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Supplement to *The Art of Getting Well* **Allergies and Biodetoxification for the Arthritic**

Sources are given in references.

Authors of contributions/quotations are alphabetically arranged; major author, if any, is underlined.

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Warren Levin M.D.

Food allergies contribute to Rheumatoid Disease, and, if they do not mimic the symptoms of Rheumatoid Disease, they may also help to cause the symptoms.

Food allergies are now classified in alternative medicine under the heading of Clinical Ecology, where the environmental causes of allergic symptoms are unraveled.

Certain allergy symptoms have sources that are well known, and easily found, such as those causing "hay fever" which springs from pollen or ragweed, pigweed, grass pollen, tree pollen and so on. This is an "external" allergy, as opposed to an "internal" allergy that springs from reactions to substances inside the body. External allergies do not usually cause symptoms of Rheumatoid Arthritis, but they can aggravate the condition.

External allergies can be discovered by the detective work of mixing together suspected allergens -- pollen grains, house dust, protein particles, et. al. -- and after preparing the solution properly, inserting the extract just beneath the skin, where the size and severity

of welts determines whether or not an individual is allergic to a particular protein.

Other external allergen sources can be almost anything: gases, fluids, various proteins. Strictly speaking, these are not allergies, but chemical sensitivities. Some people develop an "allergy" to something as common as the cooking gas from the cook stove, and they cannot live near or by such sources without being sick.

People range from very, very sensitive to not sensitive at all, in a gradient scale. People vary considerably as to what they are allergic to.

The interesting -- and distressing -- part about allergies is that foods which were perfectly safe for much of our lives suddenly become intolerable -- for no obvious reasons.

Early on in the medical history of treating allergies, professional allergists had great success in testing for and finding common allergens, such as from the pollens of various plants. However, when similar tests were developed for foods, or the increasing number of environmental chemicals, there was, at best, inconsistent results. Even today people will falsely take the skin-patch test which has shown itself to be negative, as proof that they are not allergic to the food the patch was supposed to test against. Food patch tests are extremely unreliable when making the determination for a food allergic reaction.

Since Theron Randolph, M.D. and four others organized the Society for Clinical Ecology in 1965 there has been a quiet revolution on how we view and test for food and other chemical sensitivities. By 1980 this society attracted 250 members. Dr. Randolph inherited some of his knowledge, and a great deal was his own major contribution to modern medicine.

There are claims, of course, that solving the food allergy problem will also solve the Rheumatoid Arthritis -- or other Rheumatoid Disease -- problem. Some of these claims may be correct, and some may be, and most likely are, based on a mixture of three problems: Candidiasis, food allergies, and Rheumatoid Disease. More than likely, as we've suggested in other articles, Rheumatoid Disease and Candidiasis go hand in hand, and then an increasing number of food allergies begin to also take over our health condition.

According to Paul Reilly, N.D. of Tacoma, WA, "Diet affects bowel flora and Gastro-Intestinal tract permeability. Both of these factors can, in turn, affect the amount of endotoxins (bacterial toxins released from dying bacteria) absorbed. In addition to their . . . role in stimulating B cell mitogenesis, endotoxins are potent activators of the alternate complement pathway, which promotes inflammatory processes. The Kupfer cells of the liver are integral in elimination of circulating immune complexes as well as antigens absorbed intact from the gut. If the liver is not functioning optimally, due to endotoxin damage, these undegraded antigens may be released into the systemic circulation where they can activate further complement release and inflammation¹."

Allergy reactions also contribute to free-radical pathology, and that extra burden on the body can contribute to arthritic symptoms as well. After all, free-radical pathology, and subsequent damage, is what arthritis is all about. Cleaning up or preventing the development of extra free-radicals, even temporarily, should give some relief, as seems to happen when using EDTA Chelation Therapy, DMSO Intravenous Therapy, or other similar means.

A most important publication to read and understand if you suspect that you're a candidate for multiple allergens from foods and other sources is *An Alternative Approach to Allergies*, by Theron Randolph, M.D. and Ralph Moss, Ph.D.²

Allergies, surprisingly enough, are also addictions, or at least there is sufficient commonality between the phenomena of food and some other allergies and addictions so as to suspect an actual biological link. Warren Levin, M.D. has contributed the following:

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Allergy/Addiction to Foods and Chemicals

by Warren Levin, M.D.³

A *new concept* to the medical profession, but one of great importance to the healing arts, is food allergy/addiction. You will notice that I do not speak of allergy or addiction nor of allergy and addiction, but rather of a single entity -- allergy/addiction. These two different aspects are as inseparable as heads and tails on a coin. Depending on which aspect is facing you, one or the other side may be more obvious but the obverse is always there.

Most of us are acquainted with the obvious food allergy reaction. The patient who breaks out from strawberries or swells up from shellfish or who gets asthma from peanuts is well known and recognized by the doctor or layman. However this type of acute reaction represents a very small percentage of all food allergy/addiction reactions.

The acute reaction occurs from exposure to a food which is not eaten regularly. The reaction may affect one or several organ systems, but tends to affect the same systems in a particular patient with each repeated exposure. In other words, any organ in the body is capable of responding as the shock organ. If the nose reacts you get hayfever. If the lungs react, asthma. If the skin is the shock organ you get eczema or hives. If the intestinal tract is the responding organ you get diarrhea or constipation or nausea and vomiting or gas or a combination.

