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Multiple Sclerosis Treated with Injectable Vitamin B1 & Liver Extract

by Dale Humpherys

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This is a case history of a recovery from a disease which exacts a terrible price in suffering and hardship from its victims and their families and for which orthodox medicine stubbornly insists there is no successful treatment.

MS has been reversed and cured by two doctors working independently and apparently unaware of each other since the 1940s. These two men were Dr. F.R. Klenner, MD of Reidsville, North Carolina and Dr. H.T.R. Mount, MD of Ottawa, Ontario. Dr. Klenner makes this claim in his medical paper "Response of Peripheral and Central Nerve Pathology to Mega-doses of the Vitamin B-Complex and other Metabolites," in the *Journal of Applied Nutrition*, fall 1973. "Any victim of MS who will dramatically flush with the use of nicotinic acid and who has not yet progressed to the stage of myelin degeneration, as witnessed by sustained ankle clonus elicited in the orthodox manner, can be *cured* with the adequate employment of thiamin HCL and other factors of the vitamin B complex in conjunction with essential proteins, lipids, carbohydrates and injectable Liver Extract. If sustained ankle clonus is not Bilateral, then it is not a deterrent. We have had patients who did demonstrate Bilateral sustained ankle clonus, and who were in wheelchairs, and who returned to normal activities after 5 to 8 years of treatment." To cure MS is a dramatic claim to make for a disease which supposedly has no successful treatment. Dr. Klenner's results speak for themselves.

Dr. Mount on the other hand, describes his patients as "clinically well" or "clinically improved." For my part, MS is a brutal disease and anyone who has had it will have a reminder of it until the end of their days. The symptom that has remained with me is the heaviness in the feet when over-tired. I am otherwise symptom-free. I received many calls from doctors after my story was published and their comments during the first 5 or 10 years were "you are in remission." Now in my 25th year I don't hear that "remission" B1t any more. Am I cured or in remission? As long as I take my intramuscular injection of B1 200 mg daily and my 2cc liver extract weekly I am completely well. Call it what you wish!

I was diagnosed in 1972 at the age of 44 and treated with a series of ACTH injections. I seemed to recover but still had extreme fatigue and numbness in my feet and legs which slowly improved. I continued to work at my profession as a teacher. In 1973 I had a second attack which was more severe, affecting my legs and arms and the fatigue forced me to quit work. I was able to be up for several hours at a time but had to spend most of my time in bed. I was again given ACTH injections which didn't seem to have any effect. My GP and neurologist had *no other treatment* to offer.

They tried to encourage me by telling of the research being done on MS which was progressing rapidly and eventually would

produce a drug which would cure MS, they assured me. While waiting for this cure to be discovered, I began to read extensively everything I could on MS. The exciting moment for me came when I was reading a book called *How to Get Well* by Dr. Paavo Airola, ND in which he said that Klenner was treating MS with much success.

After talking it over with my family I decided to go down to Reidsville, North Carolina, to see Dr. Klenner. I believed my doctors would be happy to hear this news, but when I told them they were silent and finally said, "Dale, this man Klenner is a quack — he will take your money and give you false hope. If there were a successful treatment for MS we would know about it — Don't go." Thank God I ignored this medical advice.

I phoned Dr. Klenner's office and was told by his receptionist that he didn't book appointments but that I should come down and he would see me. This sounded strange to me — no appointment? But I booked a flight from Victoria, British Columbia to Reidsville, North Carolina. A long flight. Fear tugged at my heart — could I make it? I could walk only a short distance and was suffering total fatigue. When I arrived at the small town of Reidsville at 1:00 p.m. I phoned Dr. Klenner's office and was told to come to his office at 5:00 p.m. When I arrived there was a group of perhaps 25 people standing at the bottom of a flight of stairs leading up to his office on the 2nd floor of an old frame building. They told me they were waiting to get their name on the patient list for the next day. Presently Dr. Klenner's receptionist appeared and tacked a piece of paper to the door. This paper had 20 numbers on it. If you were fortunate you got your name on the list which were the 20 patients Dr. Klenner would see the next day. I was fortunate and met him the following day. He was working alone with his wife who was an RN and a receptionist. I learned that his receptionist had come to him in a wheelchair with MS in 1961 — she was now completely recovered and worked several days a week in his office.

Dr. Klenner examined me and confirmed the diagnosis of MS while explaining to me how the treatment worked. He said I was fortunate to come to him while still on my feet as the recovery period would be shortened considerably. I received an injection of B1 and liver extract and a copy of his protocol which I was to read that night. I saw him again the next morning and was shown how to give myself intramuscular injections and told where to order the injectables. His final words to me were that I would recover completely and could probably go back to work within a matter of *months*. The fatigue I had suffered for 2 years was gone after the first several injections. I couldn't believe it. I was still weak with numbness in my feet and legs but I had my strength again. Before I left, his wife cautioned me that I must have the daily injection for life because the B1 cannot be absorbed orally in pill form.

When I was ready to leave I asked Mrs. Klenner for my bill — she said it wasn't made up yet and they would send it to me. I never did receive a bill from Dr. Klenner — *so much for the quack who would take my money in return for false hope!*

When I arrived home, putting Dr. Klenner's full treatment schedule in effect proved to be a problem. Many of the oral medications weren't available in Canada and some of these medications such as niacin caused me some stomach distress. I shall always be grateful to Dr. Abram Hoffer who guided me through this period. Dr. Hoffer was practicing in Saskatoon, Saskatchewan at that time but he always took my many telephone calls with the grace and compassion this great physician is renowned for. Dr. Hoffer has been practicing here in Victoria for quite some time and I had occasion to see him at his office recently about a problem I was having. I presented him with a sheet of the supplements I am presently taking and he said, "Dale, this must cost you a bundle but you'll

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior probably live to be a hundred.” Recalling what last month’s B111 for supplements had been, I replied that I probably couldn’t afford to.

