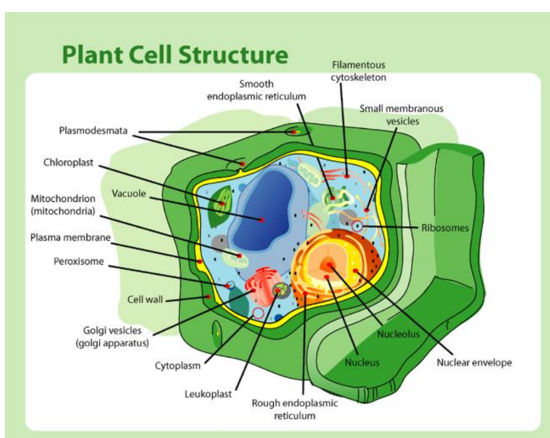
APLGO Product Call with Mary Esther Gilbert, MSc HN, BSc NSP
Questions by Kathleen Erickson
July 14, 2025
Millennial Kit: GRW, HPY, SLD, GTS

Question #1.

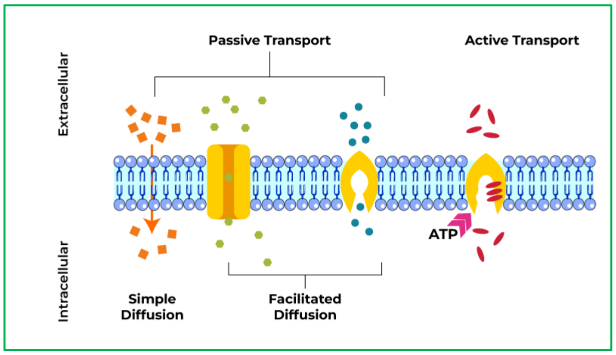
What are the 3 components of our Acumullit SA Technology that makes our lozenges the only innovative delivery of plant DNA with the negative ion/electron energy infused into less than a gram of glucose the body can easily use?

- The APLGO Acumullit SA technology, as well as everything in the universe, operates at the subquantum energy levels the human eye cannot see.
- The simulated storm in the chambers holding the plant mixtures allows the uptake of negatively charged ions or extra electrons that can help neutralize cell-damaging free radicals in the body.
- This technology allows the use of the micro cell components or organelles as well as micronutrients already available in the plant materials since they contain the necessary electrical charge that facilitate nutrient absorption into our cells.
    - The proprietary technology causes the breaking of plant cell membranes while in the chambers, which releases the plant cell components, the micro organs or organelles that contain the DNA, mitochondria, protein synthesizing endoplasmic reticulum, other useful proteins, and plant fluids containing the highly beneficial phytochemical and other essential micronutrient complexes.
    - The technology allows the preservation of the light energy frequencies that maintain the electrical charges in the drops, which in turn perpetuate the critical enzyme actions the body needs to stimulate all biochemical, cellular, and therefore bodily processes.



- Our human cells can only accept biologically compatible nutrients in the proper viable forms—ones that are usually reduced to their basic micro-sized units through digestion, where they are readily accepted into the cell through facilitated diffusion and active transport across our cell membranes, depending on the type of molecule that arrives at the cell sites.

  - Facilitated diffusion allows polar and electrically charged molecules to cross the cell membrane, including:
    - Glucose transporter proteins.
    - Ion channels that maintain electrically charged nutrients.
    - Amino acid active transport via carrier proteins and channel proteins present at the cell membrane.



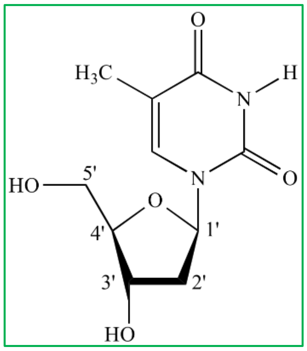
https://www.geeksforgeeks.org/biology/facilitated-diffusion-explained/

