

人体再生复原科学与烧伤创疡论坛  
Human Body Regenerative Restoration Science and  
Forum of Burns, Wounds and Surface Ulcers

人体再生生命启动计划  
Plan for Initiating Human Regenerative Life

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【关键词】 人体再生生命；启动；皮肤器官再生还童；再生皮注法  
【标志符】 doi: 10. 3969/j. issn. 1001-0726. 2014. 03. 001  
【文章类型】 专家讲座

【Key words】 Human regenerative life; Initiation; Skin organ regeneration and rejuvenation; Skin column regeneration technique

我们的人体再生生命科学已经研究发展了 20 余年，如今它将要进入一个新的阶段——人体再生生命启动阶段。现在，在这个大科学舞台上，只剩下我们的科学在独自发展，而它所达到的高度，大家都很清楚。但是，它是如何发展的，未来又该向哪个方向发展，今天将要给大家进行详细讲解。可以说，接下来的发展对于我们的科学来说是一个非常重要的里程碑式的转折。今天讲座的题目是人体再生生命启动计划，主要内容是归纳如何直接应用人体再生生命科学。

1 生命科学的发展历史和人体再生生命计划的启动

1.1 生命科学发展历史回顾

在去年的颁奖仪式上我向世界公布了当今世界生命科学的发展现状，今天，有必要再回顾一下。据史料记载，生命科学始于 2500 年前古希腊的希波格拉底创造的医学，它是以希波格拉底为代表的研究人体生命的科学体系，包括那个时代的中医和西医，至今已经研究了 2500 余年。

We have put our efforts in the R&D of Human Body Regenerative Restoration Science (HBRRS) for over 20 years. It is now reaching a new stage, an era of initiating human regenerative life. We are the dominating power in this field. However, speaking of how HBRRS is developed and its future direction, understanding the following would be a must. I may suggest that the new stage would be a milestone in the development of HBRRS. The title of today's lecture is plan for initiating human regenerative life, in which I will summarize the issue of how to directly apply HBRRS.

1. History of Life Science and Initiation of Human Regenerative Life

1.1. Retrospection on History of Life Science

I announced the current status of world life science last year at the Golden Biatic award ceremony. And, today, it is a need to give a retrospection once more. According to historical records, life science started from the medicine created and represented by Hippocrates of ancient Greece 2500 years ago, it was a scientific system studying the human life, including both traditional Chinese medicine and west medicine of that time, having developed for over 2500 years till now.

生命科学发展到 19 世纪初期出现了一些新的特征,即显微镜和望远镜的出现。显微镜使人们对生命的认识从整体细化到了微观体上,继而出现了细胞学。随着细胞学的发展,特别是炼金术的发展,人类在整体科学发展中,把一个整体的人分解成了一种微小的物质,从而产生了人体化学。直到后来,从扁豆的基因技术扩展到人类的遗传学研究时,才确定了人体是如何构成的,继而引起了一场科学革命——人类前沿科学的研究,即从上世纪初(1907 年左右),人们将遗传物质命名为核糖核酸、脱氧核糖核酸、非脱氧核糖核酸时,这场人类前沿科学的研究便开始了。

人们对核糖核酸功能、化学结构等的研究,就是现在的基因学所研究的范畴。自从沃森和克里克在电子显微镜下发现人类 DNA 的结构——双螺旋结构开始,人们就想当然的认为知道了人体的密码,以为用这个双螺旋结构就可以造出人来,或者说通过改变这个结构中的某种物质,就可以达到治疗顽疾、消灭癌症的目的。正是这种想法使美国总统(历任总统、现任总统)连续多年来,不惜一切代价研究发展这个科学,以实现人们攻克顽疾的医疗学梦想。但是,随着 2013 年 3 月 21 日詹姆斯·沃森(双螺旋结构发现人)宣布他 52 年的研究——通过改变基因来实现攻克顽疾的研究是不可能实现的,这个梦想破灭了。52 年来,人类对基因学 100 多年的狂热研究也随即降到了最低点。当然,那些既得利益者,不想去否定它,因为一旦否定了它,就证明自己什么都不是了。不过,就像世界上其它科学的发展规律一样,它会慢慢停下来的,因为,这是科学发展的大趋势。

其实,在上世纪 80 年代,人们就已经发现通过改变基因无法治疗疾病,可是为了通过人类基因研究这个科学体系平台达到一种商业目的,人们便编制了人类基因组计划(将人类基因排序,即测序,它是一种考古性的发掘技术,从生理学的研究角度来说,是非常有价值的,但从治疗学角度来说,没什么价值),并将其炒作的像是终于得到了人体生命的天书一样。

At the beginning of 19th century, some new features emerged in the development of life science, e. g. the application of microscopes and telescopes. The microscope expanded our horizon over tiny items and helped developing cytology. And, with the development of cytology, especially the alchemy, the chemistry of the human body was created during the process of decomposing the whole body into tiny parts. The composition of the human body was not determined until the genetic technology of peas was expanded to human genetics, which resulted in a scientific revolution-study of human cutting-edge science-starting from the nomination of RNA and DNA for human genetic materials at the beginning of last century (around 1907).

Research on the function and chemical structure of nucleic acids is within the range of genetics. From the beginning of the discovery of double helix structure of DNA by Watson and Crick under electron microscope, human beings turned arrogant ever since then and assumed that the code of human beings was unlocked; human could be built by using the double helix structure; and chronic diseases and cancer could be treated and eradicated through changing certain substance of this structure. The assumptions encouraged U. S. Presidents (the formers and the incumbent president) to develop this science at enormous cost for many years to come, dreaming to conquer refractory diseases. However, this dream was broken on 21st last March by Waston, the discoverer of DNA's double helix structure, who declared it impossible to realize medical treatment through modification of gene. In 52 years, he tried all means to change the human genes but failed to cure any disease. Therefore, research on genes reached a deadlock after a century's development. Although those of vested interest don't want to deny this research, it will gradually slow down as it is the trend of science development.

Actually, it has already been disclosed that no disease could be treated by changing genes since 1980s. However, in order to get commercial benefit from the scientific system of huamn genetic study, human genome project (genome sequencing, valuable for physiological research but useless for disease treatment) was proposed and hyped up as if the sealed book of human life were found.

不久,随着人类基因学研究无果后,这个炒作热潮也随之降温了,然而,这些炒作者感觉在生命科学界无计可施,就又掀起了另外一个高潮——美国威斯康辛州胚胎学教授托马斯提出的通过模拟人类发育过程,在体外培养器官,而且,在 1998 年的《Science》杂志上被评为十大科学技术之一。这个技术的始作俑者非常清楚这就是一个炒作,这个技术从开始就是假的。胚胎干细胞技术实际上应该叫胚胎干细胞系技术,专业人员都知道什么是“系”。包括王运平主任对多种细胞系以及癌细胞的研究结果在内均证实,干细胞的本来作用是形成组织的,可他们的研究却让它永远不能形成组织,使其失去了干细胞原有的特性变成了一种具有癌性质的变异细胞。他们利用了干细胞系这个技术,却把“系”字故意省掉,直接说干细胞。不管是诺贝尔奖获得者,还是其他奖项获得者,有关胚胎干细胞系的科学研究,都把“系”字省掉了,让人们一下就想到了卵子、精子、卵胚等。他们深知,这种研究本来就应该自生自灭的,因此他们便找了个理由——西方人的伦理道德不允许,让持续了 4 年的研究终止了。其实这并不存在伦理问题,只是这项研究从一开始就是假的,是不可能研究成果的。因此,我们应该从科学的角度认知它,它原本就是胚胎干细胞系。

就在那 4 年的炒作期间,也就是 2002 年,我们对外宣布了体细胞多能干细胞再生组织器官的科学,在当时引起了世界生命科学界的轰动性的。但是我们没有吹捧,全世界只有我们一个既得利益集团。所有想跟着我们一起研究的人也不敢跟,就像中科院的专家所说:“如果跟着你的方向研究,便拿不到经费,所以不能跟随你的方向研究,可他们的研究方向又不对。”

就在我们公布了体细胞多能干细胞再生组织器官的科学以后,我受邀到中科院去作专题报告,而我讲课的楼上便是一直否定我的邹承鲁在演讲。有人一进门就说:“今天两个演讲,楼上邹承鲁,楼下徐荣祥,还是徐荣祥讲的好。”当时是中央电视台科技频道跟拍的,好多院士在上面听讲后,就都下

Soon after, this hype upsurge cooled down due to no breakthrough was achieved from the genome study. A replacing hype emerged instead. Embryology professor Thomson from Wisconsin of US announced the isolation of embryonic stem cells and proposed in vitro culture of organs by mimic of human embryonic development, which was awarded as one of the annual ten scientific technologies by Science in 1998. His research, though catching much attention, is actually embryonic stem cell line study, rather than embryonic stem cell research. Professional people all know what cell line means. Director Wang Yunping made many research on variable cell lines and cancer cells, his study together with many other scientists' research, verified that once stem cell turn to stem cell lines (staying at the stage not able to develop into tissues), they lose their original property and transform into cancer cell like cells, while the original mission of stem cell is to form tissues. The hypens used the technology of stem cell line, but they intentionally ignored the word “line” and directly took it as stem cell. Either Nobel prize winners or other award winners, they did not mention “line” in the study of embryonic stem cell line, which misled others to naturally think of eggs, semen and embryo. They knew such research could not last long, so, they terminated it in four years by finding a reason of ethical violation in western society, In fact, the termination of this study is not due to ethics, it is a false topic from the very beginning and can not make any achievement. Therefore, we must understand it scientifically, it is embryonic stem cell line, not the concept of embryonic stem cell.

During the 4-year period of their hype, in 2002, we announced our regenerative science based on the achievement of converting somatic cells into pluripotent stem cells and regenerating tissue organs, shocking the life science community around the world. We are the only one of vested interest in this new field of science. No one can follow us even if they want to, because of what an expert of Chinese Academy of Science has said “although their direction is wrong, they can not follow you, otherwise they can not get research fund.”

Soon after our announcement of the regenerative science, I was invited to give a special lecture in Chinese Academy of Science. At that time, my research was condemned by Prof. Zou Chenglu. On that day, Prof. Zou happened to give a lecture too upstairs. Someone came to my lecture saying “there are two presentations today, Zou Chenglu upstairs and Xu Rongxiang downstairs, Xu's better”. It was CCTV Science and

来听我讲了。实际上我们在宣布的时候就知道，邹承鲁是中国的生化泰斗，我们从小就学习生化，都很尊重他。他当时对我言语激烈的否定，于我来说是件好事儿，可能是我的贡献自己还没感觉到，他就先感觉到了。

当然，我们很清楚，我们的科学研究和他们的都不一样。他之所以对我产生言语激烈的否定，是因为当时没让他参加科技部组成的院士论证会论证我的科学研究。就因为这件事，他一直耿耿于怀。现在看来，他的否定是错误的，他当时激烈的言语已经被我们记载到了我们的科学发展史上。当年，在贵宾楼的新闻发布会上我就曾对记者说过：“要记住这些否定的声音，现在的一切杂音都是将来的小丑。”我们不会含糊这些历史，这就是科学发展的历程。当时某报纸的头版头条还对体细胞转干细胞评论称“绝不可能”。

我们在默默地做着我们的研究，可是没想到日本人借着能看懂中文的优势，窃取了我们的研究成果。东京京都大学的山中伸弥就按照我们的思路进行研究，因为他相信体细胞具有多能性。2006 年，他发表了自己的第一篇文章——通过转基因的方式让体细胞具有多能性，并申报了专利。但是他的实验用的是嵌合鼠的细胞，嵌合鼠的细胞本身就具有变异性，有长癌的特性。第二年，他联合美国某专家重复了他的这个实验，并在相差 1 个月的时间内，分别在《Science》杂志和《Cell》杂志上发表了体细胞具有多能性的文章，将其命名为诱导多能干细胞。其实它和真正的干细胞并没有关系，从 2006 年到 2007 年的两年时间里，他都是有计划的在炒作。

当时，不管是克隆羊多莉的研究者还是威斯康辛州的托马斯纷纷发表声明，将放弃自己的研究，进入体细胞诱导多能干细胞的研究当中，之后，全世界的学者都纷纷加入到了该项研究中。那么这项研究是谁的呢？2007 年我们相继发表了声明称，体细胞具有干细胞特性的研究专利权是属于我们的研究。

Technology channel recording my lecture and many Academicians came to my lecture after short stay upstairs We respect Prof. Zou as he is the pioneer biochemist in China which we had known when we announced the regenerative science. His denial of our science with violent words is somewhat a good thing to me, maybe he had the idea of my contribution when I was still unclear about what I had contributed.

