

Foreward

Our Purpose

We want to help you to get you well:

- by convincing you that generally it is an outright lie, that arthritis is incurable;
- by means of books and articles that expand your horizon (and your physician's) on causes of ill-health;
- with the gentle support of some self-help treatments; and
- through your commitment to guided tours led by knowledgeable alternative medical health professionals of your choice, using treatments of your choice.

We can and do supply you with some of the world's best wellness advice and down-to-earth reading references and other resources. We have no vested interest or stock holdings in those whose help or products are recommended.

Considering all of the above, you're sure to run into the claim of "quackery" especially by the professional who does have a vested interest in holding onto your "patient" status, or suffers from his or her own hidden desire to remain ignorant. So bear with us a moment while we discuss the nature of quackery.

The Nature of Quackery

Much of the advice proffered so liberally by many health professionals while creating this book bucks traditional medicine, but represents safe, innovative, non-traditional treatments when applied properly. Given the success stories told repeatedly, it's hard to understand how anyone could or would want to continue with totally ineffective, often damaging traditional treatments for arthritis!

Those who would persuade you not to try safe, workable alternatives would call such treatments "quackery," and those who would help you toward wellness as "quacks."

John W. Campbell, Jr.⁴ was a remarkable modern writer and thought-provoker, who was commemorated by naming a crater on mars the "Campbell" crater.

A "Quack" According to John W. Campbell, Jr.

"Now let's consider for a moment what's meant by a 'quack' in the medical field.

"The usual charge is that a quack is someone who uses an improper treatment, one which does not help, or actually injures the patient, while inducing the patient to pay for his mistreatment, and keeping the patient from going to a licensed doctor and getting the treatment he needs. That a quack is in the business solely to make money at

the expense of suffering humanity.

“Now any time A disapproves of B emotionally, he’ll attribute B’s actions to some generally demeaned motivation -- ‘just for money’ being the most common, with ‘just for his own pleasure’ being a runner-up.

“Let’s be objective about this business of what a quack does. Suppose a man, calling himself Dr. Jones, treats a patient who has a lethal disease, and uses a method he knows for a positive fact will not save the man’s life. He charges fees, and sees to it that the patient doesn’t go to any other therapist -- just gives him some drugs that do not save him, but let him die slowly.

“That set of actions fulfills exactly what the [medical establishment] accuses those awful, nasty, wicked quacks of doing.

“It is also precisely what an [establishment medical] doctor does when he treats [an arthritis] patient; he knows that the standard treatments for [arthritis] do not work, do not save lives. [Arthritis], treated by the [medical establishment] methods, means [continuous pain, disfigurement and possibly] death.

“The [medical establishment], moreover, does everything in its power to make it impossible for the victim to get treatment from any other therapist who *might* be able to do better, and most certainly couldn’t be less effective.

“The patient [may], moreover, wind up broke, and his family in debt -- a charge constantly levelled against those wicked quacks! -- by the time he dies.

“But this is not quackery, of course.

“Why not? Because the [traditional] doctors know they are doing their best, with the best of intentions -- [and this] despite the [medical establishment’s] convictions that the [alternative practitioner] *must* be evil -- and actually does better than the [medical establishment’s] best?

“Oh . . . I see. That never happens, huh . . . ?

“. . . how about that unlicensed non-M.D. -- that charlatan, that fraud, who’d gotten crackpot ideas from studying silk-worms and wineries, no less! -- who started treating human beings for rabies? That chemist, with only half a brain, Louis Pasteur?

“Or how about that licensed M.D. charlatan, expelled from the hospital and the medical society -- Semmelweis? [Semmelweis solved childbed fever and demonstrated the importance of cleansing hands before touching patients.]

“Or take a few other notorious quacks like Lister -- who was most

violently attacked for his temerity in opening the abdomens of living patients. (Ethical doctors of the time never opened the abdomen until after the patient died.)

“And Ehrlich, another chemist, who invented the concept of chemotherapy.

“Every time someone outside -- or even inside! -- the field of medicine brings up a break-through discovery, he’ll be labeled a quack. The field is too emotional.

“He’ll be charged with being a fraud, charlatan out after money, a blood-sucking leech. . . .

“Actually, it’s pretty clear, the definition of ‘quack’ is someone I believe to be dangerous, evil, destructive and unprincipled!

“Trouble is -- the term ‘quack’ was -- in their own place and time -- violently hurled at many men we consider today among the greatest medical heroes. [Simmelweis], Jenner, Koch, Harvey, Ross, Lister, Pasteur, Ehrlich, Sister Kenny, even Roentgen, who didn’t even try to practice medicine!

