

Confessions of a Heretic:

“At First Do No Harm”

A Medical Doctor



speaks out ...

**Doctor, I have taken the oath –
but I Ask you - am I really a
Hypocrite?**

A Comment on Freedom

Thomas Paine on February 14, 1776, published and distributed “Common Sense” to the colonists as a pamphlet. At issue was Freedom. The colonies were shackled by the tyranny of the King of England. Thomas Paine eloquently wrote concerning the moral issues and reasons why this tyranny was wrong. The colonists had to change their lifelong fundamental assumptions and beliefs (a paradigm shift) about the nature and function of government, for this novel concept, Freedom, to occur. And to secure this Freedom, a number of courageous men and women risked all that they had – life, limb and property.

Today, we are faced with a new tyranny of sorts. Tyranny, not from the King of England, but from our conditioned beliefs and assumptions about the causes of disease. We are preoccupied with worries of premature death and suffering in our own health as well as our loved ones. We are however, literally shackled with premature death and suffering not unlike that caused by the tyrant’s dungeons of old. We are also “taxed” by exorbitant health care costs that we have no control over. This tyranny though, is of our own making.

In a similar fashion to Thomas Paine’s, “Common Sense” (though not so eloquent and not so much risked by this author), I present, “At First Do No Harm”. This “pamphlet” outlines the reasons – primarily the logical and moral considerations – of why the present day health care system is not the benevolent dictator that we all wish it would be. I

present information in a way to cause a paradigm shift in your thinking (though I believe many already innately know that what follows is true). This really is the issue – Freedom. Freedom from illness and disease, as well as Freedom from the worry concerning developing disease.

Today we are fortunate. To obtain this Freedom we will not put at risk, our life or property. All we put at risk is our old way of thinking. All we need is our own “Common Sense”.

No better words than that of Thomas Paine introducing his, “Common Sense”, could I think of, to introduce my thesis, and I humbly use now, for the cause is nearly as just and wanting:

Perhaps the sentiments contained in the following pages, are not yet sufficiently fashionable to procure them general favor; a long habit of not thinking a thing wrong, gives it a superficial appearance of being right, and raises at first a formidable outcry in defence (sic) of custom. But tumult soon subsides. Time makes more converts than reason.

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Integrative Health – A Paradigm Shift

The Process of Obtaining and Maintaining Optimal Health

Integration of Allopathic Therapies and Nutritional
Supplementation to **Achieve and Maintain**
Optimal Health in your Patients. The journey
begins...

The Ethical Considerations:

Do you really have a choice?

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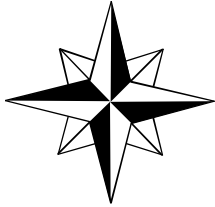
**(note: the ideas and principles presented herein are my own and not any
other organization or persons)**

Preface

I am presenting this thesis to motivate you to re-assess the fundamental assumptions that were taught to you during your medical education. I would like you to evaluate the beliefs, thoughts, and assumptions that formed your conditioned beliefs from the earliest times of your life. I am asking you to embark upon a journey of discovery. This process of discovery typically follows a pattern of skepticism, ambivalence, and then acceptance as truth. In the next few pages try to answer with sincerity and honesty in your own mind the ideological contradictions that we operate with in modern medicine today. I implore you not to react as a pavlovian, but to examine what you believe and why you believe it. Question yourself. Can your beliefs withstand critical analysis of these fundamental questions? If you are not prepared to do this at this time, still, please read on and do come back again when you are ready to question yourself.

I want you to examine the very core of your reasons why you became a doctor and why you continue to practice medicine. What is your true intention? I invite you to examine the journey that I began in mid 1997 that culminated in a metamorphosis of my own philosophy of health and disease ... a paradigm shift of Integrative Health. This paradigm shift and medical awakening occurred some fifteen years after my fellowship training in Pulmonary Disease. I challenge you to re-asses the ideological path of what we are as physicians and what we are supposed to be as physicians. It is not my intention to indict the medical profession as it exists today. It is, however, my intention to expose its shortcomings and present alternative options, guiding it back on track to fulfill the role that it should have in society today.

I do indict our definition of good health as insufficient and misleading. It is absurd to use the absence of symptoms as the definition of good health. It is difficult for us to quantify and measure good health because we are so accustomed to measure the negative aspect of a health problem on the human body and spirit. I define optimal health as a person who is free of specific complaints, exercises without difficulty, sleeps well and awakens refreshed and maintains this throughout his or her life with no undo anxiety or depression. This process should be accomplished without the aid of a drug or visit to the doctor, chiropractor, or homeopathic physician. If we are to be true physicians, adhering to the oath of Hippocrates, this must be our goal.



The journey begins ...

The Ethical Considerations: Do you really have a choice?

As much as things change, they stay the same. Fundamental needs and requirements of the human body, mind, spirit and soul have not significantly changed in the past 6000 years. It is with that preface that I looked back upon the Hippocratic Oath; the oath that I swore to uphold when I graduated from medical school. One key phrase that haunted me over the past twenty years was:

"At first, do no harm."

I could honestly say that this was not always true. The other overwhelming and yet unexplainable fact was that I was seeing more and more patients with more complex and bizarre symptoms and problems, many of which I could not explain. In fact, many of these same patients were sick because of the medications that I and other physicians had prescribed. I began to question myself, was I really acting in my patient's best interests? Was something missing?

Mainstream medicine seemed to be close to answers and yet absolute unyielding dogma one year was soon to become last year's fad and silly science. Was the traditional Western Medicine (primarily acute interventional care) approach to disease and illness appropriate?