Features	Simple Diffusion	Facilitated Diffusion	Active Transport
Energy Requirement	No energy required.	No energy required.	Requires energy (usually ATP).
Role	Allows molecules to pass directly through the membrane. Maintains fluid balance equilibrium.	Allows specific polarity charged molecules to cross membrane assisted by protein channels in the membrane.	Concentrates substances or regulates cell volume.
Example	Oxygen and carbon dioxide diffusion	Glucose and amino acid transport through channels	Sodium-potassium pump in nerve cells

https://www.geeksforgeeks.org/biology/facilitated-diffusion-explained/

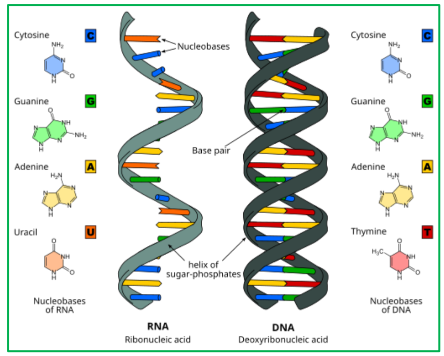
  - Nucleosides – molecules that are composed of a nitrogenous base (adenine, guanine, cytosine, or thymine/uracil) and a pentose sugar (ribose or deoxyribose), which are the building blocks of nucleic acids or DNA and RNA.

A Nucleoside



Illustrated Glossary of Organic Chemistry
https://www.chem.ucla.edu/~harding/IGOC/N/nucleoside.html

RNA/DNA Nitrogenous Base Pairs



Wiki - Verwendete Bilder 2010

1. Please talk about the Plant DNA an intelligent life/light blueprint the plant was designed for in which it communicates with our human DNA to repair, restore and regenerate us.

- Plants respond to light in order to live; it is a major regulator of their development, metabolism, and programmed intelligence.

- Human cells are similar in our need for the light energy stored in plants that we can utilize in the form of active nutrients and their fluids, as well as sunlight.

    - Light from plants and our own sensible exposure to sunlight affects DNA gene expression in both plants and humans, and all living things.

    - Light determines the critical role in developmental signals and metabolic regulation (Mural, 1991) (Bartke, 2020).

- We build our DNA using fundamental essential nutrients, which impact on our health that is determined by:

    - Their stored light energy that stimulates electrical positive and negatively charged food molecules, which in turn spark the activation of enzyme catalysts.

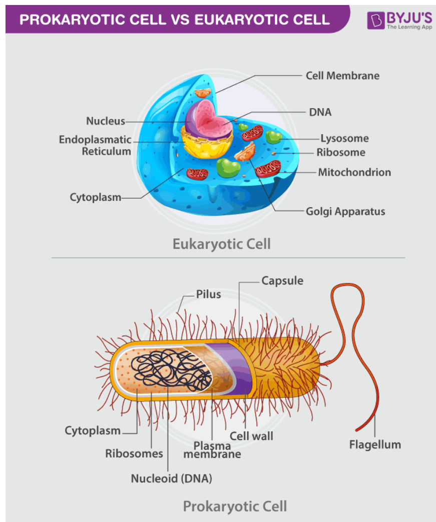
    - The presence of vitamin, mineral, and phytonutrient complexes, and the fundamental building blocks, amino acids, which are broken down in digestion from complete protein foods.

    - Correctly structured water, which carries the light energy frequencies and electrical conductivity conducive to proper DNA functioning (Gilbert, 2024).

- The composition of food has been explored to determine if food could alter an organism's DNA and gene expression, taking into consideration the many factors that can influence DNA gene sequences.

- Interactions between diet, metabolism, and adaptation/reactions to life affect the countless metabolic pathways that influence gene regulation.
- High percentages of these variations have provided evidence that we truly are what we eat.

- For instance, the element nitrogen, which is contained in amino acids present in both plant and animal-derived foods, was shown to alter changes in gene sequences in the DNA of eukaryotic bacteria and parasites (Seward, 2016) (University, 2016).



- The proposed concept that plants are intelligent has been a controversial subject for many years. Arguments arise from differing perceptions of how plants behave, and their abilities:

  - The notion that nervous systems are required for intelligence even if their electrical information is processed through different cell signaling.

  - That influence on laboratory research environments affect perceptions of plant behavior, that plants should be examined in the wild where many unpredictable, uncertain factors determine their survival or "thrival".

  - That there is a relationship between plant intelligence and individual adaptability that may increase survival probability.

    - A plant's ability to protect itself from certain types of predatory life forms through its fluids (essential oils, phytochemicals) that are offensively aromatic, distasteful, or toxic (although may not be offensive to other life forms such as humans—quite the contrary).

    - To recognize that accuracy in perception, experience, assessment and conclusions in the laboratory would be different variables in plants assessed in the wild.

        - The energy and nutrient production, reproduction, growth and development, circulatory quality, immune strength are all factors that may or may not be associated with learning, memory, and intelligence as perceived when referencing those functions in humans.