“One very certain thing about the field of medicine: it is not, and never will be a field of objective science. It’s too deeply dominated by emotional factors.”

Your Search for Wellness

So! You’ve probably been to an establishment medical physician about your present ill-health.

You’ve probably been told that your pain is a consequence of age or genetics, soon to lead to an incurable condition! -- Or that it is such and such a maladay, and is already incurable! That very nice man, that fine mannered, knowledgeable doctor said, “Here’s a pill. Take it three times a day. Learn to live with your condition and pain!”

He may also have warned you against quackery -- people who claim to have cures, but only want your money -- also conveniently overlooking the fact that he claims not to have a cure, but is perfectly willing to take your money.

He’s an Authority -- a MEDICAL DOCTOR. Possibly he’s one of the very best in your region, highly educated and trained, a respectable, leading citizen, of the highest ethics, a family man, recognized by both your local hospital and your insurance company as a man to trust.

Since -- you believe -- all medical doctors are equally trained, equally knowledgeable, all have had the same education, the same training, have read the same books, and all are at the very forefront of re-

search, you'll prefer trust in this nice man (or woman), you'll go home, suffer, take the pill three or more times a day, and be emotionally stricken as your body progresses into a grotesque disease condition.

Right?

Hopefully, not any more! Not after reading this book, and others available elsewhere. Thankfully people are beginning to wake up, to realize the ineffectiveness and futility of relying on traditional medicine, as more and more folks take up alternatives -- and achieve wellness.

Not all establishment medicine is bad, of course. It simply uses a faulty standard usually designed by medical boards, insurance companies, pharmaceutical industries, trade unions such as the American Medical Association or American Dental Association, or ivory towered professors in medical schools whose research is dominated by the pocketbooks of pharmaceutical industries -- hardly an unemotional or unbiased grouping.

While the gold standard of medical scientific proof is that of controlled, double-blind studies that often cost as much as \$40,000,000 to establish the fact that one kind of pain killer is slightly better than another kind of pain killer, the crux of medicine is and should be whether or not people achieve wellness, and how they do so. We have, therefore, included actual case histories (usually under pseudonyms), describing how people suffered and what they did to achieve wellness.

In the osteoarthritis chapter you'll learn that William Kaufman, M.D., Ph.D. solved one of the basic mysteries of osteoarthritis, having proved his solution under rigorous scientific studies. Others also worked on pieces of the puzzles, and these include natural-medicine-oriented Rex E. Newnham, D.O., N.D., Ph.D. and Michael T. Murray, N.D., nerve specialist Roger Wyburn-Mason, M.D., Ph.D., surgeon/acupuncturist Dr. Paul K. Pybus, reconstructive therapists William J. Faber, D.O. and James Carlson, D.O., general practitioners Jack M. Blount and one of us (Gus J. Prosch, Jr., M.D.), chiropractors like Paul Goldberg, D.C., M.P.H., and many other health professionals -- all of whom have volunteered extremely useful knowledge.

Osteoarthritis is no longer a necessary concomitant of aging, being treatable and solvable. Would it also surprise you to learn that rheumatoid arthritis has been capable of being cured for many years?

The necessary treatment factors, usually involve (1) proper nutrition, (2) detoxification [mercury, foci of infection, herbicides and pesticides] (3) strengthening of the immune system, (4) elimination of

foreign organisms [parasites], (5) treatment for food allergies, (6) natural hormonal rebalancing, and (7) treatment against candidiasis, a yeast/fungus infestation. While accounting for all of these factors, and while all are necessary ingredients to achieve wellness, in particular cases they may not be sufficient, as each of us are designed with genetic differences and reared in differing environments.

What We've Learned

Both of us have experienced nearly twenty years of freedom from rheumatoid arthritis, and one of us has successfully treated thousands of rheumatoid arthritis patients.

We've learned two impressive fundamental truths:

(a) All health not related to genetic defects is a function of what we eat, drink, breathe, how we eliminate, the nature of our living styles, and our response to and the levels of experienced stress. "To be healthy," says the wise man, "then clean up your act."

This book describes how to start cleaning up your act!

(b) There are probably more ways known to stay or get well than there are ways to achieve illness, or to stay ill. Apparently -- from the nature of wellness principles -- we humans work very hard to stay ill!