Consider the following trends:

- **Cancer will strike 1 in 3 people**
- **Heart Disease will strike 1 in 2 people**

- Asthma now afflicts some 13½ million people (nearly double past 10 years)
- Chronic Fatigue and Fibromyalgia are nearly epidemic in proportion; as an intern – I barely heard of one case

These trends are nothing to be proud of and certainly nothing to be satisfied with. To continue as we have (philosophical approach to health and disease) would produce the same terrible results; to expect something different would be tantamount to overt psychosis. Review the following chart (Figure1), which shows the lifetime incidence of breast cancer in females; can you be satisfied with this trend?

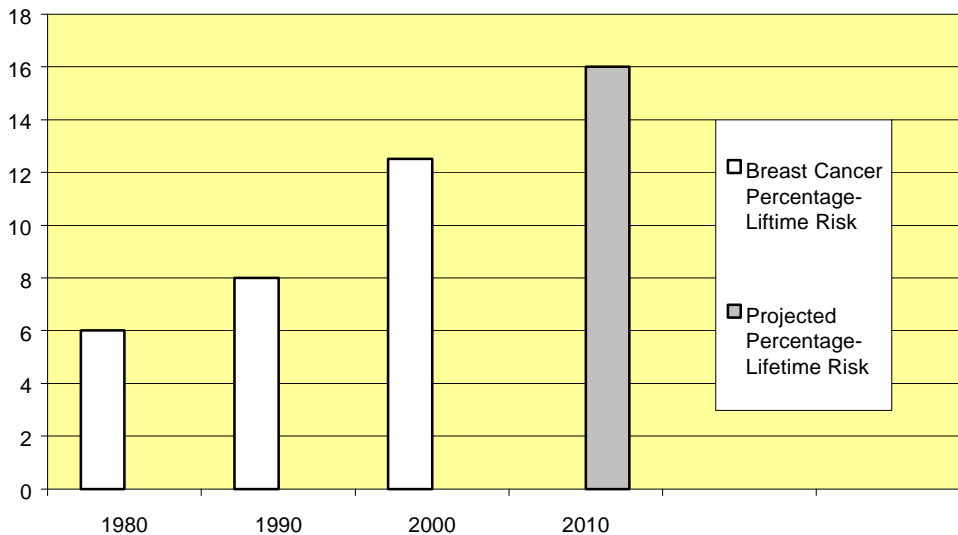


Figure 1: Chart showing Risk of Breast Cancer during life of females. (Adapted from NCI Data 2000)

It finally occurred to me that traditional medicine and therefore – I, was missing something. I was not adhering to the oath that I swore to twenty years ago. Traditional Western Medicine had significant limitations and my patients were suffering because of it. Additionally, I would wince when I would hear the American Medical Association advocate preventive health measures – substituting early detection for prevention. These terms are not synonymous and therefore are not interchangeable.

Two problems so far identified:

- Western Medicine could not answer many questions of health problems and was wrong much of the time
- Harm was occurring to patients because of medication

An additional problem surfaced some twenty years ago with traditional, acute interventive style medicine -- it became very expensive. This “cost problem” brought in the federal government. With the government now interested in cost containment the squeeze was on. This resulted in a shift of work from direct patient care and interaction (primarily physician and nursing) to documentation of work done. Real work and real patient care in the hospital setting has deteriorated profoundly. The last bastion of Western Medicine, the hospital, is fast becoming a straw dog, a shadow of its former self – often unable to save people from the clutches of premature death and relegating patients to expensive and sometimes painful therapy.

Another unfortunate side effect of the government's interest in our health is its increasing interest in how we behave (e.g. do we smoke?). This has caused extreme limitations of our freedom. To some this may seem like a good idea, but the premise that the federal government has the moral, ethical and constitutional authority to do this is beyond frightening. If we are to stay a free country, then we must take responsibility for ourselves, stand by our convictions and not rely on an oppressive government to take care of us.

Therefore, I contend, the only way to help people survive, is to keep them out of the hospital and most importantly, keep them away from drugs as much as humanly possible. If we look into the “bible” of Allopathic Medicine, the PDR (Physician Desk Reference), nothing safe can be found for prevention. Again, I was personally at a loss to explain why patients were so sick and there was nothing that was effective for true disease prevention and maintenance of health. I was becoming more and more helpless as a physician -- I knew in principal what was needed; I just had no tools, or so I thought.

Current Scientific Philosophy: One Disease – One Drug – One Cure

Society has always demanded answers from Western Medicine concerning causes and treatment of diseases. Today, there are a profound number of people becoming disenchanted with traditional Western Medicine^{1,2}. Now, the new demand and focus is on how to stay well (preventive medicine).

The problem with the approach of Western Medicine, is that it is incapable of giving one simple answer to even just one of the major health problems in our society today - what causes cancer, heart disease, arthritis, asthma, etc. etc. etc. ...?

Each time Western Medicine discovers a new answer to a health issue, it is soon followed by five new unanswered questions. This year's medical dogma is soon to be next year's foolish medical ritual. I also think, that at times Western Medicine focuses on areas where it does not belong. For example, the Center for Disease Control now looks at violent shootings as a medical problem. Its treatment for this "medical problem" is gun control. What is the direct connection to Medicine? Shooting someone is a crime – not a medical condition. This picture of medicine is certainly not right. Again, I stand by my conviction of personal responsibility for our well being as individuals, our family and ultimately our society.

If Western Medicine has a codifying theory, it is that ***of all the diseases that afflict man, none are really connected or related in any significant way***. It assumes that each disease has a unique and specific cause, and to be "cured" a specific "drug" must be found that will remedy the particular problem. Unfortunately, the drugs identified as "cures" often have many side effects. Some, sadly enough, are detrimental or even lethal. In late 1999, The Institute of Medicine, a division of the National Academy of Science released a stunning report, "To Err is Human"³. This report finds upwards of 98,000 people are killed by medical errors in prescription medications. Making matters yet worse, several other recent studies have indicated that ***appropriate*** use of prescription medication is the fourth to sixth largest killer⁴ of Americans today, accounting for upwards of one million injuries a year and 180,000 deaths⁵. This ideological process also assumes that the human body is programmed to fail. Rather than fail, could it be, that



Figure 1: "To Err Is Human"

the human body is programmed to succeed – actually achieve and maintain optimal health if given the right “stuff” -- i.e., food? Ask yourself, are there logical problems to Western Medicine’s theory? Does it ever answer the true cause of a disease?

