



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

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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  
klorence@hwlaw.com executive secretary

### Board Members

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

You can do something about your loved ones' cancer, so go to **George W. Yu Foundation for Nutrition and Health.org** and read it and then make a donation online so together, we can make a difference. We want **“you”** to understand and support us no matter how small- it's about public awareness and empowerment through this knowledge.

In 2006, our foundation started by funding nutritional and clinical research on how cancer gets its energy to grow and become immortal, but now with more knowledge and practical tools, we are setting a second goal to become a “Resource Center” for everyone to use as prevention and intervention. As a Urological oncological surgeon for over 35 years, I have witnessed impressive effects of nutritional intervention to **“starve cancer cells”** by cycled Caloric Restriction (CRON-Caloric Restriction Optimal Nutrition) and “Fasting” just prior to Chemotherapy but that is not enough! We have to add metabolic blocking molecules such as DCA, Dichloroacetate and 3BP, 3Bromo Pyruvate (given correctly) which also **“starve cancer”** while not harming the host being. Even Metformin, an anti-diabetic drug may have a role in starving cancer cells. This is unlike our traditional chemotherapy which has huge toxic effects on the whole body.

The combination of nutritional intervention with use of metabolic blocking agents can be a powerful 1, 2 punch against cancers.

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## **“Upstream /Downstream Effects” - Fisherman casts upstream to catch Fish Before they swim Downstream**

What many of us, veteran doctors and researchers, believe after many years of studying cancers is that the initial **“upstream effects”** that convert normal differentiated mortal cell to an abnormal undifferentiated immortal cancer cell is a shift in its energy source using mostly **fermentation** of sugars, like yeast. This occurs within small but numerous **Mitochondria** energy factory packets within the cell (up to 10,000 per cell with its own DNA but separate from the nucleus- DNA).

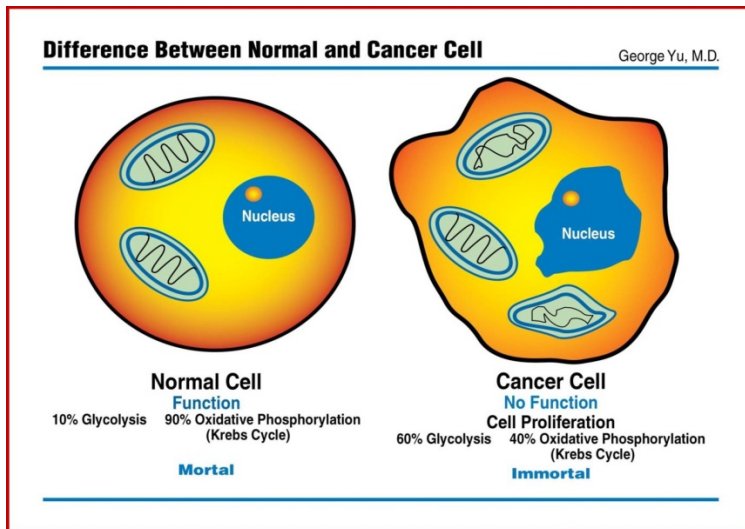
Simply put, without scientific medical jargon, most cancer cells depend on sugar and carbohydrates as their main energy source. It is like yeast in that it favors “fermentation” over getting energy using oxygen via KC (Krebs Cycle). The **“downstream effects”** are secondary instability leading to changes in the **nuclear** DNA of the cancer cells. Pathology specimens after biopsy or surgery show an irregular- looking nucleus as a result of cumulative nuclear DNA gene changes. But we can’t see Mitochondria with our naked eyes or via microscopy because it’s too small- only by expensive electron microscopy, can one see these abnormal looking Mitochondria as shown in the diagram.

**PET scans**, a radiological study of cancer activity and function show huge collections of sugar within its cell walls! And you can starve it!

