



March 17, 2026

Monthly Update

Introduction: One Research Paper Started It

Happy Anniversary!

February 24, 2026, is the 28th anniversary of me starting this adventure with FGF-1 to treat desperately sick people. On February 24, 1998, the *Wall Street Journal* published an article from the American Heart Association's peer-reviewed journal *Circulation* entitled "New Protein Spurs Human Heart to Develop Fresh Blood Vessels" (peer-review is the highest form of review an article can receive, as the review is done by professional experts in the field). The Journal reported that the study was performed at the Fulda Medical Center in Fulda, Germany and that FGF-1 had successfully grown new blood vessels in a human heart, leading to enhanced blood flow for sick people suffering from severe heart disease. I flew to Fulda, Germany, the next week and acquired their knowledge to advance this treatment for the #1 cause of death in the world: heart disease. Here is a link to that article so you may confirm what I say is true:

https://www.wsj.com/articles/SB888276883490832000?st=CHtYyj&reflink=desktopwebshare_permalink

Zhittya Genesis Medicine sends its Monthly Update out to over 110,000 people every month. We are told by many people that they read it and then send it on to those they believe would benefit from this information. We have seen republished stories in other publications on our work, so we believe we are developing a good following on our medical discovery that FGF-1 can rejuvenate human cells in the body to reverse diseases.

The last four weeks have been very interesting. First, the US government in Washington, DC, has been closed for two of these last 4 weeks, with a partial government shutdown and 2 massive snowstorms. Second, we have enjoyed an increase in **meetings with very important people** about our medicine and how it may treat an illness they care about. Zhittya has, for many years, sent out these Monthly Updates which report on our medical and scientific advances with the FGF-1 molecule. We have also prepared numerous White Papers on different diseases we believe FGF-1 can treat and have given video presentations on our work in the United States, Germany, Saudi Arabia, Kuwait, Japan, Dubai, and more. All this wonderful medical data of discovery and human success is on our website: zgm.care. Despite all this, it is apparent that not many people read our data, as people keep asking me, **“if what you say is true, why does my doctor not know about it?”**

AI Can Help You and Your Doctor Understand FGF-1

I can answer that question, as we are now blessed to live in the age of artificial intelligence (AI). Before the dawn of AI, much of the medical research was hidden behind university walls, corporate research departments, or buried in a sea of thousands of links. It would require Dr. Jacobs to scour the Internet to find cutting-edge research, call his contacts at universities, or for us to outright pay for research that may be 20 years old. Today, with AI power in your hands, you can learn more about a medical treatment NOW, even before your doctors learn about it! Doctors are busy allocating their time between trying to treat existing patients and working on lowering their golf scores. Before, neurologists, endocrinologists, and general practitioners could hide behind the textbooks they read 30 years ago while obtaining a medical degree. Now, you and I have the power to do heavy, in-depth research that only scientists could do less than 3 years ago. Zhittya is developing FGF-1, a protein discovered in the 1980s with tens of thousands of papers written by thousands of researchers over 40 years. These are medical research papers that highlight FGF's safety and efficacy in animals and humans. That is where the real power of AI research comes in, and I want to highlight that AI power with you below.

Let's look at the question: **“If what you say is true, why does my doctor not know about it?”** We asked AI some very basic questions about FGF-1's ability to repair the human body at a cellular level and, therefore, improve one's overall health. Below, I will give the summary of the answer that the AI system gave back to us. In this summary I will tell you (1) the first date this scientific report on FGF-1 on

this particular action was reported and (2) how many medical scientific reports have been written since the first report appeared (up to March 1, 2026).

Now here is the **GOOD NEWS!** I do not need you to believe me! I want you to go online yourself and research the specific topic. I want your doubts to be shown and for you to put your fingers in the wound, so maybe then you will understand the astonishing human molecule that is FGF-1 and how it can enhance your health and extend your life. I will write out the questions, tell you what we found, and you can then do it yourself and **learn the facts!** Your doctor does not know about what FGF-1 can do, because he has never looked into the topic.

I am tired of people telling me, “My neurologist says you are lying! There is no hope to improve from Parkinson’s disease.” “My doctors say there is nothing to cure type-2 diabetes.” “My cardiologists say there are no treatments for my no-option heart disease.” My doctor says they must amputate my foot, since the diabetic foot ulcer will not heal”. It is your life, your health, and if you do not care enough to do an AI search to improve your condition, do not complain to me. I have enough real problems I am working on, and I do not suffer fools lightly. If the medical establishment does not know what medical breakthroughs have occurred since they graduated in 1986, it is not my fault.

Eight Questions on FGF-1 to Research

Question #1A:

Can FGF-1 initiate angiogenesis (the growth of new blood vessels).

Answer: Yes, the first paper was written in 1985 by Dr. Kenneth A. Thomas.

Question #1B:

How many scientific papers have been written on FGF-1 initiating angiogenesis?

Answer: There have been 595 peer-reviewed papers and between 14,500 and 28,000 review articles and abstracts appearing since 1985.

Dan Montano’s comment: If your doctor does not know this, do not blame me! Hundreds of peer-reviewed papers and thousands of review articles and abstracts are in the public domain.

