

C60 cures nocturnal cramps, a sign of aging

As an 88-year old (still practicing) anti-aging doctor in the Netherlands I have been told by a number of older patients that after using C60 their nocturnal leg cramps have become much less troublesome or have disappeared altogether. Personally I've had the same experience. I mention this because 'nocturnal leg cramps' - the medical term - is a well-recognized sign of aging, just like cataract.

Let's take a hypothetical example to drive home the point. Although not all elderly people suffer from cataract, we all know it constitutes a typical sign of aging.

A non-specific drug or supplement that sharply reduces the incidence of cataract (in the elderly) might obviously be said to have a partial rejuvenating effect on the organism. Or, more optimistically, it might be surmised to be an indication of a general rejuvenating effect.

So, I mention the very positive effect of C60 on nocturnal leg cramps to demonstrate that C60 has very definitely a partial rejuvenating effect, and probably a general rejuvenating influence (see also my story about the miraculous regrowth of my toe nail).

But first let me tell you a bit about these cramps. They may occur at any age (but should be distinguished from the leg cramps during pregnancy or after exercise). But after 65 they occur with sharply increasing frequency.

Although in the initial stages magnesium, potassium or quinine are helpful, the cause is unknown (Wiki). We only know that it occurs at night after hours of 'immobility', so, usually in the early morning.

Let me report my own experience. Magnesium and quinine did help a lot some years ago but I have been suffering from this condition for three years (from the age of 84 onwards) when these remedies were no longer effective and the severity of these night cramps greatly increased with age. They were a huge personal problem for two reasons (apart from being excruciating painful).

- 1) It disturbed my sleep because I had to stagger out of bed and run around for ten minutes (or use a home trainer) before they subsided.
- 2) Being rudely awakened from a deep sleep had a very negative influence on my mental functioning the next day (even slurred speech, slow thinking, etc.).

So, life became very difficult, as I had these cramps almost every morning. I tried everything, even such 'crazy' recommended remedies as a piece of soap in bed. Eventually, I found some relief by waking up at four o'clock to exercise my legs preventively on the home trainer for 10 minutes. Not a pleasant way to spend the night.

After using C60 for a couple of months my nocturnal cramps have completely disappeared.

Some of my patients suffering from the same condition have reported similar good results. Of course the home trainer is no longer in my bedroom.

In my opinion the two reported effects on my body 1) the regrowth of a 'dead' nail (see my earlier report) and 2) the complete 'cure' of my aging complaint - nocturnal leg cramps - indicate that C60 has a rejuvenating effect on the organism, quite apart from its longevity and anti-aging effects observed in Moussa's animal study. Although people say I look younger than before taking C60 this is too vague to qualify as an indicator of 'rejuvenation'. I really felt I should share this personal experience with you. Rejuvenation should be regarded as a welcome positive 'side-effect' of this wonder drug C60 that I primarily started to use because of its incredible longevity and anti-cancer effects in the animal study.

Incidentally, C60 (in the Vaughter bottle) had been presented on Dutch television in December 2014 in a '**Pauw talk-show**' (one of the most popular daily talk-shows in Holland) dedicated to aging and longevity.