

Clinical Trial on the Effects of Consuming Turan: Biogenically Activated Mineral Water

**Pulmonology Ward
Akmolisk Regional Hospital
09/14/01 – 11/16/2001**

REPORT of Dr. M.A. Zhumataeva, Allergist

Clinical trials were conducted to study the remedial effects of consuming *Turan: Biogenic Water* on both generally healthy medical staff workers and pulmonology ward patients undergoing treatment for allergy related diseases

The clinical trials were conducted at the Pulmonary Ward of the Akmolisk Regional Hospital between 09/14 and 11/16, 2001. The clinical trials were conducted by allergy specialist Dr. M.A. Zhumataeva. General methodological help was provided by a consulting physician, Dr. A.P. Zadorozhniy, from the T.O.O. Kokshetauminvodi Medical Mineral Spa, and all under the supervision of A.U. Baikenova, the Pulmonology Ward Director.

The chemical composition of the *Turan: Biogenic Water* is as follows:

Hydrocarbonates: 52mg
Sulfates: 32mg
Chlorides: 15mg
Calcium: 55mg
Magnesium: 18mg
Sodium/Potassium: 57mg
Fluorine: 0.6mg
Iron: 0.2mg
Copper, Zink, Molybdenum, Selenium: trace amounts

The *Turan: Biogenic Water* was also treated with 650nm infrared laser beams, instilling additional properties.

Trials were conducted on two groups; one, a group of pulmonary ward medical personnel, who worked strictly within the confines of the ward, the second consisted of patients with allergy related illness

The medical personnel group consisted of three doctors, six nurses and seven auxiliary personnel members, all of whom were relatively healthy women between the ages of 27 and 46 (Table 1), at least not demonstrating allergy related conditions. None of the women smoked nor engaged in drug and alcohol abuse, eating regularly at home and at work.

The second group consisted of ten patients (Table 2) with allergy related illness, comprised of two men and eight women, three of whom were suffering from bronchial asthma, three more from hives

(urticaria), four from dermatitis, one from medication allergies, one from edema and one more from pneumonia (Table 2). All of the these subjects were between the ages of 25-57.

The medical personnel group consumed room temperature *Turan: Biogenic Water* on an empty stomach twice a day – in the morning and the afternoon – for a total of 32 days.

Patients consumed the *Turan: Biogenic Water* on an empty stomach twice a day – in the morning and the afternoon, while continuing to undergo regular treatment for their disorders. Furthermore, the patients underwent bowel cleansing by means of water enemas using *Turan:Biogenic Water*. They were prescribed twice daily oral administration of 250 ml of biogenic water as well as 2-3 liter daily enemas of the same content.

Table 1

NAME (16 TOTAL)	OCCUPATION	AGE (27-46)	MALE	FEMALE	DIAGNOSIS
1. A.U. Baikenova	Doctor	36		1	Healthy
2. M.A. Zhumataeva	Doctor	43		1	Healthy
3. R.E. Abjanova	Doctor	40		1	Healthy
4. G.S. Priblagina	Chief Nurse	45		1	Healthy
5. K.M. Husanikova	Chief Nurse	40		1	Healthy
6. P.M. Tubaeva	Nurse	37		1	Healthy
7. Z.I. Galimova	Nurse	30		1	Healthy
8. V.A. Kryukova	Nurse	28		1	Healthy
9. K.K. Husainova	Nurse	44		1	Healthy
10. L.S. Muldasheva	Nurse	30		1	Healthy
11. G.A. Saduakasova	Paramedic	37		1	Healthy
12. K.J. Abilova	Paramedic	27		1	Healthy
13. E.V. Hohlova	Paramedic	30		1	Healthy
14. O.A. Hmel'nitskaya	Paramedic	46		1	Healthy
15. S.J. Kubentaeva	Distributor	44		1	Healthy
16. T.I. Teleiko	Distributor	44		1	Healthy

Table 2

MED. HISTORY #	PATIENT'S NAME	AGE	MALE	FEMALE	TREATMENT (DAYS)
53008	J.P. Kejagulov	42	1		6
53045	B.T. Jujdibaev	57	1		10
53065	S.I. Shumakov	38	1		7
53094	B.T. Raisova	45		1	9
53105	S.D. Baimagambetova	38		1	17
13315	K.N. Turanova	48		1	9
53335	N.B. Serkanova	54		1	8
53494	F.M. Konyahina	40		1	10
53532	V.D. Pshenichnaya	51		1	9
53581	J.S. Hametova	27		1	10