Question #2A:

When was the first paper written that FGF-1 can initiate neurogenesis (the creation and repair of neurons)?

Answer: This was reported in November 1987 by Rydel and Greene in the *Journal of Neuroscience*.

Question #2B:

How many scientific papers have been written on FGF-1 initiating and stimulating neurogenesis?

Answer: Since 1987 and as of March 1, 2026, about 80 to 120 peer-reviewed papers have been written on this topic. In addition, hundreds of review articles and abstracts have appeared.

Dan Montano's comment: If your neurologist does not know about FGF-1 rejuvenating brain neurons, have him do an Internet search and learn about what is happening in medical research and FGF-1 over the last 35 years.

Question #3:

Can FGF-1 repair the brain and spinal cord?

Answer: FGF-1 strongly protects neurons. It reduces cell death, promotes axonal regeneration, boosts new neuron formation, and improves the repair environment. FGF-1 supports angiogenesis, repairs the blood-brain barrier, and reduces harmful inflammation via the actions of microglia and astrocytes. It also stimulates neural stem cells to replace lost neurons and aids remyelination in chronic conditions such as multiple sclerosis.

Question #4:

Can FGF-1 rejuvenate glucose sensing neurons in the brain to reverse type-2 diabetes?

Answer: Yes, the first paper on this topic appeared in the *American Journal of Physiology* in 1989.

Since that time, between 30–60 articles have been written over the last 35 years.

Dan Montano's Comment: Do not feel bad that your doctor did not see these papers that type-2 diabetes could be possibly cured by FGF-1. Big Pharma did not see any of them either, or they would have cured diabetes 30 years ago; rather than just keep 37 million Americans sick with diabetes and go on selling \$45 billion dollars a year of drugs to maintain this disease. Drugs that only deal with the symptoms of this disease and shortens the patient's life by 6 to 10 years.

When your doctors say the only thing for your diabetes is "metformin", tell them that instead of having lunch with the Big Pharma salesperson, do a search on FGF-1 reversing diabetes.

Question #5:

Can FGF-1 repair blood vessels at a cellular level?

Answer: The first paper on this topic was published in October 1991 in *The Proceedings of the National Academy of Sciences*. Over 630 papers have been published on endothelial regeneration by FGF-1 and over 4,000 papers published in the last 30 years on FGF-1 and blood vessel repair and growth.

Dan Montano's Comment: Why is this important? It is important because endothelial cell dysfunction leads to aging and death. When your endothelial cells that make up your blood vessels cannot repair themselves, your time on this earth is ending!

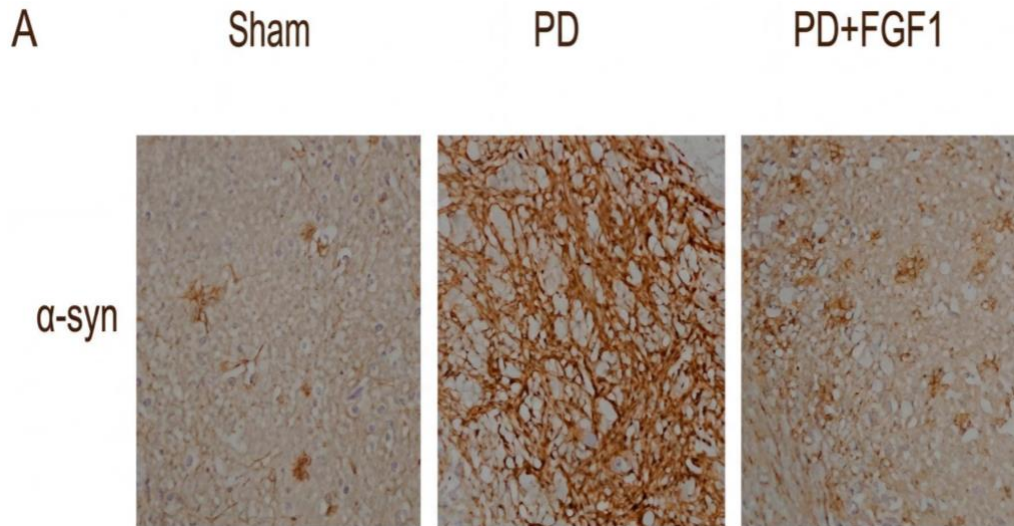
This is Important!

To help you understand what FGF-1 could mean to enhance your health and extend your life, let me walk you through a possible discovery. Here is a link to an article from the *New Scientist* magazine entitled: "Accidental Discovery hints at mystery structure within our brains."

Link: <https://www.nature.com/articles/s41467-021-27887-0.pdf>

This article, published on January 11, 2022 (a few years ago) discusses the recent discovery of a "lymphatic system" in our brains. The lymphatic system is the primary way our body removes cellular waste products. It is believed that many brain disorders are caused by the fact that cellular waste is not removed. A classic example is the beta-amyloid plaque that is found in patients suffering from Alzheimer's disease. Vika reads hundreds of articles about recent medical discoveries and then sends them to Dr. Jacobs, me, and our team to make us aware of what this is and what it might mean to enhance health in humans. We want better health NOW, not 30 years from now!

