

A glowing blue brain is the central focus, surrounded by a network of thin, light blue lines representing neural connections. The background is a soft, light blue gradient with subtle light effects, including a faint circular glow behind the brain and some bright, out-of-focus light spots. The overall aesthetic is clean, modern, and scientific.

# AWAKENING

THE GENIUS WITHIN

THE CULMINATION IN CELLULAR NUTRITION

by Roland Thomas, BSc, ND

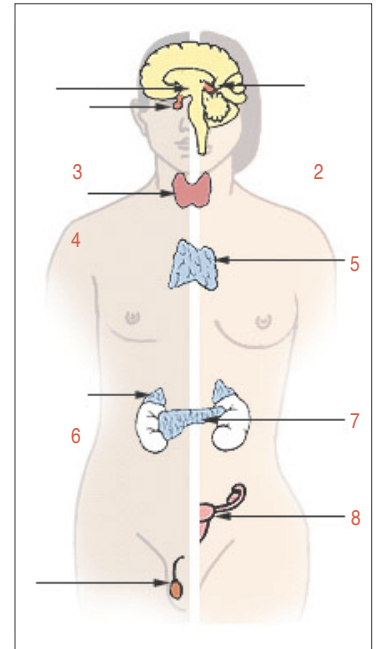
## INTRODUCTION

In 1999 when I met Michael Kiriak, he told me that consuming BAC was a vastly different concept than that of supplementation. He said that BAC was a “Complement” rather than a “Supplement”. He explained that BAC complements the whole rather than supplements a symptom. That got my attention as in those days, as part of my personal health regimen, I was taking more than 20 different supplements daily.

He told me “BAC Awakens the Genius Within”. He explained that BAC, due to its completeness, balance, synergies, and bioavailability, is an “extremely” efficient food and that its thousands of nutrients easily reach and nourish the cells of certain areas of the brain that are more difficult to reach than others. By “Genius” he referred specifically to the region of the brain that houses the mission critical “governing” organs of our metabolic health; namely the thalamus, hypothalamus, pituitary and pineal glands, and somewhat the cerebellum.

Ultimately these organs and glands are responsible for regulating all physiological metabolisms, including energy. These metabolisms include the endocrine system, the sympathetic and Para-sympathetic nervous system, the central nervous system, the lymphatic system, the cardiovascular system, and the digestive system with its critical assimilation, absorption, and elimination functions. In this book I do not write “scientifically” with long winded descriptions of metabolisms or body parts and hundreds of references intended to prove each mechanism of action. As far as I am concerned, the holistic concepts and views of health expressed in this book are scientifically valid and proven by the results obtained with millions of animals as described previously. In line with keeping this book readable, I will refer to this “governing” region of the brain as the “Genius”.

The Genius is generally located in the middle and base of the brain. The main function of the Genius is homeostasis, endocrine and energetic coherence, and maintaining the body’s status quo. Factors such as energy, blood pressure, body temperature, fluid and electrolyte balance, fat metabolism, and body weight are held to a precise value called the set-points. The Genius and its allies – “the endocrine glands” – are so important that they are called “the guardians of health”. In essence, all metabolic functions report back to and are governed by the Genius.



MAJOR ENDOCRINE GLANDS

- |                    |                   |
|--------------------|-------------------|
| 1. Hypothalamus    | 6. Adrenal glands |
| 2. Pineal gland    | 7. Pancreas       |
| 3. Pituitary gland | 8. Ovaries        |
| 4. Thyroid         | 9. Testes         |
| 5. Thymus          |                   |

## PROBLEMS WITH THE GENIUS

The Genius, like any other part of the body, is comprised of billions of cells, each having a task of its own survival and a specific role. Logically, when the cells that make up the Genius are healthy and doing their work, then the Genius will perform its overseer role adequately. By deduction, it stands that when the cells that make up the Genius are not healthy and not doing their work, then the Genius will not perform its overseer role adequately.

In order to be healthy and perform their work well, cells need hundreds of nutrients required daily. Only when these nutrients and their energy giving material are supplied will the cells grow, repair, defend from attacks, and perform their specialized metabolic functions.

