



# The Arthritis Trust

*Dedicated to Eradicating Rheumatoid Disease From the Earth*

Published by The Arthritis Trust

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Spring 1999

## WELCOME TO THE ARTHRITIS AND RHEUMATISM NATURAL THERAPY RESEARCH ASSOCIATION (ARNTRA)

In the year 1982 three non-profit Rheumatoid Disease Foundations were begun for two chief purposes: (1) Inform folks that so-called "incurable" arthritis was curable; (2) Perform medical research. In addition to The Rheumatoid Disease Foundation, now also called The Arthritis Trust of America, one organization was located in England, headed up by Kay Hitchen, and the other in The Republic of South Africa headed up by Lucy Birnie, who is still with us.

After Kay Hitchen's resignation from England's Rheumatoid Disease Foundation, no one stepped in to fill her position, and so our sister English organization withered and perished. Now, at last, Dr. Rex Newnham, N.D., D.O., Ph.D., has begun anew the Arthritis and Rheumatism Natural Therapy Research Association (ARNTRA), and is its director. Ken Wright is the new secretary and David Rhodes treasurer.

Dr. Newnham is a world-renown nutritional consultant (U.S. Dept. of Health, NASA, et. al.) who's scientific findings regarding the importance of boron in human nutrition is reflected by the widespread sale of this nutritional supplement in every health food store.

Dr. Newnham, whose picture is shown here, refers to our newsletter (Fall 1997) when he writes that "Ed Wendlocher is to be commended for his persistent search for truth even when there are so many difficulties in his way. All the work being done to show how the various arthritides can be traced to allergies and the fact that boron will alleviate and correct so many of the problems surely shows that boron must work with the immune system. It would be good to get some university to look into these things but it would be an expensive type of work. Boron is a difficult element to analyse and it has no radioactive isotopes that can be easily followed. Plant physiologists have been able to identify boron in cell membranes and it is easier to work with plants than people. Animals do get arthritis and could be used but with difficulty."

Dr. Newnham's discovery of the positive effects of the right kind of boron for arthritics came about through his nine journeys around the world, stopping wherever arthritis affected more than the "normal" 20% of the population. In Jamaica he found 70% affected, in Kingston he even found dogs limping from arthritis. The frequency of occurrence of arthritis in Mauritius and Fiji -- also sugar producing countries -- was almost as bad.



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

In Carnarvon (Northwest Australia) and Ngawha in New Zealand there was virtually no arthritis; in Israel where the aquifer under the coastal plain has plenty of boron, there was less than 1% arthritis. The Arthritis and Rheumatism Natural Therapy Research Association (ARNTRA) began in the late 1980's, with his development of substances containing boron that had good effects on arthritics; and now ARNTRA joins with The Arthritis Trust of Canada, The Arthritis Trust of America, and The Rheumatoid Disease Foundation of The Republic of South Africa as brother and sister organizations dedicated to wiping out the scourge of arthritis in all forms.

For more information on the use of boron for arthritis see our newsletter June 1994, or the article "Boron and Arthritis" by Rex Newnham, D.O., N.D., Ph.D. available for a \$5 or greater donation or for free from our internet homepage (<http://www.arthritis-trust.org>). Also Newnham's *Away With Arthritis* available for a \$15 or greater donation. Dr. Newnham's new book, *Arthritis Without Drugs -- the Natural Answer*, is not yet available, but can be ordered in the future. The Arthritis and Rheumatism Natural Therapy Research Association's (ARNTRA) first newsletter was published in the winter of 1997. This and subsequent newsletters can be obtained via donation by writing to ARNTRA, Cracoe House Cottage, Cracoe, Skipton, North Yorkshire, BD23 6LB, England; or can be obtained on our joint homepage, <http://www.arthritis-trust.org>. Boron products developed by Dr. Newnham are available in the United States under the name of Osteo-Trace sold by Dr. Don Brenn, 1535 N. Limestone St., Springfield, OH 45503; Dr. Bill Chezick, 1104 Oak St., Wisconsin Dells, WI 53965.

## Exclusive Case Report

### Arthritis and *Entamoeba hartmanni*

This is a case report of a 25-year-old woman complaining of painful swelling and hyperthermia (fever) of the right knee with a 50% reduction in maximal flexion (ability to move) who presented to the office 6 weeks after the development of these symptoms.

These symptoms began just 3 days after returning home from a trip to Madagascar, where she had suffered a slight course of non-specific diarrhea.

A variety of tests were done which resulted in a positive HLA-B27 antigen test and a positive stool examination for *Entamoeba hartmanni*. Cysts were present on stool specimens.

Metronidazole at 500 mg, t.i.d., was given orally for 10 days. Two weeks later, the flexion (movement) of the right knee increased, serum C-reactive protein normalized, and the stool test was negative for *Entamoeba hartmanni*.

At 3 months, the patient had completely recovered without any long-term effects of arthritis.

Submitted by Thomas L. Hesselink, M.D., 888 So. Edgelawn, Ste. 1743, Aurora, IL 60506.

By Perry A. Chapdelaine, Sr.

Each moment of joint pain brings to mind the word “arthritis,” a term so over applied that it has, for practical purposes, lost most of its meaning, except to say, “My joints hurt!”

