

## news1

### ORI Scientific Committee

On January 22, 2003, Osato Research Institute held an ORI Scientific Committee within UNESCO in Paris. Prof. Luc Montagnier and other international scientists who are associated with FPP research including, from Japan, Prof. Kotaro Kishida and Dr. Miishi of the Louis Pasteur Medical Research Centre were attending. Prof. Montagnier chaired the meeting and each of them presented their research on FPP and discussed the potential and direction of future research.



**Prof. Eliezer Rachmilewitz** (Israel, Hadassah University) presented a paper, "Effect of FPP (Fermented Papaya Preparation) on the production of reactive oxygen species in red blood cell" He will continue to study FPP's anti-oxidative and immune enhancing effect. His aim is to scientifically standardize QOL indicators in clinical results.



**Prof. Lester Packer** (South California University, USA) presented a summary of basic studies on the relationship between anti-oxidative property of FPP and enhancement of immune function. He will continue to research the mechanisms of FPP's function, especially in relation to genome adjustment using DNA microarray analysis on a blood model.



**Prof. Francisco Marotta** (Italy, University of Milan) presented a summary of 3 clinical studies (double blind, placebo-controlled) on the effect of FPP on the absorption of cyanocobalamin and chronic atrophic gastritis in alcoholic patients.

**Prof. Mark Weksler** (Cornell University, USA) presented an immunologic clinical study on the effect of FPP in the elderly taking the influenza vaccine. He will focus study in the future on the active element within FPP and identify its potential use for "Healthy people who are interested in disease prevention"



**Prof. Kotaro Kishida / Dr. Yoko Mitsuishi.**  
(the Louis Pasteur Medical Research Centre)



**Prof. Kishida**, presented a clinical study on the effect of FPP on the production of interferon gamma and the potential for its use as immune therapy.



**Dr. Mitsuishi** presented a clinical test for FPP as immune therapy for cancer patients.

**Prof. Luc Montagnier** (World Foundation for Aids Research and Prevention) presented a summary of preliminary studies on AIDS therapy with patients using FPP



**Mr. Yuki Hayashi** (Osato Research Institute) commented that we should consider a strategy to make FPP available within medical fields as a therapeutic food to supplement medication.

### ORI Scientific Committee Summary

#### Focus for future research on FPP

- 1) To develop diagnostic assay for more precise assessment of antioxidant property and enhancement of immune function by FPP, and to further investigate the mechanism of action of FPP, especially at the level of gene expression.
- 2) To analyze the active element of FPP
- 3) To work on the medical application of FPP as therapeutic food. Especially under the following fields:
  - enhancement of immune function for elderly people with a view to optimise vaccinations (especially for influenza).
  - diseases of the stomach and liver : decrease viral hepatitis symptoms and progression.
  - degenerative diseases : along with conventional therapy (Parkinson diseases, Alzheimer disease)
  - reduction of side-effects in Cancer patients undergoing the heavy chemical and radiotherapy treatment.
  - To study immune therapy(interferon) for Aids and cancer
- 4) Support African countries with FPP in cooperation with UNESCO. We should continue the clinical studies on FPP including placebo-controlled trials and also be vigilant of alternative products and check their efficacy.

# Interview

## *Prof. Luc Montagnier*

HIV discoverer / Professor at the Pasteur Institute  
President of World Foundation Aids Research and Prevention

Prof. Montagnier was interviewed at the office of the World Foundation Aids Research and Prevention inside UNESCO in Paris by Paris branch of Fuji Television Network, Inc. on 16th of June, 2003. This interview will be on air at 11:00 AM on 12th of August, 2003.

### *Prof. Luc Montagnier*

Luc Montagnier pursued the study of Medicine and Science in Poitiers and Paris. In 1963, at the scientific laboratory of Carshalton, he discovered the mechanism of replication of the RNA virus. 8 months later, at the Institute of Virology in Glasgow, he proved a new specific property of cancer cells, their growth in suspension in a frozen state, the method now widely used, including for the clonal growth of human tumor cells.

After returning to France, at the Curie Institute, he studied the replication and the structure of the RNA of Rous sarcoma virus, a retrovirus.

