



The Arthritis Trust of Canada Newsletter

Dedicated to Eradicating Rheumatoid Disease From the Earth

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From The Editor: Alternative Medicine

by Perry A. Chapdelaine, Sr., Executive Director/Secretary

For several generations alternative medicine has been considered a quackery and a hoax by those who belong to the established order of medicine. But who are those in the "established order of medicine"? And who are those that practice "alternative medicine"?



Perry Chapdelaine, Sr.
Executive Director of
The Arthritis Trust

It's not so easy to tell the two apart: they have the same medical degrees from the same prestigious universities; they're licensed by the same medical boards; their names and addresses are joined together in the same telephone yellow pages

So how do we tell the two apart, the "established order of medicine", and those who practice alternative therapies?

The "established order of medicine" may provide you with a toxic drug that frequently suppresses your symptoms, but may not halt

the cause of the disease. Examples: aspirin for your headache; often extremely toxic substances for your arthritis; daily insulin shots for your diabetes; destroy the cancerous tumor, but not the cause of the tumor.

You will often find that alternative practitioners explore with you the causes of your symptoms. Examples: allergies that produce headaches, arthritis or diabetes; colon toxification that can produce headaches, arthritis or diabetes; root canal infections that can produce headaches, arthritis or diabetes, and so on.

The "established order of medicine" is often not concerned about diet and health,

Any successful farmer knows that diet and health are closely in touch. Without proper nutrients, cows, pigs, and chickens will not

produce income. Alternative practitioners will often invite you to learn of the deficiencies in our food sources, and how to supplement those deficiencies with vitamins, minerals, essential fatty acids, enzymes and so on.

Establishment practitioners define "preventive medicine" as coming in early and often for a breast examination. Alternative practitioners define "preventive medicine" as doing the things necessary to reduce the need for having breast examinations.

Besides comparing treatment regimens, the "established order of medicine", can also be known by their results. For more than fifty years the war against cancer (read, the symptom of cancer, the tumor) has been waged with radiation, chemotherapy, and surgery. Despite much ballyhoo in the media, statistics demonstrate that those who do not have these treatments, have been for the most part unaffected, live slightly longer than those who do -- and certainly in far more comfort.

There is another characteristic of the "established order of medicine": The establishment controls the politics and licensing of medicine! But, it is the pharmaceutical industries' drive for profits that controls those who control the politics and licensing of medicine.

\$25,000 Library Grants Awarded

During 1998 selected Canadian public libraries will be offered a grant of one year subscriptions of any one or all of six alternative medicine periodical publications, plus a number of alternative medicine books, including Anthony di Fabio's and Paul Jaconello's book *Soft Tissue Arthritis* book to be published in Canada soon. *Soft Tissue Arthritis* includes Bursitis, Fibromyalgia, Fibrositis and Rheumatism.

Selected periodicals are *Health & Healing*, *Price-Pottenger Nutrition Foundation Health Journal*, *The American Journal to Natural Medicine*, *Townsend Letter for Doctors and Patients* and *Second Opinion*.

Profile: Burton Goldberg

Alternative Medicine: The Definitive Guide is encyclopedic, based on the experiences of 380 alternative medical practitioners printed on 1,100 pages. It is designed for you, a lay reader, and it should form the very first source material for any ache or pain. User-friendly, it provides information about preventative measures, self-help cures, and non-traditional options for healthcare. Hundreds of available alternative treatments are provided to you that are safe, effective and affordable.

For the most part, people are both sick and tired of the established order of treatments and costs, and are searching for better alternatives. This book is a first answer, a must for everyone!

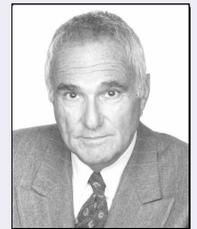
Almost any bookstore can provide you with a copy. You can also order one through us for a \$60 contribution.

In our opinion, there's been no other medical book of this high quality and far-reaching content.

Burton Goldberg is also publishing *Alternative Medicine Digest*, a bi-monthly magazine that draws from the scientific literature and from top-ranking medical doctors successful alternative treatments in every form of disease. In one brief article (Issue 14, p.19) which describes the successful treatment of Elizabeth, age 50, who was incapacitated from inflammatory arthritis, her physician, Lee Cowden, M.D. of Texas says that the key is to place the patient on a healthy diet, detoxify the intestines, restore the acid-alkaline (pH) balance in the tissues, and get the toxins draining out of the body. Then the immune system no longer produces antibodies against the body's own cells and "the arthritis goes away".

