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From Supplement to ***The Art of Getting Well*** **Cooter's Comments: Sunshine Deficiency Diseases *(Sunshine and Health)*; Deadly Alkaloids in Pesticides; Sodium Fluoride: The Obedience Drug; Bone Spurs and Vinegar**

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The Oil and Vinegar Solution

by *Stephan Cooter, Ph.D.*

I was excitedly reading thru your book on *How to Spot and Handle Suppression in Medicine: Identical Medical and Religious Patterns of Suppression in The Late Twentieth Century*[16], and like all good things, when I turn my mind to something else, the real thing I'd like to know the answer to pops into my mind, a windfall. The passage that stimulated the inspiration was on fats storing drugs as L. Ron Hubbard had discovered. It started a chain reaction in me. I had been trying to understand what role cholesterol was playing in the body, and I had a dream about Counselor Troy [a character in *Star Trek: The Next Generation*], who appeared as a nun in red habits, on a secret mission to do good, but who was accused of being evil. I rescued her, and as I was running, she threw rocks at me, then nearly tickled me to death, as I watched Hawk-Eye and Colonel Potter, [characters in TV's *M*A*S*H*] laughing the leaves off the trees in the middle of a war.

I woke up knowing what cholesterol did.

HDL cholesterol transforms into LDL cholesterol the perfect chemical medium for transporting aromatic hydrocarbons and other free radicals into the fat. I'd wager that LDL cholesterol was, like one of its forms, bile salts, digesting free radicals or sponging them up, transporting them to the fat, where they too are stored like cocaine and other toxins, pesticides, etc. I'd just read that Dr. Wyburn-Mason had found that bile salts, a cholesterol derivative, killed his RD amoeba without Herxheimer problems[48]. Then, the "AHa!". I'll pass it along now, a donation to the Arthritis Trust of America.

First, put an egg in a small glass of apple cider vinegar, the kind of vinegar that arthritics have been reported to develop a taste for. Let the egg stand over night, and the next morning you'll be convinced. The eggshell will dissolve and go into solution.

For Carl Pfeiffer[44], it was a handy hint for people to get an inexpensive source of calcium and related minerals that make up eggshells for putting on their salads. He also said that it sweetened vinegar and was delicious on salad, not too sweet, not too sour. Vinegar is acidic, acetic acid in particular; calcium is alkaline. When together, they balance out, producing a pH and flavor pleasant to the taste buds, together with a good source of copper acetate, that discourages Wyburn-Mason's Rheumatoid Disease (RD) amoeba.

In a similar way, the vinegar solution may be responsible for arthritics who've found relief soaking their hands with swollen joints in a bowl of vinegar. The vinegar may be doing the same thing for the calcium deposits in the body as it does for the eggshell, namely dissolving the deposits and putting them into solution, where they could be used, as a serum source of calcium.

Why do arthritics develop a taste for vinegar? One doctor felt it was to tap the copper complexes in vinegar, which accompany, and are in fact essential to yeast metabolism[44]. Beer breweries have to use copper vats to get the yeast to work. And copper complexes are metabolized by the body during the arthritic process. But that might be only the tip of the iceberg. That tip alone might be the body's way of attempting to kill off or manage Wyburn-Mason's Rheumatoid Disease amoeba population and reduce inflammation[48].

It might also be a way of feeding candida populations that produce: alcohol which converts into aldehydes, which in turn convert into acetic acid, vinegar! When enough acetic acid is present, deposits of calcium, like eggshells, would dissolve, break up, and go into solution.

When 61% of the 31 people reported relief in joint pains in "Molybdenum: Recycling Fatigue into Energy," I had originally assumed the relief was from the transformation of aldehyde free radical irritants into something non-irritating, acetic acid-vinegar, which I assumed would simply be excreted out of the body, harming nothing[12]. [See "Candidiasis: Scourge of Arthritics," "Molybdenum for *Candida albicans* Patients and Other Problems," http://www.arthritistrust.org.]

As I rethink the reason for the improvement in arthritic pain in several people, it would make more sense to think that the aldehydes were attracted to the joints in the first place because they had a job to do. Aldehydes, like formalin and formaldehyde, are used in vaccination laboratories to weaken or atttenuate viruses. Aldehydes in the body do similar things to foreign pathogens, weakening them. Part of their job may have been to weaken the Rheumatoid Disease [presumed] amoeba.

Aldehydes play a role in attacking or chewing on damaged tissue too, so that when the white blood cells finally get to the scene they will be able to digest the partly chewed up food, damaged cellular debris, bacteria, protozoa, virus, and dispose of it properly.

If too many aldehydes flood the system, the same thing that happens to our own heads when we over-indulge in alcohol may happen to our white blood cells. We both get hangovers, and we can't see what we're doing, or what tissues, our stuff or the amoeba stuff, that we're supposed to. An auto-immune process is likely to begin.

