



The Arthritis Trust

Dedicated To Eradicating Rheumatoid Disease From The Earth

Published by The Arthritis Trust

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Summer 2000

POTASSIUM DEFICIENCY AS A CAUSE OF RHEUMATOID ARTHRITIS

By Charles Weber
Email: weber@brinet.com

(A more complete discussion of the potential role of potassium in arthritis may be found at Weber's homepage http://members.tripod.com/~charles_W/arthritis.html.)

This discussion of potassium is presented in the hope that one of its readers will consider performing an experiment establishing the effect of potassium on rheumatoid arthritis. There is no report in the literature going back to 1914 of such an experiment.

Every essential nutrient should have been explored before this. In view of the way hormones which are regulated by or regulate potassium, such as cortisol and deoxycorticosterone (DOC) are involved with rheumatoid arthritis (RA), and the low whole body potassium content in Rheumatoid Arthritis (RA), potassium especially should have been investigated before now.

INTRODUCTION

Since the most serious aspect of the diarrheas is wasting potassium, cortisol has acquired the attribute of conserving potassium by moving it into the cells when cortisol declines. Cortisol (but not corticosterone) is reduced during a potassium deficiency,

and this reduction accounts for many of the symptoms of RA.

Cortisol shuts down most of the copper enzymes when it declines so that excretion of copper is increased and Lysil oxidase inhibited. These last two attributes are proposed to account for most of the mortality from aneurysms and infections during rheumatoid arthritis (RA).

Thus the urgent necessity to survive during virulent diarrheas has set people up in the course of evolution for some of the worst symptoms of rheumatoid arthritis.

DISCUSSION

Judging by the drastic decline of mortality in babies suffering from a virulent strain of diarrhea by potassium supplements,¹ potassium loss in those diseases which force cyclic AMP to excrete water into the intestines² must be the most serious effect of the diarrheas. I suggest that this is the reason why cortisol has acquired the attribute of moving potassium out of cells³ and therefore into the cells upon declining. It is also undoubtedly the reason why the adrenal's cortisol secretion is inhibited by low serum potassium in vitro (in the test tube) but not corticosterone.⁴ The body thus has a way of signaling for a decrease in cortisol secretion during a serious intestinal disease independently of ACTH. Thus the body inversely mobilizes defenses.

Endotoxin bacterial diseases force the body to secrete cortisol by increasing ACTH⁵ probably an adaptation by the bacteria to force the body to inhibit the immune system. Glucosteroid response

(continued on page 4)

ARTHRITIS TRUST RECEIVES TROPHY FROM THE MYCOPLASMA RESEARCH FOUNDATION

In a surprise package, Harold W. Clark, Ph.D., head of the Mycoplasma Research Institute in Beverly Hills, Florida, awarded the trophy (*right*) to this foundation, along with a signed and sealed certificate as follows:

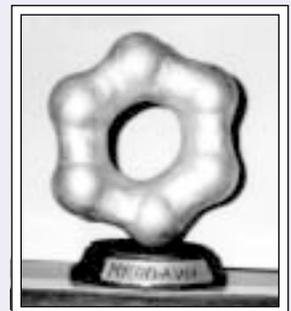
Dear Dr. Clark:

Many thanks for the trophy and commendation on behalf of this foundation and its board of directors. You, however, are the one that should receive the award! You know, a lot of things in this world can sadden one, but one of the glowing spots is when people appreciate your work, and show kindness.

One of the things that always saddens me is the "not-discovered-here" syndrome, based, I believe, on greed and selfishness. Too many discoveries in medicine are left unknown because of this syndrome. Arthritis is no exception. We have too many foundations unwilling to recognize one another, or one another's interests and knowledge because of the "not-discovered-here" syndrome. What you do helps in some small part to push across that horrible barrier.

Again thanks!

Perry A. Chapdelaine, Sr.



Trophy rendition of M. gallisepticum, one of the known causes of more than 80 forms of rheumatoid disease including rheumatoid arthritis.



(continued on page 5)

Universal Oral Vaccine: The Immune Milk Saga

(Continuation of Article from Winter 1999-2000 issue)

HOW TO OBTAIN PROPERLY PREPARED COLOSTRUM

By Anthony di Fabio

The Simplest Procedure?