Because of protective barriers to the brain, the Genius and its billions of cells are more difficult to reach and nourish adequately than the cells in other parts of the body. With aging or disease, the task of nourishing these cells becomes even more difficult and we become less efficient at assimilating nutrients from our foods. This problem is initiated by poor choice of foods, by deficiencies in our diet, and by other intoxicating stressors. Often it is compounded because our foods are depleted of nutrients and/or inassimilable. These problems are sometimes present at birth due to genetics, lifestyle and deficiencies, or they might manifest early during infancy due to poor nutrition.

## OPTIMUM CELLULAR FOOD FOR OPTIMUM CELLULAR NUTRITION

Michael Kiriak told me that BAC is an extremely efficient food that results in optimum cellular health. In our various talks, he always brought health to the cellular level. He suggests that there is only one disease – cellular disease, and one health – cellular health.

In a “purist” holistic perspective, disease (non-health) can be demystified when you work with the cellular level. Let’s be realistic; disease and their symptoms reside first at the cellular level. Let’s even be scientific; after all, we are made up of hundreds of trillions of intelligent living cells which in turn make up our organs, bones, tissues, blood, and brain. In this model, unhealthy cells lead to unhealthy organs, unhealthy organs lead to deficient metabolic activities, and this in turn leads to symptoms, to which we give a disease name. It is safe to say that once you are diagnosed with a disease that the problem is systemic and its causes have been manifesting in every cell of the body for some time. We don’t catch diseases, we make

them over time. In the true scientific view, disease is at the cellular level. Let me describe cellular disease in four points:

1. Once symptoms of disease are manifesting (as in hypoglycemia, cholesterol, or high blood pressure), most cells of the body are likely toxic, deficient in nutrients and energy, and are likely less efficient in conducting their myriad of survival activities: repair, detoxification, growth and re-generation, and their specialized contribution as in “insulin” production of certain pancreatic cells.
2. At the next level, due to those cellular deficiencies, the organs are now less efficient in conducting their own metabolic function. For example, with hypoglycemia, we say that the pancreas is sluggish in regulating the blood sugar with adequate insulin.
3. Realize now, that the Genius which is also made of cells, is itself affected by these same cellular deficiencies and is rendered less efficient at regulating metabolisms, like that of blood sugar, pH (acidity/alkalinity), and even the heart beat. You’ve got a serious problem when the Genius itself is atrophied.
4. Aggravating the problem, after years and decades of metabolic inefficiencies (improper pH, blood sugar, temperature, fats, etc.), the Genius and its allies – the endocrine glands – have become tolerant of these improper metabolic values. The Genius has become miss-programmed; it now thinks it is in a “healthy” state of health. As in hypoglycemia, when the Genius has become lazy in regulating those cells of the pancreas responsible for insulin production, we have a chronic condition which we choose to name “diabetes”.

ONE disease – CELLULAR  
disease  
ONE health –  
CELLULAR  
health

At this degenerative stage rest assured that many other cells operate poorly and other symptoms manifest themselves at the organ and metabolic level; you now have poor Krebs/ATP cycle and cellular exhaustion, mal-assimilation, mal-absorption and poor detoxification and elimination, deficient protein synthesis, sluggish osmosis of water (dehydration), deficient oxygenation (hypoxia). There is chronic acidity and resulting acidosis; not only do you have incorrect pH levels, but because of inefficient flushing of cellular debris, you have accumulated acid ashes inside and between the cells. These conditions have led to infestations of bacteria and parasites (fungus, yeast and Candida), to “bad” fats (high cholesterol) and to lack of viscosity. Frequently there is crystallization of fats and other unassimilated debris into plaque and arthritis. Your food / nutrients assimilation and elimination is deficient; you have lost your healing energy, your healing force, and it’s now a vicious cycle.

## HOW BAC AWAKENS THE GENIUS WITHIN?

As per Hippocrates’s advice: “Let thy food be thy medicine”, all good foods have the potential to nourish and heal. For this healing to be a reality, the nutrients in the food we eat must be assimilated and absorbed within the cell wall in a sufficient and required quantity. With wrong food choice, aging, and other metabolic deficiencies, this becomes quite difficult to achieve and cellular disease takes over. Due to its extraordinary nutrients content and their bioavailability, BAC’s nourishment potential is hundreds of times higher than ordinary foods and other sources of nutrients. BAC’s combined nutritional values and high utilization properties deliver the culmination in cellular nutrition.