Of course, our scientific research is quite different from theirs. The reason he strongly disagreed with us is that he was excluded from the Academician committee organized by Department of Science and Technology for reviewing my scientific research. Now we can say his denial is wrong. His violent words at that time were recorded in the development history of our science. I told reporters on the press conference held in Grand Hotel “remember the voice of denial, all the interference today will be jokes in the future.” We are not ambiguous in history, which is the real process of science development. At that time, a newspaper headlines commented on the conversion of somatic cells into stem cells, saying “absolutely impossible”.

We just did our research setting aside those interference, but unexpectedly, Japanese usurped our research achievement. Believing the pluripotency of somatic cells, Shinya Yamanaka of Kyoto University in Tokyo carried out study according to our idea. He manifested the pluripotency of somatic cells through gene transfer and published his first paper of this study in 2006 together with patent application. However, what used in his experiment is cell of chimeric mouse, which comes with property of mutation disposed to develop cancer. And then one year later, he and another American scientist replicated the same experiment and publicized their articles stating the pluripotency of somatic cells on Science and Cell respectively within the interval of one month. They named their pluripotent cell as Induced Pluripotent Stem Cell. However, it actually has nothing to do with real stem cell. He was just hyping systematically in 2006 and 2007 .

By then, the investigator of clone sheep Dolly and Thomson of Wisconsin all declared to transfer to the research on inducing somatic cells into pluripotent stem cells. Thereafter, most scientists around the world joined this research field. But, who is on earth the founder of this research field? The year 2007 witnessed our announcements declaring our patent rights for the research on pluripotency of somatic cells.



2013 年,世界生命科学界都认可了这个研究方向,承认体细胞具有多能性,诺贝尔奖委员会为此给他们颁发了诺贝尔生理学或医学奖。此时,我们通过法律程序向世界发出声音,向世界宣告这项技术是我们的。当然,这是有战略计划的,我们先揭穿他们研究的不是多能干细胞,他们的研究是假的;然后让全世界人们自然的了解这个科学体系,公正的评判体细胞具有多能性这一科学体系是谁发明的。我们早在 2001 年就将此申报了综合性专利并发表了声明,而他们则是在 2006 年宣布他们的研究成果的,我们要求法律确认谁是发明人(美国专利、中国专利都已经确认了这个事实,但是他们却执意不肯承认),并把结果公布于天下——再生科学是我们的,是任何人都抹不掉、抢不走的。

他们炒作的这个诱导 IPS 细胞,本来就不是干细胞,因此他们用了“stem cell”这一词,直到现在仍然一直在强调它只是具有多能性,而非真正的干细胞。但多能性这个细胞特性正是我们所研究的成果,在基础科学研究中,我们证明了体细胞具有多能性;在临床应用中,我们实现了器官的再生、组织的再生。他们所炒作的诱导 IPS 细胞的研究,至今还没有实现。

通过上述回顾的内容,我们应该清楚,在人类的再生科学舞台上只有我们依然站着,那些冒充我们的伪科学绝对不敢登上这个再生科学的大舞台。这就是现状,这就是我们所回顾的历史。

虽然,科学的争论、讨论,都是科学发展史上所必须的,但是,造假是绝对不被允许的。我们已经切实地通过研究证实了这个科学体系,绝不允许那些造假者用他们的伪科学来践踏。我们在发展的同时,还要清理那些杂音,这就是我们的总体发展现状。

今天我们了解了这个历史之后,就要知道下一步我们该做什么。我们的科学不能仅停留在简单的基础研究、理论研究和应用阶段,而应该进入人体再生生命的启动阶段(人体再生生命,原称为再生生命世界,即人类与生俱来的再生生命体现,)也就是说,我们下一步的目标是启动人类的人体再生生

In 2013, the international world of life science recognized this direction by accepting the pluripotency of somatic cells for which Nobel Committee granted Yamanaka Nobel Prize in Physiology and Medicine. Meanwhile, we filed lawsuits against Nobel Committee to announce our ownership in this technology. Our strategy was first to disclose that their study was false because what they studied was not pluripotent stem cells, followed by letting the whole world become familiar with our scientific system in a natural manner and make impartial judgement on who is the inventor of this scientific system. We applied patents and made declarations in 2001, five years ahead of their publications. We demanded legal judgement on the inventor (confirmed by the US patents and China patents, the fact they intentionally ignored), and claimed our ownership of regenerative science which can not be denied or usurped by anyone.

The iPS cell they hyped is not real stem cell. Pluripotency rather than stem cell has always been the focus of their hype. However, the property of cell's pluripotency is our research achievement. In basic research, we have demonstrated the pluripotency of somatic cells; In clinical application, we have accomplished regeneration of tissues and organs. Meanwhile, they have not yet achieved any real pluripotent stem cell.

By the contents retrospect above, we should be clear that we are the only one standing out on the stage of human regenerative science. Those pretending to be us with pseudoscience absolutely have no courage to stand on this stage. This is the current status and our retrospection of history.

Although debate and discuss are necessary in the development of science, cheating is not allowed absolutely. We have confirmed this scientific system through solid research and will not let the fakers destroy it with their pseudoscience. We have to clean all the interference while making development, which is our general status of current development.

Today, after knowing about the history, we should get to know what we do next. Instead of staying at the stage of fundamental theoretical research and application, our science should move forward to a new stage of initiating human regenerative life (previously called world of regenerative life, i. e., the manifestation of human congenital regenerative life).

命。从宏观的再生生命启动计划上来讲，这是我们科学所要实现的政治、经济发展总目标。

在政治方面，我们已经决策，要成立世界性的科学联合国组织，通过该组织让人类实现再生生命；在经济方面，要利用该组织在世界各国的经济杠杆作用，使世界财团自然形成；在科学方面，我们就是领导再生生命计划的群体，要在全世界范围之内，快速培育能驾驭人体再生生命启动计划的专家。

人体再生生命计划的启动是国际统一发展的核心环节，而我们则是该计划的发源地，必须首先启动。我们已经调整了发展战略，一定要在世界的科学技术传播上、教育上起到领导作用，把世界各国的著名科学家拢到我们的旗帜之下。

## 1.2 人体再生生命启动的四个阶段

荣祥再生医学研究所的任务是实现人体四个阶段的再生，即人体再生生命启动的四个阶段。今天讲课的主要内容就是人体再生生命启动四个阶段的具体过程及其方法。

再生生命科学的一些词语需要统一调整，比如“再生养生”这个词语，从今天开始我们不再使用。当初使用这个词语是考虑到我们的研究还处于人体再生的第一个阶段，即摸索阶段，此阶段更注重“养”。现在第一阶段的再生养生已经实现，主体的规律和结论也已经出现，所以不再称之为“养生”，而是直接进入人体再生生命实现阶段，我们将其称之为“再生生命计划”。因为我们是做人体再生科学研究的，深知最小的人体生命是细胞，最大的则是人体，所以，细胞的再生就是人体整体生命的再生。这是概念上的进步，我们不再使用那些虚拟词汇了。如今，人们已经把“养生”这个词语胡乱应用了，什么都可以说是养生，简单的吃饭喝粥竟也称之为养生，而我们研究的本质与其完全不同”，我们的研究目的是要启动人体的再生生命。

在我们的再生生命科学还没有发明以前，既往的研究发现人体只有一条“命”，即人体从自身发育成熟到衰老、终止生命之前的这条“命”。由于我们的研究发现了人体体

In other words, our next goal is to initiate human regenerative life. In macroscopic view, this is our general target of political and economical development.

Politically, we have determined to establish a scientific UN to guide the human beings to realize regenerative life; Economically, this organization will serve as economic lever in all countries to promote forming the world capital association; In science, we are the leader of regenerative life plan, and need to train qualified experts rapidly around all the world.

The start-up of the human regenerative life plan is the key point of unified international development of our science. We are the origin of this plan and must start first. Our strategy has been adjusted, we must lead the spreading and education of our science and technology and attract all the well-known scientists to join us.

## 1.2. Four Phases for Start-up Plan of Human Body Regeneration

The mission of Rongxiang Institute of Regenerative Medicine is to accomplish the four phases of regeneration of the human body. Today, I would like to elaborate on the details and means to complete the four phases for initiating human regenerative life.

We made some changes with regard to some terminologies about regeneration science. For example, we give up the term of regenerative health promotion. We used this term previously because we were at the first stage at that time, the exploration stage of human body regeneration, which focused on health promotion. But now, we have completed the first stage and got the principle rules and conclusions. Therefore, we stop calling health promotion and go directly to the stage of achieving human body regenerative life which we call regenerative life plan. Our research focuses on human body, with cells as the smallest life unit and the body as the largest. So, the regeneration of cells means the regeneration of the human body. This is an advance in concept, we'll not use virtual terms any more. Nowadays, the term of "health promotion" has been abused, anything, even routine diet, can be taken as health promotion. The essence of our research is totally different from that. Our study objective is to initiate human regenerative life.

Before the invention of our science, we have only one life which means the development of our body, from birth to mature, aging and death. Now, we have found that somatic cells can be pluripotent, and regeneration of organs and tissues have been achieved. Therefore, we

细胞具有再生的多能性，并已经实现了器官再生、组织再生，所以，我们提出了再生生命科学。我们的科学体系包含体细胞、干细胞、组织器官，并且在《人体再生复原科学》这本书的封面上都有明晰的标注。那么，如何使人体体细胞发挥干细胞功能，并形成组织器官，最后产生再生生命，就是今天要给大家阐述的“人体再生生命启动计划”。

人体再生生命启动计划需要经历 12 年的时间。以后在对外介绍人体再生生命启动计划时，需要明确的告知人们，它并不仅仅是靠服用膳素和胶囊就能完成的，必须要经过四个阶段。

第一阶段：也就是基本阶段，这个阶段的基本饮食结构为“41113”饮食，即将普通人血液里的营养分析数据换算成人体需要摄入的食物成分而形成的饮食方式的。再生营养物质是根据人体营养成分比例和健康人群的生命条件计算产生的再生营养食品。通过此阶段，就会把一个普通的人体调整成为处于再生状态的人体。这个基本阶段需要 4~5 年的时间，目前我们已经完成了此阶段的任务。在这 4~5 年的时间里，我们已经把今后的人体再生生命启动计划展现出来了。

第二阶段：在人体已经处于再生状态的情况下（即志愿者经历 4~5 年的基本阶段后，其血液里的营养成分和红细胞的营养条件），以红细胞所需的生命条件为标准，制定人体血液的全营养成分组合，我们称为谱系组合。利用此时的分析数据配制胃肠的再生物质、全身内脏器官的再生物质以及皮肤的再生物质；并用该分析数据配备基本生命体的全营养饮食（这个饮食结构和第一阶段的饮食结构不同）。今年就要对已经完成第一阶段的志愿者施行此阶段的启动计划，我们的细胞实验室、分析实验室将要进入全面的运行阶段。

经过 3 年的红细胞生命条件的营养，人体就会适应红细胞所需生命条件的全部外源供给环境。此阶段饮食不同于第一阶段的饮食结构，是根据红细胞所需生命条件的全营养谱系进行配制的食物，每一个进入红细胞生命条件营养的志愿者都会得到一个个性化

have established regenerative life science which system includes such concepts as somatic cells, stem cells and tissue organs that have been clearly indicated on the cover of Human Body Regeneration and Restoration Science. Then, how can somatic cells play a role of stem cells and develop into tissue organs and finally realize the regenerative life? The answer is the “plan for initiating human regenerative life” what I will elucidate today.

It will take 12 years to accomplish the plan for initiating human regenerative life. In the future, we shall inform all clients that they need to go through all four phases rather than only taking GIC and Elixir to accomplish this plan.

The first phase is the fundamental phase, featuring “41113” diet structure. This structure is based on the calculation of nutrition level in blood of ordinary people. The nutrition portfolio can be finally calculated for nutrition food for fundamental phase. Regenerative nutritional substance is created by the calculation based on the nutritional proportion for the human body and life conditions of healthy population. After this phase, the conditions of an ordinary person can be adjusted to be regenerative status. The first phase takes 4 to 5 years. We have accomplished the task of this phase and the future plan for initiating human regenerative life has emerged.

The second phase features spectrum portfolio characterized by the full-nutrition composition of human blood prepared according to the life standards required by red cells under regenerative status (blood nutrients and red cell's nutritional conditions in the body of volunteer after finishing the first phase). Based on the data collected, regenerative substances for gastrointestinal tract, all internal organs and skin can be made, and the full-nutrition diet (different from that in the first phase) for basic life can be designed. This year, we are going to start this phase in volunteers having finished the first phase. Our cell laboratory and analysis laboratory will run with full load.