In 1972, he created the unit of viral oncology in the new department of virology in the Pasteur Institutes and became a professor there.

In 1983, he discovered a new human retrovirus, recognized now as the virus causing AIDS and in 1986, also discovered the second virus associated with AIDS.

In 1991, his team demonstrated that the loss of vitality of lymphocytes associated with AIDS depended on a process of programmed cell death, apoptosis.

Nowadays, Prof. Luc Montagnier and his team, with the multiple collaborations in Africa, America as well as in France, are engaged in the research of low-cost therapies, which are accessible to all patients throughout the world.

He is a silver medallist of C.N.R.S., a Rosen laureate for cancerology, a recipient of Commandeur de la Legion d'Honneur and Commandeur de l'Ordre National de Mérite, a member of the Medicine Academy and the Science Academy., a research director of C.N.R.S. From 1997 to 2001, he was a professor and director at the Molecular and Cellular Biology Center at the Queens College of New York University.



**Q** I heard that in Europe FPP (Fermented papaya preparation) attracted a great deal of attention. I think it is you who made it so famous. How did you get to know it yourself and why did you get interested in it?

**A** About 10 years ago when I participated in the 10th International conference on AIDS in Yokohama, Japan, I met Mr. Hayashi who is a president of the FPP manufacturer. He introduced me to FPP and said that it could reduce problems of many patients suffering from low immune function including AIDS patients. Back at that time, we didn't have a particular treatments for AIDS. This meeting with Mr. Hayashi led me to use FPP in the treatment of AIDS patients who were receiving tri-therapy in Africa. In the end, we found out that FPP had remarkable effects on recovering the immune system when used in combination with tri-therapy, the effects were not seen when it was used on its own. At this stage I knew that there had been a lot of scientific research carried out on FPP, especially in U.S.A. and Italy, supporting its properties. So I believed that FPP would work for other diseases as well and introduced it in Europe, especially in France.

**Q** Would you please explain to us in plain words your own findings about FPP?

**A** Firstly we should know that plants are the best chemist in the world. Since long before human beings appeared on earth, plants have been dealing with undesirable, oxygen derived elements. They have developed, over the course of millions of years, an evolved defense function, and now we are applying this knowledge into medical science. This knowledge and vision was the basis for the creation of FPP.

FPP has quite complicated constituents. We haven't found out yet which particular element in FPP is actually effective. However, one thing is clear that it is not the raw fruit of papaya itself but its fermentation process that gives FPP its effective properties. FPP has two main effective properties. One is an anti-oxidants property to render undesirable elements derived from oxygen harmless. The other is immune system enhancement. FPP stimulates our immune system partly or wholly.

**Q** Recently SARS became a big issue. Do you think the property of FPP to enhance our immune system could influence SARS?

**A** We don't have enough data about SARS, but I think it could. Because we already know that FPP has a defensive effect against the common cold. The virus of the common cold is similar to that of SARS and called for example coronavirus or rhinovirus. If you take FPP at the very early stage of a cold, in other words when you start feeling a slight sore throat, it will stop the progression of cold. Therefore FPP would be able to protect people who are at risk from exposure to the SARS virus, such as people living in highly-prevalent areas or medical service workers, it will work to prevent them from getting infected.

**Q** So are you saying that FPP can be used not only for treatment of diseases but also for prevention?

**A** Certainly. You might feel the effect more easily when you take it for prevention. I am now planning some clinical studies applying FPP in other cases of disease prevention, such as preventing progression of Parkinson Disease, a kind of neurosis.

**Q** FPP attracted so much media attention when you handed it to the Pope for the treatment of Parkinson Disease. Was it really effective? And if so, will the effect last?