Ordinarily the simplest way to obtain the proper antibodies and complement required for your particular medical condition would be to purchase products manufactured by a company that has many years of experience preparing these products. Such products are available for animals from several companies, but -- unfortunately -- by law their specially prepared disease-specific products cannot be sold for human use, only to farmers who wish to protect their animals from disease cheaply and simply. As a matter of fact, the company with the most experience is so terrified of legal involvement and possible bankruptcy from the FDA and U.S. Department of Agriculture that they refuse to permit their name to be used in connection with this or any other article. For purposes of this article they shall be called Farm Products, Inc.

This is very much reminiscent of governmental restrictions on the use of DMSO (dimethylsulfoxide), an inexpensive by-product of paper production that is a very strong antioxidant and can be used to rapidly relieve pain. Any veterinarian supply house has it for sale to farmers for animals, but humans are not supposed to use it except under physician supervision.

Symbiotics, LLC, Sedona, AZ, sells colostrum as a nutritional substance guaranteed "to contain a minimum of 30% immunoglobulin content." Their colostrum is obtained from New Zealand Dairies and advertised to be from "healthy, pasture-fed, dairy cows that are pesticide, antibiotic and hormone free." That last, by itself, as compared to milk products produced in the United States, is something of a miracle! I have no knowledge of whether or not this product is more than a good protein product, or if, in fact, it contains valuable antibody/complement nutritional factors.

In an article by Morton Walker, D.P.M. in connection with Symbiotics,⁴⁶ (quoting a number of investigators), therapeutic components found within colostrum include a wide-range of substances such as immunoglobulins, lactoferrin, proline-rich polypeptides, leukocytes, lysozymes, enzymes, cytokines, glycoproteins and trypsin inhibitors, lymphokines, oligo polysaccharides and glycoconjugate saccharides, and many other substances. This multiplicity of factors helps to neutralize toxins and counters microbial attacks, reduces incidence of cancer and chronic fatigue, regulates the thymus gland while stimulating and regulating immunities and also interferon production to slow viral activities, boosts immune system and T-cell activity, and so on.

According to some investigators, one of whom will be mentioned shortly, not all is yet known about the beneficial actions of colostrum!

Lucky Nina!

Whether or not standard colostrum products sold in farm supply stores -- such as for *E. coli* -- is effective even for animals probably depends upon many factors far beyond the control of the average consumer, such as production method, length of shelf life, bacterial strains used, and so on.

Farm Products, Inc. standard products for a dairy herd include colostrum preparations against salmonella, staphylococcus, streptococcus, *E. Coli*, pseudomonas, cornyebacteria, klebsiella-pasteurella, *Candida albicans*, clostridium, aerobacter aerogenes,

proteus, and chlamydia.

A dietary supplement called Biomune OSF Plus™ contains an extract from colostrum and whey acquired from immunologically stimulated cows. This extract (100 mg) is combined in capsule form with a Chinese herb, *Astragalus membranaceus* (200 mg), in a base of rice powder. The product was developed by Quantum Research, Inc. a biotech research company that develops nutritional supplements and homeopathic remedies, of Scottsdale, Arizona. The synergistic action of the extract with the Chinese herb helps to stimulate natural killer cell (NK) activity. Stanley Olsztyn, M.D., Jesse Stoff, M.D. and other health professionals have had very good results with this product. In a population of 107 participants (59 females, 48 males, average age 53 years ranging from 17 thru 83) initial killer cell activity was 18 Lytic Units (a measure of killer cell activity) and the final killer cell activity was 246 Lytic Units, an average of 28.556 Lytic units increase per month, or an average of improvement as measured by killer cell activity of 1,267% per month.

By comparison, the average NK cell activity in the U.S. population is 20-50, whereas in a healthy population it is 150-225.

Accompanying this drastic increase in Natural Killer T cell activity were vast improvements in the population of 107 consisting of 50% cancer patients, 30% chronic fatigue syndrome, and

(continued on page 3)

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Cracoe House Cottage, Cracoe, Nr. Skipton, N. Yorkshire BD23 6LB

Phone: 01756 730 240

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Editor-in-Chief: Perry A. Chapdelaine, Sr.