After being supplied with nutrition unique for red cells for 3 years, our body will be able to adapt to the comprehensive nutrients supply mechanism. The diet structure is also different from the first stage. Your diet is provided based on the full-nutrition spectrum required by red cells. All those qualified will be provided with their own unique daily diet plan which details the categories and volume of the daily food. You

的营养成分谱系本, 该谱系本里会列出日常饮食的种类及所需的数量等, 志愿者需根据此谱系本来安排日常饮食。我们现在可以想象一下, 经过 3 年的红细胞的再生启动阶段后, 人体将是什么状态? 人体外表年轻了, 精力旺盛了, 细胞的活力也旺盛了, 人体返老还童的效果将会体现的更加明显。这就是出现大白鼠两倍年龄不衰老实验结果的原因。

第三阶段: 人体干细胞生命条件的营养阶段 (此干细胞是人体体细胞转化而成的干细胞)。到目前为止, 世界上其它科学家还培养不出干细胞, 而我们已经将体细胞直接转化为了多能性干细胞。我们将进入此阶段的志愿者的组织细胞取出后, 在实验室内进行研究, 配制出多能性干细胞培养液 (这是人类绝对没有想过的)。根据此培养液的分析数据以及此阶段人体血液全营养成分的分析数据, 制定第三阶段再生物质谱系, 配制再生营养食品, 形成第三阶段一日三餐的基本饮食结构 (此阶段仍需 3 年)。

第四阶段: 这一阶段是人类再生生命启动的最后阶段, 也是保持人体组织处于持续再生旺盛状态的阶段。根据人体体细胞变为干细胞, 形成组织的体外模型和进入第四阶段时血液里的全营养成分分析数据, 制定第四阶段人体再生物质谱系以及基本饮食结构, 该饮食结构也是此后的终身饮食结构。在这一阶段人体的再生生命启动计划完全实现, 人体组织完全处于再生状态。

以上这个再生生命启动计划的四个阶段就是将来人类生命科学必经的科学路线, 它具有划时代的意义, 是生命科学里程碑式的转折点。我所讲的这些内容并不是凭空想象的, 而是根据实验数据和应用规律总结出来的。这段时间, 我在全面总结这 4~5 年的再生养生项目, 并决定终止养生, 真正进入有计划的再生生命启动阶段, 按程序启动人体再生生命。当人体组织完全处于再生状态时, 大多数疾病就被消除了, 只剩下了传染病和外伤。到那时, 人们只会老死而不会病死, 而且衰老死亡的年龄也不会是现在的平均寿命, 至少会和动物实验结果一样, 达到两倍年龄而不衰老。我们启动再生生命计划的这 12 年将奠定人类生命的基础, 这就是我们的科学应用体系。

can imagine the status of the body having finished 3 years of red cell regeneration initiation. You will be younger both mentally and physically and your cells will be more vital, the effect of rejuvenation will be much more evident. That is also why the rats fed with regenerative substance did not age at the age double their average life span.

The third phase is the nutritional stage for stem cells (converted from human somatic cells). So far, no other scientists around the world can get stem cells by culture. We have already directly converted somatic cells into pluripotent stem cells. By collecting the tissue cells from the volunteers in this phase, we can culture these cells in lab and make nutrient solution for pluripotent stem cells (which absolutely has not been imaged by humans). The data about nutrient solutions and the data about full-nutrition analysis of the blood can be used to make the spectrum of regenerative substances in the third phase. The diet prepared based on this spectrum shall also be adopted for three years.

The fourth phase is the last step to start up the human regenerative life and to maintain a thriving status of your tissues. Based on the in vitro model of human somatic cells converting into stem cells and forming tissues, as well as the full nutrition data of the blood when entering the fourth phase, regenerative substance spectrum and the fundamental diet structure for the fourth phase can be prepared. This diet structure will serve as our life-long diet plan. In this phase, the plan for initiating human regenerative life will be completed and the human tissues will be totally in regenerative status.

The four phases of the plan for initiating regenerative life is the necessary scientific route of future human life science. It is a milestone in the development of life science. All above is not my imagination. Instead, it is a summary based on our experiment data and application rules. We have been analyzing and summarizing our experiences got over the past 4 to 5 years. Now, we determine to stop health promotion and really start the plan for initiating regenerative life on schedule. When human tissues are in totally regenerative status, most diseases, except trauma and infectious diseases, will be eradicated. By then, all of us will only die from aging rather than diseases. Additionally, our healthy life span will extend by at least one time, in accordance with the result of animal experiment. The 12 years for executing the plan for initiating regenerative life will lay a solid foundation for the human life. And, this is the application system of our science.



**1.2.1 人体再生生命启动各阶段的评价指标**

人体再生生命启动的每一个阶段都有它的评价指标。第一阶段已经完成，我们总结出了比较明确的评价指标。首先从功能上，所有志愿者都实现了精、气、神、力的持续旺盛，整体活力较再生前有明显的改善，例如，一位冠心病志愿者徐某，在进入第一阶段再生 3 年以后，自己从原来走几步就气喘嘘嘘，需要休息的状态，变成了现在连跳绳、爬楼等活动都和年轻时相差不大，精、气、神、力都处于持续旺盛状态。其实，在第一阶段启动半个月以后，人们精、气、神、力的改善就逐渐表现出来了。那么，精、气、神、力从哪里来呢？从人体细胞、组织器官的整体功能而来。机体若没有 80% 的细胞发挥作用，人体就感觉不到精、气、神、力的旺盛，所以我们将精、气、神、力这个指标作为第一阶段的主体评价指标。第二个评价指标就是器官疾病的体检指标好转，甚至恢复正常。在再生启动第一阶段，某些器官的疾病并没有进展、没有恶变，反而某些疾病的体检指标好转，甚至恢复正常了。如冠心病经过 3~5 年的再生启动后，其体检指标就恢复正常了；胃肠等器官的医学体检指标也并未恶化，甚至缓解、消除了。另外，还有一些器官的体检指标变得年轻化了，如皮肤、胃肠。至于其它器官是否复原年轻了，当今世界还没有这样的诊断技术。原本想在全世界范围内寻找这种诊断技术，但是却没有，我相信在我们的科学发展起来以后，会有很多开发医疗器械、诊断仪器的科学家开始研究诊断细胞是否年轻化的仪器（现在只有确定生殖细胞是否年轻的技术手段，包括男性和女性的生殖细胞），就像细菌检测仪一样普遍。以上是第一阶段实现的整体目标，是现代医学和自然养生所做不到的。

第二阶段的评价指标还是着重于某些器官的顽疾和年轻化的评价上，当然，精、气、神、力仍然作为主体评价指标。此阶段，精、气、神、力继续保持着持续旺盛状态。如第一阶段提到的徐某，在第二阶段将会表现出更好的状态，当然，这也是必然的。

**1.2.1. Indicators of Initiating Regenerative Life of Human Body in Different Phases**

There are different indicators for each of the four phases of initiating human regenerative life. We have completed the research of the first phase and concluded with definite indicators. First of all, the apparent improvement in the aspect of spirit, qi, vigor and strength is noted from the perspective of function than before the regeneration. For instance, Xu, a volunteer with coronary heart disease, is now able to skip rope and climb the stairs as he was young, compared with the time before the initiation of regeneration three years ago when he would sustain from short of breath just walking few meters. His spirit, qi, vigor and strength are now keeping vigorous. In fact, the improvement was noted half a month after the initiation of the first phase. Where is the source of spirit, qi, vigor and strength? They are originated from the holistic exertion of function of human cells and tissue organs. Only if 80% of cells exert their functions, people is able to sense vigorous spirit, qi, vigor and strength. Therefore, we define spirit, qi, vigor and strength as the main indicators of the first phase. The secondary indicators of the first phase are the lab tests of diseased organs. In the first phase of initiating regenerative life of the human body, we observed that some diseases did not deteriorate while some indicator values of organ function turn better or even to the normal value, like parameters of coronary heart disease were totally turned normal three to five years after the initiation of regenerative life. The same thing has happened in the cases with GI problems and other organ diseases. The rejuvenation signs in skin and GI system have been found in some cases. There are no diagnostic techniques nowadays to determine if the other organs have been regenerated and rejuvenated. I believe the scientists in R&D of diagnostic medical instruments would try to invent those could diagnose the young status of cells when Human Body Regenerative Restoration Science would have been paid attentions by the scientific circle. Now we just can check the young status of reproductive cells. Above mentioned is the general objective of the first phase that can not be accomplished by modern medicine or natural health promotion.

The indicators of the second phase are still focused on some refractory organ diseases and rejuvenation status. The spirit, qi, vigor and strength are undoubtedly still the main indicators. Our aim in this phase is to keep maintaining vigorous spirit, qi, vigor and strength. For example, Xu who was mentioned in the first phase, will be in a better status in the second phase, which is certain.

第三阶段的评价指标完全在器官年轻化的评价上。现在的医学检查手段只能在某个器官出现问题时才能检查出来, 机体细胞是否衰老却无法被检查出来, 除细胞纤维化外, 其它的细胞低能状态、低代谢状态均不能被检查出来。但是, 众所周知, 当细胞出现纤维化时已为时已晚。现在还没有相应的细胞是否年轻的检查手段, 相信几年后就会有所改善。到那时, 我们会委托几个实验室专门检查志愿者器官的年轻状态。

第三阶段就是要实现人体由疾病状态进入再生生命的器官年轻化状态。在志愿者的健康报告中要写明其机体细胞的活力、血液的全营养谱系。这和医院给予患者的疾病诊断指标不同, 我们检查的是机体的正常营养指标以及各器官的年轻化指标。到那时, 每个人都能驾驭自己的生命。

第四阶段就是人体靠自己个性化的再生营养和基本营养保持好人体相对永恒的健康状态。

以上即是人体再生生命计划的总体启动路线。

**1.2.2 人体再生生命计划的科学定位** 现在我们是从事科学研究的层面实现这个启动计划, 将不再做其它研究。就目前来看, 世界上诸如此类的研究, 也就基础研究将来可能有用, 至于应用研究方面, 只有我们的研究进入并实现了实际应用。现在, 动物实验已经完成了再生生命启动计划的全部过程, 人体实验也已经完成了第一阶段的启动计划, 并且以后各阶段的整体规律都已在这一阶段展现出来了。在动物实验和人体实验的结果和规律形成定律后, 我们将按照此定律的路线和方向来完成人类的实际应用。

我们每一个人都要把它作为一项终身事业来做, 因为它是为人类谋福祉的。我们不怕被耻笑, 也不争头彩, 只做真实的应用科学, 并且我们也一直在朝着这个方向, 按照这个规划来做。现在, 美国已经将我们的器官再生科学纳入国策, 接下去做的就是验证后的全面推行。目前, 已有多个国家愿意参与到这个计划当中, 去共同实现人体再生生命的启动。而我们此时应该在科学联合国内

The indicators of the third phase are totally focused on organ rejuvenation. In modern medicine, we can only detect the organ disease but not cell aging. Except cellular fibrosis, cellular hypofunction and hypometabolism are not detectable. However, when cellular fibrosis emerges, it is already late. There are no relevant means checking if a cell is young now, the situation is believed to be improved in a few years. By then, we will authorize some laboratories to specifically examine the young status of our volunteers' organs.

The third phase is to achieve the transition from diseased status to the young status of organs with the activation of regenerative life. Subsequently, we are going to add the cellular vitality and the whole-spectrum nutrition of blood in the health report of our volunteers. What we provide is the indicators of normal nutrition and organ rejuvenation, different from modern hospitals' diagnostic indicators. Everyone can control his own health by then.

The fourth phase is to maintain the relatively permanent healthy status of the body through the provision of personalized regenerative and fundamental nutrition.

Above is the overall route for the initiation of human regenerative life plan.

**1.2.2. Scientific positioning of human regenerative life plan** We are going to carry out this start-up plan from the perspective of scientific R&D and will not do other research any more. Some relevant fundamental studies in this field all over the world might be useful in the future; as for applied studies, only ours has reached and accomplished practical application. We have completed the whole course of initiating regenerative life in animal experiment, as well as the first phase in humans, in which the overall rules of the following phases have been revealed. Once the scientific results and rules got from animal experiment and human test become law, we ought to achieve the human application in accordance with this law.