Allergy Causes Mental Symptoms

One of the most important shock organs that can respond to the allergic insult is the brain. The brain can show localized areas of allergic reaction similar to hives on the skin. Since the changes in the circulation, the localized swelling, the increased pressure of this allergic reaction are all taking place in the unyielding confines of the skull, the symptoms and signs of brain allergy can be severe or mild and manifest themselves as any physical complaint. The most common ones are headaches, fatigue, uncontrollable sleepiness at inappropriate times, inability to concentrate, memory lapse, incoordination, actual hallucination, changes in perception from any of the five senses -- taste, smell, touch, sight and hearing. There can even be loss of consciousness and convulsions. The most important thing to understand about cerebral allergic symptoms (and I should say that cerebral refers to the most complicated portion of the human brain) is that these allergic symptoms can frequently mimic exactly the symptoms that have classically been attributed to nervous breakdown, neurosis or psychosis. In other words the diagnosis that it's all in your mind may really mean that it's all in your brain and caused by an allergic reaction in the brain.

The most obvious example of a food addict is the alcoholic. Suppose we look at the history of an alcoholic from the point of view of allergy/addiction. The first drink is almost always the social phenomenon. The drug affect of alcohol is experienced as pleasant and unwinding, the relaxation effect. This may be repeated socially at irregular intervals for years, without any addiction developing. Then perhaps after a tough day at the office the businessman may try a martini before supper to obtain the same relaxation (still from the drug affect of alcohol.) When this becomes a habit the stage is set for addiction. Food addiction develops slowly from frequent repeated exposures to a potentially addicting substance.

It is at this point that the addiction phenomenon becomes manifest by its major clinical sign -- the withdrawal phenomenon. If you are addicted to something you feel better when you take it and after a period of being without it you begin to feel worse. Depending on the severity of the addiction it may be very mild and difficult to recognize, and express itself just as craving for the substance to which you're addicted. Some people just *know* that they are going to feel better if they have a cup of coffee, and other people just know they can't get started unless they have their drink of orange juice, and other people don't even

recognize it -- they just think that it's perfectly logical to have bread with every meal and they don't consider a meal complete without a piece of bread. What they don't realize is that the craving is to satisfy an addiction.

Withdrawal Symptoms Lead to Addiction

So let's look at our alcoholic again. He's been taking a martini now regularly when he comes home from work to unwind, and very subtly and gradually he becomes addicted. Every day by supper time his addiction is beginning to have its affect, and he relieves it by taking his customary drink. However when addiction becomes progressive the length of time that the offending substance relieves symptoms becomes less and less, and soon our harried businessman notices that somewhere around three-thirty or four o'clock he is really beginning to feel frazzled. However if he keeps a little bottle in the drawer and takes a nip about three or three-thirty he can avoid that down feeling and of course it's an easy thing to do and that's only two drinks a day, and another alcoholic is on the way.

The addiction increases, the withdrawal period becomes sooner and now we find that in order for him to function well he's got to have a drink when he goes out with the boys at lunchtime. If he is intelligent he may skip the mid-afternoon nip from the drawer because he does not need that anymore but if he is a slave to habit he will continue to have that drink as well as the one before supper.

It's important to notice at this time that the patient is functioning better *with* the alcohol than he does without it, even though alcohol is a total depressant to the nervous system, interferes with reflex time and in general produces less efficient functioning. In the person with an alcohol problem the non-alcoholic state is no longer normal. It is a state of withdrawal from an addicting substance and the depression and malfunction that accompanies withdrawal is worse than the state in which the stimulation of the addicting substance is in effect.

Eventually, we get to the point where the patient is drinking every hour or two during the day to avoid the withdrawal syndrome, and he is functioning much below par but he does function as long as he continues to take his alcohol. However, now we see where the patient when he goes to bed at night, is going to go through an eight hour period and when he wakes up in the morning he's going to be in severe withdrawal. This of course is the classical evidence of addiction to alcohol -- the patient who wakes up in the morning hung-over, nervous, irritable, and all he has to do is take a tiny sip of his favorite alcohol and he relieves withdrawal symptoms temporarily.

It is obvious to most people except the alcoholic that the best course of action is to go "cold turkey," to suffer through the withdrawal syndrome, to detoxify and then to avoid the offending addicting allergic substance so that optimum body function can be obtained.

In general we know that this detoxification or desensitization or cold turkey phenomenon takes about five days for food substances. What has been further recognized is that once a patient has gone through this cold turkey phenomenon and eliminated the allergic addicting substance completely, his body then no longer craves it and actually at that point becomes acutely reactive in an allergic way to the next exposure. This is extremely important in the diagnosis of food allergy/addiction.

It is important to remember that any food can be addicting. The best foods -- wheat germ, liver, yeast, meat, fish, fruit, vegetables -- are capable of inducing allergy/addiction just as well as the junk foods and alcohol. However it seems the more quickly a given food is absorbed from the intestinal tract, the more likely it is to produce the allergy/addiction response.

Fastest Absorbed Foods Are Most Addictive

Next in line to alcohol for speedy absorption from the intestinal tract are the refined carbohydrates like white sugar, white flour, corn syrup. In nature's foods the absorption of carbohydrates is slowed

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down by the presence of indigestible fiber, protein and oil. The refining process eliminates these factors which retard absorption and the result is increased incidence of allergy/addiction. The combination of these refined foods with alcohol is disastrous to the susceptible patient.

Following the refined carbohydrates in speed of absorption are the natural carbohydrates, fruits, starchy vegetables and cereals, then the proteins-meat, fish, poultry and eggs and finally the slowest of all -- fats and oils. It is for this reason that many severely food sensitive patients are able to tolerate foods that are fried in oils Chinese style using the classical Chinese wok technique.

For anyone with multiple food allergies this method of food preparation is highly recommended.

The problem of identifying food allergy/addiction then becomes primarily dependent upon the recognition of the possibility. It's the old story in medicine -- if a doctor doesn't think of the diagnosis during his contemplation of the patient he will never make a diagnosis. Once the possibility has been considered however, demonstration or confirmation of the correct diagnosis and treatment is straightforward. For in this case the diagnostic procedure is therapeutic -- that is, eliminating the offending substance from the diet will both demonstrate the allergy and relieve the patient. Many patients are skeptical even when they feel better after having eliminated their offending substances. For the skeptics confirmation is again an easy and straightforward procedure -- one just says, OK, try that food all by itself and see what happens. Despite the fact that this procedure sounds so easy it is only easy in those situations in which the patient is allergic to one or a very few substances.