I strongly contend that there are logical problems with this approach. For instance, peptic ulcer disease, once thought to be caused by excess acid of the stomach, is now thought to be caused by a bacterium – *heliobacter pylori*. This however begs the question: why should someone have *heliobacter pylori* in the stomach in the first place and why should it cause an ulcer?

Another relatively new “disease” in our society is attention deficit disorder (ADD), attacking primarily children. Current management and therapy is with metamphetamine. This therapeutic philosophy argues that the body is deficient in metamphetamine. To argue that the body in its natural state, requires methamphetamine in any amount argues the absurd. I ask you again - what is the answer to the cause of ADD?

Lastly, as noted above, a dangerous characteristic of all pharmaceuticals, ignored by most physicians and patients alike, is that by their very definition they are **toxins**. Their therapeutic effects are always weighed against their side effects. Paracelsus, Father of Pharmacology stated it the best:

“All drugs are poison. Their beneficial effects depend on the amount.”

A Renaissance – The evidence speaks, but does anyone listen?

The realization that traditional Western Medicine typically does not cure disease, that therapy is often harmful, and is incapable of giving an answer to most of our current health care ailments – was very depressing and frustrating to me as a practicing physician. What I was taught and practiced and believed in all these years was woefully inadequate for my patients (as well as for my family). Millions and millions of dollars, millions and millions of hours of research have been spent with no answers. More depressing were the millions of people with unrequited hopes that their disease would be cured by Western Medicine. I had to ask myself, and I encourage you to ask yourself, was/is there any evidence in any form that can give credence to a new paradigm of health, or perhaps a re-discovery – a Renaissance?

Once I began my research into this question, it became clear to me that for most of recorded history the answer is yes. In fact, a commonly known plant –

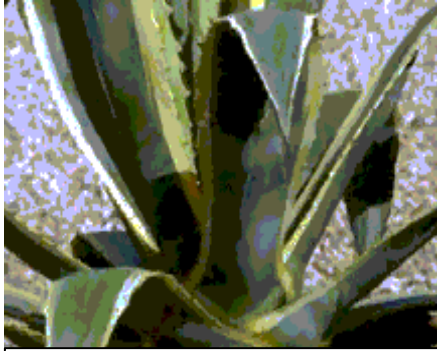


Figure 3: American Aloe plant
(genus - Agave)

aloe vera -- is a good example. The beneficial effects of the aloe vera plant toward human health have been well documented for some 5,000 years. Individuals today use aloe for a host of ailments, although its beneficial effects are typically scoffed at by traditional Western Medicine physicians because of the lack of a traditional scientific approach to its effectiveness. Surprisingly, there has, in fact, been scientific analysis of the effects of aloe vera. This initially began in 1952. Lushbaugh, et al⁶, found that radiation burns to the abdomen of rabbits healed with fresh aloe vera extract. Aloe vera that was one week old did not heal the wounds. **It took some thirty years** for the active ingredient of the aloe vera plant to be identified as the source of the healing. This was discovered to be a polymannan (a polysaccharide - made up of many mannose monosaccharide molecules). This polymanose did not act like a drug. There were literally no toxic amounts found when injected or given to animals⁷ or people.

During the past 20 years another “new” discovery occurred – the importance of cell surface glycoproteins. These substances covering every single cell in the body, were once regarded as an *insignificant* cellular oddity. Glycoproteins have been shown to be indispensable in cellular function – i.e. cell to cell communication⁸. These glycoproteins are made up of amino acids and monosaccharides. **It is the notion of the eight essential monosaccharides, which are critical to proper structure and function of the cell that is so new to modern medicine⁹.** These eight essential monosaccharides are: *glucose, galactose, mannose, fucose, xylose, n-acetylneuraminic acid, n-acetylgalactosamine, and n-acetylglucosamine*. Kornfeld and Kornfeld¹⁰ in 1985 reported in a review article on how this joining of amino acids and simple monosaccharides occur inside the cell. This heralded a new paradigm in the understanding of the biological importance of these monosaccharides (carbohydrates are not just for energy anymore). This ultimately led to the new field of Glycobiology. An excellent introduction to this science has been published by Dr. John Axford¹¹.

Relevance to human health of these essential monosaccharides has been abundantly documented. Hanson¹² reported the apparent uniqueness of these monosaccharides in human mother’s milk. His study revealed five of the

eight essential monosaccharides are found in human mother's milk but not in any other mammalian species or commercial baby formula. Importantly, there was a direct correlation between longer breast feeding in infants and the decreased incidence of (1) first episode of otitis media (2) eczema and (3) asthma. This strongly suggests a lasting effect on the immune system by mother's breast milk and appears directly related to these essential monosaccharides. Further, investigations in animals show marked improvement in vaccine effectiveness¹³, immunity^{14,15,16,17}, improved wound healing^{18,19,20,21,22,23}, improved glucose control in diabetic mice²⁴, improved healing in radiation induced skin changes²⁵, and increased tumor cell death^{26,27,28} with this polymannan.

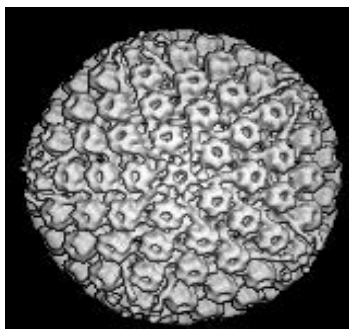


Figure 4: Electron micrograph of a herpes virus; which is better protection - a drug or the body's immune system?