The work we are now doing is worthy to be a career for a lifetime because it is for the benefit of all human beings. We don't care either being mocked or being awarded. We just do the real applied study and insist on the route and schedule. The US has included our organ regeneration science in its national policy, and the subsequent task is validation and full implementation. For now, several countries have intended to join this plan to accomplish the initiation of human regenerative life together. Our responsibility now is to hold the scientific technology within

主持领导科学技术,带领世界各国科学家按照再生生命启动计划去发展。如今,我们的首要任务是奠定基础,引导方向,而后带领世界各国科学家同时发展。这是超越一个公司、一个国家的发展路线。

## 2 皮肤器官再生更新与还童技术

此部分内容比较具体,比如要想实现人体再生生命的启动计划,就要由外及里的启动,让机体的每一个器官逐一实现启动。今天主要为大家讲解皮肤器官的再生更新与还童,即皮肤器官的再生生命启动计划。通过多年对皮肤器官再生的研究,我们将皮肤器官再生生命启动计划的方法归纳为 3 种。

### 2.1 自然再生法

此方法是将皮肤再生物质涂抹于皮肤表面,让皮肤组织自然吸收,促使皮肤组织器官缓慢地再生更新。当然,内服再生物质也有这个作用,但是内服再生物质是全身器官再生生命启动的方法,在此暂且不予以阐述。我们将单纯外用再生物质的方法称之为自然再生法。我们今后将会研制两种剂型的产品,一种是脂溶性液体,一种是水溶性乳化剂(再生物质含量较少,但吸收率较高)。根据每个人的肤质及个人习惯,选择其中一种,在每天晚上睡觉之前,涂抹于面部,让其自然吸收。另外,还要研制出配合上述产品使用的其它配套产品——可维持再生生命环境的产品,包括护肤品、化妆品等,这些配套产品同样具有再生功能,例如,具有再生功能的底霜、防晒霜等,都可以供给那些需要的人士使用。我们要利用这些产品能保证皮肤处于生理性再生环境的特点,研制出一系列创造生理性再生环境的成套产品。以上两类产品,一个是含有纯再生物质的产品,另一个则是创造生理性再生环境的产品,其构成了实现自然再生的基本产品。

### 2.2 加强再生法

如果实施自然再生法以后,由于再生速度太慢而不愿使用的话,可以应用加强再生法。加强再生法是每周通过正压气体导入的方式,将再生物质导入到皮肤(表皮和真皮层)内 1 次,是我们一直使用的操作方法。

the scientific UN and to lead scientists all around the world to develop the science according to the plan for initiating regenerative life. Our primary task is to lay the foundations and to guide scientists from all countries to develop simultaneously. This is a developing way going beyond the control of a company or even a country.

## 2. Regenerative Renewal and Rejuvenation Technique of Skin Organs

To accomplish the plan of initiating human regenerative life requires us to achieve the initiation of regeneration of every single organ from outside. Today's focus is regenerative renewal and rejuvenation of skin organ, i. e., plan for initiating skin organ's regenerative life. According to years experience in the research on skin organ regeneration, we summarized three means to initiate skin organ's regenerative life.

### 2.1. Natural Skin Regeneration Technique

The first means is to regenerate skin in a natural way of smearing Regenerative Nutritional Substance (RNS) on skin by which skin will naturally absorb RNS and renew slowly via regeneration. Of course, oral administration of RNS has the same effect, but that is the means to initiate all organs' regenerative lives in the body and will not be elucidated today. We call the means of external application of RNS "natural regeneration technique". We are going to develop two dosage forms of products in future. One is a lipophilic liquid, and another is a water-soluble emulsion (containing less RNS but having higher absorbability). Based on personal skin quality and habit, one of the two products can be chosen to smear on the face before going to bed everyday and let it be absorbed naturally. In addition, we need to develop other ancillary products functioning to maintain a regenerative life environment. The ancillary products include skin care products and cosmetics. They also have regenerative function, e. g., primer and sunscreen cream. All the above products are capable of creating a physiological regenerative environment for the skin, which feature is used to create a series of same kind products. Among the two kinds of products mentioned above, one is a product containing pure RNS and the other is a product capable of creating a regenerative environment. They are the basic products to accomplish natural regeneration.

### 2.2. Strengthened Skin Regeneration Technique

After using the natural skin regeneration technique, if the slow speed of skin regeneration is not satisfying, strengthened skin regeneration technique can be used instead. Strengthened skin regeneration technique can help RNS permeate into the skin layers (epidermal and dermal layers) with a positive pressure of 100% Oxygen, it is the operation

通过这种方式进入皮肤内的再生物质比自然再生法进入皮肤内的物质浓度高很多，发挥的作用也更大，皮肤年轻、还童的速度就会更快。但是，在未进行导入的间歇期间，仍然需要使用皮肤再生护肤品，即上述一系列的护肤产品，以维持皮肤的生理性再生环境，增加皮肤的日常吸收量。实际上，这种方法包含了自然再生法，只是增加了一种正压气体导入方式将其作用加强了。

### 2.3 再生皮柱法

如果感觉加强再生法的再生速度还是不够快，就可以使用我们今天所确立的再生皮柱法。接下来我将用一套幻灯片给大家诠释一下这种方法的作用机理。该方法是我们将向全世界立体式推行的一种新技术，相信在不久的将来，这项技术会是最时髦、最实用、最真实的皮肤再生更新和还童技术。如果谁想让皮肤在短期内发生快速而年轻的变化，就要采用这种技术——“再生皮柱法”。

接下来将给大家讲解这项技术的作用机理。第一步，通过某种技术使皮肤再生一个新的皮柱，将衰老松弛的皮肤撑托起来；第二步，再生皮柱在新旧之间释放大量的促进细胞生长的因子以促进新细胞的生成，再加上再生物质的再生作用，就会使再生细胞的总量大大增加，使皮肤逐渐再生更新。这就是“再生皮柱法”的简单作用机理。详细的作用机理如下。

**2.3.1 再生皮柱法的作用原理** 下图是一个皮肤的解剖示意图（见图 1），包括表皮层、真皮层。要想让皮肤真正实现年轻化，仅仅靠表皮或者真皮的年轻化是不行的，它需要通过全层皮肤的年轻来实现。

现在社会上流行的一些使表皮年轻化的美容技术的作用机理就是把表皮变薄。衰老皮肤的角化层之所以比较厚，就是因为表皮的基底细胞会随着皮肤的衰老而衰老，从而使表皮新陈代谢减慢所致。例如，90 岁老人表皮基底细胞的活力只有年轻时的 10%，其活力与年龄成反比，而再生皮柱法就是能把 90 岁老人表皮基底细胞的活力由 10% 提高到 80% 的技术，也就是说，此技术可以通过提

method we have been using all the time. As a result, the transported amount of RNS is much larger than the use of natural skin regeneration technique. The higher concentration of RNS should lead to a better result of skin regeneration and a faster speed of skin rejuvenation. Nevertheless, the series of skin care products mentioned above still need to be used during the interval period between the treatments in order to maintain the physiological regenerative environment and increase the daily absorption of RNS by the skin. As a matter of fact, this technique covers natural skin regeneration technique, the addition is the introduction of positive pressure gas to enhance its effect.

### 2.3. Skin Column Regeneration Technique

If the regenerating speed of strengthened skin regeneration technique is still not fast enough, our recently established skin column regeneration technique can be applied. The following slides will demonstrate the mechanisms of this technique. This new technique will be actively promoted all over the world. And I believe this technique will become the most popular, practical and authentic technique in skin regenerative renewal and rejuvenation in the near future. It helps the skin turn young and rejuvenated in a short time.

The mechanisms are as follows. The first step is to uphold the aged and flabby skin through a regenerated new skin column created by certain technique; the second step is to make the space between skin columns release a multitude of factors to promote new cell growth. The factors combined with the action of RNS, will increase greatly the overall amount of regenerative cells and regenerate and renew the skin gradually. This is the action mechanism of “skin column regeneration technique” in brief. Detailed mechanism is as below.

**2.3.1. Action principle of skin column regenerative technique** The figure (Fig. 1) below is about the anatomy of skin, including epidermal and dermal layers. To rejuvenate the skin truly, it requires the rejuvenation of full-thickness skin rather than the rejuvenation of dermis or epidermis only.

The mechanisms of commonly used cosmetic techniques in epidermis rejuvenation in the market is to thin the epidermal layer. The reason why the cuticular layer of the aged skin becomes thicker is the slowed rate of metabolism of epidermis that caused by aged basal cells due to skin aging. For example, the vitality of epidermal basal cells in the 90-year-old is only 10% of the vitality when he is young. The vitality of human basal cells is inversely proportional to the age. But the skin column



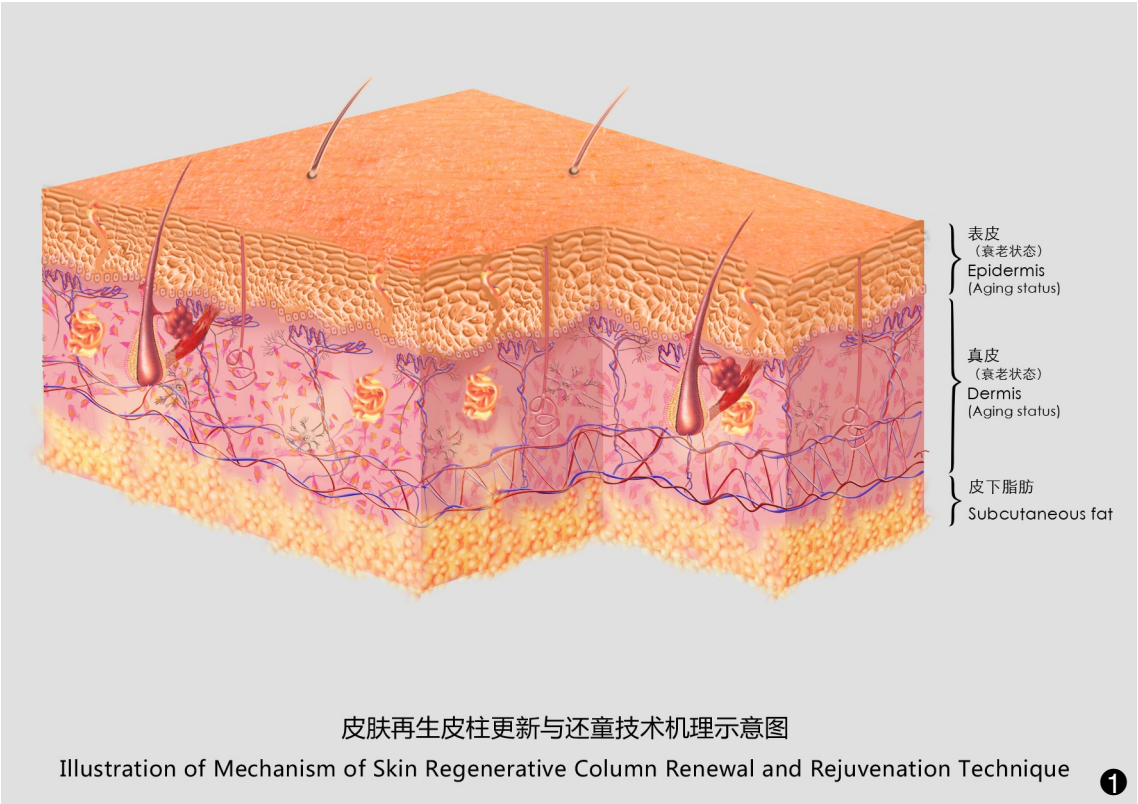


图 1 皮肤解剖示意图  
Fig. 1 Illustration of skin anatomy

高表皮基底细胞的活力，使表皮更新速度加快，产生新的皮肤组织，真正实现皮肤的年轻化。我们如今都可以使瘢痕皮肤的上皮细胞干细胞化，长出新的皮肤组织，更何况是没有瘢痕的正常衰老皮肤了，它的年轻化自然比瘢痕皮肤更容易实现。

皮肤真皮层内含有胶原纤维和皮肤附属器，它的年轻与否决定着皮肤组织是否丰满。年轻姑娘的皮肤看上去总是丰满的，因为她的真皮层是年轻的，而年龄稍大皮肤就变得不饱满了，因为真皮层内的成纤维细胞开始萎缩、凋亡了，其所形成的胶原纤维也逐渐分散不成束了。如此看来，要想让真皮层年轻化，就需要把真皮层内的胶原纤维重新排列，使其数量增多并且变得紧实起来。另外，如果要使皮肤真正实现年轻化，还需让皮肤附属器官（包括毛囊、血管、神经、皮脂腺、汗腺等）年轻起来，因为如果只是单纯的表皮、真皮年轻化，而皮肤附属器官没有实现年轻化，那么皮肤还是衰老的、无功能的，看起来是没有生机的。若皮肤附属器官功能正常，皮肤看起来就会有生机、有活力、

regenerative technique is the one that is able to increase the vitality of epidermal basal cells in the 90-year-old from 10% to 80%. In other words, it achieves the skin rejuvenation through the enhancement of basal cells vitality, the increased speed of epidermal renewal and the development of newly regenerated skin tissues. We have made the impressive achievement of converting epithelial cells in scar tissues into stem cells and regenerating new skin tissues. Rejuvenation of scarless normal aged skin is easier than scar skin.

