



## Biography

### Dr. Ann de Wees Allen

Distinguished professional, Clinical Researcher, Board Certified Doctor of Naturopathy with twenty-four years of in-depth research in the field of L-arginine biochemistry, L-arginine Isoform pathways as related to genetic polymorphisms, anti-aging, growth hormone, Glycemic Index, Clinical Research, Lipoprotein Lipase (LPL), thermogenesis, adiposity in humans, Othomolecular Nutrition, Nutritional Anthropology, sports nutrition, Low Glycemic glycosides, Nanotechnology, and Picotechnology.

- *Association of Clinical Research Professionals*
- *American Diabetes Association Council on Nutritional Science & Metabolism*
- *Who's Who in Diabetes Education and Research, American Diabetes Association*
- Pioneered research on the glycemic index/development of low glycemic foods
- Received **first Glycemic Patent** ever awarded worldwide
- *Who's Who of American Inventors*
- Patent holder and developer of *L-Arginine M2*
- Patent holder and developer of *Encode; Sickle Cell and Thalassemia*
- Chief Researcher, *NutriGenomics Research Institute*
- Patent holder of L-arginine formulas and Isoform delivery systems in humans
- First scientist to discover L-arginine as a *Blind Amino Acid*
- Human In vivo clinical researcher; Glycemic Index
- Chief Researcher; L-arginine Protocols for Physicians and L-arginine PDR
- Patent holder of anti-aging growth hormone re-institution in humans
- Patent holder of "*Breakthrough Product of the Year*" by *Success magazine*
- *Wall Street Journal*, Dr. Allen's Patents produce Millions of Dollars in sales
- Researched and developed low glycemic, patented food technologies
- Developed and patented the first low glycemic *Edible Computer Chip*

***Past Director of the Cancer Help Line***

Washington, D.C. based national cancer program providing up-to-date research from N.I.H., Johns Hopkins, and Sloane Kettering to oncologists and cancer patients. Adapted Linus Pauling/Dr. Ewan Cameron vitamin C protocol for cancer patients. Set nutritional guidelines as adjuncts to cancer treatment.

Technical Consultant on FDA guidelines to United States Senate and Congress of the United States. Washington, D.C.

World Government Award – Washington, D.C.

***Chief of Biomedical Research***

1983 to present

GLYCEMIC RESEARCH INSTITUTE

Washington D.C. 20004

[www.glycemic.com](http://www.glycemic.com)

International industry expert on the glycemic index. Oversee government approved Certification Programs in the field of the Glycemic Index. Design glycemic protocols that adhere to the *World Health Organization (WHO)*, *FDA* and *FTC* guidelines and as specified by Standardized Clinical Testing Protocols accepted in the United States and worldwide.

Glycemic Certification Program, International and National legal verification program ensuring the glycemic integrity of food, Nutraceutical, and Pharmaceutical products. Develop and maintain National and International government approved Certifications for “Low Glycemic” and “Low Glycemic for Diabetics.” Design Protocols for ongoing glycemic clinical trials for foods, drinks, packaged foods, nutrients, Pharmaceuticals and Nutraceuticals to accurately determine respective Glycemic Index, Glycemic Load, and Adipose Tissue Fat-Storage.

Chief Researcher and author of best-selling book *The Complete Guide to Fat-Storing Carbohydrates; The Glycemic Response of Foods*.

***Head Clinical Researcher***

GLYCEMIC RESEARCH LABORATORIES

GLYCEMIC SOLUTIONS CORPORATION

HUMAN IN VIVO GLYCEMIC CLINICAL TESTING FACILITY

Association of Clinical Research Professionals # 160938

(727) 894-6900

[www.GlycemicIndexTesting.com](http://www.GlycemicIndexTesting.com)

[www.GlycemicResearchLaboratories.com](http://www.GlycemicResearchLaboratories.com)

In Vivo Human Clinical Testing laboratory focusing on glycemic index, glycemic load, adipose tissue fat storage, Lipoprotein Lipase, Neuropeptide Y, and Leptin. Design and

apply clinical protocols for determining glycemic and fat-storing mechanisms in humans. Ascertain glycemic and fat-storing properties of foods, nutrients, Nutraceuticals, and Pharmaceuticals. Assign quantitative glycemic measurements to foods and nutrients.

***Chief Researcher***

NUTRIGENOMICS RESEARCH INSTITUTE

Nutrigenomics & NutriGenetics

*The Science of Nutrition & Genetics*

[www.GeneFoundation.com](http://www.GeneFoundation.com)

***Director of Orthomolecular & Nutraceutical Research***

***L-ARGININE RESEARCH PROJECT***

***NANOTECHNOLOGY RESEARCH***

1983 to Present

Nutrilab Corporation

St. Petersburg, Florida

[www.ArginineResearch.com](http://www.ArginineResearch.com)

[www.TrutinaDulcem.com](http://www.TrutinaDulcem.com)

***Director of Sports Science***

***HUMAN MAXIMUM PERFORMANCE***

Design and monitor nutrient/food Matrix  
and Protocols for world-class professional athletes.