Table 3

PATIENT'S NAME	BRONCHIAL ASTMA	HIVES	DERMATITIS	MEDICINE ALLERGIES	PNEUMONIA
J.P. Kejagulov	1				
B.T. Jujdibaev	1				
S.I. Shumakov		1			
B.T. Raisova		1			
Baimagambedova					1
K.N. Turanova					
N.B. Serkanova				1	
F.M. Konyahina	1				
V.D. Pshenichnaya			1		
J.S. Hametova		1			

Conclusion:

Consumption of 'Turan' biogenic water offers beneficial effects on healthy individuals. The **Turan: Biogenic Water** resulted in general overall improvement in health and wellbeing in the medical staff (Table 4). At the end of the trial, period all of the women exhibited healthier sleeping patterns and attested to feeling better generally as their exhaustion levels dropped; their appetite improved by 75% and digestion by 81%. The majority of women admitted to a newly acquired ease of movement.

Table 4

AFFECTED FACTORS	RESULT			AFFECTED PARTICIPANTS
	IMPROVED	SAME	DECLINED	
1. Overall Health	100%			16
2. Sleep	100%			16
3. Asphyxiation	–	–	–	
4. Cough	–	–	–	
5. Shortness of breath	–	–	–	
6. Exanthematic eruptions	–	–	–	
7. Itching	–	–	–	
8. Exhaustion			100%	16
9. Appetite	75%	25%		12 (imp.), 4 (same)
10. Bowel function	81%	18.75%		13 (imp.), 3 (same)
11. Migraines				
12. Arterial Blood Pressure		100%		16
13. Allergies to 'Turan'				

The results of the *patient group* consuming **Turan: Biogenic Water** (Table 5) showed an improvement in overall wellbeing in 90% of the patients; with healthier sleeping patterns in 80%, better appetite in 70%, and improved bowel function in 70% of the patients. Furthermore, 30 % of the patients exhibited a drop in asphyxia, 40% reduction in coughing, and 50% reduced shortness of breath. Exanthema eruptions decreased in 60% of patients, skin irritation and itching in 70%, and exhaustion and migraines in 70% of the patients. Among the impressive improvements were bowel function as well as normalization of sleeping patters and arterial blood pressure.

Table 5

AFFECTED FACTORS	RESULT			AFFECTED PARTICIPANTS
	IMPROVED	SAME	DECLINED	
1. Overall Health	90%	10%		9 (imp.), 1 (same)
2. Sleep	80%	10%	10%	8 (imp.), 1 (same), 1 (dec.)
3. Asphyxiation	30%	70%		3 (imp.), 7 (same)
4. Cough	40%	60%		4 (imp.), 6 (same)
5. Shortness of breath	50%	50%		5 (imp.), 5 (same)
6. Exanthematic eruptions	60%	40%		6 (imp.), 4 (same)
7. Itching	70%	30%	–	7 (imp.), 3 (same)
8. Exhaustion	70%	20%	10%	7 (imp.), 2 (same), 1 (dec.)
9. Appetite	70%	30%		7 (imp.), 3 (same)
10. Bowel function	70%	30%		7 (imp.), 3 (same)
11. Migraines	70%	20%		7 (imp.), 2 (same)
12. Arterial Blood Pressure	30%	70%		3 (imp.), 7 (same)
13. Allergies to 'Turan'				

Though it is difficult to precisely account for the remedial properties of the *Turan:Biogenic Water*, when the patients were continuing to receive regular treatment for their disorders, Dr. M.A. Zhumataeva (allergist) did observe a distinct improvement in patients consuming the *Turan: Biogenic Water*. Of note, exanthematic eruptions, when they occurred, ceased at an early stage of development, then that observed in patients undergoing the same treatment without the consumption of *Turan:Biogenic Water*.

On release, the patients were advised to drink the *Turan: Biogenic Water* daily and to regularly administer bowel cleansing enemas.

Summary: 11/23/2001

1. Consumption of the *Turan: Biogenic Water* by generally healthy subjects, such as the medical staff, can improve general overall health, ie: better sleep, more energy, increased appetite and better digestion. Also many patients admitted to a newly acquired ease of movement.
2. Consumption of the *Turan: Biogenic Water* and its implementation in bowel cleansing enemas in patients with allergy related diseases facilitated improvement of the general state of well-being; sleeping patterns, appetite and bowel function as well as significant reduction in shortness of breath, exhaustion, migraines and exanthematic eruptions.
3. Based on these results, *Turan: Biogenic Water* can be recommended as an additional means of treating patients suffering from allergy related disorders.
4. Patients are advised to drink the *Turan: Biogenic Water* daily and to regularly administer bowel cleansing enemas for ten days per treatment cycle.