Below is a picture of brain slices from monkeys that were given experimental Parkinson's disease showing that FGF-1 can clear up a toxic plaque (alpha-synuclein plaque) that builds up in Parkinson's disease.



The monkeys were given a toxic poison that causes Parkinson's disease and developed the classical symptoms of the disease 9 months after receiving the poison. Then half of these monkeys were dosed with FGF-1 while the other half were given no treatment.

Notice the three brain slices above:

- Sham: Normal brain, with no Parkinson's disease and no treatment
- PD (Parkinson's disease): A brain with Parkinson's disease and no treatment
- PD+FGF-1: A brain with Parkinson's disease given FGF-1 treatment.

Note that less alpha-synuclein plaque is seen in the FGF-1 treated monkey. We had assumed that the increase in blood flow caused by FGF-1 had provided additional blood flow to remove the waste products. There is still a question, however, on what removed the cellular plaques.

a) New blood flow created by FGF-1?

b) Rejuvenated lymphatic system repaired by FGF-1?

Question #6:

Does FGF-1 repair the lymphatic system?

Answer: FGF-1 plays a supportive role in lymphatic network repair by promoting key activities in lymphatic endothelial cells, such as proliferation, migration, and survival, which are essential for lymphangiogenesis: the process of forming or regenerating lymphatic vessels. The first paper was written in 2006, with 10 substantial and significant academic papers since then.

Dan Montano's Comment: Could it be that some of the improved brain functions

we are seeing in our patients is the FGF-1 going into the brain and repairing the lymphatic system? Remember until recently, most medical research scientists did not believe there was a lymphatic system in the brain. You are now about 10 years ahead of your neurologist on this topic!

The Reality of Discovery

To me it is quite shocking the criticism we receive from some readers with every Monthly Update we send out. Below, I want to share with you something that makes me excited about the future of the discoveries we have made with FGF-1.

Several months ago, we discussed that we believe FGF-1 could be injected into the feet to treat painful foot neuropathy. It is reported that 20 to 30 million Americans have neuropathy. Vika, who is always pushing new projects to us, dosed two people suffering from neuropathic pain with a series of FGF-1 injections into their feet. Result: no measurable reduction of pain.

When you don't see progress, you move on. That project went to the shelf, and we went to work on other projects. Vika started dosing type-2 diabetics in Zhittya's medical research study to reverse type-2 diabetes. We have now dosed over 50 people, and to our surprise, **three of those people who had suffered from painful foot neuropathy have reported that their foot pain is now gone.** How?

We discussed this with Dr. Robert Odell, a physician who specializes in pain management, and he said "phantom pain" is common with amputees. Some reports say as many as 60% of amputees report pain in a foot that is no longer there. Is it possible that neuropathic foot pain is a form of phantom pain? Are the receptor pain nerves in the brain reading a false signal because those neurons in the brain are dysfunctional? Did the FGF-1 taken to rejuvenate the glucose-sensing neurons for type-2 diabetes, rejuvenate the pain sensors in the brain, and then there was no pain? Is foot neuropathy a brain disorder? We do not know, but Vika is going to try and **treat a few people who have painful foot neuropathy** (without having type-2 diabetes) to see if their foot pain goes away.

This is what discovery is all about. We believed injecting FGF-1 into the foot to stimulate new blood vessels and improve the nerves in the foot would work. It did not work. Does FGF-1 up the nose work? Hopefully, over the next several months we will have answers to these questions.

Zhittya's efforts to treat neuropathic foot pain by injecting FGF-1 into the foot **FAILED!** As soon as we started to learn that some type-2 diabetes patients claim

their foot pain was gone, we set up, within weeks, a study to find out if FGF-1 can treat 20 million Americans with neuropathic pain.

Now, for those of you who tell me if this FGF-1 medicine was real, “Big Pharma” would be doing it. Well, 35 years ago the first paper was written that type-2 diabetes could be reversed by FGF-1. Big Pharma missed all those hundreds of research reports and thousands of other papers for 35 years, but they keep selling \$45 billion worth of drugs every year that do not cure diabetes. Zhittya has done more in three years to reverse type-2 diabetes than Big Pharma has done over the last 35 years. Zhittya has done more in 4 years to help patients reverse and recover from Parkinson’s disease than all other organizations in the world combined have done over the last 20 years.

If you have a disease (other than cancer) and you wonder whether FGF-1 can rejuvenate your cells and help you recover, you should go online and search, “Can FGF-1 treat xxxxxx disease?” and you will learn, maybe it can!

Discovery is difficult and demanding. Discovering how to reverse type-2 diabetes, Parkinson’s disease, stroke damage, dementia, chronic wounds, and autism is no easy task. It demands doing what no one has ever done before. Remember, if those things were easy, Big Pharma would have done them already. It is Zhittya that fights for your life and health, and I can tell you that this task is not easy.

Background: Zhittya Genesis Medicine Inc.

