



January 17, 2024, Update

Welcome to 2024 with Zhittya Genesis Medicine

I believe 2024 will be a very important year for Zhittya Genesis Medicine and the world of healthcare and medical science.

I want to address what I believe will be a major advancement in proving our medicine can treat Parkinson's disease, dementia, stroke, Alzheimer's disease, autism, multiple sclerosis, and more. The advancement will be the imaging of the blood flows in the brains of people with these diseases, before and after Zhittya's FGF-1 treatment.

Dr. Jacobs in his section below (**VERY IMPORTANT, PLEASE READ IT!**) will discuss the issue which we believe is responsible for most neurodegenerative diseases, which is the lack of blood flow to specific areas of the brain. Dr. Jacobs has already discussed how we believe our FGF-1 can initiate new blood vessel growth, thereby healing the problem of lack of blood flow in the brain. Zhittya has, to date, dosed over 120 people suffering with Parkinson's disease, stroke, PSP, autism, multiple systems atrophy, dementia and Alzheimer's disease. Patients

report to us improvement in their movement skills, and also very exciting to us is that they are reporting enhanced memory (short & long term), better cognitive function, better balance, and more. Read Vika's section below, where she shares some messages from our patients.

It is now firmly established that FGF-1 can induce the growth of new coronary blood vessels when it is injected into the hearts of patients suffering from severe heart disease. These so-called "No-Option Heart Patients" who cannot have bypass or stenting procedures done suffer greatly from crushing chest pain (angina). Before and after imaging pictures clearly show improved blood flow in the heart muscle after FGF-1 treatment, thereby lessening their pain and extending their lives. Here is the ABC News clip showing results from a US FDA-cleared clinical trial, which was conducted at the University of Cincinnati:

[https://youtu.be/IPtv_OLWK4k?si=hb0tRhziZJw6YGNG.](https://youtu.be/IPtv_OLWK4k?si=hb0tRhziZJw6YGNG)

Watch this and see with your own eyes how new blood vessels grow and deliver fresh blood to desperate heart muscle tissue. These patients would go on to state that their angina was gone, that they could walk now, and that they never felt better. Researchers would also go on to look at before and after images to see that the blood flow in these patients' hearts had improved incredibly!

For over a year, Dr. Jacobs has been working to find highly reputable medical imaging centers that can conduct before and after scans of the blood flow in the brain. Jack has identified two medical research groups, one at Washington University in St. Louis, Missouri and one at Tor Vergata Hospital, University of Rome, Italy. We believe we now have the clearance from those two prestigious

medical centers to do brain imaging on Parkinson's disease patients before and after treatment with FGF-1.

Dr. Jacobs in his section below will go into greater details explaining this very important project. We hope to obtain images before FGF-1 treatment starts which show blood flow deficits in specific areas of the brain, and then after treatment, say at 6, 12, and 24 months later, images which show enhanced cerebral blood flow in those regions with a shrinking of ischemic areas in the brain. Everyone knows vascular dementia is a vascular disease in the brain. What we do not know is if FGF-1 is fixing that problem. Are people with dementia regaining memories because FGF-1 is causing new blood flow in their brain or is it because they started eating kale? I believe this imaging project is a very major step towards obtaining empirical evidence that we are improving cerebral blood flow and have a potential treatment for many brain disorders.

Zhittya's January and February 2024 Medical Research Study cohorts in the British Virgin Islands (BVI) have all the study participants that we can process. For March 2024, our target is to identify people who can travel to Washington University in St. Louis to have their brains imaged before FGF-1 treatment starts. Afterwards, we would then take them to the British Virgin Islands (BVI) for the FGF-1 treatment with cohorts being treated from March 13 – 18 and April 5 – 10. Six months following their treatment, they would return to St. Louis for a follow-up brain scan to see if we made progress in increasing the blood flow in their brains.