Analytical laboratory testing and Certification of sports supplements  
that meet World Anti-Doping Guidelines.

[www.HumanMaximumPerformance.com](http://www.HumanMaximumPerformance.com)

Personal nutritionist to National Football League Superbowl athletes, Major League Baseball, Salt Lake City 2002 Olympic Medalists, Gold Medalists, Mr. Universe, Mr. Olympia, Ms. Galaxy, APF Nationals, WPC World Championships, PGA, and world-ranked pro-athletes. Designed and implemented the *Human Maximum Performance Program* for professional athletes.

***Chief Researcher***

***L-ARGININE RESEARCH PROJECT***

1983 to Present

Research and develop L-arginine protocols for humans. Designed and monitored the longest study ever conducted on human subjects and L-arginine.

Establish human and mammalian guidelines for oral ingestion of L-arginine, Isoform and metabolic pathways for L-arginine, therapeutic doses of L-arginine, anterior pituitary release of growth hormone (GH).

L-arginine dose dependent benefits, IGF 1.2.3., testosterone response from Delta sleep generated by L-arginine, anti-aging factors, sperm motility and L-arginine, diabetes and

L-arginine, mitigation of viral exacerbation from L-arginine, mandatory co-factors for reducing side effects related to ingestion of L-arginine in humans and mammals.

Development of chemical Riders in L-arginine formulas, Blood-Brain-Barrier and L-arginine, transport systems for L-arginine, effects of L-arginine on insulin-mediated blood flow and glucose disposal in humans, oral L-arginine therapy improves insulin sensitivity in humans, human adipocytes (fat cells) evidenced by oral ingestion of L-arginine, tissue amino acid (AA) uptake and increases AA incorporation into protein.

Lipolytic effect of oral ingestion of L-arginine at specific therapeutic doses, glycemic matrix disrupts arginine cycle, arginine competitors, somatotrophic hormones in the L-arginine cycle.

## NANOTECHNOLOGY, PICOTECHNOLOGY, & GLYCOSIDE RESEARCH

1995 to Present

[www.TrutinaDulcem.com](http://www.TrutinaDulcem.com)

[www.EdibleComputerChips.com](http://www.EdibleComputerChips.com)

Nanomolecules and Picomolecules utilized in drug delivery, and transport systems for Blood-Brain-Barrier (BBB) carriers.

Extraction of non-toxic glycosides from Kiwi fruit, 32-step water-extraction processes utilized in extracting glycosides from fruit, low glycemic natural fruit carbohydrates, removal of high glycemic components from fruits, development, analysis of sweetener carriers, blood glucose effect of sugars, sweeteners and carbohydrates, circulating adiponectin (ACRP30), metabolic syndrome and sweeteners.

Genetic mutations in the leptin gene, adipocyte glucose metabolism, decreased glucose-induced thermogenesis (DGIT), circulating C peptide concentrations and insulin resistance, substrate utilization of carbohydrates and sweeteners.

Insulin-Leptin-Ghrelin relationship in energy metabolism, improvement of glucose tolerance in type 2 diabetics in response to acute catalytic low-dose fruit glycosides, muscle glycogen and carbohydrates, Lipoprotein Lipase (LPL) and sugars.

Development of Nanomolecule glycosides that do not trigger adipose tissue fat-storage, diabetes, or insulin resistance in humans.

Research & Development of Nanomolecule L-arginine Isoform transport systems for genetic polymorphisms; including Sickle Cell, Thallasemia, African American Cardiovascular Disease.

## THERMOGENESIS & SEROTONIN RESEARCH

1983 to Present

Research, identify and quantify Pathogenesis of Obesity and Diet-Induced-Thermogenic agents in humans. Thermogenic and fat-storing response of carbohydrates, sugars and

sweeteners, stimulation of fat-storing enzymes in humans, Brown Adipose Tissue (BAT) and thermogenesis, internal vs DIT thermogenesis, thermogenic capacity of cells and tissues, UCP in mitochondria, Resistin, lipolytic actions in humans, appetat centers of the brain. Serotonin, identification and reduction of fat cell mass in humans, caloric conversion info fat cells, human genetic code related to deposition of adipose tissue body fat, N.E.A.T., fat thermostat in humans, hypothalamus-related fat-storage. Cellular level thermogenesis, caffeine and DIT, methods for buffering caffeine to eliminate fat-storage in fat cells, caffeine thermogenesis, LPL gatekeepers for fat-storage in the fat cell, chromium and thermogenesis, chocolate and Serotonin-response in human female population, agents that activate Serotonin, high-protein diets and reduced thermogenesis, aging and adipose tissue fat accumulation, adipocyte lineage, regulation of beta-3-adrenoceptor expression in white vs brown fat cells.