You can subscribe to this magazine for \$20 for six issues from 1640 Tiburon Blvd., Suite 2, Tiburon, CA 94920, or call (800) 333-HEAL.

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Burton Goldberg
Publisher of
*Alternative Medicine:
The Definitive Guide*

Prevention Is Better Than Cure

Prevention is Better Than Cure

The Sad Story of Arthritis and Osteoporosis
by Rex E. Newnham, Ph.D., D.O., N.D.
Cracoe House Cottage, Cracoe Near Skipton
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It has been said that if we grow old enough then we will all get arthritis. Old enough is generally in the fifties or sixties, but some survive to the eighties or nineties without any arthritis. In recent years, especially in some countries there are growing numbers of young children who develop juvenile arthritis or Still's disease; and some of these are even too young to walk. Just recently a case was brought to my attention of a young girl aged 9 months, but she was crying much and was evidently in pain, then it was noticed that some of her joints were swollen and red. This was juvenile arthritis and we were able to cure her in 2 weeks using mineral nutrients. The orthodox method would have been to give her pain killing drugs, in fact these are used for all arthritis.

In America there are Poison Control Centres where every case of poisoning is reported, and it is seen that prescribed analgesics or pain killing drugs are responsible for many deaths each year. The latest figures show that these have died from taking analgesics in recent years: 22 in 1983, 52 in 1984, 87 in 1985, 82 in 1986, 93 in 1987, 118 in 1988, 126 in 1989 a total of 580 in 8 years and the numbers seem to be increasing as time goes on.

The latest of these analgesics are called NSAIDS or Non-Specific Anti-Inflammatory Drugs (also Non-steroidal Anti-Inflammatory Drugs) but they will induce stomach bleeding and ulcers. The Food and Drug Administration admits that these drugs cause 200,000 cases of gastric bleeding each year and many of these have to be hospitalized. Probably 2,000 of these die each year and these drugs are mainly used for rheumatoid arthritis. We badly need some good preventive for this disease.

All our chronic diseases seem to be increasing and this is a bad effect of modern medical methods. Acute diseases can generally be relieved, or at least the severe symptoms are covered up, but there is evidence that sometimes when the cause is not corrected the trouble goes deeper only to be manifested later in some other chronic disease. This is well seen when people have a number of dental fillings, but then

the metals in their mouth may set up an electrical discharge and the people complain of allergies, pains that are difficult to diagnose, digestive problems, multiple sclerosis, myalgic encephalitis, even heart problems have all improved when these toxic metals were properly removed from teeth. Yet most people accept these fillings as normal.

There is osteoporosis which is another bone disease in which calcium is constantly lost, it attacks women after menopause and men after age 70. One can see old men and women who are hunch backed and stooping for very age. This is due to collapse of vertebrae. It is generally associated with much pain and inability to do necessary tasks. The bones are weaker and will break more easily, especially at the places where there is more tension, such as the hips and the wrist. This means that there are many old ladies filling hospital beds for 3 or 4 months at a time while their hips heal and they are taught to walk again.

Thirty years ago, studies indicated that arthritis was associated with a dietary deficiency of the mineral boron. This mineral is present in all good soils, in fact plants will not grow without it. Some parts of the world have more boron than others and less arthritis too. The land

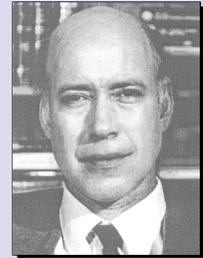
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The Arthritis Trust of Canada Approved 1998 Project

Nutritional Supplement Research

There have been lots of claims recently of beneficial results in Osteoarthritis with glucosamine and other supplements and we hope to be able to shed some light on these claims.

In 1998, Dr. Norman Allan, D.C., Ph.D., Director of the Canadian Institute of Alternative Medicine of Toronto, Canada, in cooperation with Dr. Howard Vernon, D.C., B.Sc., Director of Research at the prestigious Canadian Memorial Chiropractic College, will conduct double-blind studies using glucosamine sulfate along with a mixture of ayurvedic herbs and other nutrients.



Norman Allan, D.C., Ph.D.

Profile: Rex E. Newnham



*Rex E. Newnham,
D.O., N.D., Ph.D.*

Born 1920 and educated in New Zealand and Australia. Student of chemistry at night school before the World War II in 1940, he enlisted in the Australian army during the battle of Britain. He served for 6 years in the Middle East, Australia and New Guinea most of the time as a specialist in ammunition, explosives and bomb disposal. He rose to rank of Captain and commanded the First Australian Mobile Ammunition Repair Shop which was kept busy with preparing ammunition for air dropping in New Guinea and then when it had been dropped it had to be armed again to make it effective.