Fax/phone: 615-799-1002

Internet: www.arthritis-trust.org, www.arthritis-trust.net and www.arthritis-trust.com

E-mail: administration@arthritis-trust.org and admin@arthritis-trust.org

Universal Oral Vaccine: The Immune Milk Saga

(continued from page 2)

the remaining 20% a mixed bag of lupus, allergies, fibromyalgia, blood disorders, hepatitis C, colitis, chronic infections, recurrent infections, autoimmune diseases, and cervical dysplasia/metaplasia.

Average time of treatment was 13.2 months taking from 2 to 8 capsules daily.



Left to right: Harry A. Willett, D.C., Executive Vice President and David L. Bergsma, C.P.A., President of Quantum Research, Inc., Scottsdale, Arizona. David Bergsma started Quantum Research, Inc. after beneficial results from use of specially extracted whey products for his chronic fatigue syndrome. Photo taken Scottsdale, Arizona, April 1999.

Detroit, Michigan, and author of *Cell Wall Deficient Forms: Stealth Pathogens*,⁴² says of ticks: no state wants to admit they have any Lyme disease. It is bad for tourist trade and therapy is expensive. It is better to let the patient disintegrate into a wheel chair or a mental institution. Actually, this spirochete disease, like the syphillis spirochete disease of the 13th century, has invaded every block of every city in the civilized world. However, unlike syphillis, this [disease] is spread by mosquito, tick, mite, probably household contact, as well as trans-placentally. Like syphilis this disease is the great imitator, attacking joints, heart, brain, etc. We looked at spinal fluid, blood, and synovial fluid of over 500 cases who had symptoms of Lyme [arthritis disease], and found the spirochete of the same genus, in most patients.⁴³

About 10% of Lyme Arthritis victims do not get well by traditional medical treatments, and Congressman Bedell was one of those. Bedell² says, "I left Congress because I came down with Lyme [Arthritis] Disease which I contracted while fishing at Quantico Marine Base, and which conventional treatment failed to relieve. After three series of heavy antibiotics infused into my veins over a period of two years, I finally turned to unconventional treatment. My symptoms disappeared and today I am clearly free of Lyme Disease.

"Let me tell you about that treatment. There is a company in our own state of Iowa, Mr. Chairman, that produces a product for livestock by injecting killed germs into the udder of a cow prior to the time the cow has a calf. When the cow has the calf they then take the first milk that the cow gives, which is called colostrum, and process it into whey so that it will keep.

"The theory is that the cow will communicate the disease to

the unborn calf, and will develop the antibodies, or whatever, in the colostrum to protect the newly-born calf from that disease.

"After I took a teaspoon of this whey every 1-1/2 hours for a few weeks, my symptoms of Lyme [Arthritis Disease] disappeared, and I no longer suffer from that disease. Because of the publicity of my case, I get frequent phone calls from desperate people who have been unable to get relief from Lyme [Arthritis Disease] with conventional treatment. It breaks my heart that I cannot tell them about my treatment, because no one has been willing to spend the millions and millions of dollars necessary to get FDA approval to market this special whey. I can tell you it cured what appeared to be arthritis in my knee in 15 minutes.

"I have talked to a doctor in Wisconsin who was using this material. He claims 80-90% success in treating patients like me for whom conventional treatments have not been effective. He has now been advised by the Iowa producer that the material will no longer be available because the producer is afraid of the FDA."

It could have been added that the U.S. Department of Agriculture can also act as a strong deterrent, preventing crossing the line from animals to humans.

We hope and pray for a much more mature Department of Agriculture and FDA who will grant permission to renew studies on the use of this already well-developed technology.

These products, especially prepared for maintaining the health of farm mammals, should be easily available for us, too. After all, we're also mammals, and deserve equal consideration!

Former Iowa Congressman Berkley Bedell suffered from Lyme Arthritis disease caused by *Borrelia burgdorferi* a bacteria from a tick usually found on deer.

Lida Mattman, Ph.D., Professor Emeritus, Department of Biology, Wayne State University,

and author of *Cell Wall Deficient Forms: Stealth Pathogens*,⁴² says of ticks: no state wants to admit they have any Lyme disease. It is bad for tourist trade and therapy is expensive. It is better to let the patient disintegrate into a wheel chair or a mental institution. Actually, this spirochete disease, like the syphillis spirochete disease of the 13th century, has invaded every block of every city in the civilized world. However, unlike syphillis, this [disease] is spread by mosquito, tick, mite, probably household contact, as well as trans-placentally. Like syphilis this disease is the great imitator, attacking joints, heart, brain, etc. We looked at spinal fluid, blood, and synovial fluid of over 500 cases who had symptoms of Lyme [arthritis disease], and found the spirochete of the same genus, in most patients.⁴³

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A Second Possibility Is To Bootleg The Treatment

Herb Saunders, the dairy farmer who cured Congressman Bedell when no licensed physician had been able to do so, was prosecuted on the report of the FDA in St. James, Minnesota by the state prosecuting attorney for practicing medicine without a license.

