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Steven A Levine, PhD and Pharris M. Kidd, PhD.  
400 Preda Street  
San Leandro CA 94577 - 0489.

Dear Drs. Levine and Kidd.

You may remember that in your 1985 book you wrote under PIONEERS IN NUTRITIONAL MEDICINE, "Carl Reich, M.D. may have been the first to associate the stress-adapted state with the nutrition-deficient state".

In keeping with that perspective I enclose copies of BIOCHEMICAL ANXIETY and CONCERNING THE CREATION OF THE CHRONIC FATIGUE SYNDROME AND THE ATTENTION DEFICIENT DISORDER.

However, those writings largely refer to one aspect, the nervous-psychic-mental aspect, of a new concept of the creation of disease created by chronic calcium and vitamin D deficiency. Far more important is the fact that even the unorthodox are not accepting it as it is described in the June issue of TLfD, pages 98 to 102 under A CALCIUM AND VITAMIN D DEFICIENCY PLAGUE.

I suggest that even the unorthodox are so preoccupied pursuing their "thing" that they too cannot envision that behind their largely clinical art and behind the pseudo-science pursued by the orthodox lies an undercurrent of deficiency which, if exposed, would "blow them away".

As I perused an undated issue of INNOVATIVE NUTRITION I read passing reference to that current in the description of Vitamin C Powder, the carbonate content of which can "help control the increased acidity that is often associated with allergic reactions".

If a reaction considered to be due to "allergy" is associated with acidity one can be assured that the major basis of it instead is presence of chronic deficiency of either or both of the a/m synergistic calcium and vitamin D. The associated acidity represents presence in that person of the autonomix excitation of the asymptomatic or symptomatic ancillary acidifying adaptive function of one or more organs and tissues, such as those concerned in respiration, digestion, or carbohydrate metabolism.

If the function of those organs is grossly overtaxed by persisting deficiency, or is depreciated because of the direct effect which the deficiency has on secretory and/or smooth muscle tissues performing the adaptation, then it may be broken down to create a "mal-adaptive" disease of the adapting organ such as chronic asthma, ileitis-colitis, or diabetes. Osteo and rheumatoid arthritis, osteoporosis, and hypertension represent the breakdown of adaptive functions of the skeleton and arterial tree which instead involved the autonomic stimulation of enzymes or hormones which would create a "robbing of Peter to pay Paul" calcium demineralization of the skeleton, or would utilize the alarm reaction to effect a transduction of kinetic energy brought to bear on a constituent of blood into an appropriate biochemical change.

The design of acidifying adaptive function is to effect biochemical compensation for deficiency of calcium which has been ionized and rendered biologically active by vitamin D, by hyper-acidifying all cellular fluids. As this is reflected on the pH of saliva, individuals experiencing tissue reactions and organ diseases which currently are attributed entirely to allergy may be assured that the major proportion of their distress arises because of the a/m chronic deficiency, and of organ bases mal-adaption to them.

Despite that Buffered Vitamin C Powder presents one half of the RDA of calcium in each teaspoonful that calcium is presented without vitamin D. Therefore, to be effective in living cells in the ionized biologically active form it must rely on the current vitamin D reserves of the liver, or on the supplies of that vitamin which are obtained from the diet, from other supplements, or from unfiltered daylight or sunshine reaching the skin.

I trust that such introduction to what I also describe as a "unified concept of disease" by referring to that product, and other enclosures, will be of interest.

I tried to bring some of this to you before 1985 when you published that book. I thought it was published earlier than that. But then, as now, you were imbued with the idea that, like the occasionally disastrous reactions which a perfectly healthy child may experience following eating a peanut butter cookie, all even mildly similar reactions arose solely because of the toxicity of histamine that was released when antibody contacted allergen.

Similarly, the most mysterious "auto-immune" reaction represents the combination of the direct effect of the deficiency on tissues plus the indirect effect which is mediated by the autonomic stimulation of adaptive function of the same tissues. As an "allergic" disease which cannot be related to any external factor, which some refer to as "intrinsic", arises because of a "deficiency reaction" so the auto-immune reaction is intrinsic and comes from within, but only because of the deficiency of that within.