The last several Monthly Updates we have sent out have resulted in some unique responses from our readers. As people learn about our medicine possibly treating their untreatable disease, we are adding thousands of new subscribers every month. It has become apparent to me that many thousands of people who receive our Monthly Updates know very little about Zhittya Genesis Medicine or our medical discoveries. It is interesting to me that a person flies into Las Vegas to be dosed with FGF-1 to treat their type-2 diabetes, and they know so little about us and our FGF-1 medicine. When I meet a Parkinson’s disease test subject who has flown across the nation for treatment and they have read very little of our information on our website, it disturbs me. So, I want to do a quick introduction to Zhittya to many thousands of our new readers and to refresh the minds of some of our long-term readers.

First, I am Daniel Montano, CEO and one of three founders of Zhittya. I am 77 years old, and I was born into a poor family in East Los Angeles, California. My brother and I started working in different family businesses for as long as I can

remember. We were bussing tables, washing dishes, mopping floors and much more in our grandmother's restaurant, our grandfather's workshop, our aunt's sewing shop, and our parents' laundry. I do not remember ever getting paid; I was just working to help the family. I have an MBA in finance from the University of Southern California (USC) and I was a professor of finance and accounting at two major universities. I started working on the floor of the Los Angeles Stock Exchange in 1968 and was in the securities and investment banking business for over 30 years. During that time, I worked on over 100 IPOs, raised money for over 100 start-ups, and traveled to 64 countries speaking on finance and investing. I made presentations to the London Stock Exchange, Frankfurt Stock Exchange, and in New Delhi, Tokyo, Taipei, Pakistan, Nigeria, and many more countries. I have served on the board of directors of over 10 publicly traded companies and have been CEO of two companies; both were billion-dollar market cap companies back when a billion dollars was real money.

Dr. Jack Jacobs is President, Chief Science Officer and one of the three founders of Zhittya. Jack was a team member at Washington University in the lab where FGF-1 was first purified and characterized. He spent 5 years at Merck & Co. where he learned the pharmaceutical business and where FGF-1 was being developed as a wound healing agent. Jack has worked with FGF-1 for over 40 years, and besides being one of the smartest people I have ever met, he is also the nicest person you could ever meet.

Viktoriya Tamlenova Montano, is Executive Vice President and one of the three founders of Zhittya. She has three bachelor's degrees and one master's degree. She speaks 6 languages and was the translator for President Kravchuk of Ukraine. She now manages our Medical Research Studies and develops our protocols for medical research. She is the smartest person I know, because she told me that! She also has excellent taste in men, as she chose me to be her husband.

What we think FGF-1 is:

We believe FGF-1 is a natural human molecule that rejuvenates or regenerates cells within the body that are dysfunctional. I believe FGF-1 is the biggest medical breakthrough since the discovery of antimicrobial medicine a hundred years ago.

Zhittya Business Philosophy

It is interesting how many people write to me to tell me that our business model is not how biotech businesses are conducted. I am a very simple person; to me

there are only two types of business models: good or bad. The good models generate cash, whereas the bad ones do not. No business can survive without positive cash flows. The advantage I had growing up poor, was the realization that if you run out of money, you fail. I knew that at a young age and well before I got my MBA: do not run out of money.

It is reported that 95% of biotech ventures fail. They do not fail because their idea is bad; they fail because they run out of money. I have seen some great biotech ideas that died because they could not come up with the money to stay in the game. Now, in defense of those that failed, it is reported that getting a medicine approved through the USA FDA takes 20 years and costs \$2 billion. That is one big wall to overcome.

The three founders of Zhittya, Dr. Jacobs, Vika and I, have zero personal debt. Zhittya has zero debt. Zhittya does not undertake a project unless we have the cash requirements to 100% fund the project. If you do not run out of money, you do not fail. Zhittya has ZERO venture capital investments. Our investors all have passion, and they want us to succeed.

I believe FGF-1 can save millions of lives and lessen the suffering of tens of millions of people. Our medical success is too important for human health for us to gamble with it and fail. We are utilizing funding we raise from our medical research studies to advance our medical developments. We are not spending money we do not have, and we are not taking on any tasks where I cannot see a cash return back to Zhittya. Two examples of this are our projects to reverse type-2 diabetes and small vessel heart disease. Zhittya does not gamble with its financial viability. We have survived the great financial crisis, COVID-19, and many more small disasters, because we know you have to survive to get important medicines to sick people.

We have treated over 250 Parkinson's disease patients with FGF-1, giving excellent outcomes. We are treating scores of patients with type-2 diabetes (over 75 patients treated) as well as patients suffering from stroke, autism, dementia, and traumatic brain injuries. I believe our treatment is working; however, if we fail, those medicines fail with us, and people will continue to suffer and die without FGF-1 as a viable treatment option.

Since 1987, when medical scientists discovered type-2 diabetes might be cured by delivering FGF-1 into the brain, who besides Zhittya has tried to develop a treatment for this disease and get it to the 600 million people who need it? Big

Pharma has not, even though this knowledge has been around for over 35 years! It seems without Zhittya, no one cares about alleviating your diseases.