The medical device of naming symptoms according to body location, or even cluster of symptoms, is often very misleading. For example, “collagen tissue” disease can describe any of some 80 or so rheumatoid diseases, because “collagen” runs throughout the whole body. Osteoarthritis is classified into two distinct forms: “degenerative,” and “wear and tear.” Within each of these there are further breakdowns of names and classifications, depending upon location of problems and presumed causation.

We say “presumed causation,” because for the most part none of these classifications lead to knowledge of effective treatments.

They’re just names, that’s all!

So what’s wrong with “just names?”

It’s sort of like this: you come to a lake that smells badly. Therefore you name it the Odorous Lake. You notice that one end of the lake contains green growths, and so you name it the Green Algae Disease. Another end of the lake has brown growths, and so you name it the Brown Algae Disease. You notice that there are virtually no fish in the lake, and so you call it the Defunct Fish Disease, and so on. You’ve observed carefully, you’ve described well, but you’ve not named the causation, and so you really have no scholastic handle on how to reverse the process and return the lake to a healthy, clear water brimming with a variety of lively fish.

You run hundreds of tests, and sooner or later you discover that the water is oxygen deficient, and so you add another name to the problem: Depletion of Oxygen Disease.

Eventually along comes a bright biologist who observes that a stream that feeds the lake is pumping hundreds of gallons of detergent and other oxygen consuming protein-like products into the lake. To this insightful lad it’s obvious that if the detergents are kept out of the river, the lake will eventually heal itself. And, to speed matters up, perhaps certain minerals could be added to the lake that would precipitate out some of the oxygen consuming ingredients.

So what’s wrong with naming diseases?

Well, like the lake, the body has a tendency to display symptoms all over, and when looked at piecemeal they form a confusing, misleading cluster of non-causations. Unlike the lake, the body has a tendency to produce identical symptoms for a multitude of causes. “Arthritis,” for example, can be caused by lack of specific nutrients in food eaten, such as boron, or essential fatty acids, or specific vitamins and minerals. “Arthritis” can also be caused by the body’s response to microorganisms, or yeast infections, or food allergies. or dozens of other causations, none of which might be singled out as major, but all must be addressed for specific individuals.

Do you begin to see the problem?



*Perry Chapdelaine, Sr.  
Editor and  
Executive Director of  
The Arthritis Trust*

*(continued on page 8)*

Dear Friends:

Thank you for your letter and enclosures regarding arthritis.

I’m interested in all “natural” remedies for “all” things besetting mankind.

I had rheumatoid fever at age 15 and again in middle years, with allergies to a protected chemical, but came through both crisis with flying colors due to my natural vegetarian diet... and natural healing methods.

I’m enclosing an item which I thought would interest you. I laugh a lot so it appealed to me. *[The article is about Norman Cousins, who combined high vitamin C intravenous drips with lots of laughter.]*

I shall search for arthritis victims and give them your materials.

Good wishes and love to the newly weds. I’m really happy for them! God bless!

L.W., Fergus, ON, Canada

*Thanks for your good wishes and love, and also for your advice!*



Thank you for sending me the information on all of the doctors that do the antibiotic treatment.

I was able to find a doctor in my area and he has helped me so much!!

Other people have asked about this type of treatment for arthritis and I have told them about your organization.

If there is anything I can do to help the Arthritis Trust of America, please let me know. No one around here is aware of you and this treatment. People look at me as if I am crazy that this antibiotic treatment will help me. But it has!! Everyone is so programmed to believe that there is no cure for this illness. But, if I can help anyone out there suffering from this awful disease, I am more than willing to do so.

*(continued on page 6)*

*Have you mailed us  
your annual  
membership fee of \$25?*



*Your membership fee helps us  
to help others,  
and entitles you  
to our newsletter!*

# Ehlers-Danlos Syndrome

## EHLERS-DANLOS SYNDROME

Provided by the Ehlers-Danlos Foundation  
6399 Wilshire Blvd., Suite 510  
Los Angeles, CA 90048; (213) 651-3038

### *What is Ehlers-Danlos Syndrome?*

Ehlers-Danlos syndrome is a group of heritable disorders of connective tissue displaying skin and joints that are extremely easily stretched, called "hyperextensible" or "hypermobile," respectively. Drs. Ehlers and Danlos described this condition that affects somewhere between 1 out of 5,000 to 10,000, both males and females, back in the early 1900s.

There are six major types of Ehlers-Danlos syndromes classified according to observed signs and symptoms, but unlike the usual proliferation of naming of diseases, each of these six is a distinct disorder that runs true in a given family.

Connective tissue provides support to many body parts such as the skin, muscles and ligaments. Connective tissue contains collagen, a protein that adds strength and elasticity to the connective tissue. Faulty collagen tissue can result in fragile skin and unstable joints.

### *Symptoms by Which Ehlers-Danlos Syndrome Can be Known*

*Skin:* soft velvet-like; variable, (hyperextensible); fragile, tears or bruises easily (bruising may be severe); severe scarring; slow and poor wound healing; development of fleshy lesions associated with scars over pressure areas (molluscoid pseudotumors).

*Joints:* loose/unstable joints which are prone to frequent dislocations and/or subluxations; joints move beyond normal range (hypermobility); joint pain; early onset of Osteoarthritis.

*Miscellaneous/Less Common:* chronic, early onset of debilitating musculoskeletal pain; arterial/intestinal/uterine fragility or rupture; poor muscle tone; mitral valve prolapse (heart valve); gum disease; curvature of the spine.