People who join the Medical Research Studies ask: "How long will Zhittya experiment with them? One month? One year? Ten years?" The answer is most likely, forever. Our Medical Research Study volunteers are on a journey of

discovery with us into the unknown. We started with Protocol #1, which had one round of FGF-1 dosing, and saw material improvement in the patients. We are now on Protocol #17 which calls for repeat dosing at 6 months, and potentially at 12 and 18 months. There is no doubt in my mind that additional FGF-1 dosing has enhanced patients' recovery. Do we continue to dose them every 12 months or every three years? We do not know. Assuming we dose a Parkinson's disease patient for two years and they return to normal functioning, does Zhittya stop following them? No, we follow them for the rest of their lives to learn what we can from them. Maybe they return to normal after 18 months of dosing and then 10 years later the symptoms come back. Does another round of dosing help at 10 years? Zhittya needs to learn what the long-term benefits are following FGF-1 dosing in the brain.

These medical images of blood flow in the brain are very important to Zhittya, as it could prove that vascular deficiency in the brain is a problem FGF-1 can resolve. We could dose a 75-year-old woman with Parkinson's disease and with memory issues, and after two years of FGF-1 dosing she has normal brain function. However, what if we learn that if we re-dose her every 5 years she stays sharp and healthy for another 25 years? That is important data for us.

Dr. Jacobs' section is very important, so please read it!

Medical Research Study/Brain Imaging Volunteers

Sam Cross, President of Cross Border Medical Tourism, will be handling the screening and selection of those Medical Research volunteers who will participate in the brain imaging studies. We are only seeking two to four test subjects.

Also, read Vika's section below with comments from some of our patients describing their improvements. My personal guess is we have dosed about 10 medical doctors in our Medical Research Studies, so far. One of them told me recently that when he discussed with his neurologist the question of whether he should participate in the Zhittya Medical Research Studies for his Parkinson's disease, his neurologist said: "definitely no!" He told me that he has had two visits with his neurologist since he was dosed with FGF-1. His motor skills have improved by over 50%, his mind is working again (his words) and he has regained memories from 30 years ago. He told me his neurologist is shocked by his improvement. When our patient told his neurologist that he felt his improvement was due to the FGF-1 treatment, his neurologist said: "I doubt that". The patient asked him: "Have any of your other Parkinson's disease patients ever shown this much improvement?" The neurologist's answer was, "No one has ever improved from Parkinson's Disease". Our patient told me he replied: "I have!"

Zhittya has many important projects going on every month, but I believe the most important new project for Zhittya is obtaining empirical evidence that reduced blood flow results in several neurodegenerative diseases and that Zhittya's FGF-1 is a viable treatment for these diseases. There are an estimated 200 million people worldwide suffering from brain disorders, including stroke, Parkinson's disease, dementia, Alzheimer's disease, autism and more, and who are told by their physicians: "We do not know the cause of your disease and there are few, if any, good treatments for you". I hope Zhittya's empirical evidence that we can improve blood perfusion in the brains of these patients will change everything and I hope in 2024, Zhittya will obtain this great news!

I believe our followers are like the people many years ago, sitting on a sandy hill next to Kitty Hawk, North Carolina, watching as the Wright Brothers launched the first airplane. Over the next 12 to 24 months, you can witness if we are correct and have empirical evidence that FGF-1 can heal brain disorders. Watch us and see if we fly or if we crash?

Important: We will be in Dubai: February 16 – 19, 2024: The 10th Annual Top to Toe Transcatheter Solutions Conference 2024 in Dubai, United Arab Emirates

Dr. Jacobs, Vika, and I, are traveling to Dubai for this major cardiovascular conference sponsored by one of our friends there. We are expecting several hundred cardiologists and cardiac surgeons, as well as other healthcare workers to attend. Dr. Jacobs will be giving three presentations, including:

#1 “Reversing ischemia in patients with severe coronary heart disease with intramyocardial injections of the angiogenic growth factor, human FGF-1”

#2 “Parkinson disease is a vascular disorder and therapeutic angiogenesis can reverse it”

#3 “Heart disease, stroke, Parkinson's disease and more: Can therapeutic angiogenesis reverse these diseases? Medical breakthroughs are happening now!”

I hope that with the many medical doctors attending we will develop some good relationships and maybe establish some more clinics to treat heart disease and brain disorders.

If you will be in the area, please let us know. As always, we like to meet people and learn.