The Many Layers to Wellness

It took one of us (Anthony di Fabio) six weeks to halt the progress of "galloping" rheumatoid arthritis, two more years to pay attention to candidiasis, nutrition and food allergies, and the next 13 years to understand what's really going on with the factors that create rheumatoid arthritis and the other 79 related rheumatoid diseases. The following are layers which, when peeled apart sheet by sheet, surely will produce wellness in virtually everyone:

1. Stress

Stress is the greatest contributor toward a sick body. As a necessary ingredient of life, stress is totally unavoidable, arriving at our doorstep because we live, and appearing as either a physical or emotional stressor.

Physical stress includes heat and cold, polluting chemicals, daylight and darkness, the pull of gravity, microorganisms, changes in humidity and air pressure, accidents and sports, and so on.

Emotional stressors include offenses against others or against ourselves, school discipline and study, work -- particularly if detested -- marriage relationships and divorces, and certainly the loss of loved ones.

According to Derrick Lonsdale, M.D. [*Why I Left Orthodox Medicine*], "Each of us live in a dangerous world, surrounded by all kinds of invisible stressors, many of which are indeed bacteria and viruses. The defense reaction to a stressor, however, regardless of the nature of the stressor, is much the same."

Some folks can handle enormous amounts of stress, and others very little, probably as a matter of their differing nutritional intake, state of health, and genetic factors.

We can make choices to reduce stress, but, short of death, there is no way to totally eliminate stress. It is our *choices* that determine the *nature* of our stress.

Whenever undue stress is unavoidable, or even if you've conditioned yourself to believe that a stress activity is enjoyable, some folks will get well simply by choosing to remove themselves from an environment of undue stress.

Stress has many faces, and it is never solved by blaming others, although it's possible that removing yourself from others may be necessary.

There are so many faces to stress that it deserves a book by itself.

Some folks can get well from rheumatoid arthritis and related rheumatoid diseases simply by removing themselves from stressful situations.

2. Nutrition

As we've repeatedly written -- as has Joel Wallach, D.V.M., N.D. and Ma Lan, M.D. (*Dead Doctors Don't Lie; Rare Earths: Forbidden Cures*, etc.) -- a successful farmer knows more about nutrition than the vast majority of health professionals graduating from the standard medical school. A successful farmer knows with a certainty -- a certainty upon which his family's welfare relies -- that unless he feeds his cattle, chickens, hogs, sheep, and so forth the very best nutrients, their market value will be low, and his income accordingly will suffer. Unfortunately few American farmers have learned to apply this same philosophy to their plant kingdom crops, as they seem to be stuck in the limited nitrogen/phosphorus "fertilizer" cycle, along with the use of hybrids that produce large, healthy appearing vegetation with lopsided nutrient values or without a whole lot of nourishing qualities.

Most religions teach that man is both spirit and animal. And while it is most important to nourish the spirit, this can be increasingly difficult without persistently buttressing our animal natures with the proper nutrition and nutritional supplements. If not, the spirit may leave

the body prematurely.

Everywhere on earth are healthful foods growing wild: insects, worms, nuts, fruits, various vegetation. There's probably more healthful edible foods growing wild on this planet even today than there are unedible, poisonous foods -- but we and you are not about to break our childhood conditioning to seek after it. So, what is left?

Well, the closer we can come to the diet of our foraging ancestors, the more healthy we will become, excepting, of course, unavoidable intake of parasites, bacteria, et. al. In other words, we need organically grown food free of pesticides, herbicides, and chock full of enzymes, vitamins, minerals, and essential fatty acids. If we were to plant and raise our own gardens, insuring that the soils are balanced and mineral-laden, we'd more than likely not need vitamin and mineral supplements.

As it has become increasingly difficult to obtain what our animal natures require, we must do the best we can. After having chosen the very best store products available to us, we must choose wisely in supplementing with various vitamins, minerals, and essential fatty acids -- because our foods no longer contain the proper balance or they lack sufficient quantity of these life substances.

Those are just the general principles. A scientific discourse on the proper food baffles the best of physicians, so don't expect this non-encyclopedic book to provide you with foolproof, complete advice suitable just for you. Each person is genetically different, and each has different requirements, and those are the ingredients that you must learn about with the assistance of a knowledgeable health professional. The "4-food groups" or "6-food groups" recommended by dietitians is nonsense, not even suitable for grade-school children, providing incomplete, misleading information, and leaving out the very varying biochemistry that makes you different, or supports your life.