Experience in the laboratory and in humans has been remarkable as well. Early studies with a single monosaccharide, aloe vera or acemannan, have shown improvement in symptoms in such disorders as wounds^{29,30,31,32,33,34}, psoriasis³⁵, atheromatous heart disease and angina³⁶, and AIDS³⁷. Newer generation products act by supplementing the typical diet with a mixture of the eight essential monosaccharides. This approach has shown improvement in a host of symptoms caused by viruses (herpes)³⁸, stomatitis³⁹, pemphigus vulgaris⁴⁰, attention deficit disorder⁴¹, lupus⁴², chronic fatigue syndrome^{43,44}, asthma^{45,46}, diabetes^{47,48}, to name but a few.

Phytochemicals^{49,50} are another “new” nutrient discovery. In fact, they should be classified along with the glyconutrients as new, essential nutrient categories. Phytochemicals are the naturally occurring antioxidants, free radical scavengers, and other anti-cancer ingredients found in vine ripened fruits and vegetables. In fact, the National Cancer Institute continually reports the significant benefits of phytochemicals in the prevention of cancer. These nutrients are also critical for prevention of heart disease as mentioned in a position paper by the American Heart Association⁵¹. These include classes of compounds such as: isothiocyanates, saponins, indoles, allyl sulfides, isoflavones, terpenes, polyphenols and phenolic acids.

Perhaps the most exciting discovery from the field of glycobiology is the critical role the immune system plays in our health and development of disease. The “window” into our immune system is most easily seen through natural killer cells – otherwise known as NK cells⁵². These cells perform critical immune

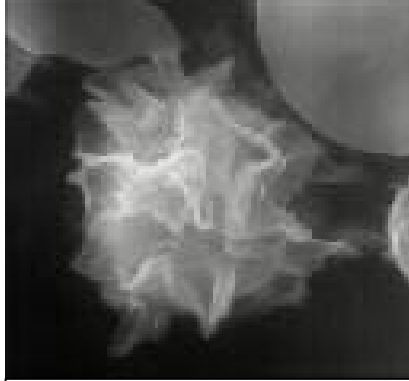


Figure 5: Natural Killer Cell as seen by electron microscope

surveillance – both an infection battling and cancer eradicating function^{53,54,55}. Comparing studies over the past 15 years have shown that our baseline NK cell immunity has diminished anywhere from 18% to 25%. Most fascinating is the fact that NK cell activity has been dramatically improved (up to 400%) by the addition of the eight essential monosaccharides to the actual NK cells as seen in patients with chronic fatigue syndrome⁵⁶. Nothing in my experience with pharmaceuticals can compare with these findings.

This is the beginning of the renaissance...

The evidence became overwhelming and crystal clear. I had no choice. I finally decided to offer these nutrients to my patients and I noticed a remarkable benefit. Patients were needing less intervention with traditional pharmaceuticals and less medical testing. They were also feeling significantly better. They were even avoiding hospitalization or needing less intense hospital care. Also, when traditional allopathic therapies were given they were remarkably more effective. For the first time in my medical career I was seeing benefits that had eluded the traditional allopathic approach.

After seeing the benefits and noting the scientific validation of these nutrients, I no longer consider the addition of proper nutrients to the diet as a luxury. It is a fundamental and integral part of helping my patients achieve and maintain the health that they want and deserve. It is my obligation as a physician and as a fellow human being to bring this to as many people as I possibly can. To do otherwise would go against everything that exists in the Hippocratic oath. Can you as a physician and fellow human being afford not to bring this to your patient's attention?

Can you honestly continue to offer a unilateral and often ineffective, or even harmful approach to health when the evidence shouts that other options work?

A New Paradigm of health – Embracing what works and what is safe

We as physicians must embrace what works and what is safe. The “new” tenets⁵⁷ of health are amazingly simple. If these tenets are followed the body will repair and maintain optimal health. These tenets are as follows:

- **The genes provide the operational programs to establish and maintain normal structure and function of every living organism**
- **The resources for gene directed biochemical syntheses (everything that the cell needs to exist) are limited to the air breathed, water drunk, and food eaten**
- **What is present and what is absent from foods eaten, is profoundly more important than what medical education and training has emphasized**
- **If optimal nutrition is essential for good health, then nutrition could be even more important to persons with compromised health conditions**
- **One might observe benefits with improved nutrition that is not observed with many toxic drugs that have a label claim to treat disease**
- **Conditions poorly managed or non-responsive to drugs and responsive to phyto-nutrients and glyco-nutrients, strongly suggests, that the health compromise is due to a previously unrecognized nutritional deficiency**
- **Today, mankind’s nutritional deficiencies are caused by (1) our food being supplied from a green harvest (2) over processing of food (3) over-utilization of land (4) use of non-organic fertilizer (5) poor variety of foods and (6) over-cooking of our food**
- **Lastly, toxins in our environment have a significant yet often non-quantifiable deleterious effect on our health, worsened by our present nutritionally deficient state**

Other Validation Issues

In 1994, Congress passed the **Dietary Supplement Health and Education Act**. This was an extraordinary shift of authority by the government in how it viewed and treated nutritional supplements. It transferred an incredible amount of power and control out of Washington and into the hands of the people. It gave the individual, not the government, the power to make educated decisions on dietary supplements based upon unbiased scientific information. This law is helping drive the importance of nutraceuticals into the consciousness of every American. This paradigm shift of health has already occurred in many places throughout Europe. For instance, in Germany, nutraceuticals are out selling traditional pharmaceuticals two to one.

Another dynamic change is occurring in the **Health Insurance Industry**. Several new insurance companies have recently announced partial reimbursement of nutritional supplements. Health maintenance organizations are also studying these types of supplements for the first time in their history. What does this tell you? It is just a matter of time before all major health insurance companies follow suit.