Saunders had been treating -- and curing -- humans of a wide variety of diseases for many years, including cancer. For the most part, he used standard products prepared for treatment of cattle, and when necessary, he used (dead) microorganisms (such as *Borrelia burgdorferi* bacteria) passed through the cow's cistern prior to collecting the colostrum.

When all else failed, he'd pass human blood from the sick



Because of Congressman Bedell's success with colostrum treatment against Lyme Arthritis disease, and from other non-standard medical treatments, he and Iowa Senator Tom Harkin convinced the U.S. Congress to establish an Office of Alternative Medicine under the National Institute of Health. This Office has now been upgraded to a Center by Senators Tom Harkin and Arlen Specter, and Representative Peter DeFazio.

The Center for Complementary and Alternative Medicine will have the ability to hire its own staff, determine its advisory panels, and make research grants involving non-traditional medicine, hopefully to finally shake the damaging drug addiction foisted on the American public by the present medical paradigm. Photo taken 1998, Spirit Lake, Iowa.

(continued on page 5)

By Perry A. Chapdelaine, Sr.

In 1986, The Arthritis Trust of America (Rheumatoid Disease Foundation) held its second national medical seminar. As it costs about \$30,000 for each seminar we had to discontinue them, but they were very successful in educating physician and arthritis victim alike.



Perry A. Chapdelaine, Sr.
Executive Director of
The Arthritis Trust

You've heard, for example, about the wonderful success of glucosamine sulphate and chondroitin sulphate in providing nutrients to joint tissue and often reducing inflammation and pain. Well, Luke Bucci, Ph.D. who was then employed by Biotics Research Corporation of Houston, Texas, and who attended all the other presentations by doctors and scientists, summarized what he'd learned in a paper titled "Comprehensive Nutritional Support for Osteoarthritis," that was published in *Chiropractic Products*, August 1988. With Dr. Bucci's permission, we added his summary in our "Treatment and Prevention of Osteoarthritis," Part I, published in 1989, and have also included recommendations for use of chondroitin sulfate and glucosamines in every one of our books since that time.

This foundation, therefore, became one of the very first to recommend mucopolysaccharides as a dietary supplement for arthritics!

What's happened since then?

Many double-blind studies here and in Europe have since proven that these substances are effective in slowing arthritis. For example, one such long-term study in Milan, Italy, reported by Lucio Rovati, director of clinical pharmacology for Rotta Research Lab, the study itself conducted by Jean-Yves Reginster of the University of Leige in Belgium, involved 212 patients with osteoarthritis of the knee. Osteoarthritis, one of the most common forms of arthritis, affects an estimated 12% of the population, and some doctors say that if you live long enough, there's a 50-50 chance you'll suffer from it, too.

In reports on the results of the study presented at Boston at their 63rd Annual Scientific Meeting of the American College of Rheumatology, 106 people took 1,500 milligrams of glucosamine sulfate daily for three years; the other 106 received a placebo, a pill that looks and tastes like the experimental substance, but is known to have no affect on the course of arthritis.

In radiographs taken at one year and three year intervals, they found that those on the placebo had significant narrowing of the space between knee joints. In other words, cartilage was disappearing.

Those on glucosamine sulfate had no joint narrowing! Also this group had an improvement in symptoms such as stiffness and pain.

Those taking the placebo had more stiffness and pain.

Although the study only applied to the knee, it's reasonable to assume that all other body joints would behave the same way.

Glucosamine sulfate is available only by prescription in Europe, but we're lucky, at least this once! You can purchase it over

(continued on page 8)

(continued from page 1)

modifying factor (GRMF) secreted by T-cells then prevents the cortisol from having full effect on white cells other than suppressor cells⁶ and thus raises the set point, as does interleukin-1.⁶ Interleukin-1 also stimulates cortisol secretion,⁷ as does cachectin (tumor necrosis factor).⁸ I suspect that this is an adaptation to provide some cortisol maintenance⁹ when normal ACTH production is later cut off during endotoxin attack.¹⁰

In other words, the immune system takes over its own regulation but at a higher set point. The role of GRMF has not yet been demonstrated for physiological processes. GRMF will probably prove to inhibit cortisol for most of those processes as well, surely at least for cortisol's various affects on potassium.