## PROPERTIES AND CHARACTERISTICS OF BAC

**Whole food.** In natural and holistic nutrition it is certain that whole foods are the way nature meant for us to nourish ourselves and that quality, not quantity, counts. For example, a minuscule amount of Vitamin C as it occurs in the whole orange or green pepper is tremendously more nutritionally functional than a mega dose of isolated ascorbic acid.

**Organic.** The “Bio” in Bio-Algae Concentrates means that it is of a living organism, that it is not isolated or separated or synthetic or chemical. It is grown without the use of synthetic fertilizers, pesticides, and without antibiotics, growth hormones or other dangerous additives.

**Micro food.** This is a key characteristic of BAC that explains why such nutritional power can reside in such a small quantity. BAC contains microalgae that hold extraordinary nutritional value for their size. The microalgae in BAC are invisible to the naked eye while they deliver more nutrients than any visible food particle. Furthermore, they contain no extraneous material like fiber, fat, bulk, and water. That makes BAC extremely digestible, non toxic, and with minimal assimilation and elimination burden for the body. BAC is pure energy.

**Complete.** Most foods, like an apple, are whole within themselves. But an apple does not contain many of the required nutrients that we need to sustain life. BAC is not only whole, but it is also the most complete food on earth containing amounts of all daily required nutrients and thousands more. There are over 5,000 known nutrients in BAC including Vitamins A, B, C, D, E, and K, all known minerals and trace elements, all known amino acids, a full protein makeup, chlorophyll, an array of

mixed carotenoid antioxidants, and thousands of enzymes.

**Balance.** There are four microalgae in BAC. Each is a whole food and is naturally balanced within itself as most food is. However, anytime you mix different foods together you must be concerned with the chemical interactions as per the science of food combination. For example, eating watermelon over a steak is a nutritional disaster that will cause digestion problems. It took 9 years of intensive research to formulate the optimum balance found in BAC, patiently selecting the most compatible algae amongst the thousands investigated.

**Bioavailability.** BAC has an exceptionally high overall utilization ratio with no resulting toxicity. For example, its human active proteins have a 98-99% net utilization ratio while its calcium has a net utilization ratio over 95%. Several of its nutrients, like beta carotene, alpha carotene, and astaxanthin, are proven to penetrate the blood brain barrier. This sort of bioavailability and net utilization is possible because of the mentioned previous characteristics – whole food, organic, complete, micro food, and balance.

**Synergy.** At the molecular level, synergy is real. Synergy is what makes a violinist a virtuoso and a string orchestra the Boston Philharmonic. Once the 5,000 nutrients in BAC are subjected to digestive enzymic breakdown, they further explode into 50,000 sub nutrients and millions of sub molecules synthesized during digestion as enzymes, proteins, and other molecules that are generated at the mouth as amylase, at the pancreas as protease, disassembled and re-organized further by the liver and assimilated into the bloodstream and distributed within seconds by the flow of blood across the entire body to nourish trillions of cells.

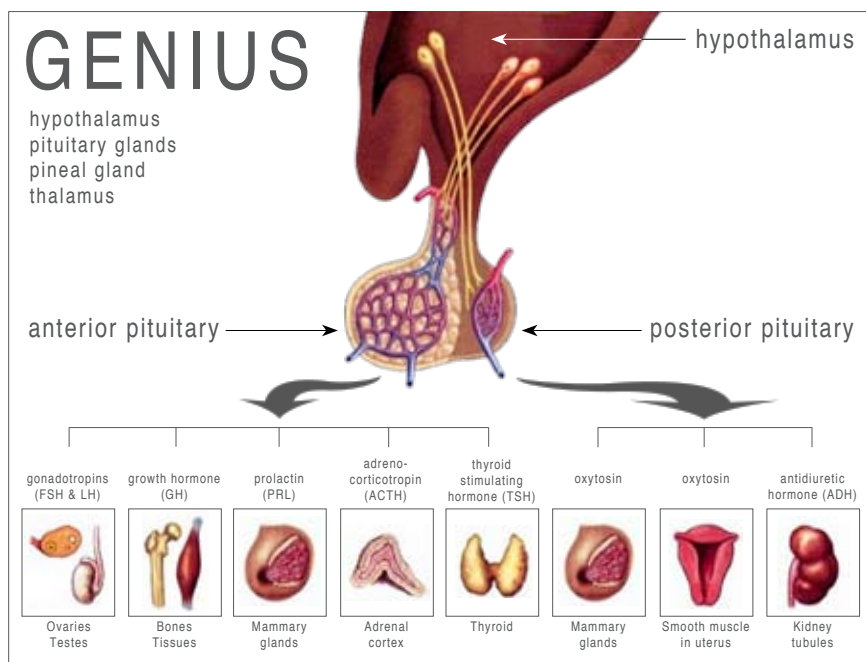
## WHAT ARE THE BENEFITS OF CONSUMING BAC?