Dosing Parkinson's Disease Patients from a Boat Leaving Dubai. I believe we have in place a boat to travel from Dubai harbor into international waters, where we will be able to treat our first patients from the Arab, Indian, and African world (these areas contain over 3 billion people). Presently, I am guessing we may have 3 or 4 Parkinson's disease patients traveling to Dubai from other nations, who we will then be able to treat from this boat leaving Dubai harbor traveling into international waters.

The next 90 days should be exciting.

Vika's comment section:

I receive many emails from our test subjects. I have chosen three to share with you. I have only copied and pasted the parts I believe matter to you as a reader and I hope you find these comments encouraging.

Patient 1) "I am just this week playing pickleball again. I tremor (going into my off-state), but my neck pain has improved enough to finally play! I grip my paddle harder, and my balance is still good. I went off my Rasagiline and ever so slightly reduced the C-levodopa!"

Patient 2) "I still have a problem with my balance, but I have noticed that I am not falling as much as I used to? But I still fall from time to time, but I can keep from falling a lot more often!"

Vika's comment on patient #2: This patient was diagnosed with progressive supranuclear palsy (PSP). Him falling less I believe shows we are advancing in the

right direction to help him recover his life again. This letter came in after nine months from original dosing and one redosing round.

Patient 3) From patient 3's husband: "Something which was quite amazing and noteworthy is the fact that last week, [patient 3] suddenly started remembering details from when she worked at a bank 20 years ago. Key clients' account numbers and company details flashed back to her memory clearly. She normally had an excellent memory, but this was crazy, as I can barely remember what I did yesterday."

Upcoming Events

February 16 – 19: The 10th Annual Top to Toe Transcatheter Solutions Conference 2024 in Dubai, United Arab Emirates.

This is one of the largest cardiovascular conferences in the Arab World. Dr. Jacobs has presented there before, and as noted above, they want him back to update them on the status of our heart medicine and Parkinson's disease research. Dr. Jacobs will be presenting at this conference in support of our friends there in Dubai and the Arab world.

While Dr. Jacobs is impressing the attendees at that conference, Vika and I will be working on a boat which will act as a medical clinic for Parkinson's disease patients from the Arab world, India and elsewhere. We have many inquiries from that side of the world about our treatment for Parkinson's disease.

April 28 – 30: 2024 HEALinc Future Health Innovation Summit in the Bahamas

At Atlantis Resort | Paradise Island | Bahamas

At the HEALinc Future Health Innovation Summit, Dr. Jacobs will be giving a presentation and, in addition, Zhittya will also be hosting the following symposium:

Zhittya Cardiovascular Regeneration Symposium, that will be held on April 30, 2024, from 1 PM to 6 PM Eastern Time

This conference will have both in-person and virtual attendees. People from all over the world will be able to watch the presentations over the Internet. The World Health Organization (WHO) reports over 17 million people die every year from heart disease, the number one cause of death in the world, killing 1 out of 3 people. I believe our medicine could extend the life of 85% of those people, so I consider this a major step forward for all of humanity.

I am personally very excited that we may be treating “No-Option Heart Patients” with our FGF-1 heart medicine this year in the Bahamas.

Information on how to register for this Symposium will be posted in next month’s Update, as the schedule for the conference is finalized.

Cross Border Medical Tourism

Cross Border Medical Tourism services those people who want to be considered for Zhittya’s future clinical trials or its current Medical Research Studies. Cross Border’s focus is to fill all available slots in the Medical Research Studies in the British Virgin Islands (BVI), while we wait for other clinics to come online.

Cross Border is working on filling the available slots for the next BVI Medical Research Studies (intranasal FGF-1 for Parkinson's disease) on the following dates:

Cohort #22: March 13, 2024 – March 18, 2024

Cohort #23: April 5, 2024 – April 10, 2024

Please contact Sam Cross at Cross Border Medical if you wish to be considered for a slot in one of these BVI cohorts. Sam's email address is:

sam.crossbordermedical@gmail.com.

In addition, if you are interested in participating in the brain scan studies, please let Sam know. There is a finite number of slots for the imaging studies.

Investment Opportunity

Many people ask if there is an opportunity to invest with us now. We are closing our pre-IPO investment placement for Regenerative Medicine of Southeast Asia (RSEA) at the end of January 2024, as it is almost sold out. This will be the last investment opportunity for our marketing partners before their projected IPOs start occurring this year.

