



George W. Yu Foundation for Nutrition and Health, Inc.

Hyatt & Weber P.A., Attorneys at Law
200 Westgate Circle, Suite 500
Annapolis, MD 21401

EIN 20-4419606
(410) 266-0626 main
(410) 841-5065 fax
(410) 260-6571 direct line

Board Members

George Yu - President
Alan Hyatt - Vice president
Donald Rembert - Treasurer
Kathy Wayson (Kevin Wayson) - Secretary

klorence@hwlaw.com executive secretary
yufoundation.org

We Need Your Pre-Tax Donations!

The Yu Foundation Board—Alan Hyatt, Donald and Judy Rembert, Kathy and Kevin Wayson, and I—just held our annual strategy meeting on October 19, 2015, and we resolved to continue to increase the Foundation’s membership and expand public awareness of our goals.

We are urgently seeking to raise \$8 Million dollars to support research, development, and public outreach.

Our Mission

The Yu Foundation focuses its efforts on:

1. Nutritional approaches to cancer using diets and metabolic blocking molecules
2. Cell regeneration and stem cell therapy
3. Toxic chemical removal from the body
4. Developing a resource center that consolidates and offers safe and trusted information for public use and navigation.

Approximately one in three people will be diagnosed with cancer during their lifetime. One in nine will develop Alzheimer’s after reaching age 65. Therefore, the first three goals will in some way impact each one of you and your loved ones, sometime, someday.

When faced with choosing a course of action, how will you know which approaches have merit? By expanding the Yu Foundation website (yufoundation.org), we will create an online “**Resource Center**” where the public can navigate and find information what you can do yourself as prevention and seek little known and emerging treatment options.

Accelerating the Transition from Research to Clinical Practice

We know that, historically, a scientific discovery requires about 15 years before it is incorporated into the mainstream practice of health and medicine, despite its merit. The medical-industrial complex is a giant with inertia that moves slowly for many reasons—some have little to do with health of our fellow citizens.

Our foundation’s job is to speed up this process, promote public awareness, and get effective techniques into common use. In order to generate more donations and raise awareness, we added a “Crowd Funding” arm to our foundation, so that the recipient of this kind of information can use it sooner.

Nutritional medical interventions have found acceptance, but are not widely implemented. A perfect example is the well-known ketogenic (oil) diet, which has been successfully used in childhood

epilepsy (resistant to all drugs) for many years and totally accepted by our medical and scientific community. It is also known to stop the energy production of a fatal brain cancer, **glioblastoma**, and thereby arrest cancer growth. Yet Ted Kennedy died of it, and Joe Biden's son, Beau, died of it.

I visited the late Dr. John Freeman, a teacher of mine years ago at Johns Hopkins, before he passed away in 2014. Dr. Freeman established an Institutional Review Board (IRB)-approved clinical study using **ketogenic oils to treat brain cancers**, but he never had any candidate referrals from the neurosurgical department, even within his own institution.

We must make the public aware of such treatments and not keep them within the walls of the medical institutions!

Defining a 10-year Implementation Strategy

The Yu Foundation has had three major donors and many smaller donors who are now members of our cause, but we urgently need to expand our working assets to really make a difference. The timing is excellent to allocate money for projects in need while my health is still good at age 68. I hope we can get the momentum going for the next 10 years and then end the foundation when the goals are met.

Warren Buffet of Berkshire Hathaway Corporation championed the strategy of a finite life of a foundation, as it is a way to assure no abuses of the funds with a tax-free exemption status.

Our foundation has a finite time to do what needs to be done.

What is Unique to Our Foundation?

Our board members are not paid for their voluntary work and are very efficient. Our office and executive secretary, Kim Lorence, comes from the generosity of Alan Hyatt's law office. We invite experts to help us but do not invite them to become board members in order to maintain a small, efficient, and cost effective organization.

A portion of our money goes to basic science and clinical research as "**Bridge Funding**" for worthy projects in keeping with our foundation goals. Unlike others, our foundation requires that any researcher and institution can allocate the maximum of 10 percent to general expenses, "overhead" or general obligations and 90 percent must go to the actual research. You need to know that your money is being used for the actual work.

A second portion goes to fund projects for public awareness such as the "Resource Center," YouTube presentations and interviews. In the near future, we will be making an "Animation Cartoon" to facilitate easier understanding of metabolic approach to cancer—we need to reach a broader audience including the teen and college age populations. The public reads less today but use social media as their main source of communication. We must use these same methods to reach the American people.

We Need Your Corporate and your personal Pre-Tax Dollars.

We currently have approximately \$400,000 total in our reserve. As an endowment, we cannot grant more than 10 percent each year. At this level, we can only give a total of about \$40,000 each year. We need to expand our funding dramatically to support promising projects that could affect your health and life.

3-Bromopyruvate (3-BP): We gave a \$25,000 grant to Dr. Young Ko of University of Maryland and Dr. Peter Pedersen from Johns Hopkins for a pharmacokinetic study on 3-BP, a promising drug that stops the cancer energy source. Unlike all other chemotherapy drugs, 3-BP does not hurt the host human or animals. It can be used in the future both for prevention and intervention. These are we call “Metabolic Blocking Agents” against cancer metabolism. Metabolic approaches to cancer can incorporate dietary adjustments plus this agent. It can also be combined with traditional chemotherapy, surgery, and radiation.

Combining 3-BP with caloric restriction- With the generosity of the National Cancer Institute’s successful screening of 60 human cancers, this year we are urgently prioritizing a grant of \$35,000 to Dr. Tom Seyfried of Boston College to investigate the combination of adding 3-BP with nutritional calorie-restricted ketogenic diets in animal models with **brain cancer**.