Please note that many of the conditions found in the above "Miscellaneous" group can also have other causes, as, for example, mitral valve prolapse is often attributed to a candida infestation, or curvature of the spine can be attributed to Ankylosing Spondylitis; gum disease can be root canal anaerobic infection, or even a combined infection of amoeba and virus.

### *Genetic Inheritance*

Genes are like blueprints for directing normal growth and development. Hundreds of genes are packaged on a chromosome, and each individual (normally) has 23 pairs of chromosome in each cell. Twenty-two of these are called "autosomes". The 23rd pair determines sex of the offspring. An individual with an X chromosome is female, and one with an X and a Y chromosome is male. We receive half of our chromosomes from each of our parents.

Hereditary patterns can either be "autosomal dominant" or "autosomal recessive."

If autosomal dominant inheritance, only one member of the gene pair is abnormal (changed) and needs to function improperly for an individual to suffer from Ehlers-Danlos syndrome. When this affected person has children, there is a 50% chance with each pregnancy of passing the Ehlers-Danlos syndrome gene to the child, regardless of the child's sex.

In autosomal recessive inheritance, a person must carry both

changed genes to be affected. A person who has one working gene and one non-working (changed) gene is said to be a gene carrier. When two people who carry the same recessive gene in common have children, there is a 25% chance that the child will have two working genes and be unaffected; a 50% chance that the child will be unaffected but will be a gene carrier like his/her parents; and a 25% chance that the child will carry both recessive genes and be affected.

A person who does not carry the gene is not affected, and does not pass it onto their children.

### *Traditional Treatments*

Apparently traditional medical treatment is limited to symptom relief and prevention, as is also true with so many of the arthritic diseases.

Gaping wounds "are approached with care." Proper repair of these wounds is necessary to prevent cosmetic disfigurement. Surgical procedures can be risky, as fragile tissues can unexpectedly tear. Suturing may present problems for the same reason. Excessive sun exposure should be avoided. One should also avoid activities that cause the joint to lock or overextend.

A physician may prescribe bracing to stabilize joints. Surgical repair of joints may be necessary at some time. Physicians may consult a physical and/or occupational therapist to help strengthen muscles and to teach people how to properly use and preserve their joints.

To decrease bruising and improve wound healing, some patients have responded to Vitamin C. The 1 to 4 grams a day normally recommended is the lower end of a normal person's maintenance dosage and, since Vitamin C is such an important component of collagen tissue repair, one would think to recommend much higher dosages for the Ehlers-Danlos' afflicted. Perhaps such studies have been done, but if so, we know of none at this time.

Prior to deciding to have children, it might be well to determine the probability of passing along the defective gene.

Children so afflicted should certainly know their limitations, to avoid contact sports and strenuous physical activity.

Children should also be taught not to show off their special ability to maintain unusual postures due to their joint disability, as this practice may cause early degeneration of their joints.

Family members, friends, and school teachers should surely be informed of the child's unique difficulties.

### *Prognosis*

One type of Ehlers-Danlos syndrome known as the "vascular type," is generally regarded as the most serious form, due to the possibility of arterial or organ rupture. The skin is usually thin and translucent with veins being seen through the skin.

Due to the possibility of organ or vessel rupture, life expectancy is often shortened.

The other types usually have a normal life-expectancy, if not an uncomfortable or even painful one.

### *References:*

1. Ehlers-Danlos National Foundation, 6399 Wilshire Blvd., Suite 510, Los Angeles, CA 90048.
2. Beighton, P., De Paepe, A., Steinmann, B., Tsipouras, P., & Wenstrup, R. Ehlers-Danlos Syndrome: Revised Nosology, Villefranche, 1997, *American Journal of Medical Genetics*.



# The Healer Within

## THE HEALER WITHIN

by Roger Jahnke, O.M.D.

Harper San Francisco (Harper Collins Publishers Imprint) USA;  
ISBN 0-06-251477-6, 264 pages, softcover, 1997, \$14.00/U.S.; \$20/Canada  
Reviewed by Anthony di Fabio

### Our Power of Self Healing

During the 1950's, I was commissioned to search out a "spontaneous remission" of cancer. The regularly retained investigator had been thrown out of a religious commune near Denver, Colorado

where there was alleged to be several faith-healed cancer victims.

I, my wife, and our first born baby boy (now a medical doctor) requested permission of the commune leader to stay for a week. Permission was granted provided that we attend services each morning and night, and also provided that we learn the "laying on of hands." We took it all in as objectively as possible, and enjoyed our wonderful one week country vacation.

My employers, a research and development group called St. Eloi, felt that no one was getting anywhere solving the cancer problem, but that

if we could find some genuine spontaneous remissions -- faith healed -- we could compare the physiology of those newly healed back against the physiology of others who had not been so cured.

In other words, instead of working from theory backward to the cure, one might effectively work from the cure back to the theory. Such reverse engineering is common throughout technological industries and also in some areas of medicine, especially where the financial investment is not so excessive as to be tightly protected by vested interests.

The idea looked good, but after thorough investigation at the commune as well as at the Swedish Tumor Institute (Washington state) -- sad to say -- we could not confirm any genuine faith cures. All those who claimed to be healed by faith had developed metastasized cancer, meaning it had already spread throughout the body, and the victims' surgeons had simply sewn them back up without revealing truth.

