation of Unconscious Emotional Trauma:** (Cactus Powder / CHI Palm / Foundational Truth Cards) Research in Blue Zones around the world has found that one of the key observations about Centenarians is that they live a calm, happy, and contented life. To get to this state of equanimity, accumulated unconscious emotional trauma must be dissipated along the way. The ancient Incans used Andean botanicals regularly to dissolve unconscious emotional trauma. We also use the CHI Palm along with the Foundational Truth Cards toward this end.
5. **The Power of Appreciation:** Most of us were brought up on “constructive criticism”. If you don’t know how to do better, how can you hope to improve?-- The shamanic perspective is very different. They know that nurturing words make everything and everyone better, and that criticism generally makes us and the world around us worse. It causes us to shrink away from our own lives, from our Soul’s purpose. As we lose our purpose, we become little more than automatons. Regaining our individual sovereignty starts with reclaiming our bodies and our consciousness that rides on our physiology. Sovereignty also involves reclaiming our environment. Do we speak to family, friends, plants, and

coworkers with curse words? Or do we speak with appreciation. We shape the world around us with every word we speak. We can think of nurturing words as an investment. They cause the value of our friends, families, and gardens to Appreciate.

6. **Accumulated Oxidation:** (CHI Palm/DMSO/H₂ water.) Free radical end products accumulate as a result of exposure to Earth's oxidizing atmosphere. This is why plants produce antioxidants, and why eating fresh produce slows aging and is health promoting. Can we drain the accumulation of oxidizing photons or quanta of ionizing energy from the body? I believe so. The success of a diet of fresh produce is evidence that we can counteract the onslaught of atmospheric oxidants and oxidized foods from processed and ultra-processed foods. However, it is not enough to reduce free radicals. We must also remove accumulated free radical end products.

As an illustration, to remove accumulated oxidation from a lawnmower, we can apply an alkaline substance that dissolves the rust and turns much of it back into steel. The product is called Naval Jelly Rust Dissolver on Amazon. (Caution: Do not apply Naval Jelly to Humans) Humans are not lawnmowers so we need a different solvent to remove oxidation. To remove oxidation from the body, we must first melt the oxidation, the free radical end products (DMSO). Second, we must vacuum out the liberated ionizing energy before it creates more free radicals in other parts of the body. (O₂ water and the oxidative pollution vacuum in the CHI Palm) Third, it is important to bring our bodies into a state of willingness to let go of the free radical end products it is holding onto. (The CHI Palm brings local cellular cooperation and systemic cooperation so the body releases it's hold on free radical end products)

From Grok: *"Direct evidence for DMSO (dimethyl sulfoxide) facilitating the breakdown of lipofuscin and advanced glycation end products is sparse but intriguing. A limited number of in vitro and animal studies suggest DMSO's ability to enhance cellular membrane permeability and promote autophagy may support the degradation of lipofuscin granules. For instance, research on cellular models has indicated that DMSO can stimulate lysosomal activity, potentially*

aiding the clearance of intracellular debris, including lipofuscin, by improving the cellular environment for waste removal. Additionally, its antioxidant properties, observed in studies of oxidative stress-related conditions, may indirectly reduce lipofuscin accumulation by mitigating oxidative damage, a key driver of lipofuscin formation. While these findings are preliminary and lack robust human trials, they provide a foundation for exploring DMSO's role in breakdown of free radical end products."

Citations

- [Unlocking Natural Medicine — The Power of Therapeutic DMSO Combinations](#)
- [The Benefits of Molecular Hydrogen and How Inhalation Delivers Them](#)
- [How DMSO Heals the Gut and Cures Gastrointestinal Diseases](#)
- [Horbäach Olive Leaf Extract Liquid | 2 fl oz | Super Strength | Alcohol Free, Vegetarian, Non-GMO, Gluten Free](#)
- [Organic Moringa Powder](#)
- [Evergreen Herbs Cinchona](#)
- [A Midwestern Doctor](#)