The dermis has collagen fibers and skin appendages. Their vitality determines the fullness of skin tissues. The skin of a young girl always looks plump because the dermis of her skin is young, and vice versa. In an elder woman, the atrophy and apoptosis of the fibroblasts in her dermis layer result in the disorganized array of collagen fibers. Therefore, the way to rejuvenate our dermis is to reorganize the collagen fibers in dermis and to increase its amount and density. In addition, the skin appendages including hair follicles, vessels, nerve, sebaceous glands and sweat glands should also be rejuvenated, which is necessary for the complete rejuvenation of the skin. If skin appendages are not rejuvenated, the skin looks still aged and not vigorous. If skin appendages function normally, the skin looks vital, vigorous, and vivid. The vivid sense of

有动感的。其中,皮肤的动感就依靠汗毛立毛肌正常的功能来实现。

再生物质对皮肤附属器官发挥作用的主要评价指标包括:(1)分泌和排泄功能下降或基本消失的衰老皮脂腺,使用再生物质后很快就能恢复年轻,分泌和排泄功能恢复正常;(2)衰老的毛囊和汗毛立毛肌经过再生后,活动恢复自如;(3)血管经过再生后,真皮的乳头层血管网变得旺盛,血液循环良好;(4)神经经过再生后,皮肤神经反应恢复正常,皮肤看起来富有生机。

综上所述,衰老的皮肤要想实现年轻化,必须通过表皮层和真皮层内的所有组织细胞的更新和还童来实现。现有的其它美容方法都没有这种作用,只是单纯地在皮肤表面做一些保护措施,和细胞本身的生命活动无关。而以上所说的启动皮肤的再生生命,就是通过发挥皮肤再生潜能细胞的多能性、提高原有细胞的能量发挥,以促进全层皮肤组织细胞的更新,维持皮肤的活力。

**2.3.2 再生皮柱法与激光拉皮的区别** 再生皮柱法是用物理的方法,如激光、针刺、电频针等在皮肤表面打孔,制造出深达真皮的微孔(见图2)。不要将该技术和现在整形美容科常用的激光拉皮相混淆。

激光拉皮是利用激光在皮肤表面制造出小洞,待洞里的皮肤组织气化后就会发生萎缩,产生小的瘢痕组织,进而拉紧周围皮肤组织,使皮肤体积缩小,达到皮肤年轻化的作用。也就是说,反复激光拉皮后皮肤内部就会布满瘢痕组织,拉皮的效果实际上就是微瘢痕造成的皮肤收缩状态。激光拉皮后的皮肤虽然从外观上看达到了美容的效果,但是从皮肤组织结构上来看其实是在破坏皮肤,是将正常的生理性皮肤变成一个微瘢痕皮肤,最终形成死板的皮肤脸或明显的瘢痕脸。

再生皮柱法则和激光拉皮完全不同,再生皮柱法打孔的目的为了促进再生物质的进入。通过正压加强法导入再生物质时,直接进入真皮层的量较少,而若将微孔直接通到真皮层内,那么进入真皮层的再生物质就会相对较多(见图3)。这只是其中的一个小目的,真正的目的则是要通过这个微孔再生一个新的皮柱(见图4-6)。

skin relies on the exertion of normal function of arrectores pilorum.

The main evaluation indicators for the exertion of skin appendages function caused by RNS include: i. After using RNS, aged sebaceous glands with lowered or lost secretory and excretory function can be rejuvenated to recover normal secretory and excretory function; ii. The motion of aged hair follicles and arrectores pilorum is recovered; iii. The vascular network of papillary layer of dermis with the provision of good blood circulation becomes vigorous after the regeneration; iv. After regeneration of nerves, the skin recovers normal nervous reaction and looks vivid.

In summary, to make the aged skin rejuvenate is dependent on the renewal and rejuvenation of all tissues and cells in epidermis and dermis. The same results can never be realized by the current cosmetic therapies which just carry out some protective interventions on the skin that are totally unrelated with the metabolism of the cell. The above mentioned initiation of skin regenerative life is achieved through the exertion of pluripotency of skin PRC, the enhancement of present cells function to promote the renewal of skin tissues and cells in all layers and maintain the skin vitality.

**2.3.2. Difference between skin column regeneration technique and laser skin tightening** Skin column regeneration technique refers to the process of making micro pores down to the dermis (Fig. 2) through physical approaches like laser, acupuncture, electronic frequency needles and etc. Never mistake this technique for the laser skin tightening that is commonly used in plastic and cosmetic surgery.

Laser skin tightening means the creation of minor pores in the superficial layer of skin through the laser. The pores will be shrunk after the vaporization of skin tissues in the pores that results in the production of micro scarring tissue which tightens the surrounding skin tissues and decreases the skin size, letting the skin look younger. In other words, repeated using of laser skin tightening will leave much scar tissue inside the facial skin. In fact, the outcome of laser skin tightening is the shrunk status of skin caused by micro scars. Even though the skin looks smoother in appearance, the laser skin tightening destructs the skin histological structure actually and converts the physiologically normal skin into micro scarring skin, consequently resulting in stiff face or a face with obvious scars.

Totally different from laser skin tightening, aim of creating pores for skin column regenerative technique is to promote the absorption of RNS. The amount of RNS transported into the dermis is less when using strengthened skin regenerative technique. If the micro pores is down to the inside of dermis, relatively more RNS can be absorbed by dermis (Fig. 3), which is the secondary goal of the technique, the primary goal is to regenerate new skin columns in these micro cores.

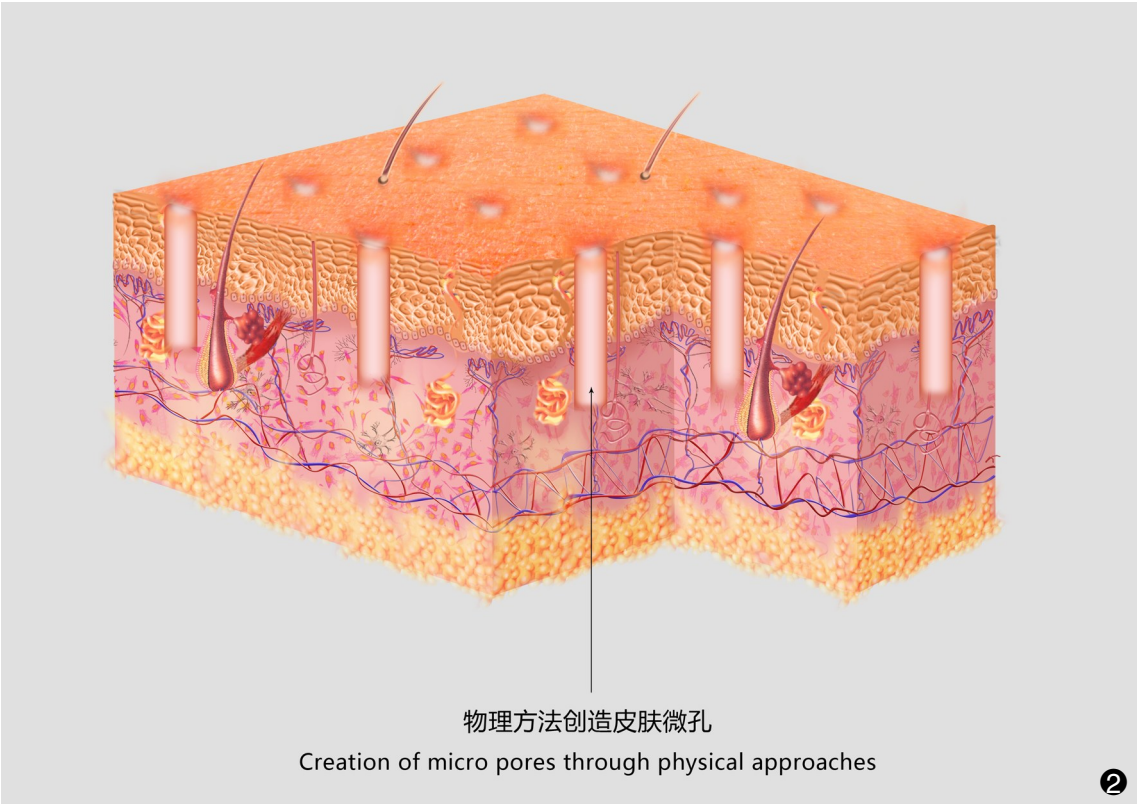


图 2 利用物理方法创造皮肤微孔  
Fig. 2 Creation of micro pores through physical approaches

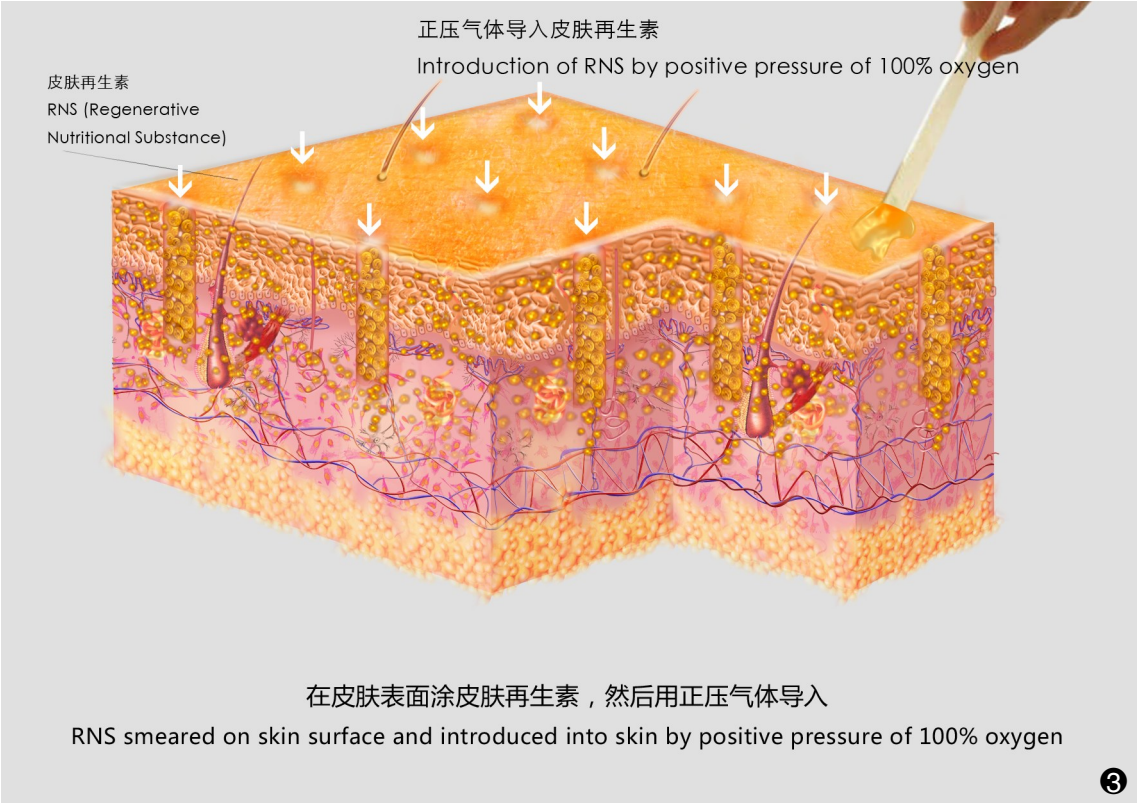
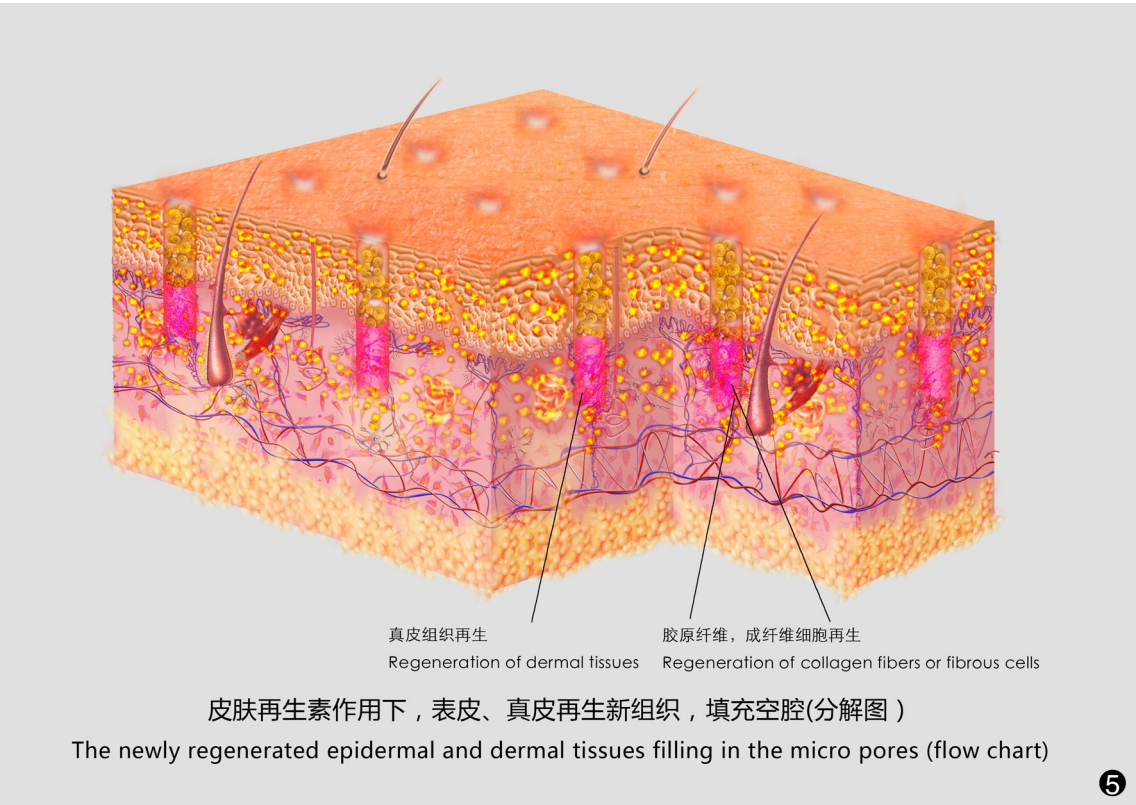
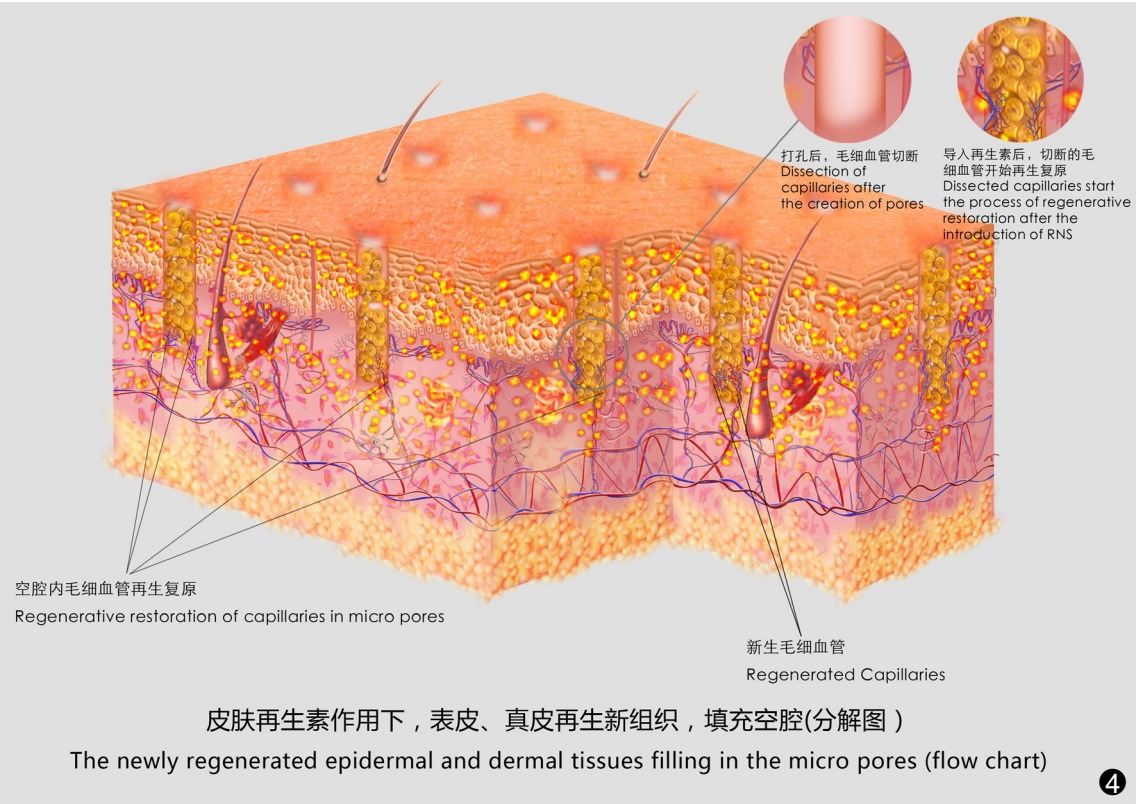