- The physiological processes of plant and human metabolism: behavior, disease, reproduction, stem cells, male, female, growth, development, vascular tissue, circulation, etc. appear analogous, and science is postulating that learning, memory, and intelligence also apply to both plants and humans as well as animals.

- Viewing plants as intelligent living things allows new perspectives and understandings about plants.

    - DNA gene sequencing and translation.

    - Genetic understanding of adaptability in response to stimuli that improves reproduction and plant generational thriving through a plant's "learning" how to adapt.

    - How plants communicate, interact with, and help nourish and protect one another in their ecological, altruistic and cooperative relationships.

    - Gaining a better understanding of what plants actually are has led to conclusions about their intelligence, given the factual evidence that aligns with the descriptors of that intelligence.

"If the intelligent aspects of plant life fit most concepts and factual evidence supports it, then we must describe plants as intelligent beings, not because we want to or arbitrarily choose to, but because they are."
(Calvo, et. al., 2020)

- Through epigenetics, we can impact how are genes in our DNA are expressed through our daily nutritional choices, lifestyle, and responses to life through perception and behavior without changing our genetic coding of the body's operating instructions.

    - Epigenetic changes can turn genes on or off through:

        - DNA methylation and de-methylation – the addition of a methyl group of molecules that block or turn off proteins from reading a section of DNA, or removes a methyl group to turn a protein or gene on.

        - Histone modification – when DNA wraps around certain proteins or histones, making it difficult for them to read a gene and therefore turning it off. Chemical groups added or removed from histones determine whether a gene expression is on or off.

        - Non-coding RNA – a type of RNA the DNA generates that opposes or controls certain gene coding sequences.

    - Research continues to show the critical role nutrition has for inducing epigenetic changes that support the body's defenses against diseases and metabolic disorders.

    - It has been shown that epigenetic actions influence the development of diabetes, obesity, liver disease, thyroid disorders, osteoporosis, and many others (DeCesaris, 2024).

- There have been growing implications in scientific research that nutritional epigenetics' influence on gene expression create conditions that change the activity of the genome and determine a state of health, and is a point of intervention against the development of diseases.

- Food is now being seen as a point of intervention for long-term health, a form of "molecular exposure".

    - The presence of absence of nutrients affect the number and quality of cells in the body's systems and its overall metabolism or how efficiently it utilizes nutrients for energy and self-regulation.

        - Protein production, organ size and cell types, how and which genes express proteins, how genes are transcribed.

        - Food transforms an organism; food is digested, shapes metabolism, and leaves an imprint on how the body functions, and the epigenetic effect it has on gene expressions is potentially heritable.

        - Research has been focused on how exogenous influences outside the body are transformed in and affect the body's biology.

- Scientific discussions have also focused on how food is perceived, manufactured, and regulated (Landecker, 2011).

2. Negative ion/electrons. Please focus on the electron's role of bio-emission that creates the light spark at the zero point field for manifestation of life and all physical matter.

- This involves unified concepts that intersect with quantum mechanics and biology, and consciousness, which goes beyond established scientific theories.

    - This is all linked to electrons in the zero-point energy field, bio-emission, and the manifestation of matter.

        - <u>Zero-point field</u> – according to quantum mechanics, at absolute zero temperature, space is composed of endless fluctuations of fields upon fields of energy and particles that never cease, and is possibly a source of the origin of matter and the universe's energy.

        - Bio-emission – living organisms emit faint light called biophotons or ultra-weak photon emissions that are a byproduct of cellular activity during metabolic processes. Light energy excites electrons for transferring energy.

        - Manifestation – some researchers have been exploring the possible connection between the zero-point field and consciousness in manifestation of matter, including focused thoughts and intentions that influence reality and potentially impact health and well-being, although this goes beyond established scientific understandings.

    - Consciousness and its nature and origin is an active area of research; since it is considered to be a subjective experience, it has been a challenge for scientists in various disciplines working together to understand the complexities of this intangible quality of human beings.

    - More research is needed in studying the relationship between consciousness and quantum mechanics to help understand and bridge the gap between hypothesis and speculation, empirical evidence, and strong scientific evidence (Schrodinger, 2025).

3. Sugar/glucose: Please share more about the processes of glycobiology, the function of glycogen and how our body needs this simple chain glucose as the energy source of so many functions in our body's physical needs and the role it plays with the electrons spark, creating cells that can repair, restore function, and regenerate our health and wellbeing.