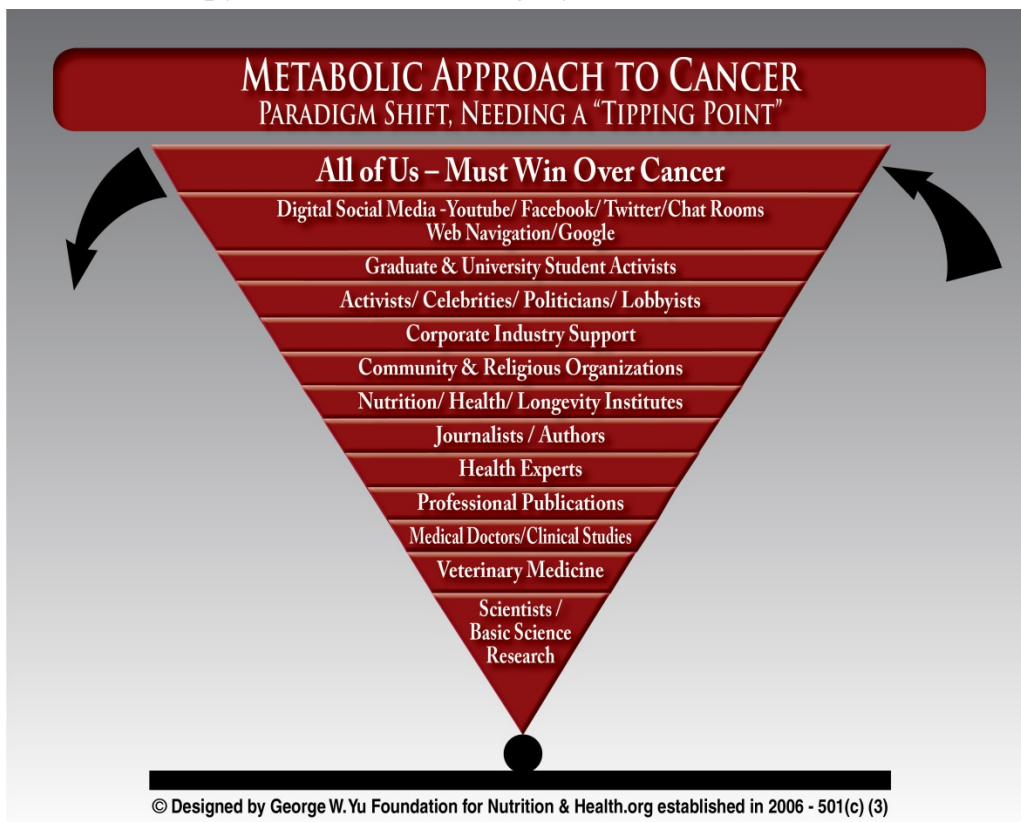
If you want to really understand the inside story of cancer research, treatments and politics, read Tripping over the Truth by Travis Christofferson- besides its fun and reads like a mystery novel. It tells the story of the cancer initiative after the discovery of the human genome and the \$3 billion taxpayer dollar search for cancer genes of the cancer **nucleus**, TCGA (Total Cancer Genome Atlas) with no useful results at the end of this endeavor. Travis cuts right through to lay out the history of the search for the metabolic defects of cancer cells as the best alternative attack strategy for the future. This is what James Watson, father of DNA, coined that cancer metabolism is its own Achilles heel!

Another quickie to learn is to look at our YouTube- George Yu, Starving Cancer Cells to Death.

## Mitochondria are energy packets that are abnormal in cancer cells



Our foundation supports both nutritional interventions in the form of CRON, Caloric Restriction Optimal Nutrition, CRONK, Caloric Restriction Optimal Nutrition Ketogenics, Fasting prior to chemotherapy and radiation with resultant minimal toxic side effects. Therefore we can use these metabolic approaches combined traditional treatments such as chemotherapy, immunotherapy, radiation and surgery.



We need support from all levels of our community to make a real impact! Through your donation small or large, our foundation goal is to make the common person aware of the shift in the paradigm of how we think about cancer and its treatments. Learn about this and support us to make a difference!

George Yu, Alan Hyatt, Donald Rembert, Kathy & Keith Wayson