One of the most important of the cortisol controlled immune defenses is the mobilization of the availability of copper to the white cells, an attribute which probably arose because copper is crucial to an adequate immune defense.¹¹ The primary way cortisol does this is by, inversely to its concentration, shutting down production of copper-containing enzymes such as Lysyl oxidase and superoxide dismutase.¹² Lysyl oxidase catalyzes the formation of cross links in all connecting tissue including elastin.¹³ Since elastin makes up the main strength of normal blood vessels¹² and has a rapid turnover, this is the most serious problem in arthritis. Ruptured aneurysms along with poor resistance to infection and heart disease are the chief terminal events in arthritis.¹⁴

The body uses ceruloplasmin to carry copper to the immune system during infection.¹² Probably the main reason for this development is that the copper is not in equilibrium with the serum and so is not available to pathogens. However, ceruloplasmin is also used to carry copper to the bile for excretion.¹⁵ Therefore I submit that the rise in serum ceruloplasmin in RA¹⁶ causes an increased excretion in members of a society who, even before this, were receiving less than the minimum daily requirement.

CONCLUSIONS

Evidence can be provided for this proposal in several ways. Arthritic people should have a lower whole body potassium content than normal people. This has been proved.¹⁷ Red blood cells have a higher potassium content than normal during RA.¹⁸ This should not be taken as counter evidence because I suspect that this is an adaptation to help avoid circulatory collapse when dehydration reduces the blood volume during diarrhea. There should be a lower incidence of RA among people on potassium supplementation or who eat Morton's Lite SaltTM or Stirling's Half and HalfTM. I know of no epidemiologic study showing this. However, people who work in potash mines have a 25% lower incidence of heart disease than the surrounding population¹⁹ and heart disease is prevalent in RA. There should be a healing of RA upon starting potassium supplements. No controlled experiment has been reported which would indicate this. However there is a case history of a single arthritic brought up to 3.5 grams per day in order to explore the effects of various steroid hormones on the body's mineral balance.²⁰ A total of 3.5 grams is about the amount an adult would obtain from unprocessed food. The subject showed consistent improvement throughout the experiment even though potassium was the only consistent change. His total body potassium consistently rose. There should be a negative correlation between potassium-caused muscle spasms and RA, but I have no supporting data. Neither do I know of a positive correlation with eating licorice or

(continued on page 6)

Letters To The Editor

(continued from page 1)

Executive Director

Dear Sirs:

Enclosed is a donation for \$25. I would like to join your organization and please send me the latest literature you have. I was helped by the nutrition diet which came from *The Art Of Getting Well*, and now have no trouble walking after being immobilized for nine months in 1994-95.

Thank you for doing good work!

J.A.

Oklahoma City, OK

The diet in The Art Of Getting Well is still valid (and the book still available), but we've since learned that there can be much more involved in staying well. There's been two later books since then, each have repeated the same diet originally laid down by Gus J. Prosch, Jr., M.D. Thanks for your kind note and generous donation. We're sending you our latest book, Arthritis (diFabio and Prosch) so that you can explore the additional avenues and stay well.



Many thanks for the service you provide! If it weren't for it, I might never have known that my rheumatoid problem was due to infection from root canals -- which was described in the diFabio/Prosch *Arthritis* book.

I had the two root canals removed in May. I had to go to a biological dentist and am thankful for your physicians list.

H.G.

Paducah, KY

I am personally shocked, surprised and dismayed at the number of "arthritis" diseases that can be traced back to dental problems -- mercury poisoning or former tooth extractions, including root canal work to save teeth. Again, and still again, we get reports of folks who either achieve wellness, or unload a huge immune-suppressing burden on ridding themselves through a biological dentist of anaerobic bacteria secreted in the root canal.

Verification of this causative source for arthritis comes about through blood tests (darkfield microscope), on finding various microorganisms in the blood stream, such as mycoplasmas or via electrodermal screening which senses disturbances along meridian pathways, or through kinesthiology muscle testing by one trained in this art.