**A** Neurodegenerative diseases such as Alzheimer disease or Parkinson disease are closely related to oxidative stress. In fact, the death of brain cells is due to a decrease of anti-oxidant elements in our body. We now have scientific evidence to support this, making it quite

reasonable to use anti-oxidants in the treatment of neuro degenerative disease. This is why I handed it to John Paul II together with another antioxidant called "Glutathione" when I met him in June. I recommended he continue taking them for at least one month. I also told him that I am taking them for prevention. He said he would try. As far as we can see through media appointments he has been looking healthier. I don't have detailed information from him directly, so I can not make an assertion whether he has got better with these products or not. I can assume, at the very least, that as his quality of life has improved he will continue to take them. I am planning to give the same kind of treatment to other patients with Parkinson disease. I know that taking FPP regularly and continuously will help recovery and FPP will not interfere with other medications.

**Q** Even though FPP is so effective, it is not a curative drug for Parkinson disease?

**A** No, it is not a drug. It is considered as a nutraceutical food to compliment curative drugs for Parkinson disease.

**Q** I understand that it is considered as a nutraceutical food now, but is there possibility that FPP can go beyond that in future?

**A** We are now carrying out study in both the laboratory and clinic. At the laboratory we do basic research to find out how and what in FPP is working as an effective element. On the other hand, in the clinic we research the effectiveness of FPP with parameters widely known in medical and scientific fields. Here we are carrying out many clinical tests for patients of AIDS, AD or PD.

**Q** Last question is "Are you taking FPP yourself?"

**A** Yes, I am. However, fortunately I am not suffering from any chronic disease, so I am not taking it regularly. As I told you, I take FPP when I start feeling a sore throat or start having a nasal inflammation. It does help to clear them up quickly. Also I take FPP before getting on a plane since I often travel abroad for business and it helps me to recover from unbalanced physical conditions due to a jet lag.



We reported the first part of the interview with Dr. Marotta and Dr. Fujii in the last issue of ORI report and will continue reporting the second part regarding how FPP works and “Adjustment Function” of FPP with some examples used in the actual medical fields.



**F:** You said before that doctors should not only be prescribing medicine but also be flexible enough to adopt some safety-ensured health products with the purpose of achieving a greater quality of life of their patients.

**M:** In the modern medical world, treatment with medicines has been considered as the only way to attack the cause of diseases, which is the so called the “Myth of medicine”. Actually, many lives have been saved by good effective medicines such as Penicillin. However, we are starting to understand that we can not treat a part of the body in isolation, that it is important to see the patient as a whole body in order to choose the most suitable treatment.

**F:** It is the indication that Complementary and Alternative Medicine attracts people’s attention, isn’t it?

**M:** Well, the studies in this field are still under development and some of the papers are just convenient interpretation and do not seem to have enough evidence. We have to be careful not to get confused by wrong information since we can access so many kinds of information through the internet nowadays.

**F:** We carry out basic research on FPP. It is our mission to reliably inform doctors so they have the knowledge to choose appropriate treatments for their patients by integrating Conventional

#### Profile of Dr. Francisco Marotta:

He is a clinical doctor who mainly examines patients with digestive diseases in Milan, Italy. Through contacts with his patients, he started having some doubts about modern medication and has been engaged in research and practice of complementary and alternative medicine for a long time. In addition, he teaches at the postgraduate course of natural medication at the University of Milan with support from the World Health Organization (WHO).



Medicine with Complementary and Alternative Medicine. In addition we would like to help patients and healthy individuals understand this integrated approach in order for them to make informed decisions about their own treatments.

**M:** I have an actual case study demonstrating the effect of FPP: Generally, people working in a hospital are obliged to take a hepatitis B vaccine. However, one of my patients could not produce the anti-bodies for this and she was worried that she had to give up working as a doctor at the hospital. I recommended she take FPP and after one month she could produce anti-bodies after one shot of vaccine. I think she had an unbalanced immune system.

**F:** In the US, we have found similar results where FPP helped flue vaccines to work effectively. FPP is thought to adjust various biological cycles and lead our body to a well-balanced condition. It is known that immune cells produce cytokine and this cytokine has different receptors according to its purpose.

FPP does not stimulate cytokine itself but it seems to stimulate something which activates a signal which works to direct specific cytokine to receptors. This is why FPP sometimes seems to have two contradicting functions such as increase and decrease of blood flow.