## PATENTS

### L-ARGININE PATENTS (1983-Present)

L-arginine: reduction of adipose tissue body fat  
L-arginine: increases in muscle mass and muscle mitochondria  
L-arginine: enhanced immune function and NK-cell function in humans  
L-arginine: eradication of side effects as related to ingestion of L-arginine  
L-arginine: access via human Blood-Brain-Barrier  
L-arginine: sexual function  
L-arginine: as an antioxidant  
L-arginine: as an adaptogen and rejuvenative  
L-arginine: anti-aging  
L-arginine: reinstating growth hormone, testosterone and IGF-Factors  
L-arginine: novel nitric oxide pathway  
L-arginine: inhibition of elevated and aberrant blood glucose levels

### HUMAN ADIPOSE TISSUE FAT-BURNING PATENTS

Palatable Mechanisms in human adipose tissue fat-burning  
Thermogenic adipose tissue fat-burning coffee  
Thermogenic adipose tissue fat-burning water  
Thermogenic adipose tissue fat-burning tea  
Thermogenic adipose tissue fat-burning soda/cola  
Thermogenic adipose tissue fat-burning sports drinks  
Thermogenic adipose tissue fat-burning chocolate drink and hot chocolate  
Thermogenic adipose tissue fat-burning green tea  
Thermogenic adipose tissue fat-burning lemonade

### THERMOGENESIS & WEIGHT LOSS PATENTS

Adipose tissue fat-burning, weight loss methodologies in humans  
Buffered caffeine eliciting weight loss in humans  
Use of chromium in diet-induced thermogenesis and reduction of body fat  
Use of chromium and caffeine in human weight loss and reduction of adiposity

## LOW GLYCEMIC FRUIT GLYCOSIDES (Patents-Pending)

Safe L-arginine Isoform pathway for Blood-Brain-Barrier transport in humans  
NanoMolecule applications in drug delivery and transport systems  
Non-adipose-tissue-fat-storing carbohydrates utilized in weight loss  
Low glycemic methodologies in Nutraceutical and Pharmaceutical weight loss formulas  
Kiwi glycosides that do not elevate blood glucose or insulin levels in humans  
Fruit sweetener for diabetics, hypoglycemics, and Insulin-Related Disorders  
All-natural, organic fruit sweetener for use in weight loss preparations  
Carbohydrates that do not trigger human fat-storing mechanisms  
Natural sweetening system that does not instigate Lipoprotein Lipase fat-storage  
Methodologies for blocking fat-storage in the fat cells in humans  
Diet-Induced-Thermogenic (DIT) methodologies in weight loss protocols  
Carbohydrate system for blocking fat-storage in foods, drinks, and weight loss formulas

## GENETIC PATENTS FILED

The focus of the Gene Foundation and the Encode™ research project is to identify and develop signal transduction pathways on a genome-specific scale as related to genetic variants carrying life-altering codes.

### Current Genetic Research Projects

*African American Polymorphisms*

*Sickle Cell Disease*

*NanoTechnology in drug delivery*

*Cardiovascular Disease*

*Asian polymorphisms*

*Growth Hormone Deficiencies*

*Alzheimer's*

*Mitochondrial DNA*

## 2006-2007 RESEARCH & PATENTS FILED

Nanotechnology Applications in Medicine; Nanomolecule transport systems.

Glucosamine that does not exacerbate or trigger risk of type 2 diabetes or cause Insulin Resistance (Human Clinical Trials 2006).

Bone Matrix: Methodology for re-establishing bone density via metabolic uptake of bone-building materials in humans. Utilized for ten years in the Human Maximum Performance Program with professional athletes who experienced bone injuries. The formula is an effective adjunct for sports injuries, osteoporosis, arthritis, bone injuries, loss of calcium from teeth, and other calcium-related deficiencies.

Low Glycemic chocolate candy that stimulates Serotonin and does not store in human adipose tissue fat cells (Human In Vivo Clinical Trials). Diabetic-Safe Chocolate Candy for children and adults with insulin-related disorders. Clinical trials conducted 2007.

Low glycemic ice cream that does not stimulate human fat-storage (Human In Vivo Clinical Trials may be seen at [www.SkinnyIceCream.com](http://www.SkinnyIceCream.com)).

[www.SkinnyIceCream.com](http://www.SkinnyIceCream.com)  
[www.SkinnyScience.com](http://www.SkinnyScience.com)  
[www.LowGlycemicIngredients.com](http://www.LowGlycemicIngredients.com)  
[www.LowGlycemicChocolate.com](http://www.LowGlycemicChocolate.com)

## SPORTS DRINK PATENTS & PATENTS PENDING

Nanotechnology in Sports Drinks: Delivery Systems

Sports drinks specifically designed to meet the biochemical requirements of the athlete.

Sports drinks that improve Human Maximum Performance and biochemically enhance athletic performance.

Sports drinks targeting specific sports events and their glycogen requirements.

Sports drinks that are low glycemic.

Sports drinks that do not stimulate adipose tissue fat-storage.

*Red Bull*-type drinks

Thermogenic, fat-burning drinks

Sports-Specific Glycogen Replenishment drinks

Golf Sports Drink

### **Sports-Specific drinks for athletes:**

Football	Bodybuilding
Baseball	Powerlifting
Soccer	Olympic events
Rugby	Tennis
Dance Performance	Surf rowing
Basketball	Triathlete
Formula-1 racing	Marathon runners