I'm shocked because we didn't know for a long time to look in the direction of the teeth!

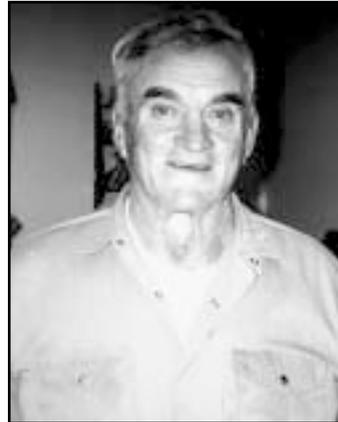
I'm surprised because on treating for anaerobic infection, people do, in fact, get well, or at least much better!

I'm dismayed because although this information has been around since the 1930's through the sponsorship work of the American Dental Association, via Weston Price, D.D.S., it's been so well overlooked by virtually 100% of the rheumatologists, the very professionals who get paid to treat and change the arthritis condition!

Universal Oral Vaccine

(continued from page 3)

person through the cow's cistern. Each person's blood contains a wide variety of microorganisms -- especially when sick -- that are unknown, or unacknowledged by most physicians, but are recognized and acknowledged by the cow.



Dairy farmer Herb Saunders, Odin, Minnesota, prosecuted for practicing medicine without a license, was twice freed by a grand jury. Saunders has treated and cured by means of immune milk a large number of diseases, including most of the major ones named in this article. Photo taken Odin, Minnesota, 1998.

The colostrum thus obtained for the next 10 days was fed back to the sick person just as would be the standardized products made for the use and health of cattle.

According to immune milk pioneer, Herb Struss, Ph.D., colostrum obtained by injecting whole human blood into the cow's cistern does not produce auto-immune reactions to one's own blood. "It's one of the first things we checked," Struss says.

Saunders was selling bovine colostrum ("first milk") as a potential cure for cancer. "Saunders would sell each patient a cow for \$2,500, but keep the cow on his farm. He would inject a sample of each patient's blood into the cow's udder [cistern], and then sell

the colostrum to the cow's owner for \$35 a bottle. Saunders told an undercover state agent who posed as a cancer patient that he would 'cough out' his cancer within months if he would take colostrum, [and to] refrain from chemotherapy.

"After two weeks of [court] trial -- the longest this small community had ever seen -- the result was a hung jury. The 6-person jury voted 5-1 to convict, but the last holdout, a part-time social studies teacher, apparently couldn't decide whether Saunders was practicing medicine without a license or offering an alternative type of care that is not medical practice."⁵

Former Congressman Berkley Bedell provided \$21,000 for Saunders' expenses. Attorney Calvin Johnson's services were free.

Reported by attorney Calvin Johnson, Herb Saunders' second trial once again resulted in a hung jury, reportedly more hung than the first one, with 3 jurors resisting indictment. The district attorney dismissed the case on May 30, 1996, and will not retry Saunders -- at least for the time being!

Sanders approach seems to be well substantiated by the work of many scientists over a period of more than 40 years.

By this second approach, it's up to you to find dairymen, and to convince them to risk prosecution as they secretly treat you. If blood is to be drawn from you, it should be injected into the cow's cistern immediately on being drawn from your arm at least once a week for four weeks before the calf is born.

Buy Your Own Cow Or Goat

While not at all advising that the law be broken, in answer to the technical questions of how immune milk is obtained, Herbert Struss, Ph.D. suggests that a "springing heifer" be used to prepare the right colostrum for you. A "springing heifer" is a cow that has

(continued on page 6)

Potassium Deficiency...

(continued from page 4)

potassium losing diuretics, both of which increase potassium loss. There should be a negative correlation between eating acids which have an indigestible anion and RA since the hydrogen ion interferes with potassium excretion.²¹ I know of no good experiment or epidemiologic study.

However, it has been suggested from folk custom that eating vinegar²² or cherries is efficacious. The vinegar seems doubtful since it is my understanding that acetate can be metabolized by the body. However, it is conceivable that people on a diet high in calories do not utilize all the acetate. RA should not be present in people who eat predominantly vegetables instead of grains.