- Glycobiology is the study of the structure and biosynthesis of saccharides in plants, also known as carbohydrates or glycans, and of the associated proteins that function with them (Varki, 2022).

- Glycolysis is the initial step in utilizing glucose for producing the unit of energy molecule, ATP.

    - To produce energy, the cycle produces electron carriers, particularly, NADH, which:

        - Enters the electron transport chain that ultimately results in generating ATP.

        - Participates in the electron transport chain that fuels ATP, which in turn fuels cellular processes such as DNA repair.

- The complex interactions between glycolysis, electron carriers, DNA repair, and cellular regeneration demonstrate how interconnected critical metabolic pathways are for optimal cellular functioning (Sun, 2025).

Question#2.

Millennials are our generation of young adults to early middle age that have grown up with new magnetic electrical frequencies from birth to now. Their health and well-being has been strongly influenced through the changed epigenetic fields around their cells and it has altered the functions of their DNA or enhanced inherited genetic dispositions.

I would like you to focus on the how and what phytonutrients or phytochemicals of our plant DNA blueprint are used to protect our cells from harmful toxins, radiation, frequencies, and other harmful invasions, understanding that our bodies change and heal when given this kind of intelligent life/light source.

Millennial Kit: GRW, HPY, SLD, GTS

GRW

Aloe Vera Leaf (Gel)
Ashwagandha Root
Astragalus Root
Balsam Pear Fruit (Bitter Melon)
Bilberry
Cranberry
Currant
Husk Tomato (Ground Cherry)
Olive Leaf
Pomegranate Seed
Purple Coneflower Root
Reishi Mushroom
Rowanberry
Grape Flavoring
Grape Skin Extract Coloring

Immune Cell Production: T-Cells, macrophages	Saponins, triterpenes, polysaccharides, flavonoids.
Detoxification	Proanthocyanidins
Cardiovascular Functions	Flavonoids
Mitochondria Energy Production	Adenosine
Antioxidants, Neutralize Free Radicals	Phenolic acids
Anti-inflammatory	Plant sterols lupeol, campesterol, beta-sitosterol
Stress-relieving Properties	Sitoindosides and acylsterylglucosides
Hormone Precursors	Alkaloids, tannins, glycosides, and natural plant steroids.
Clear Blood Vessels	Anthocyanins

(Gilbert, 2024)

HPY

Ashwagandha Root
Banana
Chamomile
Ginger Root
Ginkgo Leaf
Grapple Plant Root
Hemp Seed
Licorice Root
Passion Flower
Leaf
Pear
Sea Buckthorn Berry
Turmeric Root
Green Tea Flavoring

Homeostasis, Biochemical Equilibrium, Adaptogenic/Anxiolytic, Decreasing Sensitivity to Stress	Sitoindosides and acylsterylglucosides, phenolics, tryptophan (converts to serotonin the happiness hormone), catecholamines norepinephrine, dopamine, indoles, glutamic acid; non-psychoactive tetrahydrocannabinol *acid* (THCA); epicatechin, ferulic acid, and protocatechuic acid; flavonoids, tannins, polyphenols, terpenoids, sterols and alkaloids; epigenin, gallocatechins, epigallocatechin.
Anti-inflammatory, Antioxidant, Immune Boosting	Alkaloids, flavonoids leucocyanidin, quercetin, glucosides, luteolin, patuletin; tannins, phenolics, terpenoids, apigenin, apigenin-7-O glucoside, caffeic acid, chamazulene chlorogenic acid, coumarin, farnesene, luteolin, luteolin-7-O glucoside, and terpene bisabolol; flavonol glycosides, ginkgolides, bilobalide and proanthocyanidins; indoid glycosides harpagoside, harpagide, phenylpropanoid glycosides, tocopherols, carotenoids, phytosterols, lycopene, kaempferol, isorhamnetin, curcuminoids.
Increasing Mitochondria Energy Production, Stamina	Steroidal lactones, sterols ergosterol, stigmasterol, lanosterol, and amyrins.
Promoting Cerebral Circulation, Cognition, Learning, Memory, Thinking, Nerve Functions	Fatty acids, triterpenes, cyclomusalenol, cyclomusalenone, amino acid glycine, choline; linoleic, oleic omega-9 fatty acids; flavonoids, terpenoids, tocopherols, curcuminoids, lanosterol, saponins, glycosides, alkaloids.
Menstrual Cycle, Menopause	Curcuminoids