**M:** Yes, it means that FPP also has an effect of breaking runaway. For example, both immune cells called macrophages which kill virus in the body and free radicals which are produced by these cells to destroy viruses are necessary for us, however, if they are produced excessively and overwhelm our own in-built protection system they will hurt the cell.

For example people who drink a lot of alcohol have excessive amounts of macrophages in their stomachs, and in cases of infectious disease, excessive macrophage production will damage healthy tissue and must be controlled without the use of steroids. In these cases patients need something like FPP which regulates and controls the immune system. I think it is important to use a complementary remedy such as FPP for chronic disease.

**F:** We have similar reports on apoptosis which has a relationship with aging. Here it is important to balance any adjustment between “activation” and “inhibition”.

**M:** A “regulatory substance” like FPP is valuable for improving the QOL in patients with chronic diseases’ and also for supporting convalescence after hospital treatment.



**Profile of Dr. Hiroko Fujii (PhD):** She is specialized in physiology, and vice director of ORI (from April, 1998 till November 2003). She has been researching physiological mechanisms within living organisms for 20 years, while struggling with intractable collagen disease and the side effects of steroid medication. After joining the OSATO Research Institute, she saw many reports on effectiveness of FPP and decided to make herself an experimental subject and started taking FPP. Her physician reduced her prescription of steroid medication over a period of three years. She has been engaged in research activities in order to verify the mechanism of effect of FPP. She is also a mother of three children.

## *Dr. Fujii "Academic Meeting Reports"*

Dr. Fujii (pHD), vise president of Osato Research Institute is regularly (more than once a month) attending academic meetings. She is actively engaged in her research work as well as fighting against her own diseases condition. She believes that it is essential to be aware of research trends in the field of "Medicine" and "Food" in order to contribute to enhancing the quality of life of many people. We introduce here her reports on the two most impressive meetings that she attended in the last year.



ORI Vice president  
**Dr. Hiroko Fujii (PhD)**  
( April1998-November 2003)

### List of the Academic meetings she attended

Asia Pacific Clinical Nutrition Society  
(Osaka, 10-11 March, 2002)  
Society of Anti-Aging Medicine for Women  
(Tokyo, 11 May, 2002)  
Society for Free Radical Research Japan  
(Osaka, 18-19 May, 2002)  
Japan Society for Bioscience, Biotechnology, and  
Agrochemistry (Nagano, 15 June, 2002)  
The Japanese Society of Inflammation and  
Regeneration (Tokyo, 2-3 July, 2002)  
Joint Symposium on Yeast  
(Tokyo, 4-5 July, 2002)  
The Japanese Society of Nutrition and Food  
Science (Sapporo, 19-21 July, 2002)  
Symposium for Bioscience, Biotechnology, and  
Agrochemistry ( Gifu, 27 July, 2002)  
Radical Workshop (Kyoto, 30-31 July, 2002)  
The Japan Menopause Society  
(Kagoshima, 26-27 October, 2002)  
The Japanese Society for Complementary and  
Alternative Medicine  
(Kanazawa, 9-10 November, 2002)  
Japanese Society of Food Factors  
(Shizuoka, 15-16 November, 2002)  
Society of Anti-Aging Medicine for Women  
(Tokyo, 23 November, 2002)  
The Molecular Biology Society of Japan  
(Tottori 12-13 May, 2003)  
Japanese Society of Anti-Aging Medicine  
(Tokyo 7-7 June, 2003)  
Japanese Society on Nutrition Care and  
Manegement (Aichi, 28-29 June, 2003)

Red indicates meetings at which Dr. Fujii  
made a presentation of FPP.

#### Report on the Japanese Society of Food Factors

This was a meeting aiming at the need to add scientific support to food products. Particular focus was given to extracting the active substance and determining its structure. In addition to this, there were some presentations on the beneficial effect of the whole food itself, the decline of this beneficial effect when food is extracted or purified, and the amplification of this effect when combined with other elements.

We also made two presentations. One was our co-research work with Prof. Weksler about the effect of FPP on the influenza vaccine when it was given before vaccination, and the other one was about the effect of FPP on the improvement of cyanocobalamin malabsorption of patients with digestive problems.