Unfortunately, many patients have multiple allergies of varying degrees to many if not most of the foods that they eat. In such a situation eliminating a single food may not produce the relief that is sought and the withdrawal symptoms are merely super-imposed on the general depression and low functioning level, so that the patient feels worse and does not get relief at the end of the five day elimination.

Fasting Unmasks Allergies

It is in recognition of this particularly complex problem that the technique of total fasting has been developed as a diagnostic and therapeutic technique by the pioneers in clinical ecology. It is interesting to note that after many years of divergent pathways to health a number of different disciplines are finding that they have much in common. The religious ascetic frequently fasted to cleanse his body of impurity while he meditated, and noted that he was healthier in mind and body when he was through. The nutritionally oriented "health nuts" and some of the old time doctors and naturopathic physicians have advocated fasting as therapeutic and detoxifying. Although the techniques of the various fasts have been different, the general concept is the same when viewed from the allergy/addiction point of view. By eliminating all the offending allergic substances the body does begin to function at a more optimum level.

Needless to say, before starting on this procedure one should have the check-up and approval of his or her physician to make sure that the rare contraindications to fasting such as adrenal cortical insufficiency or Addison's disease and other debilitating illnesses are not present.

OK, so you're checked out and ready to start the fast. just what does it mean to go on a total fast. Well it means exactly that, you are not going to eat anything, you are not going to put anything into your mouth except pure water, distilled water from glass bottles. The only thing that you drink is pure water without any mineral content -- no tea or coffee made from pure water -- there will be no smoking either, smoking is one of the commonest food allergy/addictions -- and that basically constitutes the fasting procedure.

The total period of fasting should be not less than 4-1/2 days. Some people continue to fast longer if they are tolerating it well and

feel that they have not completely eliminated their toxic load. [It may take 5 days to clean all foods from the intestinal tract: Ed.] In general one should go into a fast expecting to feel worse before feeling better. The healthier the patient the less withdrawal reaction will be noticed. The more allergies and the more unhealthy the patient, the more severe would we expect the reaction to be. Usually if the patient's problem is primarily food allergy, the patient is feeling much better by the afternoon of the fifth day.

At this point we start refeeding the patient with the idea of avoiding a demonstration of an allergic reaction or the development of an addiction. That means the following rules are to be followed:

1. Initially after the fast eat only one pure food at each feeding.
2. The first few foods eaten should be foods that are not suspected of allergy or addicting potential to the patient. That means in general foods that are not in the usual daily routine diet. In some cases one must resort to exotic foods such as venison, bear or buffalo meat, kohlrabi, endive and rutabaga as vegetables. Goat's milk products are frequently acceptable. Remember that this is only in the initial phase of eating after the fast and eventually ordinary foods should be utilized for all but the worst cases.

3. If possible the first time a food is eaten after the fast it should be a fresh organic food known to be free of pesticides, preservatives or any processing. It is amazing how many people think that they are allergic to apples only to find that it is the chemical spray at fault. Or an allergy to oranges turns out to be due to the artificial color and not orange itself. If there is no reaction to the organic product, the next exposure could be from the ordinary source of supply whether fresh, frozen or canned. I must add to keep my conscience clear as a nutritionist, that from my point of view everything we eat should be fresh and free of processing except as processed in our own kitchen.

4. Everything that is taken by mouth must be cleared of suspicion by individual tests. That means the first time you drink the tap water it must be all by itself. It is amazing how many patients are sensitive to the chlorine and fluorine and other pollutants in our water supply. It also means that every vitamin, mineral or food supplement as well as any medication must be independently judged by taking it and it alone and observing the effects. One of the biggest problems in the so-called neurotic patient is allergy/addiction to tranquilizers. In some cases to the medication itself, in other cases fillers in the capsule and frequently to the artificial coloring. However, you must beware of discontinuing any medication for the fast without your physician's knowledge even though any prescription can be a factor just as any food or food supplement can. Ideally nothing should be taken during the fast except distilled water.

5. Keep a diary with two columns. In column A keep an accurate exact record of everything you eat and the time that it is eaten. In column B keep a record of how you feel. Any change for the better or worse should be recorded with the time of the occurrence. In addition keep a record of your pulse rate for one minute period before you eat each feeding and every ten to fifteen minutes for an hour after each feeding. A change up or down of 12 or more beats a minute is suggestive of food allergy.

6. Continue eating single foods at each feeding until you have found a number of foods that do not produce reaction. After a few days of unusual foods start testing the most likely foods, the ones you eat regularly. Remember not to test complex foods like bread. This would be getting wheat, yeast, egg, shortening all at once. Test each ingredient separately. Foods for testing can be raw or cooked without any condiments or seasonings except for sea salt which may be used. Boiling, steaming, broiling and baking are the preferred cooking methods using the same water as for the fast.

Preservatives

One of the major problems that has beset mankind from its earliest

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efforts at civilization has been that of spoilage of food. Over the century the various tribes and races developed their own techniques for preventing food from going bad. Salting of meat, drying of grains, smoking of various foods, pickling in various ways and preserving in specially controlled temperatures and light are all included in some of the ingenious ways early man took care of this problem. However modern technology has come into the picture and with the ability to synthesize chemicals of great complexity, and in many cases to design a chemical to perform a certain function, food technology has become a billion dollar business and a very competitive one. From the original purpose of preventing spoilage we now have emerged into a cutthroat chemical competition to make the most brilliant colors, the most powerful tastes, the most artificial consistencies by modifying or in some cases imitating foods with chemical conglomerations.