U.S. Track and Field endorsed nutrient-based supplements in August of 1997 because of its tremendous effect in improving athletic performance. This organization has never endorsed a specific athletic product in its entire history. This organization is committed to use these nutrients through the 2000 Olympics.

National Institutes of Health established the Office of Alternative Medicine (OAM) initiated through Congressional mandate under the 1992 National Institutes of Health (NIH) Appropriations Bill. The NIH is one of eight health agencies of the U.S. Public Health Service and is part of the U.S. Department of Health and Human Services (DHHS). Budgeted funds for 1998 were \$20 million; increased from \$12 million in 1997.



Medical Schools in the U.S offering curricula in alternative health have markedly increase over the past 2 years. Of the 125 schools in the U.S., 33 offered classes in 1995⁵⁸; this increased to 75 schools in 1997⁵⁹.

Closing the Loop: Integrated Health – The Union

Question yourself again. Can you honestly say that allopathic approach to disease and health is adequate? Would you only offer traditional drugs to your patients, to your spouse, or **to your child** – knowing that safer and perhaps better ways toward health exist? We must take action now - the process of achieving and maintaining optimal health requires merging nutrition and allopathic therapies. Statistics speak for themselves. Surveys have been done indicating that upwards of 40% of patients are using alternative therapies with 40 million more visits to alternative health practitioners than traditional primary care (allopathic) physicians⁶⁰. Additionally, some people may ignore the beneficial effects of traditional medicine, particularly in acute crisis situations.

It is our obligation to become knowledgeable about the use of nutrients in health and disease, just as we have with pharmaceuticals.

This is not a contest between the two – it is a union. If we ignore the evidence we will be significantly hampered in our ability to care for our patients; we will lose even more credibility by ignoring proven natural therapies and patients will seek other avenues of health care. Society is dictating this shift and it will occur with or without us. Additionally, recent studies^{61,62,63,64} have shown "compelling evidence" that the United States is on the verge of a physician oversupply crisis. Ultimately, we cannot help but suffer economically if we don't merge the two sciences-- *the writing is on the wall*.

Where do we go from here?

Is your mind still held hostage and enslaved (as mine was) to the idea that Traditional Medicine is the only process available? Some of the things we prescribe and do in medicine we do with very little evidence. Ask yourself, what would be adequate evidence? What would be a viable and rational process for health? Write them down and test this thesis – test me...

The following sequence of events will occur as you shift your thinking, followed by a change in your medical practice, as you discover the truth concerning the benefits of proper nutrition. This change of mind-set will generally follow the course below (as it did with me):

■ **Acknowledge** that Traditional Western Medicine is necessary for acute crisis type medical care; it is however, very ineffective for prevention or the treatment of many chronic diseases

■ **Understand** that nutrition plays a much greater role in health than ever appreciated, acknowledged or emphasized in medical training

■ **Recognize** that It is impossible to obtain the proper nutrients in today's diet due to the green harvest, processing of food and lack of ingestion of certain foods

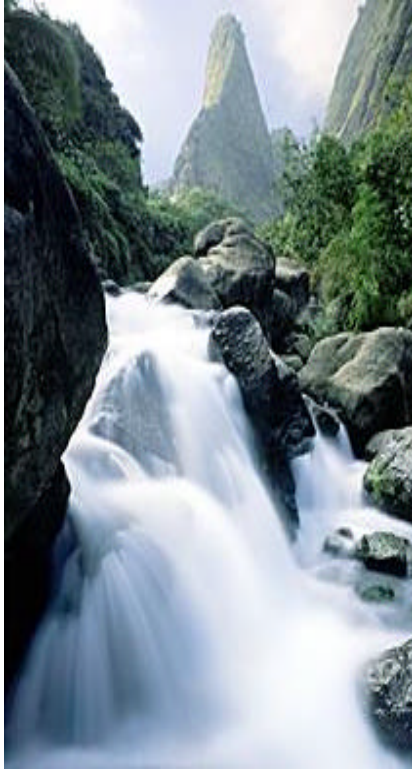
■ **Admit** that the addition of specific glyconutritionals and phytochemicals to the diet will fundamentally change the health of people

■ **Realize** and become consciously aware, that validation of proper nutrition is everywhere – both scientific and lay sources of information

■ **Proclaim** the vital importance of integrating Allopathic Medicine and nutraceutical support of health and disease as the only rational and safe way to care for patients. Today's culture is demanding that this process occur

■ **Finally**, make specific recommendations to patients, family and friends as to the type of products that are proven to work, integrate them into your daily practice and educate others in this process

If this journey is of interest to you, I can show you how to establish this integration of nutrition in your practice. In this process, I am sure without a doubt, you will find the truth of what I have stated. **If you are not yet ready, I implore you to investigate this, until you can prove me the fool...**



"PARADIGM LOST" - WHY HAVE WE LOST OUR MOST BASIC FREEDOM?

Can you answer the following questions?

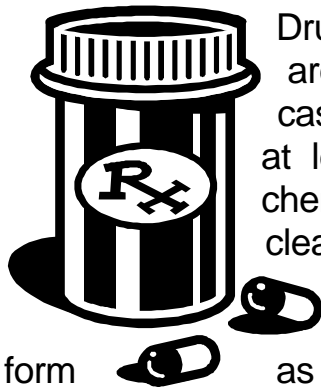
- **Where is your present path of health leading you?**
- **Who is leading you toward optimal health ---is it you, someone in your family, your doctor--- or do you even know?**
- **What is your "Final Paradigm" of Health?**

Our Health - without which, all other freedoms become meaningless. Can you use lack of symptoms as a marker of illness? Do you think you are healthy? If you answered yes - you must read on. If you answered no - then it is critical that you read on. The first sign of heart disease in 50% of people is sudden death. Cancer lives for years before it causes symptoms - and by then it is generally too late for cure. How many people do you know that fit in this category? Is it logical to only use symptoms to determine good or bad health? Can optimal health be simply measured by how long we live? The following discussion will not be full of platitudes - but cold, hard facts...