Though we'd failed in our mission, the search sparked an abiding interest in the power of the body to heal itself!

### Qigong: China's Ancient Marvel of Self-Healing

Spontaneous healing ability is not at all new to science. The Chinese developed effective self-healing strategies thousands of years ago. In fact, such self-healing techniques are found in India, Africa, America, Australia, Europe, and also probably in every primitive culture on every continent on earth.

The Chinese were among the earliest to codify routines that could

tap into the human body's ability to self-heal. The most prominent system known as Qigong (Chi Kung), a system that has a long, rich history loaded with, and intertwined among, concepts applicable to many disciplines: herbal, spiritual, emotional or physical. These general activities encompass the arts of healing, contemplation, spirituality, and yes, even strategies for conflict and warfare.

Dr. Roger Jahnke's *The Healer Within*, is an admirable work describing "The four essential Qigong self-care methods for creating optimal health and activating a healing elixir within."

This excellent book cuts to the bone on all that is necessary for turning on the process of self-healing, no matter from what level of physical or emotional despair one may start. And, it also avoids many of the ancient concepts that so often confuse translations of Chinese Qigong technology.

Dr. Jahnke has also performed with a beautiful writing skill, blending together clearly understood descriptions with excellent diagrams to create easy to understand step-by-step processes. The four essential Qigong self-healing methods, of course, are (1) Movement, (2) Massage, (3) Breathing, and (4) Meditation.

### The Medicine Within: Western & Eastern Paradigms

In the Chinese paradigm Qi (Chi = life force), like a river and its tributaries and lakes, flows throughout the human body. In some places it becomes deficient, in other places it becomes blocked and stagnant. Re-balancing this necessary life force through movement, massage, breathing, and mediation are important healing and empowerment goals.

In the Western paradigm, movement however light or moderate -- even ten minutes a day -- satisfies the United States Surgeon General's Office recommendations (1996) for effective fitness practices. Such mild exercise, the Surgeon General's report states, permits longer, more healthy living, and decreases the risk for specific diseases, such as those accompanying heart problems, cancer, diabetes and arthritis.

According to Dr. Jahnke, "gentle movement methods accelerate cell metabolism, which causes increased absorption of oxygen and nutrition from the blood. They gently build muscle strength, enhance balance, increase oxygen delivery without spending it on muscle activity, and accelerate propulsion of lymphatic fluid, which circulates immune cells and eliminates metabolic by-products (waste, toxins) from the tissues."

Self-massage "sends reflex neurological impulses through the brain and spinal cord to organs and glands. It accelerates lymphatic circulation of immune cells and the elimination of metabolic by-products and waste from the tissue spaces. It circulates the blood. Self-massage soothes the sympathetic aspect of the autonomic nervous system, which controls the function of the organs. This produces a restorative neurotransmitter profile that includes sufficient quantities of healing chemicals such as endorphins, serotonin, and dopamine and reduced amounts of adrenaline and reduces brain-wave frequencies to the slower alpha range."

Controlled and increased breathing "shifts the nervous system toward the relaxed state, and this in turn shifts the neurotransmitter profile dramatically. It expands the blood vessels, reducing blood



Roger Jahnke, O.M.D

## The Healer Within

pressure and assisting the penetration of nutrients and oxygen deep into the capillary system; deep breaths propel lymph fluid more dynamically than any other mechanism, which circulates immune cells and drives metabolic by-products and waste into the elimination system.”

Meditation and deep relaxation “balance the parasympathetic and sympathetic aspects of the autonomous nervous system. When these two aspects are properly in balance, the state is called homeostasis. When they are out of balance, generally tending to the sympathetic side (fight or flight), adrenaline-based chemistry causes exhaustion and the reduction of immune system efficiency. When in balance the neuro-chemistry is more choline based. This shifts the neurotransmitter profile to the restorative mode, which potentiates and directs immune cell activity. The brain-wave frequency shifts toward the alpha or even theta level, and the capacity of the microcirculatory system (capillaries) expands.”

### The Healer Within Vision

The most profound medicine is produced within the human body for free. Everyone can learn to awaken the “healer within” with simple Qigong methods. No one needs to perform exercise activities to the point of boredom or pain, but rather can utilize simple methods, easily learned and performed. Indeed, much to my own satisfaction, Dr. Jahnke encourages that each person develop their own techniques. There are an endless number of ways that the four essentials methods can be employed. Some can be used at any place in life: sitting at work, waiting on a bus, talking on the telephone, watching TV, studying in school, lying in a hospital bed.