After World War II Dr. Newnham started to study medicine at Melbourne University, but got married and had a son and found it difficult to survive on 11 pounds every 2 weeks, so he stopped that study and worked with relatives as a home builder and carpenter, doing the company accounts at night. After three years of this he stopped and started teacher training in Melbourne. After one year he was teaching and then he completed a science degree so at various times he was teaching chemistry, soil science, agricultural botany, biology and geology.

While teaching in Perth, Australia, Dr. Newnham developed arthritis in the legs and feet. The medication given him did not help and so he started to look for the cause. To him it was obvious that the food he was eating was mineral deficient.

"We were growing most of our own fruit and vegetables on deep sands. The deficiencies were calcium, magnesium, potassium, zinc, boron, manganese, molybdenum, copper and iron. I looked in the literature and could not find any reference to arthritis being a mineral deficient disease, but of those minerals one was written off as not necessary for man or animal. This was boron and I knew that boron had something to do with calcium metabolism in plants. The main point about boron in the literature was its toxicity, namely 40-60 grams was a dangerous dose. So I took 30 mg of borax twice daily and in 3 weeks all pain, swelling and stiffness had gone.

Prevention Is Better Than Cure

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of Israel has more boron than is usual in the waters of the Jordan river and the underground water, which is used for irrigation, has 0.2 parts per million boron. Israeli people have about 20 mg a day of boron in their diet in that whole land, according to professor Bentwich of the Kaplan Hospital and Hebrew University, who did a survey that showed there was only 0.35% of the people with rheumatoid arthritis; and he estimated that a similar number had osteo arthritis a total of 0.7%.

In Britain, U.S.A., Australia, New Zealand and South Africa people have from 1 to 2 mg boron a day in their diet on the average, yet there is 20% of the population with arthritis. There are isolated areas in some of these countries where there is more than average boron in soil or water, such as at Camarvon in Western Australia where only 1% of the people have arthritis, and Ngawah in New Zealand where nobody has arthritis but people go there to enjoy the spas that are rich in boron.

In the last 15 years something over 500,000 people have used a boron food supplement tablet to help get rid of their arthritis. They take 3 tablets a day while they have arthritis and in about 1 to 3 months many arthritics can get rid of all the pain, swelling and stiffness. Those who have rheumatoid arthritis generally experience an early aggravation when there is more pain. This is called an Herxheimer reaction and is a good thing as it shows the remedy is working, but they must persevere and in another 2 or 3 weeks all the pain and swelling and stiffness has gone. Then they revert to one tablet a day for a maintenance dose so that they can avoid any more arthritis.

The American Human Nutrition Research Center has shown that a similar boron supplement will reduce the daily loss of calcium by nearly 50% and this would mean that victims of osteoporosis might live more comfortably and free of pain and discomfort. This is partly brought about by raising the levels of sex hormones present in the blood. Some of the women in the American trial were using HRT or Hormone Replacement Therapy, and the blood levels of these hormones was the same as that of those who were using the boron supplement. HRT has the disadvantage that there can be a higher risk of breast or endometrial cancer. The boron treatment has no such risk as the hormones are made by the body and there is no synthetic material introduced to the body.

In the mid 1980s a double blind hospital trial was conducted in Melbourne that showed these boron tablets were very efficacious and quite safe. The authorities were looking for ways to stop the use of a boron supplement and did many pathological tests which all proved the complete safety of this supplement. Since then there have been many other boron tablets on the market, and some use different compounds of boron which have never been proven, so it is best to use those brands that have been proven in such a way.

The reason for the lack of boron in some soils is largely that they have had too much soluble fertilizer applied in recent years, and this in turn inhibits the uptake of the trace minerals such as boron. Farmers have to use methods that will ensure a quick return so they use these fertilizers, but the real quality of the produce suffers. The country where is seen at its worst is Jamaica, where sugar has been grown for 200 years and the growers started using soluble chemical fertilizer in 1872. The soils are quite worn out and so are the people; 70% of them have arthritis and even the dogs in Kingston are limping. Most British and American soils have three times as much available boron in the soil as is found in Jamaica.

Fruits and vegetables are the common foods which are rich in boron; honey is also a good source. But these foods should be organically grown. A good apple can have 20 mg boron but an ordinary apple grown with fertilizer can have as little as 1 mg boron, or maybe less. The same applies to certain other fruits.