Derrick Lonsdale, M.D. (*Why I Left Orthodox Medicine*), describes five patients who are non-genetically related. Each of them are clinically diagnosed as having rheumatoid arthritis, each described as having joint inflammation, pain and swelling. Traditional medicine would attempt to treat each and every one of these five patients the same, but on a nutritional basis, each would require a different approach, depending upon their biochemical needs which must be learned by astute biochemical analysis. Dr. Lonsdale's nutritional approach also emphasizes that rheumatoid arthritis and related rheumatoid diseases are not a disease of joints, but a disease of the whole body -- and we wholeheartedly agree.

There are many who achieve wellness from rheumatoid arthritis - and the other 79 collagen tissue diseases which we call rheumatoid diseases -- simply by improving their nutritional intake to that which best fits them. We would guesstimate that about 30% can get well by this means alone.

Chose to remove undue stress, and improve nutrition, and you may very well achieve wellness from rheumatoid disease!

3. Candidiasis and Food Allergies.

Candida albicans, a yeast/fungus, is an organism of opportunity, just as many other microorganisms are. Whenever conditions are right these organisms-of-opportunity set up shop in our bodies, particularly the intestinal tract. Right conditions (for them) are provided by the use of antibiotics, hormones (cortisone, birth control pills, etc.) and other chemicals, exposure to stress, and poor nutrition. A particularly virulent form of candidiasis -- the name given to the *Candida albicans* yeast/fungus infection -- is a fungal form that plants itself in the intestinal mucosal membrane, there to grow inward rootlets that penetrate all the way into the blood stream. (See *The Yeast Connection*, William Crook; *The Yeast Syndrome*, Morton Walker, D.P.M., John Trowbridge, M.D.; others)

Candidiasis, as will most yeasts, produces either acetaldehyde or alcohol, or both. Acetaldehyde is the metabolite of alcohol, the part of drinking liquors that gives you a hang-over the next morning. This persistent production of acetaldehyde in your intestinal tract passes through and into every organ and bodily system day by day, night by night, placing extreme chemical stress on your cells, organs, and systems. In time virtually every degenerative disease condition can be mimicked, including those of rheumatoid arthritis as well as the other 79 so-called "auto-immune" diseases.

Simultaneously, as acetaldehyde is slowly, drastically, affecting your life, the rootlets planted in your mucosa are permitting small molecular particles of food to pass directly into the blood stream without being digested. These particles in your bloodstream are recognized as foreign invaders, and your immune system builds up protection against them, forming what's called an antigen/antibody complex which is the biochemical beginnings of a food allergy.

The number of your food allergies increases over time, and they have some peculiar characteristics: (a) Some food allergies can be spotted as soon as you've eaten the substance: headache, nausea, joint pain, depression, lethargy, and so on. (b) Some food allergies require as

much as three days from the time you exposed yourself to the food to kick in with headache, nausea, joint pain, depression and lethargy, and so on. This type becomes hard to associate with foods eaten by causal observation, and may require either a valid blood test for allergies or a carefully prepared log of foods eaten compared to daily symptoms (*Dr. Braly's Food Allergy and Nutrition Revolution*, James Braly, M.D.).

Just as infestation by *Candida albicans* can create a huge variety of symptoms, depending upon which tissues are most affected, so can food allergies. And, just as candidiasis can mimic rheumatoid disease, and the other 79 collagen tissue diseases, so can food allergies.

In short, candidiasis produces food allergies, and both of them not only create their own disease symptoms, but both of them can also mimic any of the 80 rheumatoid diseases, including rheumatoid arthritis.

Incidentally, you're probably not going to want to learn that food allergies behave according to the same biochemical rules as does drug addiction.

Health professionals who have had their patients rid themselves of stress, improve nutrition, and conquer candidiasis and food allergies have cured a high percentage of those afflicted with rheumatoid disease.

4. Mercury Detoxification, Pesticide and Herbicide Detoxification, and Sterilization of Foci of Infection.

Solving stress may get the arthritic well.

Changing stressful conditions and improving nutrition may get the arthritic well.

Attending to stressful conditions, improving nutrition, reducing candidiasis infestation, and avoiding allergenic foods may get the arthritic well.

-- and any of these life-style changes may be permanent or temporary, depending upon each individual's temperament and situation.

But what will surely work? And what will also come closest to returning your body (and youthful spirit) back to an early period when you were free of disease?

Broad Spectrum Anti-Microorganism Treatment

Two foundations, The Arthritis Trust of America (The Rheumatoid Disease Foundation) and The Road Back Foundation, have historically recommended the use of prescription medicines to halt the progress of rheumatoid arthritis and some osteoarthritis (about 10%). The Road Back Foundation recommends a series of treatments of minicycline,

whereas The Arthritis Trust of America has long recommended any one, or combination, of several broad-spectrum anti-microorganism drugs.