If you have an interest in learning more about the pre-IPO placement investment opportunity, please contact Mr. Bart Vossen, VP of Marketing for Regenerative Medicine of Southeast Asia at bvossen.rsea@gmail.com.

Dr. Jack Jacobs

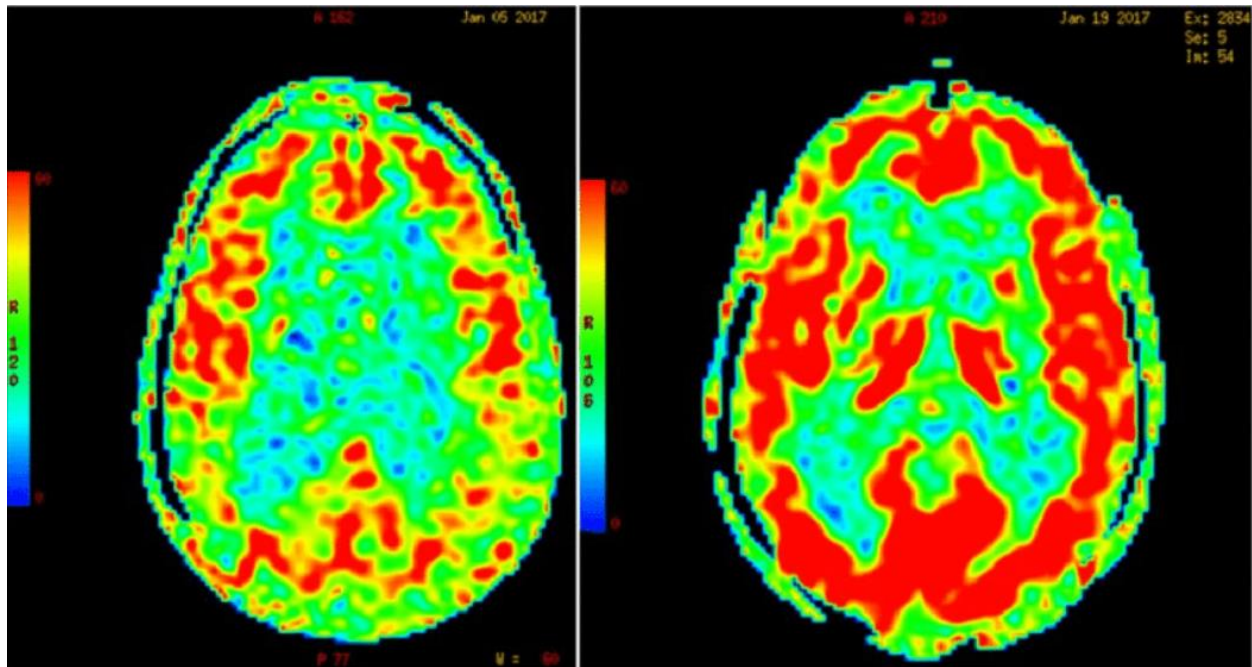
We are very pleased with the data we are getting from the over 100 patients we have processed so far. The drug has demonstrated an excellent safety profile and

appears to be significantly benefitting a majority of the patients who have been treated. One surprising aspect of this possible recovery process has been the speed in which improvement has occurred in our patients, with observable benefits seen in some cases, days after starting the treatment regimen.

We believe this rapid improvement is related to increased blood flow in the brain caused by FGF-1. As Dan mentioned above, we have identified clinics in St. Louis, Missouri and Rome, Italy who have significant expertise in brain imaging with MRI and who can begin processing patients in March 2024. The research plan in St. Louis is to have the patients visit the clinic before receiving the FGF-1 treatment in the BVIs and then return for a repeat scan 6 months after treatment. The physician in St. Louis who will be performing the scan indicated that the scan lasts for roughly 1.5 hours, with a short comfort break in the middle, if needed. The patient's medical history will be reviewed, and they will be asked to sign a consent form. No caffeine or smoking on the scan day and patients with metal implants, pacemakers or tattoos on the neck or face will not be enrolled.