What is a Paradigm? A Paradigm is a fundamental way in which we look and think about things around us. In Medicine, paradigms have changed. For instances, in the 1500's, the way many doctors treated their patients was to bleed them when they became ill. Bloodletting was what medical students were taught and deemed acceptable by medical authorities as well as patients, though discovered later, seldom helpful and almost always harmful, if not deadly. Radiation was used in the 1950's to treat acne. That was acceptable and it worked. Later, the side effects were found to be horrendous - skin cancer and facial disfigurement. Obviously, this is not done anymore. It is quite clear - it is not a question of, "Are we doing anything harmful?" Rather, the question is and will continue to be, "What are we doing now that will be proven harmful?"

THE PRESENT PARADIGM OF WESTERN MEDICINE

One Disease - One Drug - One Cure? Is the paradigm of Western Medicine - the ONE DISEASE - ONE DRUG - ONE CURE, solving our problems or has this unilateral approach to health and disease become part of the problem? If you look into the core of Western Medicine's approach to health and disease and open your eyes, you will find logical inconsistencies. Western Medicine primarily utilizes a drug for treatment of illness or disease prevention. Do drugs work or do they simply hide symptoms? Are they safe or do they cause harmful side effects? Do they really cure anything?



Drugs are necessary in today's western culture because we are plagued with rampant disease. This was not always the case. Prior to the 1960's, most people were living on farms or at least eating nutritious home cooked foods free of toxic chemicals instead of eating processed foods. The air was clean, the water was pure. The soil of our farmlands had not been fundamentally and drastically depleted of nutrients. Yes, there was disease, but not in the near epidemic form as it is today. Our Western culture has grown so fast our lifestyles are often self-destructive, leaving us a victim of circumstance. We are so busy with work, helping our children with school or taking them to functions. We see more two parents working because of financial burdens, obligating the young ones to daycare - putting more stress on children and parents alike. Stress is as rampant as is disease and often the root cause of disease. Our awareness and intake of proper nutrients is at an all time low. We do not or cannot eat healthy, nutritious foods. And lastly, our bodies are immersed in a sea of toxins - causing internal damage. All of these forces have come together to cause a tremendous problem in our health. Drugs have been a valuable resource to temporarily help us in this interim, but they are not the final answer. Drugs alone cannot withstand this onslaught any longer.

Pharmaceuticals no doubt work. The question is - are they the best for you? With drugs, we are often trading one "disease" (the original ailment) for a new "disease" (an ailment caused by the drug). This drug paradigm ultimately hopes that the new "disease" is not as bad as the old. But consider this, if drugs really worked, the following trends would not be occurring in America: ***1 in 3 will have cancer; childhood asthma has nearly doubled in the past 10 years, and heart & vascular disease will affect 1 in 2 people.***

Are drugs safe? Consider the following recent research from the Journal of the American Medical Association: proper use of prescription medication in the U.S. is responsible for over 100,000 deaths per year and 1 million drug injuries. Do we really need to sacrifice 100,000 people a year so the rest can live? **How can optimal health be possible if you have to take a handful of medications each day to survive... ?**

BAD LOGIC vs. GOOD SCIENCE?

Does the one-disease - one drug - one cure approach lead to silly and ridiculous conclusions? Take for example a "disease" such as attention deficit disorder (ADD). The "one drug" paradigm logically concludes that you are born deficient in methamphetamine. If you have a headache, then you are deficient in aspirin. It goes on and on. This approach leads to utter nonsense. Ask yourself... is this the type of reasoning you would use at home or at your workplace to make personal decisions? Would you accept this form of thinking from others, your spouse, or your friends? Of course not. Yet we readily accept this illogic approach in regard to our health – Why? Because of our conditioned beliefs and we deem this acceptable without questioning. But do not misinterpret what I am saying. Pharmaceuticals can and do have marvelous effects in alleviating suffering in health challenges and disease, but the point continues - they do not possess the fundamental answers to our health and why we are getting sicker and sicker as individuals, leaving us with inordinate high costs of health care and an immeasurable amount of suffering.

The Scientific Method - does it have limitations? Scientists use the "scientific method" to study things, including drugs, herbs and natural foods. It is the "Holy Grail" of science. But there are several problems utilizing the scientific method when studying nutrition and health: the concepts of 1) purity (an exact measurement of an uncontaminated compound) and 2) synergism (synergy: $1 + 1 = 3$).

Drugs on one hand are easy to study (but takes much time and money). A scientist can inject a drug into an animal or human in a very controlled environment and measure its effect. They deal with purified drugs in exact concentrations. Yet something as common as vitamins poses a problem. For example, purified vitamin A loses its biological activity. Vitamin A is actually a very complex molecule that cannot be purified and therefore cannot be studied in the traditional "drug-paradigm" way.

The enormous problem occurs when studying synergism. There are over 10,000 natural substances in food that are known to have important health benefits to man. To study them one at a time like a drug would be a formidable task - taking over a thousand years to complete. To study the synergism between nutrients using the "Holy Grail" of science - stark reality sets in - there would not be enough time left on earth to finish this project. The number of different studies needed would reach into the trillions upon trillions – literally an unreachable task to complete. Obviously, scientists cannot study this in the traditional manner. Yet, does it mean that it is not true? Do we need to discard the scientific method altogether? Or is there another approach, integrating the scientific method with another form of reasoning – common sense?

