

DR. VAGNINI'S HEALTH & LONGEVITY E-REPORT

Heart, Diabetes & Weight Loss CENTERS OF NEW YORK

About Dr. Vagnini

Dr. Frederic J. Vagnini is one of the most unique physicians and health educators in the world. After graduation from St. Louis University School of Medicine in 1963, Dr. Vagnini underwent 8 years of post doctorate internship and residency.

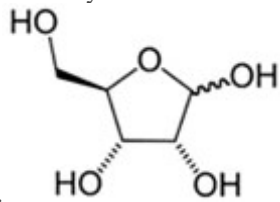
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D-ribose (in my practice)

sometimes called simply *ribose*, is a sweet, solid, water-soluble natural substance belonging to the class of monosacride carbohydrates or sugars, like fructose, glucose and sucrose (table sugar). It is distinguished from the others by its five-carbon molecular



structure. It is found in all cells of the body where it is an essential component of the body's energy production. In the following interview, Thomas VonderBrink, the president and COO of Bioenergy Inc. (Minneapolis MN) describes the metabolic function of d-ribose and its development as a therapeutic nutritional supplement.

Q: *Where does d-ribose fit in in the advancing science for heart disease treatments?*

T. VonderBrink: There have been significant advances in treatment of heart disease in recent years. However, one problem still in need of a therapeutic solution is diastolic heart failure. It is a disease increasing in its prevalence, and the outcomes for these patients are not improving. Advancing heart science has mainly been preventive: stopping arteries from clogging, repairing valves, etc . Now scientists are beginning to look at the metabolic function of the heart: what can we do to improve the heart's energy? "The Failing Heart: an Engine out of Fuel," was the title of the keynote lecture at a recent AHA conference. What can we do to help the heart make more energy? D-ribose being the "backbone" of the heart's energy molecule ATP (*adepose triphosphate*), it is now the subject of much research on "energy medicine."

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Q: *D-ribose is not new to science; why the interest today?*

T. VonderBrink: There are two major factors that played into that. A decade or more ago, ribose was extremely expensive to produce. Our company, Bioenergy, has been able to bring the cost down to where it can be affordable to be used by patients in an efficacious dose – about five grams two to three times a day.

Q: *Is the Bioenergy product a synthetic ribose?*

T. VonderBrink: It really isn't. Our process is all natural. We have done a great deal of pioneering in bacterial fermentation of ribose. It is exactly the same as what the body makes naturally. The ribose produced at Bioenergy is the same compound the body makes in its cells.

A second factor in the current development of d-ribose was research done at the University of Minnesota in the '80s. John Foker MD, PhD found that after surgery the heart's function returned very slowly; but with the introduction of d-ribose to increase ATP levels, it returned in 24 to 48 hours. This was the ground-breaking discovery that heart function was tied directly to the amount of ATP, and that d-ribose accelerated the production of ATP.

Q: *How does d-ribose differ from the sugars we consume in fruits and vegetables?*

T. VonderBrink: Unlike the others, d-ribose is not in itself metabolized as fuel. It is a structural sugar, the backbone not only of the ATP molecule, but also of DNA and RNA. Its major role is as a structural component and regulator of the body's metabolic activity. It's the unique sugar, only one third as sweet as table sugar, and it does not raise the blood sugar level; so it is not a problem of for people prone to carbohydrate addiction or diabetes.

Product of the Month

Used in my practice.



CORvalen™ with **d-ribose** is what I order for patients suffering fibromyalgia and chronic fatigue. It is a natural clinical nutrition supplement that supplies the heart and all the body's cells with the energy they demand for healthy living. It is available at my Centers or by calling:

1-866-267 8253

Q: *How effective is d-ribose in the treatment of fibromyalgia and*

chronic fatigue?

T. VonderBrink: These diseases are very difficult to diagnose and to treat. Their causes are multiple – everything from a car accident, excessive amounts of stress, heavy metal concentrations in the body, environment toxins to viral and bacterial infections. All of these and even certain drugs may trigger fibromyalgia or chronic fatigue. These diseases result in an energy crisis in the body with its attendant pain, insomnia, brain fog, and general reduction in quality of life. D-ribose helps to fix that energy crisis. A study published in the *Journal of Complementary and Integrated Medicine* by specialist Dr. Jacob Teitelbaum, himself a former sufferer, reported that daily doses of d-ribose relieved the symptoms of 70% of patients. What was especially significant in the results of the study was that patients began to feel relief in 10 to 12 days, whereas fibromyalgia and chronic pain patients usually experience symptoms for months and years without relief.

Q: *Was the ribose used in the study, a Bioenergy product?*

T. VonderBrink: Yes. Bioenergy Inc. produces two versions of d-ribose: one is pure ribose, the other ribose plus magnesium and malic acid. We market these products mainly to physicians and their patients. We also sell our patented ingredients to beverage companies where they are included in lower doses in sports drinks and the like. Many of the latter will include our logo on their list of ingredients. All the ribose sold in the United States is ours. We have more than 30 patents.

Q: *In addition to products like these, is Bioenergy also making a contribution to clinical medicine?*

T. VonderBrink: I believe that d-ribose will change the way we treat many diseases. And that opinion is held by many innovative doctors, like Dr. Vagnini, who administer it to patients for relief of particular symptoms; but also by surgeons who are finding that ribose benefits patients before and after the surgery. Doctors I have talked to believe “energy medicine” that helps cells make energy better is a key factor in dealing with many diseases that are difficult to treat right now: diastolic heart failure, for instance, for which there is no effective treatment.

In the realm of lifestyle, there are many large companies that plan studies aimed at helping people age better, helping middle age people overcoming fatigue. Bioenergy is driving this research and we are currently talking to a large international marketer that is considering adding ribose to a beverage targeted at people over 50 to help them be more active as they age. But our company’s thrust right now is in the health care market. We are available in hospitals and in thousands of doctors’ offices. Or call us at **1-866-267 8253**.