Example: Chronic Wounds

In the October 2025 Monthly Update, Zhittya announced that it had started a medical research fund to pay for efforts to heal chronic, non-healing wounds. A treatment for non-healing wounds dates back to 1980, when Merck was the patent holder for FGF-1. Merck had a task force to advance FGF-1 to heal wounds. Merck had outstanding results; however, Merck shut down all biotech efforts in 1997 because the new president of Merck did not believe in biological drugs.

We bought all of Merck's data and added in our own work over the last 20 years. It is reported that 6.5 million Americans annually have non-healing wounds. Most of those are diabetic foot ulcers (DFUs), which will not heal due to the lack of blood flow at the wound site. In 30 years of studies, FGF-1 has been shown to close a majority of open DFUs, far better than any other compound tested. It is reported that 5.6 million Americans live with the possibility of the loss of a limb due to a non-healing wound, and annual amputations run at close to 500,000 per year. I believe Zhittya's FGF-1 medicine could close most of those wounds and defer or eliminate many amputations.

Zhittya's goal in October 2025 was to raise \$5 million for the Chronic Wound Medical Research Study. Within three weeks we had raised \$1 million. Zhittya then changed its plans for the diabetic foot ulcer wound healing program. Since we have 30 years of data created by Merck and us, and have the only medicine for this potential \$10 billion US dollar annual marketplace opportunity, I believe we have a high possibility of getting full USA FDA approval within a few years. We like the fact that from 30 years of evidence, we know that non-healing wounds heal in 3 to 5 months, making a DFU medical study short and easy.

We believe that 6 months after our last DFU patient has been dosed, we will have all of our results. Importantly, we will have pictures and data to demonstrate total wound closure. Since the FDA requires all biological drugs to verify their characteristics, we must redo all the animal work to reapply with the FDA. Since November 2025, we have started that process, and I believe we will be ready to file an Investigational New Drug (IND) application for a Phase I study with the USA FDA in Q3 or Q4 of 2026. I believe if all is successful, we could complete a Phase I study in 2027 and apply for a Phase II study in 2028, requesting "Breakthrough Designation" for approval on the Phase II data.

Please understand the change of circumstances. In 2022, we obtained a quote to conduct the needed animal testing. The quote was very high, and they told us they could not even start for 18 months. We also got a quote from a “Clinical Research Organization” (CRO) to conduct a Phase I study. Wow, expensive, and again a delay of one to three years before they could get to it. The great COVID-19 pandemic pushed tens of billions of dollars to flow into biotech ventures. It was a tsunami of money! During the COVID-19 pandemic, biotech venture capitalists were not interested in heart disease, Parkinson’s disease, or diabetic foot ulcers. Because of this, Zhittya battened down the hatches and stayed afloat. When our October 2025 Update was sent out, suddenly animal labs and CROs came calling upon Zhittya as if we were the only customer left for their services in the world.

It is reported that over the last 4 years, over 2,000 biotech companies have closed. The USA FDA is talking about requiring fewer animal tests in the future, and these animal labs came to us likewise were the only person with a bottle of water in Death Valley in August. Some of the quotes we have heard are 1/5th of what they were before, and they can all start on the project tomorrow, since they have no other business in their shop. The new prices and the attention mean we should be able to accomplish a lot and to do it quickly. Zhittya is spending the money it has to move forward. Now we are ready to re-open the funding of the Chronic Wound Medical Research Study since we want to get the money in place to fund our Phase I study in a few months.

Keep in mind, if Zhittya does not have the extra cash to finance a project, we wait. Diabetic foot ulcers (DFUs) have been shown to be curable by FGF-1 for the last 30 years. Millions of people have lost their foot or their life because FGF-1 was not available to treat them. For that I am sorry, but Zhittya is still alive and advancing its treatment for heart disease, Parkinson’s disease, stroke recovery, type-2 diabetes, and more. Now I believe we can address DFUs.

Yes, the investors in the Zhittya Medicine Chronic Wound program will get a 50% royalty until they get back 10 times their investment. If Zhittya raises \$5 million, that means Zhittya owes those investors \$50 million. If FGF-1 is approved by the USA FDA in 2028/29, I believe it should have sales of \$1 billion, as the medicine addresses an unmet medical need - desperate people trying to save their feet and lives. If the sales are only \$1 billion, Zhittya can pay off the royalty of \$50 million due to investors and still have a profit of \$950 million a year. I believe we can do this each year for many years. It is definitely a win-win situation.

Status of Funding for Zhittya's Medical Research Studies

Type-2 Diabetes:

Zhittya has effectively completed the funding of the Medical Research Study to treat 100 type-2 diabetic patients in Las Vegas. We are happy with the medical results so far. We are also pleased that with a very small marketing budget; **we are obtaining about 200 new sign-ups per day** for our type-2 diabetes study. It seems people who have diabetes do not want to keep it! I believe we should be completed with dosing by the end of April and have preliminary data to report by this April/May. I am very pleased, so far.

No Option Heart Disease: Note: Heart disease is the leading cause of death in the world.