What Is Alternative Medicine?

by Hector Solorzano del Rio, M.D., Ph.D., D.Sc.

To facilitate comprehension for the patients who come to me on their first visit, I always explain to them through a leaflet, and when I see them, the following:

1.) We claim that there is no cure-all medicine. All the different treatments may be good, but the secret is to find which ones to use and how to combine them. Many physicians are fanatic about the medicine they particularly practice. This is an error. There are cases in which surgery is unavoidable. We never put in danger the life of our patients. I still practice surgery when necessary. Now you can understand how I can combine many therapies. I take the good part of them all.

2.) There are no sicknesses but sick ones. In (conventional) allopathic medicine, we try to find the diagnosis and consider everyone the same. It is like putting a label on each patient. In alternative medicine, everyone is different, so, although many patients can have the same allopathic diagnosis, we can treat them in a different way, because of the distinct imbalance found in each of them. The same thing happens within nutritional therapy. I can have many patients suffering from arthritis but maybe one has a subclinical deficiency of boron. Another can have a subclinical deficiency of magnesium and so on.

3.) When we treat a patient, we treat the whole body. In alternative medicine, we do not divide the patients into parts, that is, there are no specialties. You know, in allopathic medicine a specialist can give you a medication that will disturb another organ. Then, you have to see another specialist, who will give you another medicine, which, in turn, will disturb another organ and so on. Medications, in allopathic medicine, may have side effects; many of them adverse.

4.) To find out the micro-bioelectronic imbalance of the patients, I use different machines, such as the Dermatron invented by Dr. Voll to measure the electrical potential of the cells. We do this in certain points, so called measurement points. The normal reading is 50 in a scale of 100. Readings below indicate a degenerative process and readings above, mean an inflammatory process.

5.) According to the imbalance, I choose the treatment "individually"

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Brief Curriculum Vitae of

Hector E. Solorzano del Rio, M.D., Ph.D., D.Sc.

- Medical Doctor (Surgeon) from Universidad de Guadalajara
- Master of Acupuncture Degree from Chinese Culture University, Taiwan
- Doctor of Science from Open International University for Complementary Medicines
- Professor of Pharmacology at Universidad de Guadalajara
- Professor of Traditional Practices at the Specialty on Public Health Course at Universidad Guadalajara
- Coordinator of the Program for Studies of Alternative Medicines at Universidad de Guadalajara
- Organizer of more than 150 seminars on Alternative Medicines at Universidad de Guadalajara
- Lecturer in several congresses domestic, as well as national and international ones.
- Author of many articles for different magazines for laymen and for doctors
- President of la Sociedad de Investigacion de Acupuntura y Medicina Oriental, A.C.
- President of La Sociedad Medica de Investigaciones Enzymiaticas, A.C.
- Co-author of the book *Enzyme Therapy* published by Universidad de Guadalajara
- Co-author of the book *Tunia* (Infantile Massage)

What Is Alternative Medicine?

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ally". There are 216 alternative medicines and I recommend to patients the treatments that I think are best for their cases in particular.

6.) As patients look for good doctors, doctors look for good patients, that is, we need our patients to indeed want to help themselves.

7.) Every patient receives a diet in quality, not in quantity, based on the principle by Hippocrates, "let your food be your medicine and your medicine be your food." We design the diet according to the microbiologic readings of each person.

8.) We also keep the premise from Hippocrates "first, do not harm". Sometimes, the allopathic treatments are more aggressive than the clinical condition itself.

9.) I follow the Hippocratic philosophy that says *Natura Vix Medicatrix*, that is, Nature Heals. What I do, then, is only to stimulate the homeostasis (natural force to keep our body in order) of the patients. This way, I can say that they heal themselves. I am giving them a little push to help them.

Profile: Burton Goldberg

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Excerpts from *Alternative Medicine: The Definitive Guide*

Environmental Medicine

"Allergic and allergy-like sensitivities are very important factors in a large percentage of arthritis cases," states Marshall Mandell, M.D., Medical Director of the New England Foundation for Allergic and Environmental Diseases. "Allergies may or may not cause arthritis, but they definitely play a major role in a majority of cases because they often aggravate and perpetuate the condition. When the substances to which the arthritic patients are sensitive are eliminated, avoided, or contacted less frequently, the arthritis is relieved or eliminated."