(Gilbert, 2024)

SLD

Balsam Pear Fruit
Ginger Root
Grapple Plant Root
Green Tea Leaf
Licorice Root
Strawberry, Wild
Turmeric Root
Pear and Mint Flavoring

Pain, Inflammation, Improve Ease of Movements in Joints, Muscles, Tendons	Choline, caprylic fatty acid, silica, monounsaturated oleic omega-9 fatty acid.
Antioxidant, Anti-Inflammatory	Polyphenols flavonoids, phenolic acids, phenolic alcohols, stilbenes, lignans, flavonols, flavones, flavanones, isoflavones, anthocyanidins, anthocyanins, catechins, epicatechin, epigallocatechin, gallocatechins, kaempferol, isorhamnetin, quercetin, kaempferol, carotenoids beta-carotene, lutein, zeaxanthin, pectins. stilbenes pterostilbene, resveratrol, curcuminoids.
Tissue Repair	Essential amino acids tryptophan, tyrosine, valine, leucine, threonine, and lysine, sterols, omega-3 alpha-linolenic acid.
Immune System	Cinnamic acids coumaric, ferulic, 5-caffeoylquinic, iridoid and phenylpropanoid glycosides including harpagoside and harpagide, saponins glycyrrhizin (GL) and 18β-glycyrrhetinic acid (GA), which contain antiviral properties, while liquiritigenin (LTG), licochalcone A (LCA), licochalcone E (LCE) and glabridin (GLD).
Blood Cleansing	Chlorophyll, carotenoids.

(Gilbert, 2024)

GTS

Apple
Ashwagandha Root
Ginseng, Siberian
Gooseberry
Green Tea, Leaf
Magnolia Vine, Fruit
Pineapple
Water Hyssop, Leaf
Pineapple Flavoring

Mitochondria Energy Production, Endurance	Eleutherosides
Metabolism-Regulating Organic Acids	chlorogenic, ursolic, malic, tartaric, citric, chlorogenic, salicylic, arabic, boric, ascorbic.
Fat, Cholesterol, Glucose Metabolism	glycosides, essential fatty acids, resins.
Tissue Repairing, Antimutagenic Antioxidants	catechins, plant pigments.
Heart, Arteries, Lungs, Nerve Cells	Sesquiterpenes Neutralize Free Radicals
Stress-Reduction Effects	sitoindosides, acylsterylglucosides.
Cognition, Focus, Alertness, Enhances Acetylcholine Function	flavonoids, phenolic acids.

(Gilbert, 2024)

Question #3 is a summarization.

With our innovative technology, Acumullit SA, please refer back to the rabbit hole of how powerful our bodies are as light beings with the ability to change as influenced by this technology. Look at all the happy and healthier people in our APLGO family as our bodies use this innovative Acumullit SA technology.

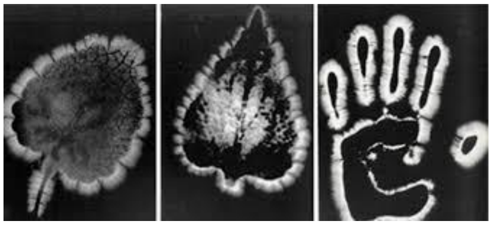
- Our cells are like batteries in that they hold electrical potential and electron flow that moves electrons down a transport chain that produces energy for fueling cellular actions.

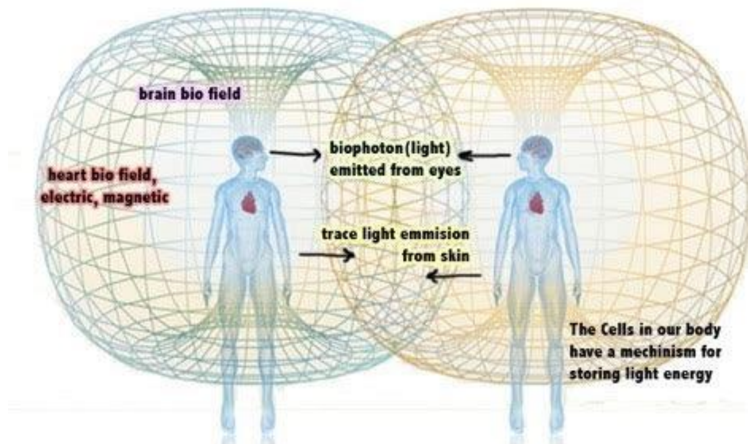
- This electrical conductivity that occurs every second of our lives is what perpetuates our aliveness and our self-healing capacity.