An experiment has been performed in which RA was healed in a group of people by switching to a vegetable diet.^{23a}

I suspect that people with rheumatoid arthritis tend to have a poorer ability to conserve potassium than other people because of damage to their kidneys by a poison such as bromine gas or long term poisons in plant foods (such as solenaceous vegetables) or by poisons excreted by pathogenic bacteria. Screening some common poisons currently in use in food might be enlightening. Since GRMFs inhibit cortisol, it is possible that a discordance in the immune response or some infection types may accentuate RA.

If animals are used for experiments, it is futile to use rats or mice because they rely primarily on corticosterone to regulate the immune response, not cortisol. I suspect that this developed because they have a factor in their intestinal fluid which counteracts cholera toxin.²³ They also have the ability to absorb water under cyclic AMP stimulation in part of their colon²⁴ instead of excretion, unlike other animals.

Since the disturbance in copper metabolism is proposed as the most serious aspect of RA, evidence for copper's effect should be possible. Supplementing with copper should remove some of the symptoms of RA. I know of no such experiment.

However, it is known that Finnish men who work in copper mines have little arthritis or susceptibility to infection.²⁵ The high milk diet along with frequent saunas may be two reasons why other Finns have one of the highest rates of arthritis in the world,²⁶ since milk is the poorest source of copper^{27, p.92} and perspiration loses potassium.²⁸ Milk has been shown to have a high statistical correlation with cardiovascular disease, said to be as great a risk as smoking,²⁹ which disease in turn is correlated with RA. Laplanders on a meat diet have a lower rate of RA not much further north.²⁶ The Massai of Africa have a higher rate of RA than the surrounding tribes.^{30, p.768} The Masai also use a lot of milk as well as very few vegetables, which vegetables would have increased potassium intake. Men who work in copper mines must have stronger tissues than other miners because the percentage of injuries which result in lost time is significantly lower³¹ even though injuries like eye damage and burns which are not affected by strength are part of the data. Eating a lot of shellfish or liver should reduce those symptoms related to copper deficiency since they are the richest sources, but I know of no study. The same is true of drinking acid water out of copper plumbing.

I believe that it is unwise to give cortisol to any class of people whose immune system is weak, such as arthritic people. If it is felt that cortisol should be raised in the body, why not use something relatively safe, like potassium supplements? If potassium supplements are used, be certain that vitamin B-1 is adequate because the "wet" heart disease of Beri-Beri can materialize when potassium

(continued on page 7)

Universal Oral Vaccine

(continued from page 5)

not given birth to prior calves.

He reports that immune milk is obtained by innoculating into the cistern with the use of a 20 ml syringe -- about 5 milliliters of the antigenic or allergenic material is passed through each of the four teats with a cannula (specially designed reed or tube) at weekly intervals, one month before the calf's birth.

He also reports that those who must use human blood (for cancer, for example) as their antigenic material take about 10

milliliters from the human which is then distributed at 2-1/2 milliliters to each teat, or bovine gland, immediately.

Ten days of milking, at most, is usable, although the first 24-48 hours of pre-milk produced from the cow's mammary gland after birth is usually defined as "colostrum."

According to Philip Derse of Derse & Schroeder Associates, modern technology permits extracting many of the active transfer factors from whole milk, long after the colostrum phase.

But we're speaking here of do-it-yourself methods!

One lady reported that, after being treated by Herb Saunders for Multiple Sclerosis, she's had no attack for more than 2 years! She also

told me of a Multiple Sclerosis support group in North Dakota that chooses not to be identified, as they have their own dairy herd, and have been treating themselves.

Early virological and immunological studies have suggested that Multiple Sclerosis is an auto-immune disease triggered by a German Measles viral infection, also used to prepare the colostrum.

In a 1984 study reported in *Medical Microbiology and Immunology*¹⁹ IgA-rich cow colostrum containing anti-measles lactoglobulin resistant proteases was orally administered to patients with multiple sclerosis. Measles-positive antibody colostrum was orally administered every morning to 15 patients with multiple sclerosis at a daily dosage of 100 ml for 30 days. Similarly, measles-negative antibody control colostrum (< 8) was orally administered to 5 patients. Of 7 anti-measles colostrum recipients, 5 patients improved and 2 remained unchanged. Of 5 negative (< 8) recipients, 2 patients remained unchanged and 3 worsened. These findings suggested the efficacy of orally administered anti-measles colostrum in improving the condition of multiple sclerosis patients (P < 0.05).