Zhittya and The Bahamas Heart Centre are conducting a 100-person Medical Research Study to treat no-option heart disease patients with FGF-1, as we have done in three other successful heart studies. Zhittya is raising \$10 million USD to fund this Medical Research Study for no-option heart patients. We have seen 100% success with zero adverse events in the last 30 years and believe that the millions of people confronted with certain death would travel to The Bahamas to save and extend their lives.

If you are interested in learning more about the investment opportunity for the Medical Research Study to treat "Small Vessel Heart Disease" (minimum investment of \$25,000), please email me at Dan333@aol.com or call me at 702-802-8373. The investment has the following benefits:

- 50% royalty on Zhittya's revenue for the treatment of small vessel heart disease (up to 10x the original investment)
- A put option where investors can receive 2x their original investment after 48 months if they are not happy!

I believe the demand among these rich people to save their lives and live longer will be strong.

If heart disease runs in your family, you might be able to invest, make money, and benefit your health and life. Besides making money, you can advance medical innovation to benefit millions of people.

I believe Zhittya's business model for treating the #1 cause of death in the world

(small vessel heart disease) is a good deal for everyone.

Chronic Wounds- Diabetic Foot Ulcers (DFUs)

In October 2025, Zhittya raised one million dollars in a few weeks (out of the \$5 million we sought) to carry out the Medical Research Study to treat chronic wounds. We raised one million dollars very quickly and were pleased with the interest of the investors. We were more pleased that as word got out about what we were doing, companies that conduct animal studies and Phase I and II clinical studies in this area came knocking at our door asking for work. It seems the billions of dollars that went into biotech during the Pandemic boom era have now disappeared. In 2025, the new FDA management is saying less animal testing should be done. That resulted from 600 biotech companies failing every year in 2022, 2023, 2024, and 2025 because no venture capitalist was willing to invest, as they are no longer hot for COVID-19 biotech anymore. We received quotes for tasks that were amazingly low. Besides the price being low, they could all start now and be done soon. We would have no years of waiting behind a thousand biotech companies that no longer exist. We have decided to take advantage of the cost savings opportunity to get IND applications for Phase I and II studies as fast as possible. For those of you that are worried: I do not have survivor's guilt. We fought and we sacrificed to get Zhittya through the storm, and some smooth sailing has been earned.

If you want more information on Zhittya's diabetic foot ulcer program, go to:
cure-wounds.com

If you are interested in learning more about the investment opportunity for the Medical Research Study to treat "Chronic Wounds- Diabetic Foot Ulcers" (minimum investment of \$25,000), please email me at Dan333@aol.com or call me at 702-802-8373. The investment has the following benefits:

- 50% royalty on Zhittya's revenue for the treatment of wounds (up to 10x the original investment)
- A put option where investors can receive 2x their original investment after 48 months if they are not happy!

Medical Research Studies info

Zhittya will be utilizing Medical Research Studies to advance the development of our medicines. We believe it is better to partner with investors who have passion

about what we are doing, rather than a heartless venture capitalist that would sell us to the devil for a quick profit.

To learn more, here is an article from *Nature* magazine that explains how these Medical Research Studies funded in the 1980s the biotech giants that exist today: zgm.care/invest

Vika's Section:

Zhittya is constantly evolving our medical treatments with new data that we learn every week.

With brain disorders, we are now introducing the FGF-1 up the nose with a nebulizer. As we learn new things, we have introduced it to the over 250 people in our Medical Research Study for Parkinson's disease. Over the last 3 ½ years we have increased the dosage of FGF-1 and have observed that higher doses are well tolerated and there were no adverse events. First rule: do no harm! As we have increased the dosage over the last 3 ½ years, we have seen enhanced improvements in patients' recovery. We shall continue this process of slowly and safely enhancing our level of dosing.

The introduction of FGF-1 up the nose has been a long work in progress. We are now on our 5th device to introduce FGF-1 up the nose safely and easily. I have prepared a video to show our existing test subjects on our latest device, and I prepared an instructional video to assist our test subject patients with its use. Here is a link to that video:

<https://youtu.be/OCdPjR6I7pw>

I also oversee the clinical operations of our Medical Research Study for Parkinson's disease, type-2 diabetes, wound care and more. To deal with the workload, we have added two new team members:

Dr. Natasha Stefanova Staneva has joined the Zhittya Genesis Medicine team as a Principal Investigator. Dr. Staneva is an accomplished neuroscientist whose research focuses on neurological diseases, including Alzheimer's disease and other neurodegenerative conditions. Her work has contributed to the development of innovative biomarker detection methods and new insights into brain disease mechanisms.

Dr. Staneva has authored multiple peer-reviewed scientific publications cited by hundreds of researchers worldwide and has served as a reviewer for leading scientific journals. Her expertise and scientific leadership will play a key role in

advancing Zhittya's research and mission to develop breakthrough therapies for complex neurological and vascular diseases.