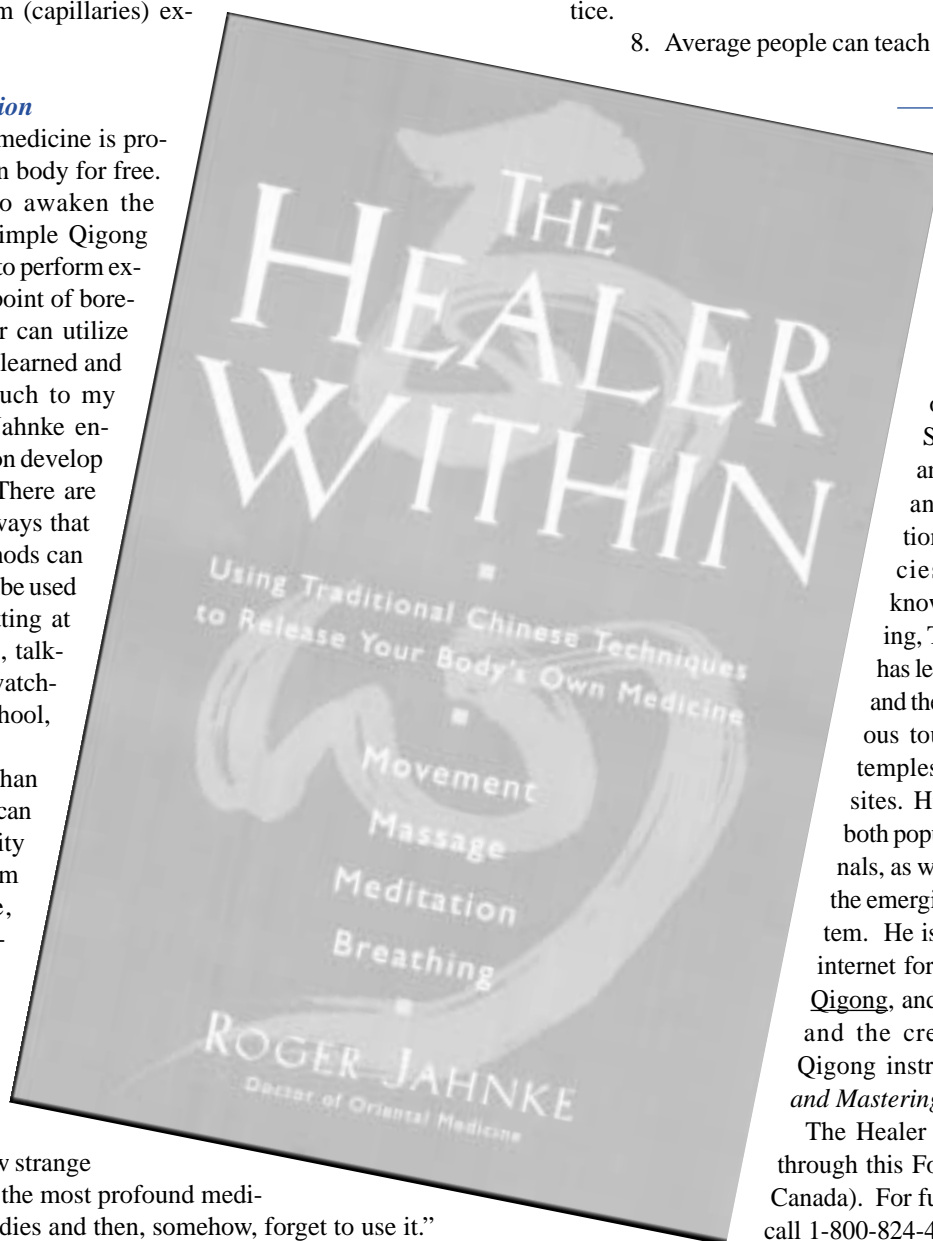
No person -- other than the entirely comatose -- can be denied an opportunity for use and benefit from movement, massage, breathing, and meditation. Such usage, when persistently employed over forthcoming days, will inevitably lead to better health.

As Dr. Roger Jahnke has said it, “How strange that we would produce the most profound medicine within our own bodies and then, somehow, forget to use it.”

Dr. Jahnke summarizes his lucid principles, the eight life-transforming pearls of wisdom thusly:

### The Pearls

1. The healer is within us.
2. We produce the most profound medicine ever developed in human history within our own bodies.
3. The self-healing and health enhancement methods turn these medicines on.
4. We can heal disease and enhance our vitality -- for free.
5. We can transform the crisis in medicine into a rebirth of self-reliance.
6. The self-healing methods have hundreds of applications that can heal and empower our communities.
7. The practice of self-healing can expand our spiritual practice.
8. Average people can teach others to do self-healing.



Roger Jahnke, O.M.D., author of *The Healer Within*, has been practicing acupuncture and traditional Chinese medicine for more than twenty years. He is the director of Health Action Clinic in Santa Barbara, California and is a trainer and consultant to hospitals, corporations, and community agencies. An internationally known speaker on self-healing, Taijii, and Qigong, Jahnke has led health care practitioners and the general public on numerous tours to China's hospitals, temples, mountains and sacred sites. His work has appeared in both popular and professional journals, as well as numerous books on the emerging “new” health care system. He is a key webmaster on the internet for [www.HealthWorld.com/Qigong](http://www.HealthWorld.com/Qigong), and [www.healerwithin.com](http://www.healerwithin.com), and the creator of the acclaimed Qigong instruction video *Awakening and Mastering the Medicine Within*.

The Healer Within is now available through this Foundation (\$15 U.S.; \$23 Canada). For further information, please call 1-800-824-4325.

