

The Truth About Plasma Donation

by Prof. Karl West

(Part 1)

People everywhere, struggling to pay the bills, are getting a little extra (tax-free) cash in return for “donating” plasma; an act that is widely purported to be harmless, and necessary to save lives. In reality though, practically all of these “donors” are unaware of the importance of this portion of their blood stream, and do not realize the “donation” they are making i.e; the actual cost regarding the quality and length of their life.

Do one quick search of the internet on the safety of donating blood plasma and you will find countless postings on a variety of blogs where people (who have found reason to be concerned) have enquired about the safety of this practice. In nearly every instance the answers are all the same. You can see the same type of reply regurgitated repeatedly; always in an attempt to dismiss any concerns, even from people who have no medical education to speak of.

We shall now see (in simple terms) that the role of plasma protein throughout the body is enormous and that the idea of frequently robbing anyones blood stream of it, without any kind of detrimental repercussions is improbable.

An important question to begin with is: Why do we need certain particulates in our blood stream, and what roles do they play in preserving our life and overall wellness?

The primary component of blood plasma is a protein called albumin. To be fairly acquainted with even a fraction of the services performed by this “super protein” is to know the value of maintaining its highest levels in blood; for “all morbidity and mortality is associated with diminished levels”.

In short, albumin is “the greatest measure of health”. If you have a high level you will have great mental and physical health. If your level is low you will begin to experience a rapid decline in your mental and physical health. Without exception, any infection or disease process will be marked by a diminished level of this incredible blood plasma protein in the blood stream. **"The common denominator in every pathological state is a decrease in serum albumin" (J. Luetscher, *Physiol. Rev.* 1947, 27, 621-642).**

Albumin holds most of the water in your blood stream, keeping your blood from total collapse at all times. It holds sodium and this is the main electrolyte responsible for the magnetic attraction of water to the blood proteins.

Ideally, the cells attract only a certain amount of water in opposition to an amount that is attracted to the blood stream. It is a kind of “tug of war” with water that results in optimal irrigation of the tissues as the blood travels its circular path. The water diffuses out of the blood stream with extreme ease on the arterial end because of an increase in pressure as the heart

pumps, and it only has to travel across the tissues a very short distance before it is pulled back into the blood stream by the venous side. Yet once the plasma is taken from the blood this dynamic equilibrium loses its intended specifications. This may be why so many who donate their plasma (as frequently as allowed) have complaints of edema, although that could be blamed on kidney failure.

Even though the osmolarity of the blood stream is quickly adjusted to within normal range, it stands to reason that the irrigation of the tissues from the arterial end and subsequent retrieval of fluid from tissues on the venous end would not be as dynamic.

We are now examining the circulation...

To be continued

Sources include:

Guyton's Textbook of Medical Physiology (Eight Edition)

All About Albumin, Academic Press, 1996, p 188

Super Physique Secret, Kenneth Seaton, D.Sc. 1994

J. Luetscher, *Physiol. Rev.* 1947, 27, 621-642

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(Part 2)

Given the facts, anyone might surmise that nobody can lose a significant portion of their blood plasma without sharply decreasing the body's ability to renew itself for at least twenty-four hours, among other things...

Cells must "eat" albumin through a process called pinocytosis. Today's college biology textbooks make it look as if the cell is engulfing only water; failing to properly credit the albumin plasma protein (as if cells had to eat water). It is composed of a perfect balance of amino acids, and is the greatest source of building materials for all cellular constructs *as well as for cellular reproduction*. If cells were to reproduce without albumin they would reduce in size each time.

The body is a sponge matrix of various types of water compartments, most of which must be maintained with precision. Every compartment of the body must have access to a continual supply of plasma proteins that invariably hold a certain amount of fluid.

Remember; it is the particulates that hold the water, constituting the fluid for the proper hydration of the entire vascular tree, each potential space, and the joints.

Furthermore, under normal circumstances there is something called “net-filtration”; a controlled level of albumin escapes from your blood stream (with a certain amount of sodium and water) to filter in between your cells. This forms tiny rivers to facilitate the transportation of everything and anything your body needs to move around (see Your Body’s Amazing Filtration System).

Most of your body’s metabolic waste (or “junk”) must be bound to your albumin molecules and invariably vacuumed out of your tissue spaces by your ultra vast lymphatic system. This amount of “net-filtration” is designed to increase (thereby requiring increased lymphatic activity) under heavy physical exertion, stress, shock, poison, or injury to enable your lymphatic system to deal with larger amounts of metabolic waste, debris, or toxins.

Since your lymphatic system is intended to literally vacuum pack all your tissues in your body, this suction produced by the lymph system creates a void; a negative pressure in between your cells that literally allows your blood stream to act as *the environment* for all of your cells (which is ideal).

Normally there is a very dynamic exchange of the liquid portion of your plasma between your blood stream and your tissues. Water irrigates from the arterial side and straight across into the venous side with extreme ease (when the blood stream is properly constituted). This certainly wouldn’t need to be so dynamic, were it not for the amount of constant oxygenation required by every tissue; every organ in the body.