图 3 在皮肤表面涂抹再生物质，然后用正压气体导入  
Fig. 3 RNS smeared on skin surface and introduced into skin by positive pressure of 100% oxygen







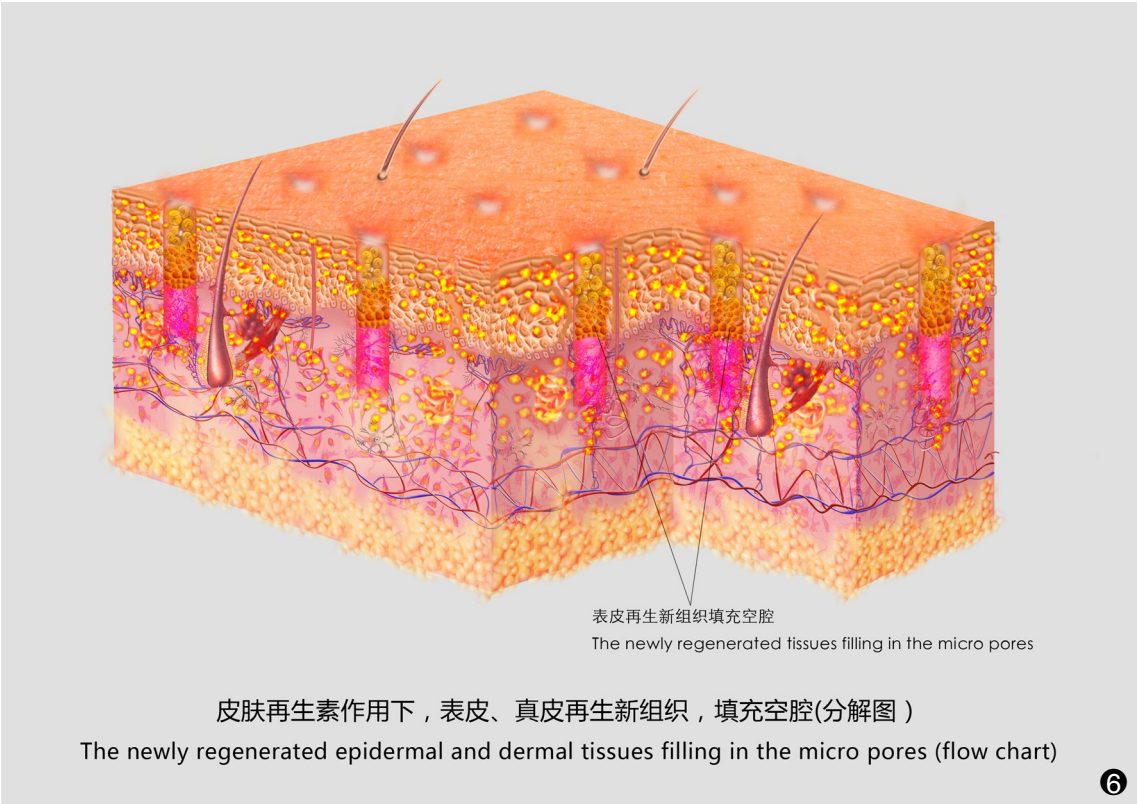


图 4-6 在皮肤再生物质的作用下，表皮、真皮组织再生，新的皮柱形成  
Fig. 4-6 The newly regenerated skin column with epidermal and dermal tissues regeneration due to RNS

将再生物质导入皮肤后，微孔周围的组织就会产生再生反应，即真皮和表皮微孔周围组织细胞干细胞化（同烧伤创面修复机理一致）。再生物质导入 24 h 内，体细胞干细胞化全面启动，导入 3~4 d 后新的皮肤组织就会形成。换句话说，当再生物质导入 3 d 之后，微孔内就不再是空的了，而是被新的表皮和真皮组织填充，我们将其简称为皮柱。然而，此皮柱的生长顺序如何呢？是血管生长在先，组织生长在后。再生物质通过微孔进入真皮组织后，真皮内微孔周围的血管会首先深入微孔内（见图 4），随后新的组织细胞才开始生长（微血管的再生，也属于皮肤附属器官的再生）。在再生物质的作用下，真皮组织内的胶原纤维组织细胞，即成纤维细胞将向成纤维母细胞转变，即体细胞干细胞化（见图 5）。与此同时，表皮基底层细胞和微孔周围细胞也都会发生干细胞化（见图 6）。这是再生的机理，也是我们的专利——体细胞原位变干细胞再生组织器官。3 d 之后，当真皮层内的血管进入微孔，真皮和表

Tissue cells alongside the wall of pores in the dermal and epidermal layers will be activated and converted into stem cells (regenerative response, the same mechanism as burn management with MEBT/MEBO) after the introduction of RNS into skin. 24 hours after the introduction of RNS, the transformation of somatic cells into stem cells will be fully activated. 3 to 4 days after the introduction of RNS, new skin tissues will be formed. In other words, 3 days after the introduction of RNS, the space of pores will not be hollow again, instead they will be filled with newly developed epidermal and dermal tissues that we term as skin column. Nevertheless, how is the skin column regenerated? The vascularization is earlier than the growth of tissues. When RNS is accessible to the dermal tissues through the pores, the vessels in the dermis penetrate into the pores (Fig. 4), and then the cells and tissues start to develop. (The regeneration of micro-vessels is the concept of skin appendage regeneration.) Cells of collagen fibrous tissues (fibroblasts) in dermis will be transformed into precursor fibroblasts by the action of RNS (Fig. 5). Meanwhile, the cells in the basal layer of epidermis and along the wall of pores are also transformed into stem cells. (Fig. 6) This is the mechanism of regeneration as well as our patent-converting somatic cells into stem cells regenerating tissue organs. Three days after the introduction of

皮的新生组织产生，皮肤的微孔就会封闭，洗脸的时候也不会感觉疼痛了（见图 7），故此时就可以洗脸了。3 d 之内，皮肤不能沾水，因为皮管（微孔）是敞开的。

皮柱形成初期会突出皮肤表面，也就是说，3 d 之后，会感觉面部皮肤（被操作部位皮肤）“凸”起，皮肤增“厚”，此时会发现自己变得年轻了，这是由于皮柱把周围皮肤都撑托起来的缘故（见图 7）。如一位志愿者在使用再生皮柱法 3 d 后，自述脸变圆了。这是激光拉皮所不能达到的效果，它是靠再生的新皮柱将周围皮肤撑托起来，使皮肤变“厚”，脸看起来也就变圆了。

皮肤微孔封闭以后，周围的组织细胞再生更新速度加快（其原因是新的皮柱会产生许多生长因子——刺激性信号，加速周围皮肤的再生更新），皮柱周围的表皮也因此变平（见图 8）。就像动物瘢痕表皮再生实验一样，通过再生以后，瘢痕表皮组织中干细胞数量增加，代谢速度加快，同时，这种反应向外扩散，带动了周围皮肤组织再生。大约需要 4 周的时间，皮肤表皮、真皮层的再生

RNS, when the vessels in the dermal layer extend into the pores with the new development of dermis and epidermis, the pores will be sealed so that there is no sense of pain while washing face (Fig. 7) . Therefore, no water is allowed on the affected skin within three days after the introduction of RNS because of the openness of the pores.

The skin column will protrude the facial skin early after formation. In other words, protruding and thickened facial skin is sensible at affected area three days after the introduction of RNS. At this time, feeling of rejuvenation emerges because of the upheld skin by the skin column (Fig. 7). One of our volunteers, after being applied skin column regeneration technique for 3 days, told us his face became round. This change cannot be achieved by using laser skin tightening, it is due to the thickened skin that is upheld by the newly regenerated skin columns.