...**Theron G. Randolph, M.D.**, the founder of environmental medicine, tested over one thousand arthritis patients with commonly eaten foods and chemical substances ranging from natural gas, auto exhaust, paints, perfume, and hair spray to insecticides, tobacco, and smoke to find out which of these substances caused their symptoms. The connection between arthritis and allergies was found to be quite significant.

In tests of over six thousand patients, Dr. Mandell found foods, chemicals, grasses, pollen, molds and other airborne substances caused allergic reactions in the joints of nearly 85 percent of the arthritics he tested.

Recommended Readings:

Alternative Medicine: A Definitive Guide. 380 leading edge physicians explain safe & effective treatments for all conditions of health or disease; 1,068 pages hardcover. An encyclopedic must for every home. Burton Goldberg Group.

Arthritis: Osteoarthritis & Rheumatoid Disease Including Rheumatoid Arthritis. 350 pages, size 11 type; Anthony di Fabio, Gus Prosch, Jr., M.D. A new "must" book for all arthritics. Revision of *Rheumatoid Diseases Cured at Last*

Arthritis: Little Known Treatments. Collection of alternative/complementary/holistic treatments; 122 pages paperback. An-

(Recommended Readings continued)

thony di Fabio.

Conquering Yeast Infections. Non-drug solution by experienced nurse, 140 pages paperback, S. Colet Lahoz, R.N., M.S., L.Ac.

Do What You Want To Do. William J. Faber, D.O. and John Parks Trowbridge, M.D. A lay description, case histories of neural/fascial & reconstructive therapy. See *Pain, Pain, Go Away & Instant Pain Relief*.

Dr. Braly's Food Allergy & Nutrition - Revolution. Solving arthritis and other disease through diet & nutrition; excellent 510 pages, paperback; James Braly, M.D.

Guess What Came To Dinner. Pervasive infestation of parasites in America today, and what to do about them; 194 pages paperback; Ann Louise Gittleman.

Home Remedies. Hydrotherapy, massage, charcoal, others; 174 pages, paperback; Agatha Thrash, M.D. & Calvin Thrash, M.D.

How to Deal with Back Pain and Rheumatoid Joint Pain. Batmanghelidj, Fereydoon, M.D. Global Health Solutions, 1991. These pains as two of the newly exposed thirst signals of the body are explained in this book. The physiology of pain production and its direct relationship to chronic regional dehydration of some joint spaces is explained: Special movements that would create vacuum in the disc spaces and draw water and the displaced discs into the vertebral joints are demonstrated.

Instant Pain Relief. William J. Faber, D.O. & Morton Walker, D.P.M. The practice of neural/fascial therapy which often offers complete correction of pain. Also see *Pain, Pain, Go Away & Do You What You Want To Do*.

Pain, Pain, Go Away. First choice treatment for osteoarthritis and other joint pains; 336 pages, paperback; Morton Walker, D.P.M. & William J. Faber, D.O. Also see *Instant Pain Relief & Do You What You Want To Do*.

Qigong for Arthritis. The Chinese way of healing and prevention; massage, cavity press and Qijong exercises; 145 pages, paperback; Dr. Yang Jwing-Ming.

Root Canal Cover-Up. Root canals & teeth extractions improperly treated may be focus of arthritis and other diseases; **must be explored**; 226 pages, paperback; George Meinig, D.D.S.

The Art of Getting Well. Expansion of *Rheumatoid Diseases Cured At Last*, including other aspects of arthritis; 141 pages, paperback; Anthony di Fabio.

The Arthritis Foods Discovery™. Proof & listing of foods that contribute to arthritic symptoms; Arthritis Help Center™.

The Yeast Syndrome. *Candida albicans* is a modern-day scourge, contributing to & imitating arthritis; 419 pages, paperback; John Parks Trowbridge, M.D. & Morton Walker, D.P.M.

Tissue Cleansing Through Bowel Management. How colonics & proper nutrition rid the body of parasites & toxins that create disease, including rheumatoid arthritis; 186 pages, paperback; Bernard Jensen, D.C., Ph.D.

Your Body's Many Cries for Water. Brilliant discussion on how lack of water affect arthritis and other diseases; 182 pages, paperback; F. Batmanghelidj, M.D.

Wilson's Syndrome. Possibility of permanently reversing hypothyroidism, which may be involved in many diseases, including arthritis; 337 pages, paperback; Denis Wilson, M.D.

Why I Left Orthodox Medicine. Well done explanation on nature of alternative/preventative medicine & importance of nutrition & unimportance of classifying disease symptoms; Derrick Lonsdale, M.D.