- Although exogenous as well endogenous influences affect how our cells operate due to the dynamics of epigenetics , the vast range of nutrient factors we obtain from the plant kingdom are vital for ensuring optimal DNA functioning.

- Optimal cellular nourishment through complete and biologically correct, energy-active foods, taking the APLGO drops, getting a bit of sunlight several days per week, can ensure to elevate the body's frequency at which it vibrates to known levels of luminous health vibrancy.

The biofield [of the body] *….offers a unifying hypothesis to explain the interaction of objects or fields with the organism, and is especially useful toward understanding the scientific basis of energy medicine, including acupuncture, biofield therapies, bioelectromagnetic fields comprising the biofield as well as its holistic properties may account for the rapid, holistic effects of certain alternative and complementary medical interventions (Rubik, 2002)."*





Fritz Albert Popp, PhD., Archives

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APLGO Product Reference Nutritional Health Guide
2nd Edition

By Mary Esther Gilbert, MSc, BSc HN, BSc NSP
Founder, True Health Mastery Institute of Holistic Personal Health Management
https://www.holisticchoices.com/true-health-mastery-institute

Science-Backed Product Knowledge Desk Reference
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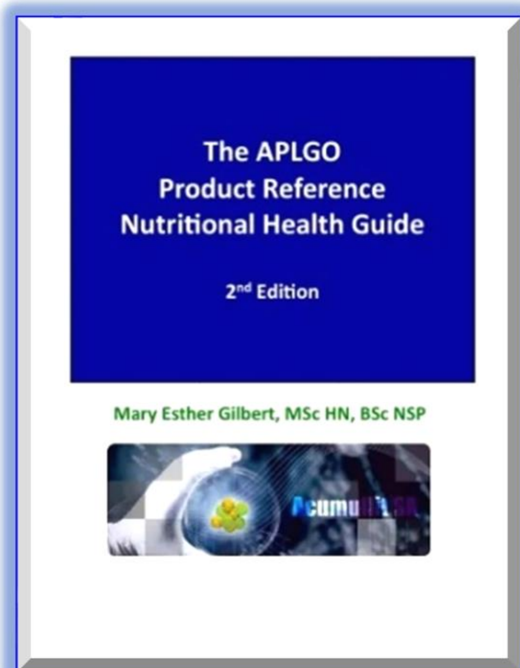

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- **Scientific monographs describing extensive health benefits of every botanical ingredient.**
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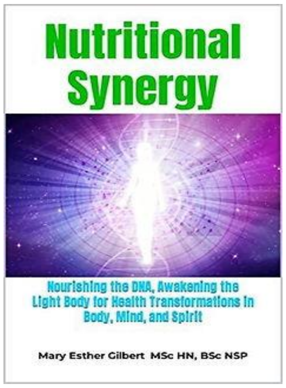

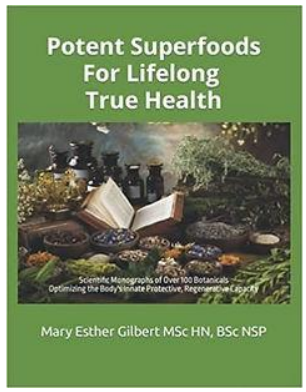

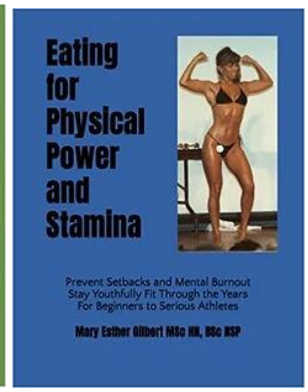

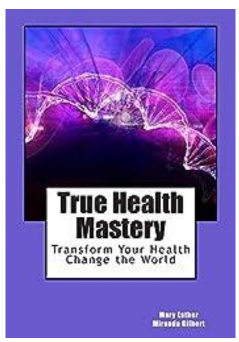

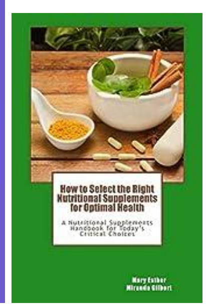

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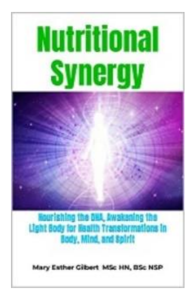

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