Thus it stands to reason that if cells don’t get enough oxygen they will run out of the fuel for each part of the body to function properly. If tissues can be damaged this way, could the result be premature aging, loss of energy; perhaps even disease and death?

One woman replied that she had special antibodies that were needed to save the lives of infants. This author then agreed that if her plasma was needed to save the lives of infants that it was a good thing to do. The woman died at about half of her life expectancy about two years later of what was classified officially as natural death. So the question is: Was her plasma really used to save the lives of any children? (This author doesn’t know)

Up next: The process of renewal for the Cerebral Spinal Fluid, Body Burdens, and the amazing Human Pharmacy...

Sources include:

Guyton’s Textbook of Medical Physiology (Eight Edition)

Speed-Healing & Applied Lymphology by Dr. C. Samuel West

All About Albumin, Academic Press, 1996, p 188

Super Physique Secret, Kenneth Seaton, D.Sc. 1994

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(Part 3)

Regardless of how well a persons blood plasma is found to be reconstituted when that person is tested during subsequent visits at a plasma donation center, the fact remains that in between visits the body was being strained until everything was restored to its proper balance. It makes sense to realize that during those periods of recovery the body is being deprived of many of the wonderful services that only albumin can perform so well.

Nothing should be allowed to float freely in one's blood stream. Albumin needs to bind up practically everything that is picked up into the circulation from either the digestive tract or from the spaces in between cells. It is the ultimate transport molecule responsible for all grocery and waste management services - the bulk of cellular ecology.

Albumin sequesters / neutralizes even the most powerful common carcinogens such as Nitrosamines and Aflatoxins (Peters T., All About Albumin, Academic press, 1996, 238).

In fact, it is often used to purify the finest wines in the world.

Certainly the degree that the daily consumption and assimilation of toxins may burden the albumin is cause for concern; the greater this body burden, the greater the strain on the liver and kidneys. Yet given the crucial role that these particulates play in the renewal of the cerebral spinal fluid this role seems even more pronounced.

The brain is vulnerable to minute concentrations of a variety of toxic substances. Deep within the brain there is a marvelous set of blood vessels called 'Choroid Plexus', which functions like tiny kidneys; (filtering and concentrating the blood plasma) providing a pristine and yet more concentrated lymphatic fluid for the central nervous system on a continuous basis.

Nearly all the organs of the body have a lymphatic canal system to drain away the fluids that carry waste products from cells. The central nervous system is the only exception wherein this role is fulfilled by the CSF.

According to Dr. Theodore Peters, "*Only one in approximately three hundred albumin molecules is pure enough to be selected for the renewal of our CSF, and our CSF needs to be changed around five times every twenty-four hours.*"

The CSF is in constant exchange with the extracellular fluid in the brain; maintaining an ideal external environment for all the brain cells. *The brain requires more fuel than many other parts of the body and hence has a greater than average need of grocery and waste management services.* It therefore follows that without the highest levels of clean albumin in the blood stream people may be at a higher risk of developing any number of dementias over time. It has been found that this renewal process for the CSF is stagnant for those with dementia.

Lately, the most genetic researchers can come up with in the 'cure' for Alzheimer's disease (ALZ) is that after all the millions of dollars spent to find "the Alzheimer's gene" they are left with no choice but to look backward; at the overall renewal of the Cerebral Spinal Fluid as the most important factor.

For preventing ALZ: The latest news is more antioxidants, more essential fats, and better stress management. Apparently it takes genetic researchers to find genetic evidence that we need finally to pay attention to the cellular ecology of the brain.

How many different body burdens contribute to many peoples struggle with any kind of dementia? If people realize that no toxic drugs can be taken without compromising their mental health how much less money will the pharmaceutical industry then acquire?

To be continued

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Guyton's Textbook of Medical Physiology (Eight Edition)

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Super Physique Secret, Kenneth Seaton, D.Sc. 1994

J. Luetscher, *Physiol. Rev.* 1947, 27, 621-642

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(Part 4)

Given the truth, there seem to be a number of reasons to suspect that the practice of donating plasma frequently could lead (and likely has led) to the development of cancer, other degenerative diseases, or even what is being simply classified as "natural death," albeit at a very early age.

In the words of Dr. Theodore Peters, (a leading authority on albumin) albumin helps protect us from cancer by doing the following:

"Albumin [in its native form] lasts about 27 - 30 days making about 15,000 passes through the circulation, binding and neutralizing almost all dangerous waste materials including cancer forming compounds, before being cut up for scrap and recycled.

This protein is low in all cancer patients, yet when proper levels are restored, there is a full remission. The problem is that cells should not take in these dirty albumin molecules, as they may cause cancer. Cells must seek out clean ones, or those carrying the correct

cargo. Evidently they do this because albumin changes shape according to various cargoes.

Albumin is also the most abundant and dominant antioxidant throughout the body. It is the best collector of free electrons to prevent damage to cells, as well as the best donator of electrons to keep them alive.”

Albumin is a remarkable collector of free electrons, with the astonishing ability to donate electrons, when needed, to cells. (Halliwell B, Albumin An Important Extracellular AntiOxidation? Biochemical Pharmacology, 1988; 37: 569-571).