# Letters To The Editor

(continued from page 2)

Again, anything I can do, please let me know.  
Thank you again,  
P.G. (internet address)

*Telling folks how to get well is the first method for helping us, because that's our goal -- to get folks well!*

*Another method is to help us to collect donations. We've never accepted conflict-of-interest funding, and we've never been able to afford a vast publicity campaign, so every little bit helps to continue our important message.*

*Another way to help is to lead folks to our homepage, "[administration@arthritistrust.org](mailto:administration@arthritistrust.org)" where they can get free articles that inform about the various causes of arthritis.*

*Then, too, it helps to get some of our critically important books, and to pass them around.*

*Starting a support group dedicated to getting folks well, instead of just meeting to hash over with sympathy each others' common misfortunes, can be an important help. Invite complementary/alternative/holistic speakers to explain about wellness! In fact, invite me, and I'll lay it on the line for you, on what must be done! I've been through it. I know!*

*By the way, there are two kinds of anti-microorganism treatments that are effective. One was developed by Roger Wyburn-Mason, M.D., Ph.D. of England, and the other by Thomas McPherson Brown, M.D.*



We are not rich people in the Philippines, and my husband has arthritis. You've advised me in the past to start with Dr. Rex Newnham's boron treatment, because high rain fall in tropical islands often leaches out minerals, and therefore crops we grow and eat do not get sufficient boron.

I've looked at the boron in vitamin and mineral shops, but they're all too expensive.

You've also advised that I get Osteo-trace™ developed and proven by Dr. Newnham, but shipping it either from England or the United States would cost us more than buying boron at the health food store.

Do you have any suggestions?  
L.S., Philippines

*One thing I admire about our referral physicians is that they are more interested in helping folks get well, than in getting themselves rich. I brought L.S.'s concerns to the attention of Rex Newnham, D.O., N.D., Ph.D., and here's his answer:*

*"I am willing to help those who cannot help themselves and enclose this bottle of Osteo-Trace for her. But I have found out that when people get something for nothing they do not value it. I have been in the Philippines and know that most people are very poor by our standards.*

*If this midwife wants to help others then she could get borax which is available in most pharmacies and it is cheap. One licks a finger and dips it in the packet of borax and then puts it in the mouth. That is what I did when I first looked into the role of boron. I found out that about 10 mg of borax stuck to the wet finger plus or minus 10%. This is done 2 or 3 times a day and it will relieve much arthritis. This*

*is less than 1000th of a dangerous dose so it is quite safe. I found out that people preferred tablets to a powder that is labelled "Poison-for killing cockroaches and ants."*

*People in South Africa also prefer the tablets. Those in Jamaica and Mauritius just did not seem keen on overcoming their arthritis. That was partly due to the medical people who did not want a cheap remedy and I was not really in a position to establish an agency in either place. Maybe this midwife might be able to establish some sort of agency or business. She may be able to get tablets made more cheaply there than here and there would be no postage. I would be willing to help her..."*

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



Thank you very much for your kind reply to my question. I wanted to write to you sooner but I had a major work and family overload in the past few months. I am currently being treated by a prevention medicine doctor, and it makes such a big difference on the improvements to my health. I was diagnosed with Lupus and Arthritis and began to follow Dr. William Crook's diet (no sugar) with anti-fungal medication. I experienced an amazing recovery. Today, after a 6-month treatment I have no symptoms whatsoever of Lupus or Arthritis.

(continued on page 8)

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# The Arthritis Trust's Publications List

## THE ARTHRITIS TRUST

United States: 7111A Sweetgum Drive S.W., Fairview, TN 37062-9384  
Canada: 300 March Road, Kanata, Ontario K2K 2E2  
http://www.arthritis-trust.org  
E-mail: administration@arthritis-trust.org; Phone/Fax: (615) 799-1002  
Tax Exemption approved by the United States Internal Revenue Service.  
Chartered State of Tennessee 1982.

Dear Friend:

Responding to your recent query, we are pleased to provide you with a list of numerous publications regarding treatment and cure of Rheumatoid Disease and related Arthritides. Most of our information has been available to the medical community since the early seventies. Many millions of dollars are spent each year to treat **only** the **symptoms** of Rheumatoid Arthritis and other Rheumatoid Diseases, when a vast majority of those afflicted could be cured at a very reasonable cost with non-toxic, or at least less-toxic, than traditional, damaging treatments.

However, there is **no way to know** how much of **your** problem can be alleviated **without trying**.

You need a doctor who will work with you in search of your particular needs, and you must begin to learn. "Learning" is what our articles and books are intended to help you do.

Thousands have found our recommended treatments safe and effective. If you have not gotten well with your present treatments, then you must continue your search, *whether with us or elsewhere*. Because someone doesn't know how to help you to wellness Toesn't mean that you should quit searching. We think we can help, and we do with a vast number of those properly treated by our recommendations -- up to 80%.

If you have further questions, please send a stamped, self-addressed, legal-sized envelope with a donation to help defray our expenses.

Congratulations on arriving this far!

We wish you good health!

On behalf of the Board of Directors

Perry A. Chapdelaine, Sr., Ex. Dir./Sec.

The Arthritis Trust is a project of The Roger Wyburn-Mason & Jack M. Blount Foundation for the Eradication of Rheumatoid Disease

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#### PUBLICATIONS, BOOKS & PAMPHLETS:

##### VERY IMPORTANT FOR ARTHRITICS

Arthritis: Osteoarthritis & Rheumatoid Disease Including Rheumatoid Arthritis; 350p pb, what we've learned since 1982; Anthony di Fabio, Gus Prosch, Jr., M.D.(\$10) Total Amount \_\_\_\_\_

Arthritis: Little Known Treatments, Collection of alternative treatments; 122p pb. Anthony di Fabio(\$5) Total Amount \_\_\_\_\_

Away With Arthritis Use of boron for various arthritides; 65p hc, Rex E.