However, when the body is furnished with enough molybdenum, selenium, magnesium, maganese, zinc, B_3, B_6, B_{12}, the process continues, and the aldehydes, after doing one job, are then transformed into acetic acid, for further clean-up. A fair guess would be

that the acetic acid plays a second role in dissolving deposits at the scene of joint injury.

Maybe the deposits are left behind by Wyburn-Mason's [hypotheicated] *Amoeba chromatosa* as lime-calcium-uric acid crystals. Uric acid becomes urea too, when assisted by molybdenum, and maybe that involves dissolving uric acid crystals.

Or maybe the mineral deposits are caused by constant withdrawal from the bone's reserves of calcium to fuel the blood of arthritics low in that and other minerals. The cause wouldn't matter; the clean-up would take place just the same.

So the same thing that is done to an egg may be why one woman in Yucca Valley California, who had been taking molybdenum and who had a bone spur on her hip, may have subjectively experienced a pleasant "red hot" warmth in her hip where the pain had been[12]. Either the aldehyde irritants were transforming themselves into acetic acid and she felt the chemical process as warmth, or it took her longer to experience heat because her problem was not aldehyde irritation at all, but rather pain from the calcium deposit itself, and it took her body two weeks to begin to experience the acetic acid effects of dissolving the bone spurs.

Vinegar on the hands or feet or wherever as a bone soak might work for that reason to reduce inflammation with its copper and dissolve mineral deposits.

Lemon juice, or lemon peel, is said to work the same way by herbalists when ingested.

Vinegar as a metabolic byproduct of the body's own aldehydes whether from environmental causes or candidiasis might perform a similar role, if the proper nutrients were in good supply.

Candidiasis, like the liver's failed attempt to produce vitamin C, might be the body's attempt at trying to produce its own vinegar solution to calcium deposits. Calcium deposits might just become serum calcium from the arteries and the joints if this attempt were successful, and all the vitamins and minerals were in good supply.

Oil too might just help out in the same way. Fatty acids are storage places; they are also transport mediums. Here we've developed tastes for oil and vinegar salads, which might have been telling us, yes, eat more good quality linoleic acids to restore the health of the whole system, eat more fresh vegetables, but for arthritics, that taste might also include the body's own wisdom trying to tell us about the effect of increasing or normalizing our calcium flow.

In *Essential Fatty Acids are Essential!*[14], one function reported was that linoleic acid or linolenic acid, increases the rate of calcium flow. I'm sure that would happen with ingesting better quality oils, virgin olive oil, cold pressed sunflower, and canola. However, an expeller expressed sunflower oil that I rubbed onto my nerve damaged right leg although not the best of oils, had a more rapid effect when topically applied. Originally, I attributed the improvement in muscular twitches, fasciculations, to the molybdenum in the oil going directly to the muscles that may have needed it and transforming some irritating aldehydes in the process. That may still be partly correct. However, it may be equally correct to think that the oil itself improved the tissue or blood flow of calcium. And too, as aldehydes converted into acetic acid, partly calcified arteries that most of us have had since infancy may have released enough calcium to normalize the involuntary contractions of muscles I experienced and relaxed them.

Oil and vinegar solutions may be great on salads; for arthitics and others with muscle, nerve, and joint problems, the oil and vinegar solution might be equally useful on the hands and everywhere else, massaged into the skin, or used as a soak. The waiter may think it odd when you ask for oil and vinegar, and he sees you rubbing as much into your knuckles as you pour on the salad, but your joints may think much better of you for trying the oil and vinegar solution. It doesn't cost much to try unless you leave your hand on a plate near a near-sighted, blurry-eyed eating companion who mistakes your hand for his or her salad.

Well, I was very excited about that. Some of my best insights come just the way that one did. So for what it's worth, here it is. It's yours if you want it.

Of course, if the vinegar-oil solution works for your's or any one else's bone spurs, I'll be pleased as heck.

Addendum

Although I was more than a little wary of what I had logically pieced together about vinegar's possible role in alleviating calcium deposits in arthritis, I found support for my feelings in D.C. Jarvis, M.D., *Folk Medicine, A Vermont Doctor's Guide to Good Health*[26].

In Jarvis's cattle studies, he found that swelling and inflamed knees in cattle subject to arthritis was relieved with the addition of 2 to 4 ounces of apple cider vinegar to their feed. In one case, a seven-year-old arthritic cow had such thick milk that it was nearly impossible to get the milk out of her with a milking machine. In order to thin the milk, first 2 ounces, then 4 ounces of cider vinegar were tried to see if it would help. Not only did the milk thin so the cow was giving 32 pounds of milk per day rather than the 11 pounds before the vinegar treatment, but the cow's arthritis symptoms cleared up as well.

Dr. Jarvis maintained that whole apple cider vinegar also had a similar healthful blood thinning effect in humans.

A similar account was reported of a farmer with arthritis who had taken ten teaspoofuls of apple cider vinegar in a glass of water, 3 times a day, with each meal. On the second day, the farmer reported a 20% improvement in symptoms, by the 4th day a 50% improvement, and by the end of a month a 75% improvement.