Both treatments have resulted in remissions or "cures," from rheumatoid arthritis.

Coupling broad spectrum anti-microorganism treatment with treatment for improper nutrition, candidiasis, and food allergies has consistently resulted in an 80% cure rate since 1982, according to one of us (Gus J. Prosch, Jr., M.D. of Birmingham, Alabama).

According to Lee Cowden, M.D. of Dallas, Texas, various foci of infection are important to remove, but they will not leave completely until accumulated herbicides and pesticides are removed. Herbicides and pesticides will not go completely until mercury is removed.

We don't want to use this limited space to get involved in a lengthy pro and con as to why each of these factors are so important. That's what The Arthritis Trust of America's recommended books and articles do in some detail. We'll briefly describe the nature of each of the above factors.

Mercury Poisoning

The US Environmental Protection Agency sets no lower limit for the amount of mercury that is dangerous to health. Dentists who handle mercury must do so under guidelines set by the agency for a very dangerous substance, including the need to dispose of mercuric waste scraps in a manner that will not endanger our environment, thus also endanger people.

For some irrational reason, once mercury is placed in fillings of teeth American dentists consider it no longer of danger because, they say, it is in an amalgamated form -- mixed with other metals -- and will not come free. This assumption is demonstrably false, and can be easily shown to be false by measuring the percentage of mercury from removed fillings and plotting percentages of remaining mercury against the time the amalgam spent in the mouth. Mercury disappears from the amalgams in a very predictable (linear) manner. The longer in the mouth, the less mercury contained in the filling.

The Swedish Medical Association, after resisting these claims of danger in the use of mercury fillings and after studying available scientific data, concluded they were wrong, and they publicly apologized to the Swedish public. Sweden, as well as some other European countries, are now phasing mercury from dentistry.

The normally intransigent American Medical Association has declared mercury dangerous, in agreement with the Environmental

Protection Association.

The American Dental Association, however, is so blind, so irrationally protective of their trade union, that they and some of their captive licensing boards have threatened to take the license away from dentists who remove fillings and replace them with a non-dangerous substance.

When mercury is amalgamated with another metal, the filling is bathed in either an alkaline or an acid environment, the saliva and food mixture in your mouth which changes according to what you eat and when you eat.

Two dissimilar metals in either an alkaline or acid environment form a small battery which, when activated, produces an electric current. Such an electric current is easily measured in each and every metallic filling in your teeth.

The joint effect of all the little batteries in all of your teeth is also measurable as both a current, and also as a persistent source of evaporated mercury in your mouth.

Evaporated mercury combines with organic matter in the mouth to form a mercuric/organic compound, which your body accumulates. Over time, your body will accumulate a considerable amount of mercury from your fillings as well as from other sources, such as consumed fish (which accumulates mercury), herbicides and pesticides, and additional dangerous environmental stressors surrounding us everywhere.

According to Hal Huggins, D.D.S. (*It's All In Your Head*), and other health professionals, here's the two major effects of the use of mercury fillings:

(1) Organic mercury tends to accumulate at nerve ganglion where it interferes with the proper functioning of nerve signals. Accumulated mercury in a ganglia in the face -- for example -- may easily affect performance of a joint in a remote part of the body, causing a form of "arthritis." The proof is that when the organic mercury is removed from the ganglion in the face, the pain in the joint stops immediately, and the joint begins to heal and function properly.

This is but one example among thousands of seemingly unrelated dysfunctions that might be cited, including that of improper functioning of the immune system.

(2) Organic mercury forms small pockets or envelopes in various tissues of the body within which foreign microorganisms set up shop. These are usually mutated, anaerobic (live without oxygen) forms of organisms. When our macrophages and leucocytes try to attack these

foreign organisms as they're supposed to do, they are prevented from entering the pocket by the mercury.

Thus, the foreign organisms continue to thrive, producing toxins (microbial waste products) which, if our human tissues are not already sensitive to the toxins, will, for the arthritic-prone, probably become sensitive to them. The daily production of toxins, and their distribution throughout the tissues, organs, and systems of our body are what produce the various disease symptoms that are then classified as one of the 80 so-called "auto-immune" diseases, and also many of the "degenerative" diseases.

It greatly surprised one of us (Anthony di Fabio) to learn that the red coloring matter used to produce partial dentures and full dentures consists of a mercuric coloring matter. This mercury also leaches out over time, continuing our accumulation of dangerous mercury. A clear flexite denture is recommended by Lee Cowden, M.D. of Dallas, Texas.