I felt whilst it is important to identify the active substance within FPP it is also very important to understand FPP as a natural food and carry out scientific research on the actual improvement of patients' condition.

#### The Japan Menopause Society

There were lively discussions on women's life style after the menopause. I made a presentation on our co-researched work with Prof. Weksler (New York Cornel University) on the effect of FPP on antibody production in the elderly. It is well-known that it is difficult for the elderly ( in case of women, after menopause) to form antibodies even if they take the influenza vaccines. However, in this research we found out that elderly people who took FPP three weeks before the influenza vaccine, could have better antibody production.

This indicates FPP can support an age associated decrease in immune function.

## A press conference of Prof. Montagnier at the Foreign Correspondents' Club of Japan

On 21st of April, Prof. Montagnier from France, a member of Osato Research Institute Scientific Board, held a press conference in Tokyo. This press conference coincided with an increase in SARs in Asia; affecting Hong Kong, China, Taiwan and followed an article by Prof. Montagnier appearing in the "London Times" documenting that he had successfully treated the Pope. As a result it attracted a lot of media attention.



Before having this press conference, on 17th of April he was invited as a guest speaker to the 77th Annual Congress of the Japanese Associations for Infectious Diseases in Fukuoka, then on 19th of April, he attended the "Children's Symposium with Prof. Luc. Montagnier." in Ono-cho, Gifu, Ono-cho Gifu was designated a model town on accounts of its School Aids Education Program, which focuses on educating about 1,000 local junior high school students. Although Prof. Montagnier's schedule was quite tight, he was very active through out his visit to Japan. Prof. Luc Montagnier is a world famous scientist as a HIV-discoverer, a president of World Foundation Aids Research and Prevention, and also co-founder of the Abidjan Aids Research Center in Republic of Cote d'Ivoire in West Africa. He has been researching the immune system of patients with infectious disease, and started using and researching FPP (Fermented Papaya Preparation) for the treatment of A.I.D.S, presenting the results in his research paper.

In the press conference, he warned about the dangers of complex infection in AIDS and SARS. More than a million people are suffering from AIDS in the southern part of China, if SARS becomes more wide spread it could result lead to a enormous amount of death within

vulnerable populations. He said prevention is the best form of medicine until we discover the cure for SARS and it is worth trying Fermented Papaya preparation for prevention. He recommended FPP to his co-worker involved in treatment of SARS. In the Q&A, a writer of "The Guardian, the Observer" from England, asked him

"I heard that you often travel abroad for your business.

How do you prevent SARS yourself? He answered

"I take Fermented Papaya preparation which is made in Japan and called Immun'Age in Europe. It helps immune

function and is good for prevention of infectious diseases.

I started taking it a few years ago and stopped suffering from frequent colds.

I had a good result with FPP in my Aids study and expect

the same results in the prevention

of SARS. " The content of this press conference was reported

in some newspapers including

"The Guardian, the Observer"

and also in the news media

such as Channnel-news.com.



Prof. Montagnier had a press conference at Japan Correspondents' Club prior to the above. He pointed out that Japan is the only country in the G8 that has increasing cases of AIDS and HIV carriers. He emphasized the importance of HIV education for children.



### How to take FPP

| Stress    | Conditions  | Intake   |
|-----------|---|--|
| Level I   | Healthy. Take FPP to keep healthy and to prevent degenerative diseases. | 1 to 2 sachets a day (8g ~ 6g)                     |
| Level II  | Subjective symptoms<br>Occasional pains                                 | 2 sachets x once or twice a day (6g ~ 12g)         |
| Level III | Doctor's diagnosis<br>Continuous pains                                  | 2 sachets x twice or three times a day (12g ~ 18g) |
| Level IV  | To improve QOL in a critical condition                                  | 3 sachets x three times a day (27g)                |

Take FPP between meals (10:00 am, 3:00 pm or before going to bed). Hold the powder in your mouth until it has dissolved. Do not eat or drink anything for 10 minutes after taking in order to ensure it is mixed well with saliva and activated.



The amount of taken depends on the level of stress and conditions of the individual. The diagram is for your reference based on the clinical studies of the OSATO Research Institute.