Below shows data that I found in the medical literature which depicts the type of results that an MRI analysis can give on blood flow in the brain. A significant increase in blood flow (red color) can be seen in a patient before and after the administration of a vasodilator which increases blood flow or perfusion in the brain. This type of MRI scan measures what is called "global cerebral blood flow" and looks at blood flow throughout the entire brain. The larger area of red color means enhanced blood flow to that area of the brain.

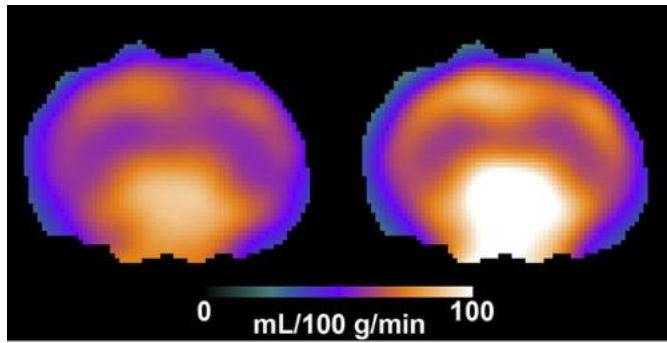
Figure 1: *Global blood perfusion in a patient before (left side of figure) and after (right side) administration of a vasodilating agent. The color scale is shown on the left of each panel with red being areas of highest blood flow.*



This MRI technique can also look at blood flow in very localized areas of the brain, such as the substantia nigra region of the brain that is affected in Parkinson's disease. This type of analysis is called "regional blood flow" and an example of this is shown in the figure below.

This is an MRI scan of the midbrain area of the brain, an area that includes the striatum and substantia nigra regions and shows the significant increase in blood flow (white color) in the midbrain after administration of an agent that relaxes brain blood vessels and would increase blood flow. The larger area of white color means enhanced blood flow in those areas of the brain, which is good for ischemic nervous tissues, including dopamine-secreting neurons.

Figure 2: *MRI scan of the midbrain area of the brain which shows significant increase in blood flow (white color) in the midbrain after administration of an agent that relaxes brain blood vessels.*