We were shocked to learn from one manufacturer of denture plastic that he used cadmium to help keep the red (mercury) from leaching out.

Yea Gad! Cadmium is as dangerous as the mercury, and a major problem for the Environmental Protection Agency to keep cadmium from leaching into our soils and water systems especially by its improper disposal.

The problem of obtaining dentures made from a clear flexite material may prove difficult, but, if you insist, can be solved.

Root Canal and Tooth Extraction Foci of Infection

Extracted teeth and root canal surgery are extremely large sources of persistent infections that create degenerative diseases, including the various arthritides. "Arthritides" refers to all forms of arthritis.

George E. Meinig, D.D.S. (*Root Canal Cover-Up*) reports on the work of Weston Price, D.D.S., who, under the auspices of the American Dental Association, headed studies performed by 60 top-ranking medical scientists from very prestigious medical and dental institutions.

Whenever a tooth is extracted, or root canal work has been performed, the muscular tissue in the socket is usually left in place, and the dentist makes an assumption that the use of antibiotics will penetrate this tough tissue killing any microorganisms that may be present after the surgery.

The assumption is demonstrably false.

Streptococcus feci, or any one of hundreds of viruses, bacteria or mycoplasmas, will find themselves in these open sockets during surgery. Within the apparently healed gums, microorganisms that thrive in

oxygen in the mouth (aerobic) will mutate to a type that thrives without oxygen inside the tooth socket (anaerobic).

Only 10% of those infected in the gums will have sore or sensitive gums, and will ever suspect that something is wrong.

One of us (Anthony di Fabio) had all of his teeth removed 50 years ago, and argued loud and long with those who insisted that the teeth be checked for a focus of infection. After all, "I had no root canals performed, and my gums feel normal!" Burton Goldberg (*Alternative Medicine: The Definitive Guide*) insisted, and so more to oblige him than because of belief, several non-invasive tests were made, and two blood tests.

Two kinds of non-invasive tests are effective in making such a determination: (1) kinesthiology, a method of testing for muscle strength or weakness in the presence of an antigen or allergen; or (2) a computron, or dermatron (Electro-Acupuncture according to Voll), a device that sends a small amount of un-noticeable current along an acupuncture meridian. By reading the resulting effect on a changing electrical measurement one can determine if foreign invaders are involved, often what species.

Each blood test confirmed the presence of a species of mycoplasma, one of them also inferring the presence of an associated virus.

Under the care of a biological dentist, his computron confirmed the presence of both a mycoplasma and a virus throughout the upper and lower gums, also naming their species.

Still there was no belief or acceptance, but permission was granted to cut into a small portion of the gums as a final determination.

Lo! A greyish mass was present. Evidence was found of infestation throughout the top and bottom along the whole gum line -- a fifty year-long unsuspected focus of infection. These were laser sterilized and cleansed with hydrogen peroxide injections.

Later a nerve ganglion that could not be cut into by the biological dentist was also cleansed of infection by a medical doctor with appropriate techniques, as were other nerve ganglia containing mercury in other parts of the body. Still a residual focus of infection remained in the lower right dental quadrant. Toxins from remaining microorganisms affect a finger on the right hand, and will be sterilized further in the future. How does one know for sure that these toxins affect the finger? Because when novocaine is injected in to the lower right dental quadrant, the finger pain disappears, and flexibility returns.

According to Dr. Meinig, so long as the immune system is young,

and functioning properly, these toxins and foreign invaders are properly handled. Once we age, as do our systems, the immune functions become slowly overwhelmed, and the various degenerative diseases set in.

By the way. None of this kind of dentistry should be attempted without a Biological Dentist, sometimes called a "detoxification dentist." They are few in number, and not too easy to find. The untrained, normal dentist not only will not believe, but even if willing to remove mercury or cleanse foci of infection, they are likely to leave you worse off than when you began. Especially dangerous is the possibility of accumulating more mercury in your system than you had before amalgam replacement with a neutral filling. Specialized techniques and training are necessary!

There are cases on record where once the mercury has been removed, and the foci of infection cleared up, (by use of the proper procedures) arthritis has totally disappeared without further treatment.

There are also cases where obvious health improvement has been obtained, but the arthritis has not cleared. Reason: Stress, nutrition, candidiasis, food allergies, and additional problems to be discussed in the following.

Adnoidectomies and Tonsilectomies Foci of Infection

Additional foci of infections may result from improper sterilization after adnoidectomies or tonsilectomies, according to Dr. Meinig.