We are energy beings. We live off the energy that we derive from the foods we eat. When the cells of the body receive the nutrients and the resulting energy that they need, they, like a virtuoso, will perform their multitude of cellular metabolic activities – growth, repair, cleansing, regeneration, and much more. When each cell of the organ performs its job well, then the organ will have a fighting chance to perform its metabolic activities, such as blood sugar regulation by the pancreas. But as per the discussion above, let's not forget that cellular activities and organ metabolic functions are controlled by the endocrine system which itself is overseen by the Genius.

The nutrients in BAC efficiently nourish the cells of the body, including those cells of the brain that make up the "Genius". Several phytonutrients and pigments found in BAC, like beta carotene, alpha carotene, lutein, lycopene, and astaxanthin, have been proven in several human clinical trials to easily cross the blood brain barrier, the blood retinal barrier, the cerebellum wall, etc.

When the Genius within is awakened, like any good commander, its first mission will be to restore the balance within his team, the endocrine glands, the guardians of health. When the endocrine glands are tasked by the Genius they have no choice but to obey the hormonal commands. These glands are in most part responsible for triggering the metabolic activity of the various organs and systems, such as blood insulin level, pH level, cardiac function, mineral activities, and myriads more. When we "Awaken the genius within", we improve the functions of our regulating organs and we replace the symptoms of disease with those of good health.

- Endocrine homeostasis
- Increased energy and energetic coherence
- Improved memory and neurologic function
- Improved cellular repair, including that of RNA and DNA
- Prevention of tumorigenesis
- Healthier cardiovascular system
- Balanced blood sugar and enhanced cellular glucose uptake
- Enhanced libido and fertility



- Reduced buildup of heavy and toxic metals
- Tangible feeling of wellness and renewal
- Increased immunity and protection from free radicals and diseases
- Increased assimilation, absorption, and elimination of consumed foods

## THE MANY USES OF BAC

As discussed in this booklet, BAC is optimum nutrition and as such, is involved in many important body functions. It is almost unbelievable that a safe, natural substance, can be that effective for so many different types of conditions. Even I as the author was skeptical about BAC in the beginning. However, a thorough review of the scientific evidence, meeting with so many people, their health success stories, combined with an understanding of how BAC works in the body, makes it far easier to accept that BAC provides so many benefits.

For example, it becomes easy to comprehend why BAC is so safe when you know that algae have been created by Mother Nature billions of years ago and have always remained the “first” food. It’s the food of plankton, small fish, and salmon. Microalgae are also known as “the bottom of the food chain” because they offer the most nutrients with the least toxicity per gram.

When fed the right raw materials, the human body has internal controls and mechanisms to keep it healthy and protected against damaging free radicals. BAC is one of those unsurpassed raw materials that allows witnessing this self-healing miracle in action.

Because of its involvement with most vital biochemical processes that affect human health, it is easy to understand why BAC can benefit a far wider range of conditions in addition to cancer. Over the years, Professor Kiriak has applied BAC successfully to treat many of our modern diseases and has shown the tremendous nutraceutical and therapeutic power of BAC in alleviating most degenerative diseases.

BAC now helps thousands of people in Europe, Canada and the USA, and provides health benefits for heart disease, cancer, diabetes, arthritis, fibromyalgia, liver disorders, osteoarthritis, glaucoma, endocrine gland disorders, depression, allergies, arthritis, nervous system and immune system disorders, anti-aging, sports and fitness, and many others.