The average child today eats a fresh strawberry and says "Oh, it doesn't have any taste," because he is so used to the intense artificial strawberry taste that he gets in anything he associates with strawberries; and the color of real strawberry is very pale in comparison with the garish pink of strawberry ice cream which is such a load of chemicals that I think it is a travesty to refer to it as ice cream. We are making people in this way get further and further away from natural food and dependent more and more on artificial colors, flavoring and the large numbers of preservatives. The important thing to realize is that all of these chemicals are frequent producers of allergic reaction and many people with long standing histories of erratic behavior, nervous breakdowns, hyper-active children are merely showing the results of the chemical sensitivity of the brain. It is certainly true that people can become allergic to the purest of foods from the harvest of nature. However, when people have these sensitivities they are much easier to handle when one is merely trying to avoid a food than when one has to consider the chemical problem as well.

The Nambudripad Allergy Elimination Technique (NAET)

Discovered by Devi S. Nambudripad, D.C., L.Ac., R.N., Ph.D., the Nambudripad Allergy Elimination Technique (NAET) is the simplest and most direct means for eliminating every kind of allergy and chemical sensitivity.

The body can develop an allergy to absolutely anything, and, according to its discoverer, Dr. Nambudripad, and practitioner Eleanor W. Chin, D.C., allergies underlay every kind of sickness. Allergies affect the nervous system and are usually developed in association with physical, nutritional and chemical, emotional, and energy abnormalities. Deficiencies or overburdens of all, or any combination of these four experiences, can train the nervous system to respond to the allergen as though the allergen were a danger, hence producing an allergic reaction.

Kinesthology, the "science of movement," tests body muscles and their responses to determine nerve/muscle weaknesses which occur when under the influence of an allergen. By use of kinesthology, developed by George Goodheart, D.C., the NAET practitioner learns from the patient which substances trigger off an allergic reaction. Holding the offending substance in one hand closes up flow of energy the blockage of which can be addressed through the meridians, 12 primary energy channels first discovered by the Chinese thousands of years ago.

The NAET practitioner very rapidly opens up the blocked energy channels, after which the patient must stay away from the allergen for time periods that may vary from 3 to 30 or more hours during which period the body's nervous system becomes deconditioned from automatically responding to the allergen as though a danger is present.

Unlike other methods for determining allergies, NAET discovers many more, and faster, and that they will include many foods, vitamins and minerals, essential fatty acids, hand creams, metals, house dust, pollens -- even one's spouse can unconsciously pose a

threat to the conditioned nervous structure. All of these are swiftly identified and eliminated.

The chief aim of NAET is rebalancing energy flow which, through repeated visits, is accomplished when no further allergens are found.

As there are two kinds of allergies, one that will strike shortly after eating the substance, and a second that strikes three days later, many physicians recommend a blood test from a laboratory, such as Immuno Laboratories, Inc., 1620 West Oakland Park Blvd., Fort Lauderdale, FL 33311 (800) 231-0107. Also see our book, *Dr. Braly's Food Allergy & Nutrition Revolution*.

Bio-detoxification

by Anthony di Fabio⁴

In 1950 American science fiction readers were suddenly presented with a new "science of the mind". *The Analog Science Fact and Fiction* magazine editor, John W. Campbell, Jr., was a most remarkable writer, editor, critic of scientists and standard bearer for the proper use and understanding of the scientific method. He developed almost single-handedly the modern field of science fiction, exploiting chiefly "hard science fiction" where an interesting story must be told within the framework of real or possible science. Campbell developed several generations of writers, chiefly with his ability to creatively conceive of new permutations and possibilities of that perception we call reality or possible reality.

While John W. Campbell was truly a genius in his own right, and while he trained many writers who are now revered writers in their own right, a small handful he did not train. One such was a red-haired, flamboyant geniuses' genius by name of Lafayette Ron Hubbard originally from the state of Montana, and one who reputedly could sing any part of four-part harmony.

Campbell started another magazine titled *Unknown* where aged fairy-tales were retold in modern vein.

L. Ron Hubbard wrote some of the enduring classics in both genre in both magazines, the former consisting of "hard" science fiction, and the latter of the mold of Arabian Nights, but unrecognizably adapted to automobiles and airplanes.

Now this may seem like a strange introduction for application of medical techniques, but wait. You'll see it all ties together.

In 1950 John W. Campbell, Jr. announced that *Analog* would present the world's first introduction to a "science of the mind" called DIANETICS^{®5}.

Before you balk, keep in mind that the first description of equi-orbit satellites for communication purposes was also found between *The Analog Science Fact and Fiction* pulp pages, conceived by Arthur C. Clarke, a brilliant science fiction writer in his own right, and president of Sri Lanka University of Ceylon. Further, that many innovative ideas first found their appearance there. Consider, also, that the brilliant writer and Ph.D. in biochemistry, Isaac Asimov, cut his teeth on Campbell's advice and in these same pages. In case you are not aware of it, Isaac Asimov had more than 366 books to his credit, about half divided between science fiction and half to interpretation of every field of science for the layman. Before his death, he retained the title of full Professor at Boston University of Medicine where he was employed before he became a world-class writer and Grandmaster of Science Fiction. His books can be found in every library in the world, from grade school through graduate school⁶.

L. Ron Hubbard's *Dianetics: The Modern Science of Mental Health*⁷ was held in disdain at the time of its birth, being handily scoffed at and ridiculed by every psychologist, psychiatrist and Authority of the day. But, without any advertising whatsoever, or decent book reviews, the first book of DIANETICS^{®5} sold

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through word of mouth a million dollars worth in one year. These funds were immediately put to use by a foursome - Campbell, Hubbard, an electronic engineer named Don Rogers and a Medical Doctor who specialize in psychosomatic medicine, Joseph Winter, M.D. - to establish Hubbard Dianetic Research Foundations across the nation.