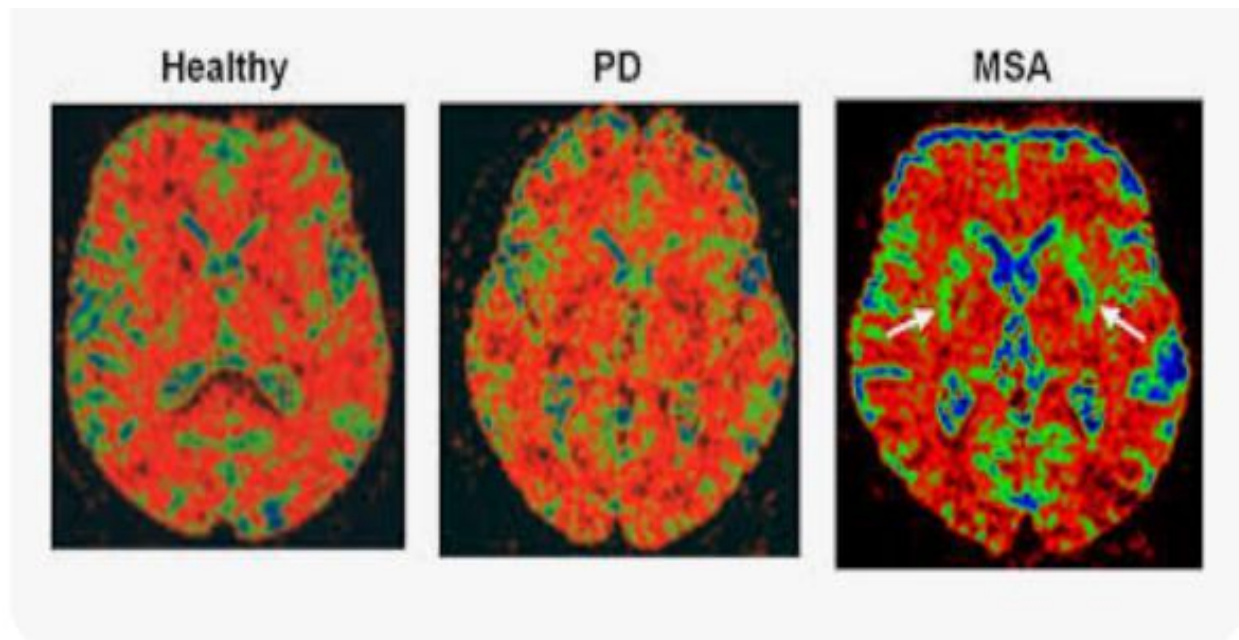


Similar types of MRI scans will now be done on our patients before and after FGF-1 treatment. The scans are non-invasive and as mentioned above can be completed within 1.5 hours. I believe these scans could provide invaluable information on testing our hypothesis that FGF-1 can lead to better blood flow in the brain and activate dormant neurons that are hibernating due to a lack of blood flow. We believe this increased blood flow is due to the growth of a network of new blood vessels (“angiogenesis”) which was stimulated by FGF-1. We know from numerous published reports that angiogenesis is coupled to the formation of new neurons (“neurogenesis”). This was seen in the experiments with monkeys who had experimental Parkinson’s disease and were given FGF-1 and who developed a dense regeneration of new dopamine-secreting neurons over a 7-month period.

The picture below is from a published study using a functional MRI technique that can measure, in real time, blood perfusion in various regions of the brain. There is a large difference in cerebral blood flow between a normal individual, a person with Parkinson’s disease (PD) and a person with MSA. In the MSA patient,

decreased blood perfusion is indicated by the brighter than normal areas of green and orange color and the appearance of a blue color which indicates very low blood perfusion in that area of the brain.

Figure 3: *Cerebral blood flow between a normal individual, a person with Parkinson's disease (PD) and a person with multiple systems atrophy (MSA). Decreased blood perfusion is indicated by the brighter than normal areas of green and orange color and the appearance of a blue color.*



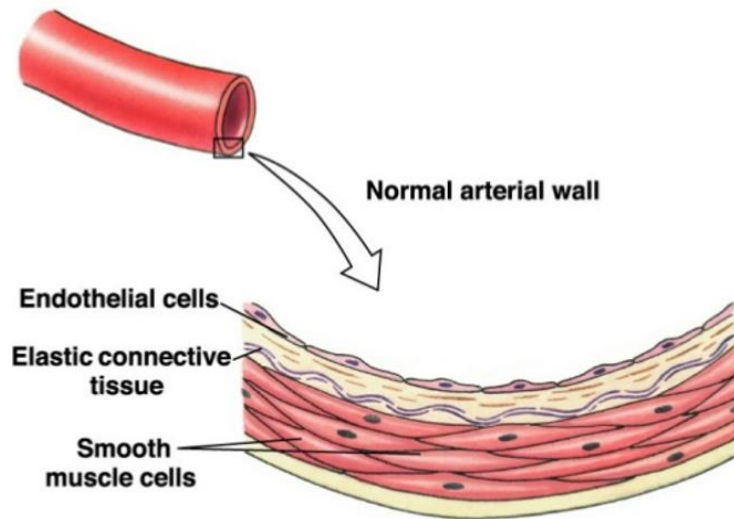
We and other medical researchers believe this lack of blood flow is caused by a defect in the vascular system of the brain where blood vessels in the brain become dysfunctional and “leaky”. This disorder is referred to as “endothelial cell dysfunction” and we have talked about this problem with blood vessels in past issues of this Update.

All the blood vessels in our bodies are lined with a single layer of endothelial cells. These flattened cells form the natural barrier between our circulatory system and

outside tissues. The endothelial cells are permeable to small molecules such as oxygen, water, and glucose, which is important, as this is the way the body nourishes all our living cells. However, larger molecules, such as red and white blood cells, immune cells and proteins cannot freely cross the endothelial cell barrier.