Ms. Jacqueline Arevalo, MS, has joined Zhittya as its Clinical Trial Manager for the Diabetes Type 2 Medical Research Study. She has a strong background in biotechnology, microbiology, and immunodiagnostics. She holds a Master of Science degree in Biotechnology and dual bachelor's degrees in Microbiology & Immunology and Biotechnology from the University of Nevada, Reno. Jacqueline has experience developing diagnostic assays, conducting molecular and microbial analyses, and working in BSL-2 and cGMP laboratory environments. She also supports the coordination and management of medical research studies, helping ensure clinical protocols are implemented effectively, data is collected with accuracy, and studies meet regulatory and quality standards. Jacqueline is passionate about advancing clinical research and contributing to the development of innovative diagnostics and therapies.

The data obtained in our medical research studies will be collected for our future applications to the US FDA.

Zhittya has survived through all the storms and obstacles of the last ten years by maintaining low overhead and limited staff. Zhittya is very frugal, and we only hire excellent personnel, who understand reality and who get the job done.

As we have now increased the FGF-1 dosing level, we believe we open the door to more medical indications that are amenable to our FGF-1 treatment. The next few years, I believe, will reveal some wonderful results in additional medical indications.

Patient Messages:

The first message is from Becky one of the first people dosed for Parkinson's disease 3¾ years ago. She is Lab Rat #2 and here are her comments.

Message #1

Dear Dan and Vika,

As you know, I've been using the "Juice" for quite some time now (since I was in cohort #1 and am Lab Rat #2 :)) and I thought you might learn about a few remarks made to me. Because of some medical issues, I wasn't always able to go to church,

so when people did see me, they would tell me how amazed they were at how I quickly was walking now or how much healthier I was looking. But my favorite comment happened one Sunday when I decided to bear my testimony of my love for God and the gospel. Our stake president's wife (who's a longtime friend) came up to me and said she was so impressed that she would have never been able tell that I had Parkinson's if it wasn't for the small tremor in my hand. I felt like I was shaking like a leaf, but that must have been emotional because my feelings of gratitude for the love of my Savior were running high.

I want you to be assured that I am absolutely positive I was directed by God to be a part of this adventure with you and your wonderful team. Thank you for persevering through the hard times!! <3

With deep gratitude,

Becky

Message #2

From: Stephen xxxxxxxx

Hey Dan,

It's XXXXXX. Congratulations on Nevada right to try law. Also, all of the other achievements you guys have made.

It certainly improved my quality of life living with Parkinson's. It may not have gotten rid of all my symptoms but I am much better than I would have been without it. And it still get better after every dosing.

Made a trip out to Yellowstone and a couple of Bahamas cruises. Not bad for a seventy year old PD guy.

God bless you all and keep up the good work.

Your friend XXXXX

Bye now!

Message #3

Howdy from Bic and me.

We are doing fair - likely better than expected due to the FGF-1 treatments.

Bic had heart rhythm issues a year ago - very bradycardic (slow heart rate) and hypotensive that led to her passing out (Syncope), fortunately while sitting together at the table and I caught her, so no fall/trauma. Hospitalized, it was obvious that she needed a pacemaker. However, the local cardiologist-

electrophysiologist refused to put one in, saying she was too small, and it wouldn't make a difference since her Parkinson's was fairly advanced, causing her to be significantly impaired, so she should just go on hospice, and likely die in the next few weeks. Obviously, I disagreed. So a second opinion in Santa Clara Kaiser agreed with me, and the pacemaker was placed the beginning of April. She became very deconditioned over the 2 months before her pacemaker was placed, so her recovery was quite prolonged. But she is a very determined lady. With no more bradycardia issues, and her blood pressure stabilized well, she has slowly become more active. She has definitely felt mildly improved with each dose of FGF-1. So I also give credit to FGF-1 in her ability to function better, since her pacemaker has been placed. So we are truly indebted to you. Thank you so much!!!

Dr. Lxxxxxxx

Message #4

Hello Vika,

Thanks for the outstanding news.

Thanks for asking about my condition. I would say that I'm doing reasonably well but I feel as if things have leveled off since my last dose in November. I am hoping this round continues to attack symptoms that I've started to have back in June. I stayed off of Carbidopa I'm having some symptoms of Tremors from time to time and some anxiety which I'm hoping will improve with more angiogenesis and neurogenesis with this dose.

Have you continued to increase the dosage testing safely? I also take great interest in your neuropathy capabilities is my right leg and extremities continue to exhibit neuropathy which tend to flare up balance problems and occasional shaking. I noticed some discussion in your newsletter about right to try in Las Vegas. I'd say let's take this one dose at a time but I take great interest. If you're broken new ground. Please let me know.

My best to Dan Sergey and the team. Look forward to round two!

Axxx

Message #5

Vika,

Next week or the week after would be best for me. The nebulizer looks interesting and I'd like to try it.

Improvements continue. I presented at a technical conference in February and received some excellent feedback. I could not have done this a few years ago. Thank you!

Best,

Dan xxxxxxxxx

Message #6

Dear Vika,

It's been 14 months since I began my first FGF-1 treatment and am incredibly thankful for the improvements I am experiencing.

I have been completely off all Parkinson's medications for 9 months. I no longer struggle with dyskinesia, I sleep soundly through the night, I no longer suffer from tingling in my feet, and have seen improvement in my balance. I still have an intermittent tremor in my right hand and my gait could be faster and more fluid. However, I am feeling positive and strong.