After the sealing of the micro pores, the regeneration and renewal of surrounding tissues and cells is accelerated that results in the flatness of epidermal skin around the skin column (Fig. 8) due to the release of a multitude of growth factors-stimulating signals-produced by the new skin column. Just like the same result we obtained in the animal experiment of skin regeneration in scarring epidermis, that the number of stem cells in epidermal scar tissues is increased with the accelerated metabolism after the regeneration, meanwhile this regenerative response spreads to

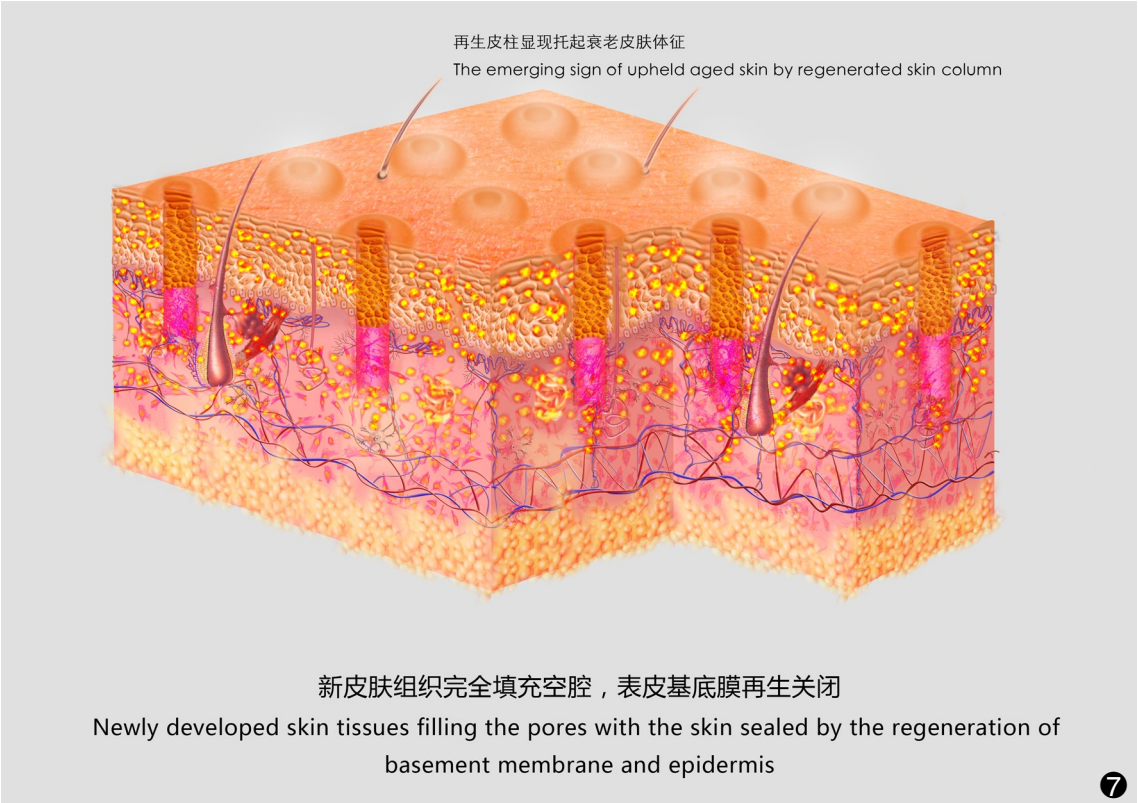


图 7 新生皮肤组织完全填充微孔，表皮基底膜再生封闭皮肤  
Fig. 7 Newly developed skin tissues filling the pores with the skin sealed by the regeneration of basement membrane and epidermis

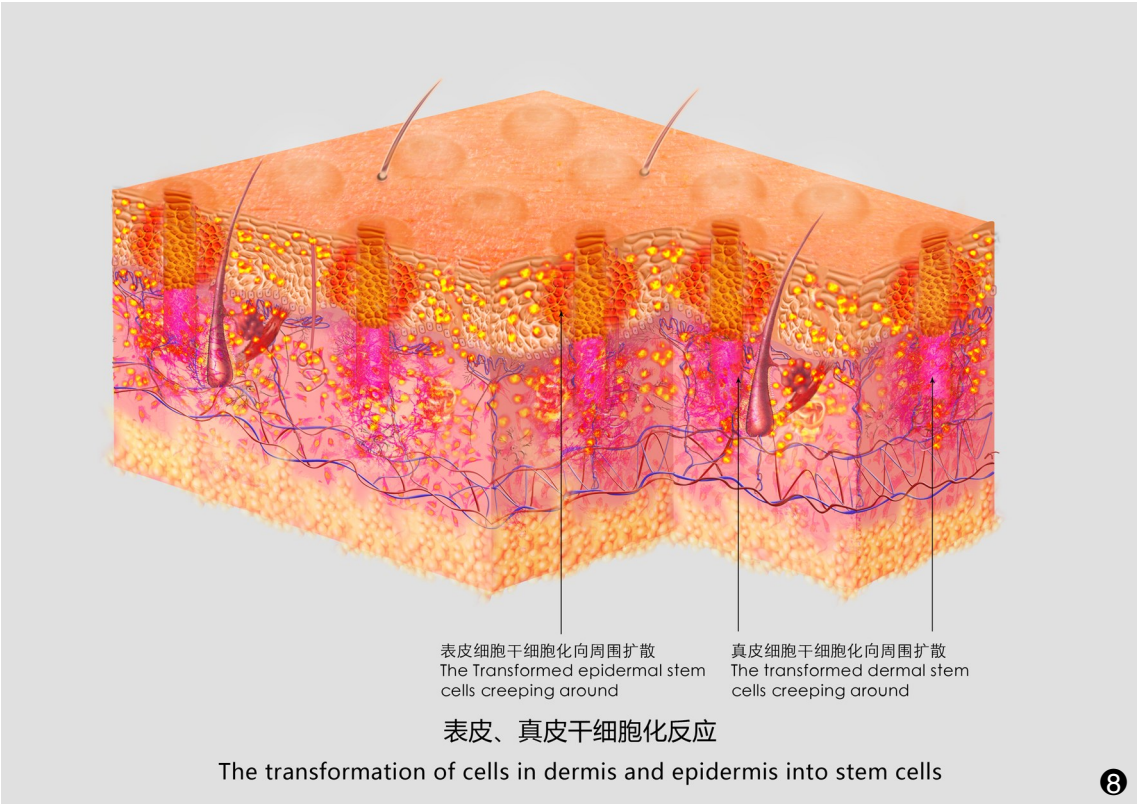


图 8 微孔封闭后，表皮、真皮干细胞化反应  
Fig. 8 The transformation of cells in dermis and epidermis into stem cells after the sealing of pores

反应就会全部被带动起来（见图 9）。也就是说，第 4 周时，皮肤就会全部是再生更新后的新皮肤。但这时还未达到最佳效果，等到第 8 周时（见图 10），也就是一个疗程完成以后，皮肤再生更新和再生还童就会完全实现。

上套再生皮肤法的示意图是根据组织切片和显微镜观察结果制作出来的，是真实可靠的，而且还将要申报专利。

**2.3.3 再生皮柱法的世界地位及未来发展**  
我们是世界上第一个拥有这项技术的组织机构。这项技术的作用机理依然是原位再生科学技术，只是运用了不同的方式将其作用于皮肤上。该技术不仅适用于正常的衰老皮肤和瘢痕皮肤，还适用于妊娠纹等异常皮肤，只是变换了两种皮肤的打孔位置和密度。无论是正常皮肤还是瘢痕皮肤，抑或是异常皮肤，再生出来的皮柱都是生理性的。在瘢痕皮肤上采用再生皮肤法再生新的皮柱，瘢痕组织就会逐渐被再生的新皮柱所取代，进而消除瘢痕。一个简单的再生皮柱法解决了异常皮肤向正常转化的难题，它是具有革命性意义的方法。

the surrounding skin tissues and leads their regeneration. The regenerative response in epidermis and dermis can be fully activated approximately in four weeks (Fig. 9) . It means the skin is completely renewed after four weeks of regeneration. But the optimal effect is obtained in the eighth week when the first course of treatment is completed and the skin regeneration and rejuvenation is fully achieved. (Fig. 10)

The above figures are prepared on the basis of observations on the histological sections through microscope and a patent application thereof is going to be filed. The reliability of these figures is definite.

**2.3.3. Standing in the world and future development of Skin Column Regeneration Technology** We are the first organization having this technology in the world. Its mechanism is still in situ regeneration science and technology which is applied to the skin in a different way. It is applicable not only to normal aged skin and skin scar, but also to the abnormal skin with stretch marks, etc. The only change is the position and amount of the punched pores. No matter it is a normal skin, scar skin, or abnormal skin, regenerated skin columns are all physiological tissues. New skin columns are regenerated in scar and the scar will be gradually replaced and eliminated. As a simple method, skin column regeneration technique solves the problem of transformation of abnormal skin to normal, it is a revolutionary method.



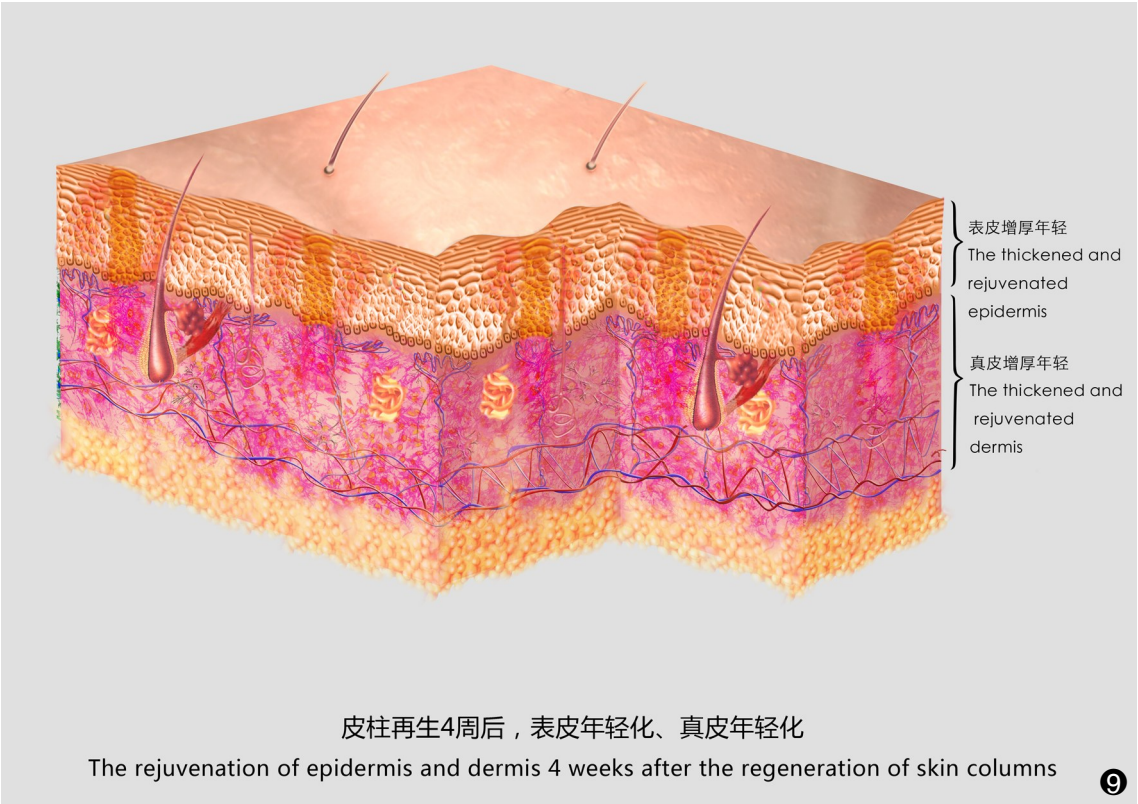


图 9 再生皮柱 4 周，表皮、真皮年轻化

Fig. 9 The rejuvenation of epidermis and dermis 4 weeks after the regeneration of skin columns

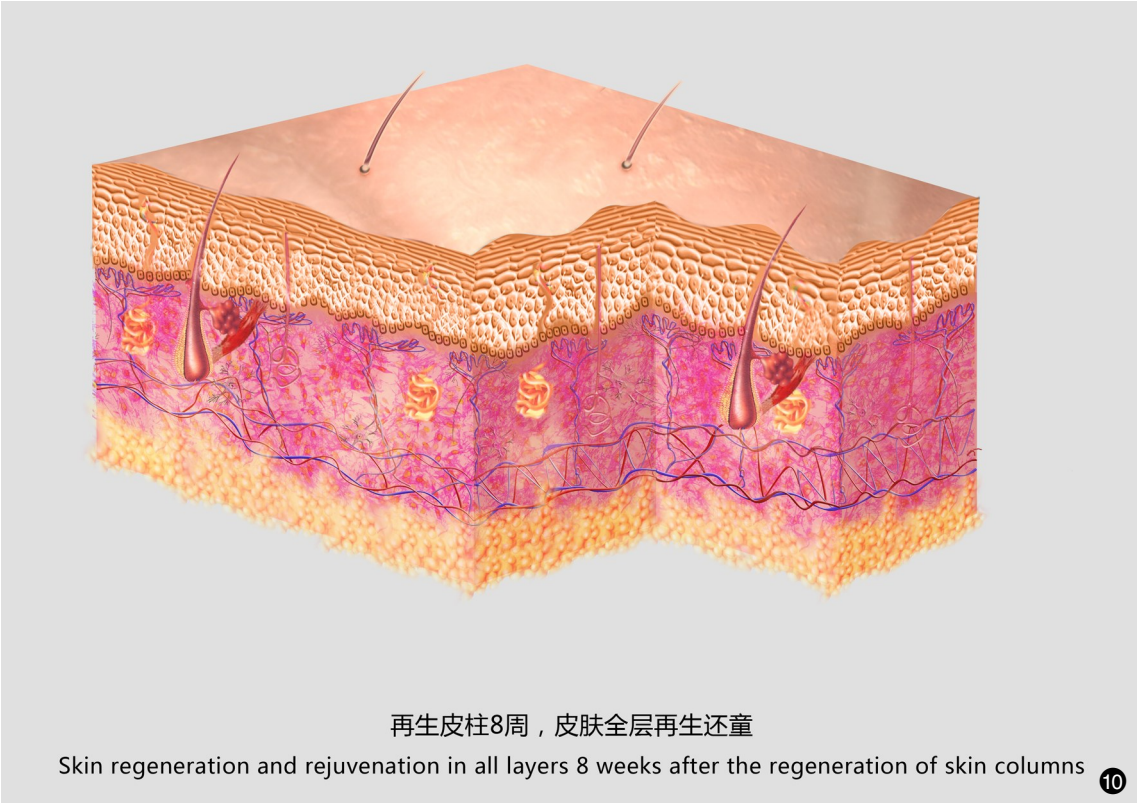


图 10 再生皮柱 8 周，皮肤全层再生还童

Fig. 10 Skin regeneration and rejuvenation in all layers 8 weeks after the regeneration of skin columns