I had the good fortune to attend one of these early research centers in Elizabeth, New Jersey in 1950.

Hubbard had had the audacity to question medical practices, including the psychiatric practices of destroying a man's mind by electric-shock in order to bring about tractability. He also brazenly announced that the mind, and his new knowledge, was the key to ridding the world of all non-physically based insane behavior and psychosomatic illnesses. Considering that even today medical practitioners estimate that perhaps 70% of all human sicknesses as being psychosomatic, or carrying a psychosomatic component, Hubbard was defining a mighty large territory in his claims.

No man should be so daring when challenging Authority!

Much history passed by after those early days, and Hubbard, though constantly besieged by Authority from every side, and though ridiculed by various news media, boldly continued his developments into what is now known as the "technology" of The Church of Scientology. The word "DIANETICS^{®57}" and the word "SCIENTOLOGY^{®57}" are registered, under the Religious Technology Center⁵.

Do you remember the sixties, and the drug-scene hippie era?

Hubbard set out in the late sixties to solve the drug addiction problem. There is no written history that I am aware of that describes Hubbard's trials and errors in finally solving this most perplexing problem. I wish I knew of such an historical account. It must be interesting. I would pass it on to you.

Hubbard developed/discovered a way of de-toxifying lipids, or fats in cells that contain very minute amounts of chemical pollutants. He found that he could rid the body of these "triggering" chemicals, and by so doing, the drug addiction was gone as a physical entity. His DIANETICS and SCIENTOLOGY processes, he felt, could solve the psychic component.

His technique, which I'm going to describe, and also relate to the arthritic burden, was at last picked up for the first time during the past several years by several medical groups in California, where it was used successfully for the purposes intended. However, one of the main medical groups, headed by Zane Gard, M.D., was closed by action of the California licensing board, and, presumably, also the influence of a pharmaceutical dominated FDA⁸.

The process remains available throughout the world at every Church of Scientology location, including its CELEBRITY CENTRES^{®5}, where the service is provided under the name of "THE PURIFICATION RUNDOWN^{®57}", for spiritual cleanser.

By now you should have developed the idea that very little in establishment medicine will solve your arthritic problem. Of course, you already knew so, or you wouldn't be reading this book. In addition, you should begin to understand that there are many alternatives successfully employed by physicians, not all of which stem from academic university atmospheres.

You should also feel that one ought to hold no barriers to the search for wellness, but take it where it works and reject it where it does not work, whether found in traditional medicine or not.

The body must maintain wellness functions, such as adequate blood circulation, which is the means to nourish each cell so that cells can properly function. To insure this, we arrived at EDTA Chelation Therapy⁹ and DMSO IV Therapy¹⁰. The body must rid itself of excessive free-radicals generated via various natural processes. It was built to do so by exercise, as lactic acid formed during exercise is

a natural chelator. In the absence of a healthy body with a healthy metabolism, the natural ridding of excess free-radicals seems inherently impossible. To solve that problem also leads to EDTA Chelation Therapy, DMSO IV therapy and allergy food challenge, as well as good nutritional habits.

Of all the various health processes -- nutritional, exercise, medicinal, Chelation Therapy, what have you -- none of these can solve the problem of alcohol and drug addiction -- or the problem of residual poisons accumulated over a life-time that are stored in the fatty parts of our cells.

I learned of the problem of residual toxins stored in fatty parts of cells at a professional medical meeting of the American College of Advancement in Medicine¹¹, advocates and researchers of Chelation Therapy and other advanced medical regimens.

Whereas EDTA Chelation Therapy solved many hitherto intransigent medical problems related to peripheral circulation, there was a whole class of problems that it would not solve. It seems that residual chemicals that reside in the fatty parts of our cells can come from taking drugs, including medicines, or hard drugs, from the street, or from anesthesia during surgery. Some come from soil and air pollutants, such as found in pesticides and herbicides (remember Agent Orange), consisting of various organic poisons called PCBs, Hexa PCB, PBB, Heptachlor Epoxide, Dieldrin, and so on. Agent Orange is a good example of a chemical that, during its manufacturing processes, collects very small amounts of a dangerous, cancer-forming chemical called Dioxin, that can also create birth defects. This chemical in turn creates for the human effects far beyond its apparent volume and creates the damaging effects for years ahead, perhaps for the individual's lifetime.

Residuals from drugs deliberately taken such as morphine, cocaine, heroin, tobacco, and alcohol are also found in the fatty parts of cells.

Consider that the brain consists mainly of fatty (lipids) cells! And that "lipids" are also found everywhere throughout the body!

These residual chemicals as stored act as triggers creating large behavior manifestations that simulate every kind of mental, emotional and physical illness.

The very fact that you "like" the habituation with a particular drug or food, for example, is an illustration of the triggering action of a chemical that leads you to massive behavioral changes that you would not otherwise make. Try to get tobacco-addicted people off from their cigarette, for example. Listen to their many different and inventive rationalizations.

Or witness the massive behavioral changes that the small residual chemicals create for the tobacco-addicted: They stop at the store to buy cigarettes, fumble in purse or wallet for money, carry out the package, start the car, open the package, take out a cigarette and lighter, light the cigarette and inhale deeply blowing smoke out. They put ashes in a tray, and eventually crush the cigarette there, too. This cycle is repeated over and over in some variation -- all caused by an illusion called "I want" or "I feel more comfortable with" which is subjectively felt as a desire, and that desire and behavior pattern stems from small triggering chemical elements that reside in fatty parts of cells.

I cited the example of tobacco smokers because the addiction is so common, familiar to all, and easily amendable to observation. But all of the other drugs and chemicals named, and more, will create similar unconscious behavior manifestations which we are prone to "explain" i.e. rationalize away, after the fact.