In the words of Kenneth Seaton, (a leading proponent of albumin and hygiene):

“This "Super Protein" has great willingness to take on a huge variety of cargoes: such as vitamins D, B12 (and others), minerals; copper, zinc, calcium, magnesium (and others) fatty acids, bile, hormones cortisol, progesterone, testosterone, aldosterone (and others), urate, bilirubin, hematin, thyroxin, tryptophane, ascorbate, folate, chloride, *drugs*, waste products and elements *to mention just a few*.

Albumin also transports all the necessary hormones, vitamins, and minerals essential for optimal protein synthesis. This super protein also removes the waste which is even more important. This explains why albumin is found everywhere in every tissue, and why the body will devour its own proteins before allowing albumin to fall during fasting.

All these remarkable abilities of albumin are often overlooked by the medical profession which zero's in on it's unique ability to control the balance of fluids between the blood, connective tissue, and cells.”

Albumin has such a protective role that it is commonly said of it, "*Albumin neutralizes the Pharmacopoeia*". When you donate your plasma and then you take a medicine your bodies ability to manage that drug is not even remotely the same, and it only makes sense to believe that any intelligent process the body may have had to manage that substance is greatly reduced.

Particularly dangerous medicines often require a blood test before a prescription is written; so the doctor knows how much of the drug will be bound (possibly eliminated) and how much more it will take to create a “desirable” side effect or to create a temporary illusion of a cure. In other words, the whole aim of pharmacology is to override the body’s own ability to manage certain substances intelligently, and to force the body *to react*.

Normally any chemical compound the body needs can be found in its complex natural form, and the body can derive each of these with perfect efficiency all on its own, with the help of the blood plasma proteins. Called *the Human Pharmacy*, it begins with recognizing and then working with the intelligence of the human body; the intelligence of nature. Faith then replaces

arrogance regarding natural healing.

To be continued

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(Part 5)

The facts presented in the previous installments should give one reason to pause, to independently investigate, and to reassess the widely acclaimed safety of plasma donation. So far, we have covered a variety of roles or services that are performed by mainly one particular plasma protein called albumin, all of which underscores the actual value of your blood plasma in maintaining your health. Yet, in the following we can find other reasons to doubt the virtues of plasma donation.

Unfortunately, nearly all exogenous plasma is callously 'raped' or at least highly degraded before it is ever used "to save life", making its usefulness very limited to the recipient's body, and for only a very short time. Additionally, the 'product' though still useful in emergency medical applications is made toxic (unnecessarily) which makes matters worse.

Once people donate their plasma, it is sterilized at such high temperatures that it loses most of "the original manufacturer's specifications" or abilities. According to Kenneth Seaton, its use in attempts to restore albumin levels in patients commonly results in more harm done than to help most recipients ultimately regain their health. "The mortality and morbidity rate is often higher in those treated with albumin [Mortality 39% versus 27%, morbidity 89% versus 77%] [*Arch Surg* 1990; 125: 739-742].

Moreover, the preparations available for clinical use invariably contain dimers, higher oligomers, and polymers. What effect these may have on the subsequent therapeutic effectiveness has not been evaluated. Although the stability of albumin permits extended storage, further degradation may occur at this time. Here too, the presence of unstable polymers detectable after prolonged shelf life may be accompanied by proportionate derangement of "in vivo" characteristics (*JAMA* 1977; 237: 355-360).

Apparently, albumin in its purest and most able form can only be produced by our very own liver, *secreted precisely and timely into the blood at the correct point and time, delicately balanced with a level of the hundred other complex proteins in the serum.*

Every *denatured* albumin molecule is immediately thrown out by the liver, since this vital organ must tightly control the level and quality of albumin because, *there is only so much osmotic room for particulates in the blood*; alas, every antibody, every acute phase protein, any “viral matter”, any and every particulate must be quantified for optimal pressures throughout the blood circulatory system. Any bad or foreign albumin molecule is usually retired immediately, at which time it is quickly broken down into simple, clean amino acids again.

A donor gets paid about \$30 for the amount for which the medical field profits over \$1000.00. At the very least, donors should receive better compensation in return for this sacrifice than just a few dollars.

In summary, there are so many variables that it becomes quite impossible for anyone to know the real cost of donating plasma, in relation to longevity and quality of life. So how on earth, given the variety of differences in each person’s body and the incredible number of services albumin is designed to perform can any medical professional really know if someone is safe doing plasma donation simply by measuring the plasma or vital signs?

Our “most sacred institutions” seem to understand that the greater the inequality in education among the general public and those who graduate with formal degrees in medicine; the more money seems to be made by the medical graduates and consequently for them. Please share this information to increase awareness, and in the process of avoiding modern slavery may we also avoid being experimented on like guinea pigs.

Sources include:

All About Albumin, Academic Press, 1996

Arch Surg 1990; 125: 739-742

J. Luetscher, Physiol. Rev. 1947, 27, 621-642

JAMA 1977; 237: 355-360