I lost my licence in all of Canada because of this research and practice. Moreover, as that was either referred to the licensing authorities of Washington and California or as those bodies picked that advice up from computer connection, my valid licences in those "escape hatches" were revoked.

In 1992 a geo-chemist, Robert Barefoot, whose chronic asthma and rhinitis I cured, collaborated with me in writing THE CALCIUM FACTOR. As he then claimed principal authorship to exclude much of my submission, it is 90% chemical and little clinical. I hope to write a largely clinical book but have been so oppressed by the loss of my professional life, and by the suspicion that no publisher would listen to advice that disease may be treated with "toxic" doses of the A and D vitamins, that I need some help to get at it.

See letters to Rodale Press and Lets Live.

At age 78 I now get along on pension and proceeds from a bit of "nutritional counselling" in my home. But I hesitate to open that up for the College would put a "plant" on me and harass me again. One of my proteges regained a temporary licence and recently was put through his eighteenth interview by a College. He is hopeful that, through it, he will regain full licensing that cannot be cancelled by a mere whim of the college as it receives a frivolous complaint. Such is their surveillance of their "cosa nostra".

In closing, somewhere along the way you will have to come to task with my studies to ascertain if, indeed, calcium is not the "King of the vitamins" and if vitamin D is not "the Queen of the vitamins" which together control the most mysterious "allergic" and "auto-immune" reactions!!

Sincerely,

Carl J. Reich.

ENCLOSURES:

A) ON SELF AND MY PRACTICE

- A Curriculum Vitae
- Cases treated and therapy

B) GENERAL VIEWS OF THE CONCEPT

- The causative lifestyle defects and "biochem. inheritance"
- Evolutionary factors
- The Development of the Concept
- The Origin and Development of the Study
- The Clinical Aspects of Chronic Vitamin D and Calcium Defic.
- Therapy of the Vitamin D and Calcium deficiency State.

A Biochemical Plague

The Overall Effects of the Deficiencies

The Diseases of Civilization

The Salivary pH Test

The "Allergic" Versus the "Deficiency Reaction"

Ionic Calcium Deficiency the Energy Catalyst The Ionic

Calcium Carburetor of the Cell

On THE CALCIUM FACTOR

C) SPECIFICALLY ON ADAPTION AND "MAL-ADAPTION"

GENERAL - An Aphorism on Adaption.

An Aphorism on Deficiency + Adaption

Adaption to Chronic Ionic Ca.

Deficiency Evolution, Calcium, and

Autonomic Control.

Evolution, Deficiency, Adaption and "MAD"

Calcium, Vitamin D and Adaptive Reserves

REFERRING TO SPECIFIC DISEASES

Vitamin D and Cancer

Is Diabetes a "Mal-Adaptive" Disease?

D) DIAGRAMS:

Prime and Secondary Causes of Disease

The Direct and Indirect Effects of Deficiency

The Inter-Relationship of Deficiency, Disease - - .

The Basis of Therapy.

E) CASE HISTORIES

Asthmatic child and deficient mother

Asthmatic child

Rhinitis and acne

Four case histories

Nine cases of asthma.

F) CONCERNING RESEARCH

An Invitation

Protocol - in simplest form

- more complex

The Dovetailing With Research on EDTA

G) ON CANCER

Adaptive and Malignant Mutation.

The Mutant Creation of Cancer

Anoxia or Acalcia in Cancer

Vitamin D and Cancer

A 1965 letter from US. Cancer Society

H) ON AIDS

Is it AIDS or AAIDS ??

Events Which Lead to AIDS

1983 correspondence with the C.D.C.

I) ON CANCER AND AIDS

The Clinical Relationship of Cancer and AIDS

The Vitamin-Mineral Therapy of Cancer and AIDS

J) Letters to Rodale Press and Lets Live.