What's Happened to This Important Information?

What has happened to information, about the dangers of mercury, gum infection after extraction of teeth and root canal surgery, and after improperly cleansed adnoidectomies and tonsilectomies?

Why hasn't the public -- or the arthritic -- been told of it?

Although the important medical research was initially sponsored by the American Dental Association, when one of us asked his dentist about knowledge of these fantastic, long-term, definitive research works, he shook his head, saying, "No, I've never heard of them! They never taught us this in dentistry school."

We gave him copies of Meinig's and Huggins' books.

Like so many important medical discoveries, the knowledge got buried by mean-spirited, closed-minded, suppressive personalities -- or people with vested interests.

Original research records are stored in the American Dental Association library archives, and copies are also found in the Price-Pottenger Nutrition Foundation (PO Box 2614, La Mesa, California 91943-2614). However, George Meinig, D.D.S. has nicely summarized the

work in his book *Root Canal Coverup*.

Pesticides and Herbicides

Pesticides and herbicides surround us everywhere. It's as though we live in a sea of these dangerous, man-made substances. The initial idea was to kill pests (insects, rodents, etc.) or to kill weeds that are undesirable on our farms so that we could produce more and better crops. A similar motivation led to the use of antibiotics which, at first glance, appears to be a miraculous use of nature's own means of limiting undesirable microbes.

However, what has happened is this: Insects, microorganisms, and even so-called weeds adapt -- usually faster than we do. One surviving microbe, for example, can breed a generation of descendents that not only cannot be killed by the chemical or antibiotic that killed its forebearers, but thrives on it instead, and so another chemical or antibiotic must be manufactured against this new generation.

And so it goes, until there is hardly anything that can be used against these adaptable organisms that is not also dangerous to the cells of man.

Dangerous pesticides and herbicides have also become extremely widespread: winds spread the chemicals to our shores as does wave; and even traffic from country to country by car, ship, plane, and feet which all spread these deadly man-made chemicals.

There is little water, whether city conditioned, or farm well-water, stream, ocean, or lake, that does not contain these dangerous substances, just as there is little produce that reaches our markets that does not contain them. Nor are the snows and ices safe. Dangerous herbicides and pesticides can even be found in the arctic and antarctica, carried by wind and wave. Whole eco-systems are dying, and their many varied life-forms are also dying by the tens of thousands from our poisonous incursions.

Harold Buttram, M.D. (*Our Toxic World; Who Is Looking After Our Children?*) reports that "about 70,000 chemicals are now used in commerce, of which several hundred have been tested for neurotoxicity, and among these only a handful have been tested thoroughly. Children have been estimated to be up to 10 times more vulnerable to toxic chemicals than adults."

Generally, these poisons or their dangerous metabolites are accumulated in the parts of the cells of the body called "lipids," or fatty parts of our cells.

Parasites, including infestations of candidiasis, amoebae, mycoplasmas, bacteria, viruses, worms, et. al., will not readily leave the body

(especially intestinal tract) until these pesticides and herbicides are driven from the body.

There are many ways to detoxify herbicides, pesticides, and other chemicals from the body, among which are (1) 3-1/2 to 4 weeks of sweat sauna at 140^o-180^o F, with replacement vitamins, minerals and essential fatty acids (Church of Scientology); (2) use of body soaks with special preparations, including dry scrubbing, et. al. (3) specially prepared herbs and homeopathic remedies, and so on.

Primary, however, and according to Lee Cowden, M.D., is to get rid of the accumulated organic mercury compounds, which permits removal of herbicides and pesticides, which permits removal of parasites.

Parasites

Getting rid of parasites, including yeast, amoebae, mycoplasmas, bacteria, viruses, worms, et. al. may require a number of different treatments over more or lesser time periods.

Nutritionist Ann Louise Gittleman (*Guess What Came to Dinner*) says, "If you think that parasitic diseases happen only to people in Third World countries, think again . . . An astounding one out of six people will test positive for parasites," -- those are only counting parasites for which tests are made. Testing for parasites by an established medical professional would most likely result in negative findings. Unfortunately, these standardized tests catch only about 20% of the actual cases, according to Ross Anderson, N.D., D.C., Petersborough, Ontario, Canada, who says, that "Over 1,000 species of parasites can live in your body, but tests for only about 40 or 50 exist. This means doctors are only testing for about 5% of the parasites and missing 80% of these. This brings the ability to clinically find parasites down to 1%."²⁶⁵

Lee Cowden, M.D., Dallas, Texas, may recommend ozone colonics, especially the kind that can be used in one's own home. An ozone machine (to prepare ozonated water) is purchased and used in the home to freshly prepare a number of gallons of water, after which, and with the prior layout of a colema board and training in the method, one injects the prepared ozonated water into the lower colon. Dr. Cowden's rule of thumb is that for each 20 years of life it requires about 1 week of such treatment, twice daily, along with other special dietary factors.