Report prepared by:

Akmolisk Regional Hospital
Pulmonology Ward Director

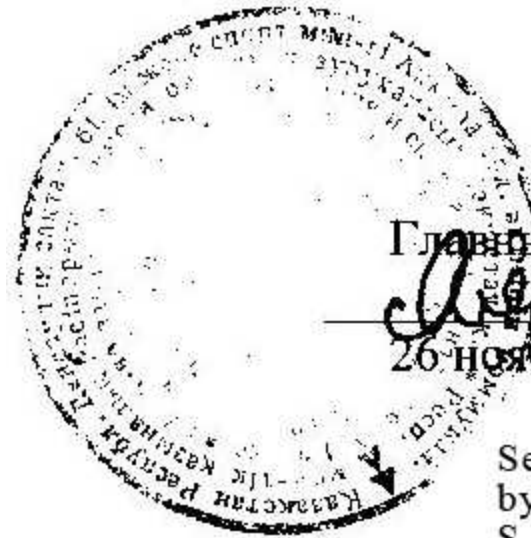
A.U. Baikenova

Allergist

M.A. Zhumataeva



Akmolinsk Regional Hospital



Утверждаю
Главный врач

С. А. Аяганов
26 ноября 2001 года

Sealed & Confirmed
by the Chief Physician
S.A. Ayaganov
November 26, 2001



TURAN: BIOGENIC WATER DATA FORM

1. Akmolinsk Regional Hospital
2. Pulmonology Ward
3. Medical History Number _____
4. Patient's Full Name _____
5. Participation (underline one): Med. Staff Patient
6. Date of Birth (month/day/year): _____ / _____ / _____
7. Age: _____
8. Sex (underline one): Male Female

9. Diagnosis: _____

10. Initial date of biogenic water consumption (month/day/year): _____ / _____ / _____

11. Final date of biogenic water consumption (month/day/year): _____ / _____ / _____

12. Duration of biogenic water treatment (days): _____

13. Result of biogenic water treatment (underline one):

A) Overall health (Improved, Unchanged, Declined)

B) Sleep (Improved, Unchanged, Declined)

C) Asphyxiation (Improved, Unchanged, Declined)

D) Coughing (Improved, Unchanged, Declined)

E) Shortness of breath (Improved, Unchanged, Declined)

F) Exanthematic eruptions (Improved, Unchanged, Declined)

G) Itch (Improved, Unchanged, Declined)

H) Appetite (Improved, Unchanged, Declined)

I) Bowel function (Improved, Unchanged, Declined)

J) Migraines (Improved, Unchanged, Declined)

K) Arterial blood pressure before biogenic water treatment _____

L) Arterial blood pressure after biogenic water treatment _____

M) Arterial blood pressure during biogenic water treatment (Dropped, Same, Rose)

N) Allergic reaction to biogenic water (Yes, No)

14. Your conclusion about biogenic water: _____

15. Patient's signature _____

16. Physician's signature _____

Turan: Biogenic Water : Recommendations for Use

The water is preserved in plastic bottles and only plastic cups are sufficient for use. Healthy adults should drink 250 ml of 'Turan' once daily for the first 6 days and increase the dosage to twice daily for the following 7-14 days.

Adults with health issues should drink 125 ml of 'Turan' once daily for the first 6 days, increase the dosage to 250 ml daily for the following 7-14 days and, if necessary, drink 'Turan' twice daily for the following 14-28 days.

'Turan' should be consumed by sipping while at room temperature, preferably on an empty stomach in the mornings and afternoons. Ingesting 'Turan' past 4 PM can interfere with normal sleep. Further, biogenic water must not be ingested 30 minutes before or after taking any medicine.

Expected improvements after treatment with the 'Turan' biogenic water:

- OVERALL HEALTH
- BODY ENERGY SUPPLY
- CELL RESTORATION AND REJUVENATION
- CELL OXYGEN CONTENT
- ENERGY-LADEN SUBSTANCES EXCHANGE
- CELLULAR LOSS OF TOXINS AND METABOLITES
- CELLULAR INTERACTION
- CELLULAR ELECTRIC PROPERTIES

*Consultant Physician,
TOO 'Kokshetauminvodi'*

A.P. Zadorozhniy

08/27/2001