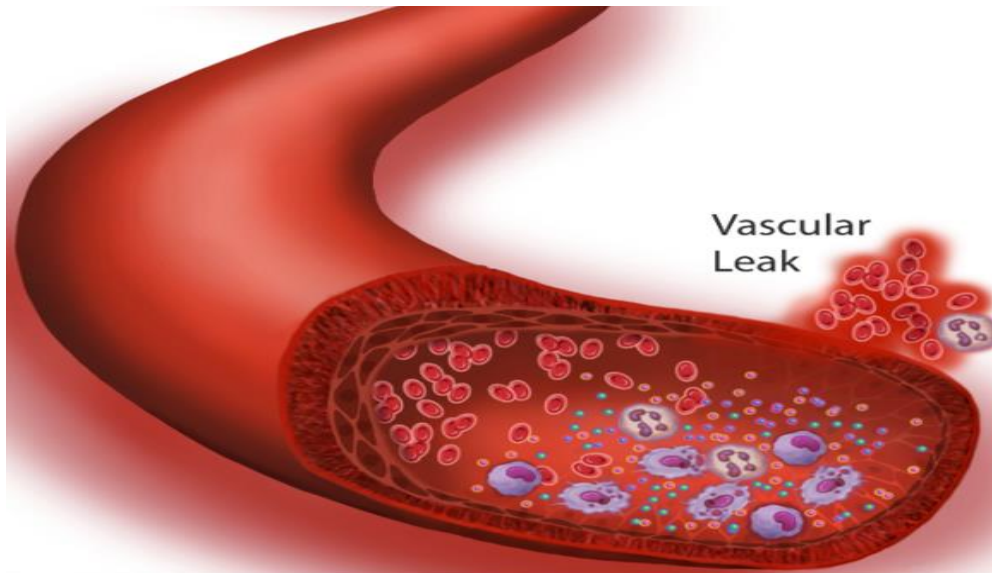
The picture below shows a normal, healthy artery that contains a single layer of endothelial cells along with multiple layers of smooth muscle cells that allow the artery to relax and constrict, thereby regulating the amount of blood that flows into a tissue or organ.

Figure 4: *Anatomy of a healthy artery*



If the endothelial cell layer of a blood vessel becomes damaged as shown in the figure below, another mechanism to decrease blood flow to a tissue or an organ is to develop a vascular leak.

Figure 5: A artery which has developed a vascular leak.

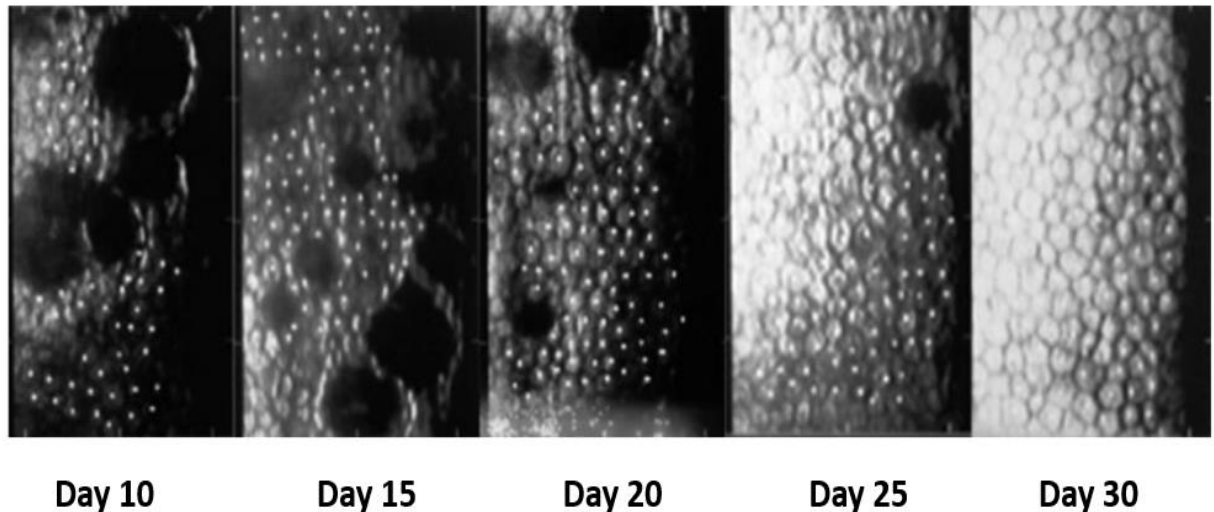


Leaky arteries or capillaries not only reduce blood perfusion to tissues, but also expose the tissue to potentially harmful substances in the blood (for example, enzymes, immune cells, blood clotting factors) that never should escape the blood vessels.