Newnham, Ph.D., D.O., N.D.(\$15) Total Amount \_\_\_\_\_

Chronic Fatigue Syndrome and the Yeast Connection, 386p pb, William G. Crook, M.D. (\$15) Total Amount \_\_\_\_\_

Conquering Yeast Infections, non-drug solution by experienced nurse, 140p pb, S. Colet Lahoz, R.N., M.S., L.Ac. (\$20) Total Amount \_\_\_\_\_

Dr. Braly's Food Allergy & Nutrition -- Revolution Solving arthritis and other diseases through diet and nutrition; 510p pb; James Braly, M.D.(\$20) Total Amount \_\_\_\_\_

Guess What Came to Dinner, Pervasive infestation of parasites in America; what to do about them; 194p pb; Ann Louise Gittleman; (\$12) Total Amount \_\_\_\_\_

Intraneural Injections for Rheumatoid Arthritis and Osteoarthritis and The Control of Pain in Arthritis of the Knee How to dampen arthritis pain at the source; 104p pamphlet; Dr. Paul K. Pybus (\$9.95) Total Amount \_\_\_\_\_

It's All In Your Head, Mercury, other metal fillings create disease, including Arthritis, Hal Huggins, D.D.S., 194p pb(\$20) Total Amount \_\_\_\_\_

Nourishing Traditions, Proper cookbook; 618p pb; Sally Fallon, Pat Connelly, Mary G. Enig, Ph.D. (\$25) Total Amount \_\_\_\_\_

Pain, Pain Go Away First choice treatment for osteoarthritis; 336p pb; Morton Walker, D.P.M.; William J. Faber, D.O (Also see Instant Pain Relief and Do What You Want To Do.)(\$18) Total Amount \_\_\_\_\_

Qigong for Arthritis, The Chinese way of healing and prevention; massage, cavity press, and Qigong exercises; 145p pb; Dr. Yang Jwing-Ming(\$20) Total Amount \_\_\_\_\_

Root Canal Cover-Up: Root canals and teeth extractions improperly treated cause arthritis and other diseases; 226p pb; George Meinig, D.D.S.(\$20) Total Amount \_\_\_\_\_

The Art of Getting Well; 141p pb; Anthony di Fabio(\$5) Total Amount \_\_\_\_\_

The Arthritis Foods Discovery™ Listing of, foods that contribute to arthritic symptoms, Arthritis Help Center™, 51p spiral bound(\$12) Total Amount \_\_\_\_\_

The Healer Within, Traditional Chinese techniques to release body's own medicine: Movement, Massage, Meditation, Breathing, 264p pb, Roger Jahnke, O.M.D.(\$15US; \$23 Can) Total Amount \_\_\_\_\_

The Yeast Syndrome; Yeast contributes to arthritis; 419p pb; John Parks Trowbridge, M.D.& Morton Walker, D.P.M.(\$10) Total Amount \_\_\_\_\_

Tissue Cleansing Through Bowel Management, Colonics and proper nutrition rid the body of parasites and toxins that create disease, 186p pb, Bernard Jensen, D.C., Ph.D.(\$20) Total Amount \_\_\_\_\_

Your Body's Many Cries for Water; Lack of water affects arthritis, and other diseases; 182p pb; F. Batmanghelidj, M.D.(\$20) Total Amount \_\_\_\_\_

Wilson's Syndrome; Reversing hypothyroidism causing disease; 3p pb; E. Denis Wilson, M.D.(\$25) Total Amount \_\_\_\_\_

Who is Looking After Our Kids? Protect from environmental chemicals, 167p pb, Harold E. Buttram, M.D., Richard Piccola, M.H.A., (\$18) Total Amount \_\_\_\_\_

Why I Left Orthodox Medicine; Importance of nutrition, unimportance of classifying by symptoms; 255p pb Derrick Lonsdale, M.D. (\$12) Total Amount \_\_\_\_\_

#### SHOULD BE OF INTEREST TO ARTHRITICS

Alternative Medicine: The Definitive Guide 380 leading edge physicians explain safe and effective alternative treatments for all conditions of health or disease; 1068p hc. An encyclopedic must for every home. Burton Goldberg Group(\$60) Total Amount \_\_\_\_\_

Ankylosing Spondylitis; Supplementary to Arthritis book above; 28p computer print out; Anthony di Fabio(\$5) Total Amount \_\_\_\_\_

Biomagnetic Handbook Guide to medical magnetics; 97p spiral bound, William H. Philpott, M.D. and Sharon Taplin (\$20) Total Amount \_\_\_\_\_

Bursitis (Fibromyalgia; Fibromyositis; Fibrositis; Rheumatism; Soft Tissue Arthritis) Supplementary to Arthritis book above; 92p computerprint out, Anthony di Fabio(\$15) Total Amount \_\_\_\_\_

Cancer: The Magnetic/Oxygen Answer, William H. Philpott, M.D.; Treatment protocols; 170p spiral bound (\$15) Total Amount \_\_\_\_\_

Cell Wall Deficient Forms: Stealth Pathogens, 2nd Ed., Definitive work on pleomorphic organisms; 404p hc; Lida H. Mattman, Ph.D.(\$65) Total Amount \_\_\_\_\_

Do What You Want To Do Case histories of neural/fascial therapy and reconstruc-

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## TAT's Publications List

(continued from page 7)