THE ORIGINAL PARADIGM: AIR, WATER, FOOD

Let the facts speak. The unilateral use of the Western Medicine paradigm has failed in our quest for optimal health. It is time to re-discover the truth of the Air-Water-Food Paradigm to health. This paradigm states that everything needed for optimal health is found in the food eaten, water drunk and air breathed. Deterioration in health signifies a problem in these areas. Health is constructed upon the foundation of cellular health - securing each single cell's health will give the body optimal health. The process of cellular health depends upon the presence of basic building blocks and proper cell-to-cell communication. It also states: toxins we ingest in the air, water and food are harmful to us. It is clear we need protection from them. There is overwhelming evidence and scientific research that ingestion of certain nutrients - including glyconutrients, phytoenins, and phytochemicals, can fundamentally change cellular health and subsequently the body's health. This approach finds that nutrients found in food act synergistically. This synergism is now being proven. There are over 30 health challenges identified that have had marked improvement in symptoms with ingestion of these nutrients to include fibromyalgia, herpes, asthma, phemphigus, lupus, psoriasis, diabetes, AIDS, ADD, to name a few.

Do we need science? Yes. Must we use common sense? Absolutely. We



must integrate the two ideas; much the same way that Western Medicine must integrate with the nutritional paradigm. For example, once we learn that a car traveling along the highway would cause tremendous harm and even death if we walked in front of it (science), we can also come to the same conclusion concerning a train traveling along the

train tracks (common sense). We would not need to see any double blind scientific study on this issue! This type of thinking is used all the time; it is now time to apply it to our health – integrating the two will create synergism – resulting in profoundly healthier bodies.

Times have dramatically changed. We must look at the facts and we must act



Figure 6 - Is This Your Entry into Optimal Health?

upon them. Those facts are very simple. Fundamental and essential nutrients should be in every type of food we eat but they are not. Due to our rapid increase in population, vine ripened fruits and vegetables are not available for purchase. The alternative would be to grow your own food, but do you have time plus cook five servings a day, and make a living too? The overwhelming majority of us do not have the time. We used to eat a wide variety of unprocessed grains giving us an adequate variety and supply of glyconutrients. Now we eat only one type

of grain that gives us only one of the essential glyconutrients. Would you even know what to grow for your glyconutrients? And what would you do about the toxins? This depletion of our fundamental nutrients has caused a breakdown in our cell-to-cell communication. Fortunately, science has given us nutraceuticals to cure this problem. We must use common sense and choose to ingest them in supplemental form. There is no other choice. This must be done by all human beings who care about their health and well being along with their loved ones. The only pertinent questions would be where to get them and are they the best available?

WHAT IS YOUR FINAL PARADIGM?

Have you ever awakened at night thinking an intruder is in your house? What did you do? Did you get up and investigate or did you ignore it and go back to sleep? Wouldn't you feel bad if you went back to sleep, only to reawaken to find a knife at your neck, or that of your spouse or children? The same thing is occurring with your health. Make no mistake, there is an intruder waiting for you or your loved ones. Who is waiting to attack you? For one out of three of us, it will be a cancer; for other millions



it will be a heart attack or stroke. Is it too late? It depends upon what you choose. We protect our possessions by installing safeguards - like alarms, locks, etc. But what are you



Locks – They protect your stuff; but what are you doing for your body?

doing for your most important possession - your body? Consider this a friendly wake-up call. Ignore it and the next thing you will see will not be friendly. Don't be the one of two people invaded by serious and deadly disease. Investigate; use your mind, and come away with the knowledge that will give you the power to protect yourself and the ones you love. Because the real question is, can you safely rely on what has been taught for the past 40 years regarding your health? In the final analysis, will today's Western Medicine Paradigm of disease and illness prevention, prove to be tomorrow's bloodletter's? **What choice are you making...?**



"5 Easy Sciences"- Basic Cellular Support

The What & How to Take Your Supplements

This is a simplified & basic starting point for nutritional supplementation. It does not represent a complete process - you will learn more. There are five areas of cellular function that need proper support for proper function. Everything that you need to support these functions should be in the air, water & food but they are not - that is why supplements in today's society are an absolute requirement due to poor nutrient content of food & the toxins in our environment. These types of supplements do not act alone nor do they have only one type of action in the body. Even if you start with just one supplement, you will receive benefit. Later you can decide to take more. Also - know this: **These Are Not A Cure or Treatment For Any Medical Disease**. Nutritional supplements such as these do not take the place of proper medical evaluation & therapy. Also, your doctor must know what supplements you are taking.

Begin With Knowledge

The cell is the basic unit of the body. Make healthy cells, you will have a healthy body. The 5 basic functions of the cell needing support are:

- (1) identification
- (2) defense
- (3) endocrine
- (4) nutrition
- (5) cleansing

Identification support is pivotal no matter what other supplements you decide to take. **Your first goal:** support the first 3 functions for basic optimal health.

① Identification:

Glyconutrients - also known as monosaccharides, form the basic cellular language of all cells; proper amounts allow cells to communicate. These types of nutrients have been shown to improve the immune system & improve the

antioxidant levels inside the cells. Examples of immune system malfunction include allergies, cancer, lupus, & asthma.

① **Defense**

Phytochemicals - there are over 10,000 in number known to date; found in plants (vegetables & fruits). Pivotal for immune system functioning, heart disease prevention, & cancer fighting activity. They include free radical scavengers & anti-oxidants. They have overlapping duties with the glyconutrients. Example: lycopenes for the prostate.

① **Endocrine**

Proper cellular functioning requires molecules that provide proper endocrine function. This includes the 70+ different hormones that help regulate the body. Examples include DHEA, progesterone, testosterone etc. Significant benefit can be seen with ingestion of a standardized wild yam (Beta Sitosterol Complex). Helpful in hormonal imbalance - for example menopause.

① **Nutrition**

Minerals & vitamins. Of utmost importance, these minerals & vitamins must be ingested in food form. Also, should take a metabolic profile test to identify which combination of foods (proteins, fats, & carbohydrates) you should ingest.

① **Cleansing**

Proper cellular functioning requires molecules that bind to toxins & excrete them in the stool or urine. For this reason, support for the intestinal tract is pivotal (80% of the immune system resides here). Ingestion of essential fatty acids, probiotics & fiber is essential. Can help such things as inflammatory bowel disease, spastic colon (irritable bowel).