Bernard Jensen, D.C., Ph.D. (*Tissue Cleansing Through Bowel Management*) describes other effective methods, as does Sherry Rogers, M.D. (*Wellness Against All Odds*), and Louis J. Marx, M.D. (*Healing Dimensions of Herbal Medicine*), may provide specific herbal formulations for specific as well as general conditions.

Removing undue stress, satisfying individual nutritional requirements, detoxifying mercury, pesticides and herbicides, treating candidiasis and food allergies, killing undesirable parasites via prescription drugs, herbs and other means, and removing the thickened intestinal lining which harbors parasites, microorganisms, and worms will surely restore health with the vast majority.

5. Necessary Individualized Treatments

There is another level which might be required for optimum health for some individuals, and that is specialized individualized treatments. These are whatever individualized treatments are necessary for the specific person. For example: a person who has diabetes may very well have a type that William H. Philpott, M.D. of Choctaw, Oklahoma has identified as being caused by allergies to certain widely consumed foods. The beta cells in the pancreas swell because of the allergy, thus preventing the body from receiving necessary insulin. We've known folks who, on talking with Dr. Philpott, have tried his allergy recommendations and subsequently have become free of insulin shots thereafter.

Whether or not the type of diabetes is from food allergy, any diabetic can benefit from chelation therapy, a method of improving blood circulation in 80% of the peripheral (extremities) circulation. Such improvement in blood circulation is always accompanied by improved nutritional support for each individual cell, and thus improves ability to heal.

In fact, the use of chelation therapy can very well eliminate the need for by-pass surgery, one of those very costly, mostly ineffective standard, obsolete, medical practices.

As each individual differs greatly from others both in genetics, past nutritional intake, stress, and other important modifiers of our biology, only a trained health professional can determine whether or not Level Five is necessary, and in most cases, while perhaps not necessary, may be desirable.

Level Four Toward Wellness. and possibly Level 5, are such important steps (especially when combined with levels 1 through 3) there's virtual certainty that when properly implemented every (100%) arthritic will achieve wellness. But this doesn't mean that all of the damage to joints and other body systems will necessarily be reversed. Special treatments may be necessary for damaged, irreversible problems.

Not just those suffering from rheumatoid arthritis, not just those

suffering from rheumatoid disease (the whole 80 of them), but also a large portion of any who suffer from many so-called degenerative diseases will achieve wellness.

We knowingly include many forms of cancer among the promised wellnesses accomplished through the directions described.

You see, we've sort of snuck up on you!

We started by describing simple levels of healing strategies just for arthritides, and arrived at a level that will heal almost everything, so common are the causes, and so basic are the common physiological conditions.

The Catch

Implementing the above recommendations can be a serious problem. Although The Arthritis Trust of America's physician list contains many doctors knowledgeable in one or more of the preceding treatment programs, there are few, indeed, knowledgeable or trained in all of them.

Finding a biological dentist in your geographical region, as has been mentioned, can be a pain in the tail. Although this foundation has listed a few in its physician list, the Price-Pottenger Nutrition Foundation has a greater listing of biological dentists.

Finding a compatible physician or dentist may take some time, and may also require you to search throughout the country, or even out of the country. Some procedures can be accomplished only at the risk of the professionals' license in some states, and some medical procedures (such as colonics) can be best done by yourself, in your own home after proper training. Some, of course may be best with your family physician.

Thus it is -- with all the many implementation problems -- that we highly recommend that you begin learning. Learning is what The Arthritis Trust of America's articles and books are about. When you've studied the variety of causes and aspects to getting well, you can decide for yourself how much expenditure of time and effort you'll make to heal yourself.

Some things you'll do yourself, based on the knowledge we've provided you.

Some treatments will require guidance by a knowing health professional.

Some treatments will require full attendance by a knowledgeable health professional.

Some treatments can only be found a long way from your home.

Your best bet is still to begin by ordering books and articles recommended by The Arthritis Trust of America and from elsewhere. Study, and decide!
Only you can get you well!

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Non-Profit Nutrition Information and Archives

Price-Pottenger Nutrition Foundation, PO Box 2614, La Mesa, CA 91943-2614; (619) 462-7600.