- tive therapy. William J. Faber, D.O. and John Parks Trowbridge, M.D.; 155p pb, See *Pain, Pain Go Away*.(\$10) Total Amount \_\_\_\_\_
- Dr. Crook Discusses Yeasts and How They Can Make You Sick**, brief summary of the yeast problem; 48p pamphlet, William G. Crook, M.D.(\$5) Total Amount \_\_\_\_\_
- Fight Back Against Arthritis**; 252p pb; Robert Bingham, M.D. (\$5) Total Amount \_\_\_\_\_
- Flax Oil As A True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases**; 59p pb; November 2, 1959 lecture, Switzerland, by Dr. Johanna Budwig(\$10) Total Amount \_\_\_\_\_

## Editorial

(continued from page 2)

Giving a name to a specific set of symptoms noted by the keen-eyed and well-trained physician usually does not in the case of "Arthritis" lead to the cause of the pain, and therefore does not lead to the proper treatment to resolve the symptoms. Distinguishing between Gouty Arthritis, Osteoarthritis and Rheumatoid Arthritis may be very helpful for the sake of addressing proper treatment, but not necessarily. About 10% of Osteoarthritis, we believe, is caused by Rheumatoid Arthritis, and both Rheumatoid Arthritis and Gouty Arthritis in specific individuals may very well be caused by the same microorganism, a mycoplasma. However, it may also be true that other individuals have Rheumatoid Arthritis because of a tissue sensitivity to any one of hundreds of different microorganisms.

(Treatments as normally advocated can temporarily hide symptoms, such as with the use of anti-inflammatory drugs, or other even more damaging "immune modulators," such as cytotoxic drugs, gold, and so on.)

There is, of course, some genetic relationship between those afflicted with various forms of arthritis. But how strong this familial relationship is not well known. Reason: families tend to eat similarly, share the same microorganisms, see similar doctors (for antibiotics producing yeast infections) from generation to generation. These factors have been partialed out of the equation very poorly, if at all.

The many and various, known, major causations of "arthritis" has been well covered in many of our other publications, particularly in the book by Anthony di Fabio and Gus J. Prosch, Jr., M.D., titled *Arthritis: Osteoarthritis and Rheumatoid Disease Including Rheumatoid Arthritis* available for a \$10 or greater donation thru this foundation.

In our literature we've often mentioned -- and then passed quickly by -- the genetic inheritance aspect of "arthritis." In this issue we present to you a well-known genetic "Arthritis," as brought to us by the Ehlers-Danlos National Foundation.

Don't let the name "Ehlers-Danlos" throw you. It simply stands for the names of the two doctors who first identified this kind of "Arthritis" as a specific identifiable disease by listing its persistent symptoms. Perhaps, in the case of strictly genetic diseases (as opposed to "related" genetic diseases), symptom naming forms a one-to-one relationship to the gene defect. It would appear that this kind of arthritis is an exception to the general principle expressed in this editorial!

## Letters To The Editor

(continued from page 6)

I did not get any hope from my old doctor until I used my own wisdom to learn and find the truth about my health condition. When I wrote her a letter reporting my recovery and sharing literature on the yeast connection, she never called me or sent me a letter. I could not believe why she could not express any concern for my prevention medicine doctor, and it makes such a big difference on the improvements to my health. I was diagnosed with Lupus and Arthritis and began to follow Dr. William Crook's diet (no sugar) with anti-fungal medication. I experienced an amazing recovery. Today, after a 6-month treatment I have no symptoms whatsoever of Lupus or Arthritis.

I did not get any hope from my old doctor until I used my own wisdom to learn and find the truth about my health condition. When I wrote her a letter reporting my recovery and sharing literature on the yeast connection, she never called me or sent me a letter. I could not believe why she could not express any concern for my health after I had been her patient for almost 10 years. This was a big shock for me, which told me that the medical profession has a long way to go to become truly humanitarian. They seem to be caught up in writing prescriptions, and they have absolute faith that only drugs will ultimately cure a person. In reality, the body ultimately heals itself by its own balancing mechanism and if we support its recovery with the correct life style (diet, exercise, etc.)

I am so glad that your foundation exists, and I want to express my deep appreciation for the work that you do to help millions of people.

Thank you so much.  
J.R., Concord, CA

*We all reach that same shocking awakening, when we finally decide to reach for wellness!*

*Congratulations J.R. The remainder of your life will be so much more pleasant!*

## BEQUESTS

### *Plan Us Into Your Future*

A good way to make your contribution live for years onward is to plan us into your will.

A bequest such as those provided by others provides that a specific amount of money, property or a percentage of your estate be given to *The Arthritis Trust of America/The Rheumatoid Disease Foundation*.

A general guideline for making such a provision is this: "I give, devise and bequeath to *The Arthritis Trust of America/The Rheumatoid Disease Foundation* the sum of \$ \_\_\_\_\_" (or describe the real or personal property).

All contributions to *The Arthritis Trust of America/The Rheumatoid Disease Foundation* are tax deductible to the full extent allowed by law.

While easy to write, best that you work this provision out with your attorney or CPA -- and again, many thanks!

*The Arthritis Trust is a project of  
The Roger Wyburn Mason and Jack M. Blount Foundation for the Eradication of Rheumatoid Disease  
United States: P.O. Box 8949, Topeka, KS 66608-8949 • Canada: Fourth Floor, 300 March Road, Kanata, ON K2K 2E2*