(continued on page 7)



Attorney Calvin Johnson, Mankato, Minnesota, without charge defended Herbert Saunders before a grand jury twice against the charge of practicing medicine without a license, and won! Calvin is a staunch supporter of the use of immune milk. Photo taken Mankato, Minnesota, 1998.

Universal Oral Vaccine

(continued from page 6)

This Christmas (1998) I spent watching the application of specifically prepared antigen/complement materials from bovine colostrum, the cow's first milk on calving.

What I personally observed was a kind of Christmas miracle. Nowhere had I ever read or heard of Psoriasis being related to staphylococcus. Here's what I observed:

A patient had gross, raised blotches of skin Psoriasis that would not heal no matter what treatments were tried.

A liquid preparation of colostrum staphylococcus antibody/complement was taken orally, 1 teaspoon each hour, and a cotton ball was also used to wipe the mixture on the Psoriasis blotches. The wiping on of the liquid was done every time itching occurred, and also occasionally throughout the next days. Also the oral treatment of the liquid was continued each hour.

Within minutes (literally) of the first wiping the blotches began to disappear. Within a day, all blotches were reduced in size. Within two days, only the longest standing, and grossest blotches remained.

Finally, all marks were gone!

What a great Christmas present for the patient!

Unfortunately, it seems, the treatment could not be continued to proper end point, and the patient, also having Lyme Arthritis disease and other immune problems, regressed. He is now undergoing trials of specially prepared Quantum Research, Inc. products.

One doctor called The Arthritis Trust of America and asked what was available for treating Lyme Arthritis disease.

Of course, Berkley Bedell's experience was quoted, and the doctor was advised that first s/he'd need a milk cow. Surprisingly, s/he answered that she had room for a milk cow at her farm.

Then s/he was told s/he'd need some dead *Borrelia burgdorfi* bacteria. Surprisingly again, s/he said she had this microorganism in her/his laboratory.

So here's another way: With others, or alone, buy a cow or nanny goat, get it pregnant, and do your own treatment!



Philip Derse of Derse & Schroeder Associates, Madison, Wisconsin, studied and identified much of the nature of immune milk colostrum and transfer factors over a period of 30 years. Photo taken Madison, Wisconsin, 1998.

Potassium Deficiency...

(continued from page 6)

is deficient.³² Obviously the reverse is also true for vitamin B-1 supplementation. For this reason, If the patient has heart trouble, it is very important to determine whether it is caused by vitamin B-1 or potassium. If potassium chloride is dissolved in fruit juice it tastes good and avoids the danger to the intestines that even slow release enteric tablets may present.

The chloride is the most efficacious form.³³ It would be better and safer yet to provide potassium from food high in potassium such as celery or bamboo shoots as Effinger proposed.³⁴ Unboiled, unfrozen, uncanned vegetables low in starch are the richest sources.³⁵ However, removing a deficiency will be slower since the potassium is not associated with chloride and would take a few months longer.

A deficiency can arise from diarrhea, processed food, reliance on grain or fatty foods,³⁵ psychic stress stimulation of aldosterone^{36, p.209} (which is the main regulator of potassium)³⁷, stress stimulation of cortisol (as in an operation, for instance,³⁸) diuretics, licorice³⁹ as well as probably grapefruit,^{39a} profuse perspiration,²⁸ excessive vomiting,⁴⁰ eating sodium bicarbonate,⁴¹ hyperventilating,⁴² laxatives,⁴³ enemas,⁴⁴ shock from burns or injury,⁴⁵ hostile or fearful emotions,³⁶ and very high or very low sodium intake.⁴⁶ All of these increase excretion or decrease intake of potassium.

A chronic potassium deficiency must surely cause a degenerative disease. I believe it materializes in some people as RA. If not, then what is the name of the degenerative disease which attends a potassium deficiency? It is not hypokalemia. This is only a word which describes low serum potassium, a marker.

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(continued on page 8)

Editorial

(continued from page 4)

the counter at health food stores in America.

One caution: although the compound is very safe to take, the product you buy may vary considerably in quality from one packager to another, but that's another problem entirely.

Meanwhile be happy that, although we don't get any credit, we were indirectly responsible for focusing attention on this wonderful, new supplement!

Be especially thankful that rheumatologists worldwide are beginning to recommend this substance for their patients. The "not-discovered-here" syndrome is not always an active disease!

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(continued from page 7)

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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!

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