Medical researchers have now implicated “endothelial cell dysfunction” in several brain disorders. There is excellent evidence that FGF-1 can heal this endothelial cell dysfunction in an animal model of multiple sclerosis.

The figure below shows the inside of a blood vessel which was located within a multiple sclerosis lesion in the spinal cord of a mouse. The left side of the figure shows a blood vessel damaged with endothelial cell dysfunction, where the endothelial cell layer has become pock-marked and deformed. As the animal is treated with FGF-1 over a 30-day period a significant “healing” of the endothelial cell layer is evident at day 30 where the inside of the blood vessel is now filled with a well-ordered and healthy array of endothelial cells.

Figure 6: Inside view of a blood vessel which was located within a multiple sclerosis lesion in the spinal cord of a mouse. The left side of the figure shows a blood vessel damaged with endothelial cell dysfunction. As the animal is treated with FGF-1 over a 30-day period a significant “healing” of the endothelial cell layer is evident at day 30.



FGF-1 Treatment 

The authors of this medical research paper speculate that this endothelial cell dysfunction may be the initiating event in the onset of multiple sclerosis and leads to the progression of the disease process.

Closing Comments (Dan Montano)

I believe over 100,000 people read our “Zhitty Monthly Updates.” Some read the Updates because they want us to succeed, and they believe in us and what we are doing. Some read (and thankfully they are a very small minority) because they hope we will fail, and they will be able to claim that we are liars and crooks. I believe many readers of these Monthly Updates are curious about Zhitty’s idea

that a lack of blood flow is the cause of Parkinson's disease, and that FGF-1 is a potential new treatment to reverse the disease. I know some of our readers are very influential and powerful people, who read our Updates because they want to learn the truth. I believe if we provide this additional empirical evidence from reputable medical researchers that FGF-1 can improve blood perfusion in the brain, that the floodgates of support will pour into our efforts and dramatically accelerate our cause and acceptance by the FDA. And that is the ultimate goal of all of our efforts — to have our FGF-1 treatment available to millions of regular Americans and others who need medical insurance to pay for our treatments, which we believe will dramatically enhance their lives.

Vika, Dr. Jacobs, and I, started this journey 25 years ago. We have expended over \$160 million US dollars advancing this medicine. We have survived the “Great Financial Crisis”, the “COVID-19 pandemic”, some of our suppliers going out of business, people cheating us, sickness, and more. We continue to persist because we know if we are correct, our FGF-1 could save millions of people from suffering and from an early death. I believe Zhittya has five major projects which can change the world and extend life and reduce pain and suffering. I believe 2024 will be a “**BREAKOUT YEAR**” for Zhittya.

I am 75 years old, and I fear I only have another 50 years of good healthy life ahead of me. See this is proof: I am an optimist. But what if I am right? If FGF-1 can reverse or reduce suffering and death by reestablishing blood flow, (as we have shown) then the causes of death for 65% who presently die will be reduced. I believe fervently in what we are doing.

I thank all of you who support us. I thank all that have volunteered to join our medical research studies and become human lab rats to see if FGF-1 can heal their brains. I thank God for the people who attack us, post their unfounded opinions and their allegations based on their ignorance, as their negative comments and lies greatly motivate me. Lastly, I want to thank those of you who are watching and waiting. You are the weight that will tip the scales in our favor. If we can provide you with empirical evidence that Zhittya does have the medical breakthrough medicine we claim can potentially save millions of lives, then you will say: "I now believe". Then, and only then, will we have pushed this project up to reach the crest of this mountain road. I believe after that point we will have a much easier journey forward. I believe 2024 is our year.

To those of you who are suffering and frustrated with the slowness of our progress, remember we too are frustrated we cannot push the establishment faster. However, if not for Zhittya, who else is trying to find a cure for your illness? Like our Parkinson's disease patient who was a physician told his neurologist: "I have improved, and your other patients have not! I ask you **"If not for Zhittya; who would fight for a cure for you?"**

Warm regards,

Daniel Montano, CEO

1120 North Town Center Drive, Suite #270

Las Vegas, Nevada, 89144

United States of America

zgm.care

[Click Here to Unsubscribe](#)