By satisfying our subjective "desire" for the chemical involved, our body restores a balance of free-radical pathology that leads to the activation of the consumption in the first instance. This is known as a "homeostasis," a restoration of the same state, however unhealthy.

Free-radical pathology, unchecked, leads to extra burdens for

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arthritics and contributes to their pain and disease. Removing the extra burdens means more bodily systems and organs capable of fighting the great crippler.

When I first heard physicians discussing the shortfalls of using EDTA therapy to solve this particular problem -- as Chelaton Therapy "only" solves problems of peripheral circulation and Osteoporosis - I began to pay attention in my reading to possible solutions. Within half a year I learned that my old mentor L. Ron Hubbard had probably solved the problem back in the late sixties and early seventies under the title of "THE PURIFICATION RUNDOWN"

I sought for some objective evidence of the results of his invention, which was supplied to me by a friend in the form of a published scientific paper written by David W. Schnare, Max Ben and Megan G. Shields¹².

While I know that scientific jargon is not easy on the eyes or ears for the uninitiated, I think that the scientists' summary of their report is sufficiently revealing to risk its enclosure, which follows:

"With human exposure to environmental contaminants inevitable despite the best application of environmental laws and protection technologies, interest has grown in the potential to reduce the levels of contamination carried in the human host. This study demonstrates the promise of a comprehensive treatment for reduction of body burdens of polychlorinated and polybrominated biphenyls (PCB and PBB) and chlorinated pesticides. Adipose tissue concentrations were determined for seven individuals accidentally exposed to PBB. These patients underwent the detoxification treatment developed by Hubbard to eliminate fat-stored foreign compounds. Of the 16 organohalides examined, 13 were present in lower concentrations at post-treatment sampling. Seven of the 13 reductions were statistically significant; reductions ranged from 3.5 to 47.2 percent, with a mean reduction among the 16 chemicals of 21.3 percent (s.d. 17.1 percent). To determine whether reductions reflected movement to other body compartments or actual burden reduction, a post-treatment follow-up sample was taken four months later. Follow-up analysis showed a reduction in all 16 chemicals averaging 42.4 percent (s.d. 17.1 percent) and ranging from 10.1 to 65.9 percent. Ten of the 16 reductions were statistically significant. Future research stemming from this study should include further investigation of mobilization and excretion of xenobiotics in humans¹²."

The California Firefighter contains information of great interest, because it illustrates how these minute triggering elements, when stored in cellular lipids, can affect our lives grossly.

Those exposed to toxic poisons, such as firefighters, will work normally day to day, when "suddenly" a chronic ailment, disability or disease emerges which, if not fatal, can drastically degrade the quality of living.

The Foundation for Advancement in Science and Education¹⁴ (FASE) began studying the toxic bio-accumulation and storage of chemicals in the body and how to reduce the body's burden of stored chemicals. These environmental contaminants can cause perceptual, learning and emotional problems for years following exposure by ingestion, inhaling, through the skin, or other means.

As reported, participants in the FASE study were put through the Hubbard regimen. Upon completion of the program, the Michigan participants revealed significant reductions of all chemicals originally found in their bodies, including PBBs and PCBs. Even more noteworthy were the results of a four-month follow-up examination which demonstrated that the contaminant levels had continued to go down after completion of the program. Dr. David E. Root, an occupational health specialist in Sacramento, CA was Medical Director of the Sacramento Detox Center where many of these tests were conducted.

Of particular interest is the case of Michael Del Puppo, a California police officer who had liquid Phencyclidine (PCP or "angel dust") thrown into his face in the line of duty, a number of years ago. He suffered from severe headaches, memory problems, irritability and fatigue for three years prior to undergoing detoxification at the Los Angeles Detox Center.

For more information on the Hubbard method, check any telephone book in most large cities for The Church of Scientology.

Zane Gard¹⁵, who now practices in Mexico, has written up numerous case histories of otherwise intransigent cases. He, his wife and daughter were exposed to Agent Orange, and sought a method of eliminating the poison and its effects, which led them to Hubbard's method that Dr. Zane Gard has since incorporated into a specialty medical practice.

Hubbard's technique is this: Near a sauna he specified about 20 minutes of physical exercise to get blood circulation flowing adequately. Then each participant enters the sauna with temperature between 140 and 180 degrees (F) for about 3-1/2 hours daily for about three to four weeks. Dry sauna is preferred, but you may use a steam or wet sauna if you wish.

The object is to create continuous and copious sweat. It is the sweat elimination system that permits the body to rid itself of deadly toxins stored in the fatty parts of cells.

You are free to leave the sauna anytime, to take a shower, rest in cool air, or to eat lunch -- and then return. If you leave simply to escape the heat and sweat, you are cheating yourself, as you'll simply have to endure for a longer number of days until the chore is completed.

The body cannot sweat so long and so copiously without replacing minerals and fluids. Hubbard developed an adjusted mineral intake, identifying necessary salts and liquids, including the replacement of "good fats" for the "bad fats" that you wish to sweat out, along with stored toxins.

Before trying this procedure, I'd heard stories of many different and diverse strange phenomena. I'd heard that one experienced (or re-experienced) anesthesia, sunburns (appearing exactly as seen on the beach, swim suit straps and all), hallucinatory images and sensations, and so on. These are what Hubbard called "restimulations of past experiences" from when the drug, radiation or environmental pollution was first encountered.

At first I found it extremely difficult to force myself through the rigorous sweat ordeal, and especially the heat, wanting to give myself every excuse -- rationalization -- for not being there. I would "dope off" in a deep lethargy. Then, as the days passed and I found it easier to exist in the hot-box, I found different sensations occurring. One day I tasted and smelled and had every sensation of again being drugged with nitrogen oxide -- laughing gas -- which stemmed from only one place. I'd had teeth pulled in a dentist's chair in the forties.

Another time I re-experienced the sickening smell of ether, this from adenoid surgery in the doctor's office in the thirties.