这项技术将可能改变人类的外表, 同时还会产生划时代的最大经济效益。再生皮柱法只是皮肤再生更新与再生还童技术实施的第三种方法, 当然还有第四种、第五种……, 目前还都在实验过程中。从自然再生法到加强再生法再到再生皮柱法, 形成了一套完整的使人类皮肤年轻化的再生技术, 包含了基本的再生物质以及纳米级的乳化再生物质(其中, 纳米级的乳化再生物质已经进行了完整的细胞再生实验, 它的吸收率是基本再生物质自然吸收率的 50 倍), 将来还有可能研制喷射。

单纯的皮肤组织器官再生更新和再生还童技术是什么? 就是上述的 3 种方法, 即自然再生法、加强再生法、再生皮柱法。目前, 世界上还没有与此相同的技术, 甚至连相同的名词都没有。任何其它技术提到“原位再生”这个词, 都会侵犯我们的专利权、著作权、发明权。当然, 我们不想垄断该项技术, 甚至想把它贡献出去造福全人类, 因为它是世界的技术。今年, 我们就会把这项技术推向全世界。

加强再生法和自然再生法是无创的, 而再生皮柱法则属于微创方法。它的目的主要是为皮肤创造一个生理性的再生环境, 让新的皮柱、新的皮肤组织原位再生出来, 撑托周围的皮肤组织, 从而使皮肤年轻化。再生皮注法是可以反复使用的, 8 周以后还可以再次使用。我们的一位志愿者已经进行了 3 次再生, 每次再生之后, 皮肤就会变得更加年轻。然而, 为什么可以反复使用呢? 它取决于操作时对微孔间距的设置。为了安全起见, 我们设置的微孔间距都较大, 一个疗程后再生的皮柱面积只占面部皮肤总面积的 2%; 另外, 再生皮注法打孔后并没有形成瘢痕, 只是再生出了新的皮肤组织, 所以可以反复多次使用。该技术不像点阵激光美容那样, 形成的全部都是微瘢痕, 最终出现的是死板脸, 面无表情, 僵硬死板。皮肤再生更新与再生还童技术完全是一个生理性的组织器官再生, 是烧伤组织器官再生技术向皮肤美容的转移, 是无可争议的科学技术。

This technology will likely change human appearance, while generating the greatest epoch-making economic benefits. Moreover, this is only the third method for implementing skin regenerative renewal and rejuvenation technique. The fourth, fifth and more methods are in tests. Techniques of natural regeneration, strengthened skin regeneration and skin column regeneration compose a complete set of technology to rejuvenate human skin. Our products include basic Regenerative Substance and Emulsified Regenerative Substance in nanometer scale for which complete cell regeneration experiments have been done. The absorption of Emulsified Regenerative Substance in the nanometer scale is 50 times more than the Basic Regenerative Substance. In the future, we may also develop spray.

What is the pure technology of skin organ regenerative renewal and rejuvenation? It is the portfolio of above mentioned three methods: natural regeneration method, strengthened regeneration method and skin column regeneration technique. There are no same techniques or even same term in the world. Any technique mentioning the term of in situ regeneration infringes upon our rights of patent, copyright and invention. However, we would not like to have a monopoly on this technology and we want to contribute it to benefit the mankind. We will take it to the world this year.

The natural regeneration method and strengthened regeneration method are non-invasive while skin column regeneration technique is a minimal invasive method. The purpose of the minimum invasive method is to create a physiological regenerative environment which can help the new skin column and new skin tissues grow in situ to uphold the surrounding tissues and to rejuvenate the skin. Skin column regeneration technique can be applied repeatedly after one course of 8 weeks. One of our volunteers has been treated for three courses and turned younger and younger. Why skin column regeneration technique can be applied repeatedly? It depends on the distance between micro pores. For the sake of safety, our designed distance is relatively big that the regenerated skin columns only cover 2% of the total facial skin after one course of treatment. Moreover, there is no scarring in the pores but regeneration of new skin tissues. Therefore it can be used repeatedly. In contrast, fractional laser treatment results in micro scars in all pores and consequently leads to a stiff face. Our skin regenerative renewal and rejuvenation technique results in pure physiological regeneration of tissues and organs, it is a transition of Burn Regenerative Medicine and Therapy to cosmetology, an undoubtedly scientific technology.

今天只为大家讲解皮肤的再生生命启动,今后将逐一讲解机体每一个器官的再生更新和再生还童。下一阶段可能要为大家讲解心脏是如何再生更新和再生还童的。那么,为什么要讲解心脏的再生更新与再生还童呢?因为心脏关乎人的性命,一旦被查出冠心病,5 年死亡率将高达 50%,它是人类生命的最大杀手。另外要为大家讲解的就是胃肠的再生更新和再生还童,因为胃肠是保证人体生命能量和营养摄入的最重要器官,只有把胃肠改善了,才能进行身体其它器官的再生更新和再生。我们将向美国政府提出一个计划,争取在 2 年内降低冠心病的发病率,摆脱冠心病对人类的危害,消除一些目前不能治愈的胃肠疾病。

虽然目前的影像技术很发达,但我们希望这些技术能够更加精细,使人类可以通过这些技术看到毛细血管。因为,我们将会把心脏的毛细血管数量作为评判心脏好坏的标准。另外,还需要看到心肌供血的全过程,因为只要心肌供血充足,就证明心脏是没有疾病的。

截至目前,我们对血管的研究已经非常透彻。回顾 1996 年对腹部和面部化学烧伤创面中血管的研究可以看出,要想使创面恢复、组织器官再生,就千万不能影响血管的生长。一旦阻挡了血管的生长,愈后的创面就会形成瘢痕。这也是选择湿润暴露疗法,而不选择包扎疗法的原因。包扎后创面虽然能够愈合,但不能达到生理性愈合。血管就像种子,在发芽的时候会将上面的泥土顶起,这是自然规律,但如果在庄稼地中浇了水,那个“盖”就不能被打开,下面的芽也就不会钻出来。皮肤组织器官的再生也是同样的道理,如果创面有痂皮覆盖,血管只能向周围杂乱无章地生长,导致皮肤代谢不良,纤维细胞生长混乱,最后形成瘢痕。

血管是生理架构中最重要的“钢筋”,发挥的是支架的作用。再生皮注法中,先在皮肤上打微孔,就是首先要让血管(进入微孔)生长,并在微孔内对接,形成生理性架构;其次,再促使神经、成纤维细胞的再生,最终形成新的皮肤组织,微孔封闭。

Initiation of skin organ regeneration is firstly introduced today. In the future, the regenerative renewal and rejuvenation of other organs will be introduced one by one, and the next will be heart. Why? Because heart is vital to the life a person. Once coronary heart disease is found in a person, the average 5-year mortality rate is as high as 50%, it is the first killer of human life. Another introduction will be for GI organ since GI is the most important organ for guarantee of energy supply and nutrition absorption of the human body. Only if GI organ is enhanced, the regenerative renewal and rejuvenation of other organs can be conducted. We are going to propose to the US Government a plan to reduce the coronary heart disease incidence in two years, to get rid of the hurt to humans by coronary heart disease, and to eliminate some currently hard to cure GI diseases.

Currently the imaging technology is developed, but we hope it can be better to be able to show blood capillary. In our standard, the amount of blood capillary is the index of heart quality. In addition, we need to see the overall blood supply of cardiac muscles because sufficient blood supply indicates a healthy heart.

So far, we have had thorough study on blood vessels. Recalling the study of blood vessels in burn wound on face and abdomen in 1996, it is clear that keeping smooth growth of blood vessels is necessary for the wound healing and tissue organ regeneration; once the growth of blood vessels is blocked, scar will form on the healed wound, and that is why we choose the exposed therapy instead of bandage therapy. When bandaged, the wound can heal but it is not physiological healing. When a seed sprouts, it pushes the soil cover on the top, this is a natural rule. But if the soil is watered, the cover can not be opened by the sprout. Similarly, if eschar covers the wound, the blood vessels can only grow peripherally leading to bad skin metabolism and disorderly growth of fibrocytes which ultimately forms a scar.

Blood vessels are the “steel bar” of physiological structure and play a role of framework. In the application of skin column regeneration technique, micro pores are made to let blood vessels enter, grow and connect to form a physiological framework followed by promoting the regeneration of nerves and fibroblasts to finally form new skin tissues closing the micro pores.

如果在皮肤上划一道伤口，很快就会渗出很多物质将伤口黏合，这是创伤后机体的生理性自我修复反应。可无论是烧伤创面的再生，还是皮柱的再生，绝对不能让渗出的物质堵在伤口或微孔内，否则就会形成瘢痕。

使用再生皮柱法时，通过物理方法在皮肤上打出微孔之后，要将再生物质导入，一定时间之后还要将微孔内的物质吸出，同时导入新鲜的再生物质。导入进去的虽然是再生物质，但吸出来的却是渗出物。利用点阵激光打孔，初期的渗出物较少，但利用针刺方法打孔，渗出物就会比较多。这是因为激光烧灼的微孔内是碳化组织，需要用再生物质在一定时间内才能融开，此期间，需每天更换再生物质，以防止渗出的纤维素滞留在微孔内而形成瘢痕。

### 3 小结

以上就是今天的课讲内容，今后还会逐一地讲解其它各器官的再生生命启动，因此，大家要熟悉掌握人体器官组织学。我们只认可器官组织学，不认可器官病理学、医药治疗学，因为到目前为止，世界上还没有一个器官疾病被完全治好。我们要完成每一个器官的再生更新与再生还童，给人类留下一个实用可靠的技术方法，造福于全世界人民。

从 2013 年开始，全世界都在注视着我们，我们的组织器官再生专利也被世界一亿六千万人下载、研究，他们想从中找出破绽，但是却始终没有找到，因为我们的技术是真实的，是经得起重复研究的。就在 2014 年农历 1 月 1 日，一个日本女科学家对外公布了她的体细胞干细胞化研究成果，从中可以看出，她抄袭了山中伸弥的 IPS 细胞概念。因此，在短短的 1 个多月内，就已经被世界多国科学家找出了破绽，予以了否定，因为她的研究图片不是真实存在的。但是体细胞具有多能性是真实的，这是我们通过多次研究所证实的，从皮肤再生更新后的变化就可以看出，这种变化在任何人的皮肤上都可以实现，都可以重复使用。

我们要一直向前走，给人类走出一个崭新的科学路线。

（根据 2014 年 3 月 14 日的讲座录音整理）

If the skin is hurt by a cut, plenty of substances will be exudated to close the wound which is a post-injury physiological self-repair response of the body. But, as for the regeneration of burn wound or skin columns, the wound or pores must not be blocked by exudates, otherwise scar will form.

When skin column regeneration technique is applied, after the preparation of micro pores by physical method, regenerative substance is introduced into the pores, certain duration later, the content in pores must be extracted and introduce new regenerative substance again. Although the introduced is regenerative substance, the extracted is exudates. There is less early exudates in the pores made by Fractional laser; while there is much more exudates with puncture method. The reason is there are carbonized tissues in the pores made by fractional laser, it will take time for regenerative substance to soften and dissolve these carbonized tissues, during which period the regenerative substance need to be renewed every day to avoid the exuded cellulose being detained in micro pores and forming scar tissues,

### 3. Summary

The above information is for the lecture today. Later on, I will present the initiation of organ regeneration for other organs one by one. So, everyone should be familiar with human body organ histology. We only acknowledge the organ histology and do not accept the organ pathology and medical therapeutics. Because so far in the world, not even one organ disease has been completely cured. We will complete the regenerative renewal and rejuvenation of every organ and provide the mankind a practical and reliable technique for well-beings.

Since 2013, we have attracted the world's attention and our patents have been downloaded 160 Million times. They researched and failed to find any flaw in our patents, because our technology is true and repeatable. On January 01 of lunar calendar of 2014, a woman Japanese scientist published the result of transformation of somatic cells into stem cells, however she copied the iPS cell concept of Shinya Yamanaka, and within only one month since her publication, many flaws were found and the study was denied by the scientist around the world due to the fake picture in her paper. However, somatic cell having pluripotency is a reality confirmed by us in many studies, like the renewal of skin which can be repeated on anybody.

We will keep moving forward and establish a new scientific route for human beings.

（Edited on the basis of audio records of the lecture held on March 14 2014）