General Comments

When you make fundamental changes in your diet, such as the case with these supplements; your body will undergo a change. Sometimes all that is experienced is the ideal reaction. At others, this change is preceded by a reaction of the body ridding itself of toxins & changing the way cells communicate. Some call this a "cleansing crisis", "correcting crisis" or "toxic reaction". Probably the best way to think about this is to remember what the body initially goes through when you begin an exercise regimen after a long period of inactivity. You often experience aches & pains as your body adjusts.

The same type of process holds true when the body has been in a nutritionally "inactive" state.

THE IDEAL REACTION

The ideal reaction is the gradual development of an increased sense of well-being. At first you will notice that you do not tire so easily, then more sustained energy during the day, & you will not become tired so early in the evening. Your sense of well-being will increase & you will begin to feel more emotionally & psychologically secure. Little things do not bother you as they once did.

Correcting Reactions-General Concepts

In a significant minority of folk, a number of uncomfortable reactions occur while the body attempts to physiologically balance the body chemistry & revitalize the immune system through the support of cellular communication. The longer the deficiencies have existed, the more prevalent the response is likely to be. Corrective reactions that may occur include: fever, rash or hives, excessive gas, runny nose, headaches, insomnia, increased thirst, weakness, lethargy, loss of appetite, nausea, diarrhea, fever blisters, dry mouth, canker sores, constipation, dizziness, nervousness, & various body aches & pains in joints & muscles. When these reactions occur, you can be assured your body is making positive changes toward an improved state of health. By recognizing these as part of the correcting crises, it will be easier to accept them as steps on the road to better health. These conditions are a small price to pay for long-lasting benefits.

REASONS FOR REACTIONS

Immune Response: When your body is exposed to long periods of emotional, physical & environmental stress (heavy metal, petrochemical, & other chemical exposures) combined with an inappropriate diet, your natural defense system can become compromised & less efficient. When the immune system is restored, the reactions may come in the form of flu-like symptoms.

Toxic Dump: The human body has an amazing cleansing system for eliminating toxins that accumulate in the body. This system can also become inefficient & allow toxins to build up & be stored, especially in body fat, rather than be eliminated. Once this natural cleansing system begins to work more

efficiently, reactions can occur. These reactions result from the stored toxins begin released faster than the liver, kidneys, skin & lungs can remove them from the body. These reactions can include loss of appetite, nausea, headaches & swelling in various lymph glands throughout the body.

Allergic-Type Reactions: Allergic-type reactions can be caused by a deficiency of hydrochloric acid in the stomach &/or by dysfunctional or exhausted liver & adrenal glands. An allergic-type reaction can include skin rashes & shortness of breath.

WHAT TO DO



Attempt to drink at least one quart of water, or a combination of fruit & vegetable juices, per 100 pounds of body weight per day. This will help flush out the toxins & contribute to the natural cleansing of the kidneys.



Increase your intake of fruits, vegetables, & bran from cereals. This can help accelerate the removal of toxins of any type.

Include an activity component in your daily routine. Walking or bicycling for 15 minutes is a good place to start. Exercise is another good way to support detoxification.



If the reaction is too strong for you to tolerate, you can reduce or even discontinue the supplements for a couple of days, & then gradually build back up to the recommended amounts. This routine may need to be repeated, depending on the depleted condition of your body & the amount of repair needed at the cellular level.

What To Do About Specific Diseases?

If you are taking medications for a disease & you change your nutrition, your requirements for medications may change. It is important that you follow the instructions from your doctor on changes of medication. These types of products are not recommended at this time for specific diseases. However, certain diseases are known to have deficiencies in certain cellular functions (one of the five noted above) & extra nutritional support could logically be given - but remember - this is **NOT TREATMENT**.

Summary of Recommendations

Identification: Glyconutrients (monosaccharides)

Maintenance*: 1 capsule 2 times a day (1/4 tsp 2 x day).

MedicalChallenge*: 1 tsp. 2 times a day (4caps 2 x day) **Severe**

Medical Challenge*: 4tsp to 4 tbs - 4 x day

Defense: Phytochemicals (antioxidants) **Maintenance**: 1 capsule
2 times a day (1/4 tsp day) **MedicalChallenge**: 2 caps 3x day OR 1/2

tsp 2 x a day **Severe Medical Challenge**: 1-2 tsp 2 times a day

Endocrine: Beta Sitosterol Complex (Mexican yam)

Maintenance: 1 capsule 3 times a day. **MedicalChallenge**:

Serving Size: 2 capsules 3 times a day **Severe Medical Challenge**: 3
capsules 3 times a day

Nutrition: Minerals & Vitamins

Maintenance: 1 capsules 3

times a day **MedicalChallenge**: 1 capsule 3 times day **Severe**

Medical Challenge: 2 capsules 3 times a day

Cleansing: (intestinal support) take with **8 oz Water** **Maintenance**:

4 caps @ bedtime, empty stomach **MedicalChallenge**: 4 caps 2 x

day, empty stomach **Severe Medical Challenge**: same a

MedicalChallenge;

***Maintenance** = Prevention; ***MedicalChallenge** = illness now or illness
in the past though not an immediate threat to life; ***Severe Medical
Challenge** = illness that you expect severe compromise or death within 6
months.

***Warning- the above are targets or goals - not absolutes. Work up to
larger amounts by starting 1/4 teaspoon 2 x day and increase every
3 to 7 days to target amount. When using symptoms as an indicator
for taking more (or less product), make changes in 2 to 4 week
intervals. Remember that it may take 3 to 6 months for some to
change their body's functioning, for others, it may take 1 to 2 years!
Once you see the desired effect, it may be possible to reduce the
amounts by following the same rules as above. And once you start-
never stop.***

“DO NO HARM” REFERENCES

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