Most difficult to explain was another experience, after my day of sweating and about two weeks into the detoxification. I was home, lying on the bed watching television and I perceived that my body, longitudinally through my forehead, nose, chest and crotch, was split by two temperatures. My left side was extremely hot to touch, and the right side quite normal. I'd had two operations on the left side, but I know not why the relationship in splitting the body so neatly, unless it was related to the lymph system, which seems to anatomically split along these lines. This experience lasted for three hours.

Apparently in a way that I do not yet understand, radiation of various kinds is also stored in these lipids, as witness the phenomena of old sunburn reappearing.

Hubbard discovered that on completion of the sauna experience,

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most physical addictions disappeared, leaving only the psychic component that led to the addiction in the first place. This component he proposed to handle by the technology administered by the church, which is another subject in itself.

Hubbard also established NARCONON^{®5}, drug rehabilitation centers dedicated to first get drug addicts off of their chemical so that the addict could benefit from the detoxification program, now called "The Purification Rundown".

For more information on this subject you can write to Bridge Publications, Inc. 1414 North Catalina Street, Los Angeles, CA 90027, and request an illustrated booklet titled *Purification* with an introduction written by L. Ron Hubbard. This booklet will also list many of the Church's Narconon Drug Rehabilitation Centers and also where the "Purif" can be delivered.

You **must** be certified by a licensed physician as physically capable before entering into "The Purification Rundown" program.

The essential difference between Hubbard's program and those of medical centers, where the program is slowly being accepted, is that the medical centers provide periodic laboratory tests to ascertain the current levels of toxins in the lipids. Since there are nearly an infinite number of possible toxins, one must be choosy about what is tested for or the costs can be excessive.

Hubbard's program relies more on experience coupled with one's own intuition, as to when you are through. You can plan, however, on a minimum of about three and one half weeks which can often be scheduled at your convenience, such as after working hours.

I can't promise that you will obtain any observable benefit from this program, as I cannot know if you have stored environmental toxins, or that you will release them successfully. However, if you do have such poisons affecting your various systems, and if you do release them successfully, you will surely be better able to fight off Arthritis, or any other disease, for that matter.

Other Biodetoxification Regimens

Many different regimens exist for cleansing the body, and each physician will have his/her own favorite. Our paper on *Candidiasis: Scourge of Arthritics*, covers several other good mechanisms.

The use of body cleansing techniques is not presented herein as an either/or regimen, but possibly adjunctive to many other treatments that we have recommended or that your physician recommends.

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Food Allergies

Food allergies contribute to Rheumatoid Disease symptoms - and may even cause some of the symptoms.

Food allergies are classified in alternative medicine under the heading of Clinical Ecology, where the environmental causes of allergies symptoms are unraveled.

Certain allergy symptoms have sources that are well known, and easily found, such as those causing "hay fever" which springs from pollen and ragweed, pigweed, grasses, trees and so on. This is an "external" allergy, as opposed to an "internal" allergy that springs from reactions from substances inside the body. External allergies do not usually cause symptoms of Rheumatoid Arthritis but they can sure aggravate the condition.

External allergies can be discovered by the detective work of mixing together suspected allergens and after preparing the solution properly, inserting the pollen extract just beneath the skin, where the size and severity of welts determines whether or not an individual is allergic to a particular protein.

Other external sources can be almost anything; gases, fluids, various proteins. Some people develop an allergy to something as common as the gas from a gas stove, and cannot live near or by such sources.

People range from very, very sensitive to not sensitive at all, in a gradient scale. People vary considerably as to what they are allergic to.

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The interesting part about allergies is that foods which were perfectly safe for much of our lives suddenly become intolerable - for no obvious reasons.

Early on in the treatment of allergies, professional allergists had great success in testing for and finding common allergens, such as from the pollens of various plants. However, when similar tests were developed for foods, there was, at best, very inconsistent results. Even today I talk with numerous RD victims who tell me that they know they are not allergic to certain foods, because their skin-patch tests did not indicate it. Or, that they are allergic to a certain food, because their skin tests indicate so.

There has been a quiet revolution on the subject of food allergies and testing since 1965 started in part by Theron Randolph, M.D. and four others who organized the Society for Clinical Ecology. By 1980 this society attracted 250 members. Dr. Randolph in part inherited his knowledge and in part created the modern forms of food testing used by Clinical Ecologists. He, more than any other individual, will receive credit for this major contribution to modern medicine.

I've mentioned food allergies to arthritics from time to time, and they often slough it off, as I did at first. There are claims, of course, that solving food allergies will also solve the arthritic processes, halting it. Some of these claims may be absolutely correct - and some may be from a situation where symptoms are merely relieved for secondary reasons.

I think that the relationship between allergies and Rheumatoid Disease is intertwined, and probably operates like this: Like poor nutrition, a food allergy will indeed depress the immunological system with toxins and other chemical burdens such that a borderline arthritic will indeed come down with arthritis on exposure to these additional burdens. After having them lifted, by being relieved of the allergens - by not eating foods to which one is allergic - the arthritic will appear to recover from arthritis, thus it appearing also that the initial cause of the arthritis was the allergy.

I think that in most instances allergens are developed as a secondary condition to having had either Rheumatoid Arthritis or Candidiasis, or both.

According to Paul Reilly, N.D. of Tacoma, WA, "Diet affects bowel flora and Gastro-Intestinal tract permeability. Both of these factors can, in turn, affect the amount of endotoxins (bacterial toxins released from dying bacteria) absorbed. In addition to their... role in stimulating B cell mitogenesis, endotoxins are potent activators of the alternate complement pathway, which promotes inflammatory processes. The Kupfer cells of the liver are integral in elimination of circulating immune complexes as well as antigens absorbed intact from the gut. If the liver is not functioning optimally, due to endotoxin damage, these undegraded antigens may be released into the systemic circulation where they can activate further complement release and inflammation." (*Townsend Letters* Nov. 1986, Issue #42, p.331.)