The better I feel, the more active I have become. I now find myself working on physically demanding projects and am able to travel more and enjoy spending time with family and friends.

For all of this, I am incredibly grateful.

Judy XXXXXX

Cross Border Medical Tourism

Cross Border Medical Tourism services are for those people who want to be considered for Zhittya's future clinical trials or its current Medical Research Studies. Cross Border is now arranging Medical Tourism to treat Parkinson's disease in Las Vegas, which started in January 2026.

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

Cohort #45

March 23 – 26, 2026

Cohort #46

April 27 – 30, 2026

Cohort #47

May 25 – 28, 2026

Cohort #48

June 23 – 25, 2026

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

Sam.crossbordermedical@gmail.com

His phone number is: 714-393-8605

In addition, if you are interested in participating in a functional MRI brain scan study at Washington University in St. Louis, please let Sam know. There is a finite number of slots for the imaging studies. These studies will look at brain blood flow before and after treatment with FGF-1.

Upcoming Events:

April 9–11: Money Show in Hollywood, Florida

The Diplomat Beach Hotel, Hollywood, Florida

Topic: Breakthrough Biotech Medicine for treating the cause of death for 65% of all adults

May 14–16: Money Show in Dallas, Texas

Hilton DFW Lakes Executive Conference Center, Grapevine, Texas

Topic: Breakthrough Biotech Medicine for treating the cause of death for 65% of all adults

July 9–11: Freedom Fest in Las Vegas

Caesar's Palace, Paradise, Nevada

Zhittya will be making a Main Stage presentation on Zhittya's medicines at the Freedom Fest.

In addition, on July 10, 2026, Zhittya is sponsoring a dinner on: "Freedom to Try Medical Innovations". I hope we will have several hundred people attend this event and I will be presenting. I also hope we will have an important VIP guest speaker to address this important topic.

July 20–22: Money Show in Las Vegas

Caesar's Palace, Paradise, Nevada

Breakthrough Biotech Medicine for treating the cause of death for 65% of all adults

July 22–25: Caribbean Cardiac Society 39th Annual Cardiology Conference

Atlantis Paradise Island-Bahamas

Zhittya will be presenting on its heart medicine to treat "**Small Vessel Heart Disease**". Last year this conference had around 350 attendees from all over the world. It is my hope we can enlighten hundreds of cardiologists that there is a new treatment for their "No Option Heart Patients".

August 26–28 Money Show San Francisco, California

Fairmont Hotel, San Francisco, California

Topic: Breakthrough Biotech Medicine for treating the cause of death for 65% of all adults

Conclusion by Dan Montano:

I am 77 years old. I have met and worked with many US Presidents, Prime Ministers, Chancellors and more all over the world. I have been to the White House many times, Number 10 Downing, and more. I have been blessed with love from a caring family and friends. I believe we are at the start of the biggest medical revolution ever, and I am excited. I am not excited by the medical discoveries, because those discoveries have been known for 30 years. I am excited that now we have a chance to get those medicines and treatments to sick people who desperately need them. A huge backlog of medical treatments are waiting for you.

Important: Our patients are interviewed every 6 months to measure their status. All the data gathered is entered into a computer system and processed to provide us with data on improvements or lack of improvements. Recently I was given a read-out report that caught my attention. Many people with Parkinson's disease suffer from urinary control and constipation. These topics are not discussed in polite conversation; however, we are dealing with medical reality, so I will share with you some of the data. Our most recent report on those patients dosed for 6 months or longer is that 60% have experienced enhanced condition or no issues any longer with urinary control or constipation. The pain and suffering a Parkinson's disease patient can suffer from constipation can be horrible. How can I tell you when a person calls me and say, "Dan, thank you I can s*** again!", brings happiness to my soul. I know with a call like that we are doing good! The greatest wealth I have ever known is seeing a good mother live ten years longer because FGF-1 in her heart extended her life. Seeing a good man able to walk by himself after being confined to a wheelchair is real riches. I have six children, 11 grandchildren, and 10 great-grandchildren, and now hundreds of patients who are all part of my true wealth. It is difficult to explain how amazingly rewarding a telephone call "Dan, I can xxxx" is, and when you realize your life and your existence matters.

You have read in the beginning of this Update that FGF-1 can do this or that or more. The FGF-1 molecule goes to sick cells and makes them well again. The reports we get back from people about other health issues improving from them taking FGF-1; just makes us more excited about what we still need to do for other illnesses in our future.

The great thing about being born poor, is becoming poor again does not scare you. Being born poor makes you realize what is really important, not a new car, but your grandmother's cooking. You learn the things that matter and that is why Zhittya is doing what no one else is doing, it is because to do nothing about curing diseases (when you believe it can be cured) is **failure!**

Every night before I go to sleep, I pray to God, "Do not let me fail these people who need help!"

I believe we are very close to victory in our efforts to lessen pain and suffering and extend lives.

God bless you, and thank you all!

Dan Montano, CEO

Zhittya Genesis Medicine
8683 W. Sahara Ave., Suite 280
Las Vegas, NV 89117
USA
702-802-8373
zgm.care