The integration of lysine supplement and weak organic acids may hold the key to a longer lifespan

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Abstract

Lysine supplement has been described to be favorable for heart disease and atherosclerosis patients. Positively charged lysine residues in basic human proteins can attract chloride ion which solubilizes insoluble and stiff calcium oxalate and other insoluble salts. Therefore, lysine supplement can alleviate calcium oxalate stress and prolong lifespan to people with constipation, heart disease, Alzheimer's disease, SARS, SARS-CoV-2, renal stones, etc., since individuals with these disorders possess insoluble salts in their bodies. To reduce cancer risk while achieve a long and healthy lifespan, weak organic acids can be integrated with lysine supplement and dietary regimens, as they minimize risks for tumorigenesis. This remedy could also be effective for heart disease patients.

Keywords

lysine supplement; calcium oxalate; insoluble, constipation; diarrhea

Lysine supplement was previously reported to be beneficial for heart disease patients (Linus Pauling, 1991; 1993). The underlying mechanism may be that positively charged lysine residues in basic proteins can build up Cl^- which solubilizes insoluble and stiff calcium oxalate and other insoluble salts (1-11), in a way similar to salting the road to disrupt hydrogen bonding of ice by strong anion Cl^- . Lysine supplement may modify the proteome and augment the expression of lysine-rich proteins (1,12).

Calcium oxalate is a primary component of renal stones which can advance to renal failure and reduce life expectancy (13). Similar in structure to oxalate, alcohol and acetic acid are favorable to heart disease patients and extends lifespan, likely via the inhibition of generation and function of oxalate (1-11). Therefore, lysine supplement can prolong lives to individuals with constipation, heart disease, Alzheimer's disease, SARS, SARS-CoV-2, renal stones, etc., since patients with these disorders have insoluble salts in their bodies (1). Cautions need to be paid to the tumor risks to cancer susceptible human subpopulation such as those with diarrhea since lysine augments the buildup of Cl^- and mutagenic and carcinogenic HCl (14-26). The side chain of positively charged arginine may have affinity to calcium and other divalent cations, and therefore enhance the formation of insoluble calcium salts.

To reduce cancer risk while achieve a long and healthy lifespan, weak organic acids can be integrated with lysine supplement, as weak acids counteract strong acids and minimize risks for tumorigenesis (14-26). Dietary regimens can lower disease risks and can be adopted to seniors (1-2, 27-30). The aforementioned strategies could also work for heart disease patients. Clinical trials must be first conducted before the remedy gets ready for application.

Conflict of interest

None declared.

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