In attempting to discover why this was helpful and why calcium deposits formed in the first place, Dr. Jarvis had noticed that calcium deposits were commonplace in high calcium water in the teakettle. He then discovered that plumbers had been able to remove calcium deposits in furnaces by adding apple cider vinegar to the furnace water. It was obvious from these observations that vinegar did dissolve calcium deposits. But what caused them in the first place?

Dr. Jarvis knew that calcium deposits also formed when Vermonters boiled maple syrup; calcium malate precipitated out of the syrup solution when the maple syrup was boiled. It was known as "maple syrup sand."

His suspicion was that boiling or cooking actually changed the pH of whatever was cooked. Dr. Jarvis then tested water boiled for tea and in cooking vegetables and found that the pH of the water changed during cooking to alkaline. In Dr. Jarvis's words, "calcium enters into solution in an acid medium and is precipitated in an alkaline medium." The implications of this observation are far reaching: cooked foods may precipitate calcium not only in the teakettle but in the bloodstream. And the cause is not an overly acidic medium, but an excessively alkaline medium.

Dr. Jarvis's findings were apparently the exact reverse of both the herbalists' views of arthritic causation and Dr. Prosch's. The herbalist view is that mineral deposits are caused by acidosis, overly acidic conditions of the blood and tissues. Dr. Prosch had found that many tissues were overly acidic. Since the normal medical view is that the extracellular fluid is weakly alkaline, Jarvis's observations seem to run counter to many assumptions. In attempting to alkalize the system by eating alkalizing foods, the stomach may become overly alkaline, and the blood pH may become overly acidic or overly alkaline in reaction. Some foods may produce unbalanced blood pH's, and the worst pH for people susceptible to arthritis may be an excessively alkaline blood pH. [See "Proper Nutrition for Arthritis,"

http://www.arthritistrust.org.]

Dr. Jarvis had pointed out that over consumption of meat, for instance, borrows chlorine from the blood serum, causing an excessive alkaline blood pH, simulating a "fight or flight" pH. Strangely enough, citrus fruits like oranges and grapefruit, though acidic in the stomach, may have the reverse reaction, like meat, on the blood and urine, alkalizing it beyond the normal range. Cranberry, grape, apple juice, and apple cider vinegar, produce an mildly acidic blood pH and acidic urine reaction that is positive.

In Dr. Jarvis's understanding, "By so flooding your blood with a natural acid and the potassium it contains, any deposited calcium enters again into solution."

Whatever the explanation, whether it is the potassium in apple cider vinegar alone, or the chelating affect of vinegar on potassium and other minerals they come in contact with, the promise of adding acid-forming foods, rather than alkaline reacting foods, may be the solution. When Dr. Prosch found overly acidic tissue conditions, rather than finding a pH cause of arthritis, he may have found the body's attempt to right itself.

In any event, a litmus paper experiment might be worth trying. If Dr. Jarvis is right, fatigue, fear and anxiety, are registered in alkaline urine readings. So are urine reactions during colds, flu, and chickenpox. However, bright joyful attitudes, having a good time, are registered as acidic-urine readings. Cold drafts in the winter produce overly alkaline urine readings; warm air, warm foot baths, and hot lemonade, on the other hand, produce acidic readings. When urine readings turn alkaline, you presumably have several days warning of an impending cold or flu. The most reliable times for taking such readings are said to be in the morning on arising and just before the evening meal.

Using a litmus paper urine test might help resolve what works for or against individual people with arthritis. If you have bone spurs and they have not cleared up or improved, take the Squibb litmus paper urine test to assess the pH of the methods your are trying. If the Squibb Nitazine® paper turns yellow, whatever you are doing in terms of environment, mood, or diet is producing an acidic reaction. If it turns blue, whatever you are doing is producing an alkaline reaction.

If Dr. Jarvis is correct, mood, diet, and environmental changes should turn the litmus paper yellow, an acid condition. The simple addition of 2 to 10 teaspoons of vinegar in water, 3 times a day, may normalize the urine reaction to acidic. Under the acid circumstance, symptoms should improve. But if Dr. Jarvis was wrong, the reverse reaction would be useful to know.

It might be equally useful to know that whole apple cider vinegar is an inexpensive and rich source of many minerals and trace minerals, among them, potassium, calcium, sodium, iron, silicon, phosphorus, chlorine, magnesium, sulfur, fluorine, and many trace minerals.

If Heinz is still making its vinegar from whole apples, Jarvis mentioned that it was one brand, in 1958 at least, that was worth adding to your diet.

Equally interesting was his discovery that raw unfiltered honey helped raise serum calcium. Does this mean that honey is a natural chelator as well?

Wheat may work against most uf us, but corn, cornbreads, corn oil, and rye breads may work for us.

For those of us with mineral poor diets, kelp powder used as a seasoning might help improve them inexpensively.

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