Allergy reactions also contribute to free-radical pathology, and that extra burden on the body can contribute to arthritic symptoms as well. After all, free-radical pathology, and subsequent damages, is what arthritis is all about. Cleaning up or preventing the development of extra free-radicals, even temporarily, should give some relief, as seems to happen with using EDTA Chelation Therapy, or other means.

If you suspect that you are a candidate for heavy and multiple allergens, from foods and other sources, then you should visit a physician who specializes in Clinical Ecology. The paperback book, *An Alternative Approach to Allergies* by Theron Randolph, M.D. and Ralph W. Moss, Ph.D. is well worth reading. It is published by Bantam Books, New York, NY (ISBN: 0-553-20830-6) and usually can be found in any health food store or book store.

If you are curious, as I was, as to how much of your Rheumatoid Arthritic pain and reactions stem from food allergies, there is a simple

test you can make on yourself that will not require a visit to a physician or to specialists in allergies. Recall that Candidiasis - and probably other causative organisms of Rheumatoid Disease, whatever they might be - both seem to generate food allergies. We know how *Candida albicans* does the job. In the fungus form, it sets roots down into the intestinal mucosa, and thrives there. In doing so, it also opens up minute passages that permits food protein molecules to pass through directly into the bloodstream. In the blood, as a protein molecule, the particle is recognized as an antigen by our defense system. We build antibodies against it, and thus we begin the allergen/antibody warfare - and consequent free-radical generation that affects various tissues adversely.

As time goes on, more protein molecules from different foods enter the bloodstream by the same route. Since all proteins derive from a commonness of gene structure (DNA similarities), the body begins to recognize some different protein molecules by the same antibodies, and so it reacts to this food or that food spreading by a phenomenon known as "cross-reactivity".

Here's how you can find out what foods you are allergic to.

Go on a five day pure water diet. You don't need distilled water, unless you are one of the unfortunate who has a multiplicity of various allergies and must untangle the lot of them extremely accurately. In such a case you need a clinical ecologist, not this simple approach.

I strain my tap-water with an Amway filter system, but any filter of a similar hard, activated charcoal variety will probably be suitable.

During the five days, every time you get hungry drink more water. Keep filling your stomach with water. The first day will be the hardest. as you will begin to experience withdrawal symptoms from whatever you have been allergic to.

Yes! Allergy reactions are virtually indistinguishable from drug addiction!

At the end of the fifth day, take but one food that you are virtually certain is not an allergen - say, nothing but one species of cold-water fish.

If you have no reaction, then add another food to the fish (or whatever) diet. Continue this process of adding one food each day until you locate one that gives you symptoms of arthritis, headaches, depression, lethargy, diarrhea, or anything else that is unusual.

These symptoms will be caused by the food that is creating your food allergy problem.

You should be cautioned that each trial food must be pure, in the sense that you cannot eat mixtures of any kind. You must read every packaged product to insure that only one ingredient is contained therein. Instead of processed breakfast foods, for example, you must learn to cook, say, just rice, then just oats, then just barley, and so on.

This is a long, detailed process, and it will pay you to take notes.

The reason for the five days abstinence is because it takes several days for your body to eliminate every trace of the food that may be creating allergy problems. Any smallest trace will sustain the allergenic symptoms. Then your body needs time to readapt to the non-allergenic state in the absence of the allergen. If five days is more than you can bear, try three days. Anyone can make three full days.

I was purchasing corn on the cob at the supermarket every day. I liked the corn, and our treatment protocol for Rheumatoid Arthritis said to eat fresh fruits and vegetables, didn't it?

I was also having diarrhea daily, and had had it for some weeks. This, obviously, was not an allergy, but some other very complex and not well understood medical phenomena. Right?

Wrong!

Had I gone through the traditional medical treatments I probably would have been given some form of congealer, or worse. I would never have discovered the answer.

I had typical withdrawal symptoms, and later learned that I was

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extremely allergic to the can purchased and eaten almost daily. Every time I ate it, I got diarrhea. So did other corn products create the condition, but not popcorn. You explain it, I can't.

Acorn squash, my mother's favorite, also caused allergic reactions, as did chocolate and oranges. I was not allergic to tangerines or tangelos, however.

When you pass through this test, and no longer eat foods to which you've become allergic, you'll be pleasantly surprised at how much better you feel. You will also relieve you body of a great amount of unnecessary load as you fight your way though solving your Rheumatoid Disease Problem.

Many toxins produces from food products and allergens find their way into our system through the lower colon, also. Colonics, which are not in very good reputé within establishment medicine, try to scour out these toxins, and yes, people often do feel better after such treatments.

My guess is that the majority of those who seem to need colonics stem from sluggish passage of feces due to improper nutritional intake and/or the use of allergenic foods.

Surprisingly enough, the foods that we like best, those that we purchase time after time, are most likely the foods that we are allergic to. Most chocolateholics - as I tend to be - have a severe allergy to chocolate. Our bodies build up a tolerance, which includes the reconstruction of a physical/chemical state that to some extent resists the allergen. But while doing so, it also builds up a demand that we sense as a desire or wish for the very cause of the state. This is almost a perfect description of drug addiction. Take away the allergen, and withdrawal symptoms result - as you will learn when you pass through these trials!

The older we get, the more probability of building up various food allergies through commonly used foods. The more allergens we acquire and expose ourselves to, the more free-radical pathology, and the more of that, the more tissue damage, the greater load of our overall systems, the more arthritic - and other - symptoms that weaken us and make us ill.

It will pay you, as an arthritic, to take food allergies seriously.

Since this was written, an additional approach has been printed in our article, *Universal Oral Vaccine*. Check it out on this website.