Our approach to cancers is **1) preventive and interventional**, using intermittent Caloric Restriction with Optimum Nutrition and Ketogenesis (CRONK) and **2) interventional**, using metabolic blocking agents to stop cancer energy production.

This represents a major paradigm shift from the traditional view of using only surgery, chemotherapy, and radiation based on the Somatic Mutational Theory of Nuclear DNA that purports DNA mutation causes cancer. We believe the **first change** occurs in the way cells derive their energy, which starts the change from a normal to a cancerous cell. The mutations of the nuclear DNA are a **secondary effect**.

Author and colleague Tom Seyfried wrote a great book [Cancer as a Metabolic Disease \(2012\)](#), and Travis Christofferson wrote the story [Tripping Over the Truth \(2013\)](#). The first book is a summary of all the science behind our approach and the second tells the dramatic history of how we arrived at this point today. Please read them and empower yourself and your family!

The Board Voted to Increase Our Visibility and Appeal

The Yu Foundation Board identified the following priorities for 2015 and 2016:

- Appeal for corporate pre-tax dollars (and personal pre-tax dollars) for 2015 and 2016
- Recruit a professional public relations firm to aid in the appeal to reach a larger audience as a full-time objective.
- Appeal to special foundations, such as Accelerate Brain Cancer Cure (ABC2), to address specific cancers such as **Glioblastoma, a fatal brain cancer**.
- Create of an animation for easy public understanding of metabolic nutritional approach and metabolic blocking agents such as 3-BP as a preventive as well as an interventional approach to people with cancers. Our goal is to appeal to the wider public and **recruit young people** from colleges and high schools to help us spread the information.

Upcoming Projects That Need Your Dollar Support

The Yu Foundation Board has identified the following projects:

- **3-BP and CRONK Diet Combinations.** We need to find the combination of nutritional Caloric Restriction Optimal Nutritional (CRONK) ketogenic diets (fatty acids) and metabolic blocking agents, such as 3-BP, to work in sequence to arrest cancer energy. We need to raise more money to complete the present projects in order to go to the next step of having the National Cancer Institute develop the drug.
- **Gulf War Syndrome Intervention.** We just completed the Gulf War Syndrome study with Department of Defense with Principle Investigator Dr. David Carpenter, and the results look

very promising with resolution of symptoms of the veterans. We need to do more science so that the public can benefit from this clinical research

- **Resource Center.** Underwriting the costs of the developing the Resource Center as a public service provides a search engine and allows everyone to obtain extended information and contacts with good credibility.
- **Breast Cancer and Hormones.** We see the “Pink Ribbon” everywhere, yet simple prevention is rarely addressed. Mammography showing “**dense breast tissue**” means more glandular tissues stimulated by estrogen dominance, which raises the risk for cancer. But simply balancing it with natural progesterone cream to counter estrogen effects will decrease most breast density and prevent this higher risk situation. Eating and drinking fewer sugars will starve potential cancer cells as well. **We need to raise these solutions to help all women!**
- **Osteoarthritis.** University of Wisconsin is a leader in research of osteoarthritis and minimal invasive treatments for joint, tendons, and ligaments. We have a promising young doctor there who is pursuing research on the cause and pathogenesis of osteoarthritis, which we all get in aging. His models may help us understand the breakdown of the body-holding structures, which then leads to “laxity” of joints and then permanent changes. Everybody gets osteoarthritis from wear and tear; why not slow it down!
- **Mesenchymal Fat Stem Cells.** STEM cell research addressing the endocrine system may enhance tissue specific stem cell therapy. I am working with University of Wisconsin to study the “Proof of Concept” using mesenchymal fat stem cells in the microenvironment of the testes to see if there is a cell differentiation with the implanted stem cells.
- **Animation as Education.** We need an animated cartoon depicting cancer energy mitochondria packets as one of the first defects leading to cells becoming cancers. This will demonstrate a paradigm shift in our thinking of nuclear gene mutations first rather than a secondary effect. We need to make it simple and yet comprehensive so the broader public and understand it and apply it to their daily lives. We also wanted younger generations of high school and college populations to spread the word via social media.
- **Confirm Nuclear and Cytoplasmic Transfer Studies.** We need to repeat the work of nuclear and cytoplasmic transfer studies. We have past research that shows that transferring cancer nucleus to a normal cell does not lead to cancer, but grows normal cells in the next generation. However, transferring normal nucleus into a cancer cell (after removing its own cancer nucleus) will grow cancer cells in the next generation. In essence, it is in the rest of the cell or cytoplasm where mitochondria resides that is the primary cause of cancers, not the nuclear DNA.

This is an ambitious, but doable task list. Your donation will make a difference. With the exponential growth in cancer, Alzheimer’s, and other metabolically mediated diseases, we have set a funding target of \$8 million dollars. Consider a 5-year pledge of donations so we can do our work ahead. We need your help!

The Yu Foundation Board

Alan Hyatt, Donald and Judy Rembert, Kathy and Kevin Wayson, and George Yu, MD

You may request for a detailed package of information which includes the science behind our current initiative-Thank you

"The Measurement of Achievement" It is not enough to be remembered for one's wealth, knowledge, and achievements. One does not make a difference unless it is the difference in people's lives." – Joseph Schumpeter, Adolph Drucker from The World According to Peter Drucker (1998)

"More so, the mark of true achievement and truth is to change the life of the common man who will never know who you are." – George Yu, M.D.