Several years later following an interview for CBC television broadcast nationwide, I received a call from a man in Toronto who told me he had been cured of MS by Dr. H.T.R. Mount, MD of Ottawa, Ontario. This was very interesting as I was unaware anyone else was treating MS. He sent me a copy of a medical paper which appeared in the *Canadian Medical Association Journal* June 2nd, 1973 in which he gives 14 case histories of MS patients treated successfully. On reading this paper I was surprised to find Dr. Mount was using B1 intravenously and liver extract intramuscularly and nothing else! Dr. Klenner was treating MS intensively with vitamins A, C, E, and all of the B vitamins and other metabolites in addition to the B1 and liver extract injections. Dr. Mount felt paralysis was a contraindication to his type of therapy whereas Dr. Klenner was treating patients with paralysis with success. Dr. Mount concludes his medical paper with a call for detailed studies to enlarge its use or to circumscribe its limitations.

Why have the positive results of these two men been stonewalled by orthodox medicine for 50 years? To answer this question let’s begin with the patient who goes to his GP with neurological symptoms suggestive of MS as I did. He is then referred to a neurologist for treatment. The neurologist gives the patient steroids, usually cortisone or ACTH which do not work. This is the stage at which this patient should be treated with intramuscular injections of B1 and liver extract. Would this safe, easily administered and economical treatment work with every patient? Perhaps and perhaps not. Would it work with 8 out of 10— 5 out of 10— 1 out of 10? Cortisone with ACTH produces 0 out of 10 results, so **even 1 out of 10 is a win-win situation.**

It is obvious that our neurologist, who is an “advisor” to the MS Society and probably receives a stipend thereof and who probably received a grant to do research work on a cause or cure for MS at one time during or following his medical education, won’t rock the boat by using a treatment that works. This would risk the whole financial structure salaries and grants funded with public money. This is called Empire Building. When did we become a society that victimizes its most vulnerable citizens? We are seeing the same sordid situation in the Cancer industry and with the alternative therapy treatments that threaten the medical status quo.

Of great concern to patients on this treatment has been the lack of readily available supplies of injectables, thiamine 100mg per ml in 30 ml bottles and liver extract in 30 ml bottles. In Canada the Canada Health Protection Branch (the Canadian version of the FDA) wouldn’t allow pharmacies to import thiamine and liver extract which were not produced here. Patients had to import their supplies from the US with all the red tape this entailed. Most pharmacies in the US didn’t stock these supplies because of the limited demand and had to order them from suppliers. This lack of a readily available supply was a hardship for patients and many finally became discouraged and gave up.

Steris Laboratories of Phoenix, Arizona was the sole manufacturer of vitamin and liver extract injectables in the US. Two years ago the cold heavy hand of the FDA fell on Steris Labs and they were forced to stop producing vitamin injectables. This has been a tragedy for MS patients and I have received many calls from desperate people asking for help. With the FDA’s record of crackdowns on nutritional therapies and supplements, was this an orchestrated plan to eliminate one more threat to orthodox medicine (neurologists et al.) from alternative therapies? I have every reason to believe it was.

Three years ago, Merit Pharmaceuticals of Los Angeles began

producing liver extract. When I learned in 1998 what had happened at Steris, I called Charles Fahr, president of Merit Labs, and asked him if he could begin producing thiamin injectable in 30 ml, 100mg per ml. He said he was considering it and would probably start in August if things looked favorable. In January of 1999 I was informed by my pharmacist in the US that thiamine was still not available. I phoned Mr. Fahr again and he said they had decided to produce a 30ml B Complex 100 injectable which had a formulation of thiamin 100mg per ml, B6, 2mg per ml, Pantothenate 2mg per ml, B2, 2mg per ml and niacinamide 100mg per ml. I asked why the thiamin wasn’t being produced and he said he felt that the market for thiamin had been killed by the FDA action but thought that the B-complex 100 would appeal to a broader market as many doctors routinely use a B-complex injection for their patients. This was good news for us as this formula supplied the 100mg of thiamin required to treat MS. When I checked again with the pharmacy in May I was told that because of an FDA quarantine it wouldn’t be available until July. This sounded like more FDA monkey business to me and I was receiving many desperate calls from patients. I saw Dr. Hoffer about it and he suggested having a compounding pharmacy make it up here in Victoria. He called a pharmacist and was told it could be done. A 100mg per ml, 30 ml bottle would cost \$30. Patients require 2 bottles per month costing \$60. We were paying \$8 per bottle for \$16 a month for imported thiamin. More than 3 times as expensive locally, but at least the spectre of a wheelchair hanging over us has been lifted for now.

In summary, there is a roadblock at the neurologists’ door for MS victims, but there is a ray of hope. In the 20 plus years I have been working to get the word out of a successful treatment for MS, I have talked with many GPs and the majority of them have told me that they saw no harm in helping these patients with the treatment even though they felt it wouldn’t work. With the increasing acceptance of alternative therapies by many physicians and the demand by an informed public for therapies which transcend the “cut, burn and poison” routine of orthodox medicine, an exciting new era is dawning for many people stricken with diseases which were formerly considered to be untreatable.

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