

NUTRITION & HEALING

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How pigs can help you look—and feel— 15 years younger in just 3 months

By Jonathan V. Wright, M.D.

Stem cells have been causing quite an uproar lately. They've been "all the rage" in scientific circles for over a decade. Tens if not hundreds of billions of dollars have already been spent researching them. But since they come from human embryos, there's lots of controversy surrounding their use. All controversy aside, though, stem cells do have enormous promise, because they have the potential to turn into any type of body cell or tissue. Someday, they could make it possible to grow brand-new hearts, livers, or other organs and tissues in living human bodies to repair or replace badly damaged organs. Of course, this sort of stem cell therapy is very likely to carry an enormous price tag, too, when and if it becomes available for "everyday" treatment.

But there's another form of cell therapy (just called, appropriately enough, cell therapy) that's often quite effective in rejuvenating and restoring function to poorly functioning or aging tissues and organs. It's been around since the 1930s, hasn't cost taxpayers a dime, and has been used to treat dozens of high-profile people—Pope Pius XII, Winston Churchill, and Marlene Dietrich, just to name a few—not to mention literally millions of not-so-famous people. And with very few adverse episodes in over 70 years of use,

cell therapy has a safety record "light-years" better than FDA "approved" patent medications.

Cell therapy doesn't use stem cells from human embryos. It relies on specific organ or tissue

improve the health and function of specific organs or tissues. Of course, if you're using it to improve a specific health concern, odds are you'll also get the anti-aging benefits too.

"This therapy has two major applications, both of which can revolutionize your health: It can help improve the health of specific organs or tissues, and it can make you look and feel decades younger."

cells (heart, liver, adrenal, etc.) from embryonic animals. Most cell components, including DNA, from animal cells overlap remarkably with human cells. But unlike stem cells, which can theoretically become any cell, the doctor performing cell therapy must select which specific types of animal embryonic cells will help your body the most.

The extra step is well worth it though. Cell therapy has two major applications, both of which can revolutionize your health. The first use is general anti-aging: Cell therapy can make you look and feel decades younger, especially if you're 65 or older. The second use involves "targeted therapy" to

The truth hurts

As simple and effective as it is, you probably haven't heard of cell therapy—for the same reason you haven't heard of so many other natural therapies: the FDA. Until Congress passed the Dietary Supplement Health Education Act (DSHEA) in 1994, the FDA made it impossible for "free" American citizens to get cell therapy in the USA at all (of course, an American could go to Switzerland for the treatment). When the DSHEA law did pass, cell therapy treatments finally became possible in the USA—but you still won't hear or read any advertisements about it. Unlike all those patent medicine ads you're bombarded with every time you turn on the TV, the FDA prohibits manufacturers and suppliers of all natural products—including cell therapy products—from advertising the truth about what their products may do to treat any illness or disease. (There are now a few exceptions, each of which has cost over \$150,000 to establish in court.)

But those of us who use these

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Nutrition & Healing is dedicated to helping you keep yourself and your family healthy by the safest and most effective means possible. Every month, you'll get information about diet, vitamins, minerals, herbs, natural hormones, natural energies, and other substances and techniques to prevent and heal illness, while prolonging your healthy life span.

A graduate of Harvard University and the University of Michigan Medical School (1969), Dr. Jonathan V. Wright has been practicing natural and nutritional medicine at the Tahoma Clinic in Kent, Washington, since 1973. Based on enormous volumes of library and clinical research, along with tens of thousands of clinical consultations, he is exceptionally well-qualified to bring you a unique blending of the most up-to-date information and the best and still most effective natural therapies developed by preceding generations.

Nutrition & Healing cannot improve on these famous words:

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness."

The inalienable right to life must include the right to care for one's own life. The inalienable right to liberty must include the right to choose whatever means we wish to care for ourselves. In addition to publishing the best of information about natural health care, *Nutrition & Healing* urges its readers to remember their inalienable rights to life, liberty, and freedom of choice in health care. This information is published to help in the effort to exercise these inalienable rights, and to warn of ever-present attempts of both government and private organizations to restrict them.

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cell therapy
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treatments every day in our practices can tell you the truth about their benefits.

So let me tell you about a few Tahoma Clinic patients who all underwent cell therapy treatment in the 1990s.

2 patients shave years off their age

Mr. Thomas didn't actually have any specific health problems he needed help with. His main concern was what he called "the dwindles." He told me that he'd expected the glasses and the hearing aid; his father had had those, too. But he said he didn't expect that he wouldn't be able to chop wood or go for a long walk without getting out of breath. And he didn't appreciate needing naps in the daytime; even at 83, he felt he had "too much still to do in life."

He'd been to the "regular" doctor, who gave him an examination, blood tests, and a treadmill EKG, and told him he was "in fine shape for his age." He'd also been to an "alternative medicine" doctor, who found he needed hydrochloric acid-pepsin with meals and digestive enzymes after meals, put him on replacement bio-identical testosterone, and helped him with his supplement program. He felt better, needed fewer naps, but there still was something missing.

I checked him for amino acids and minerals and found them still low despite the progress he'd made with his other natural therapies. So I had him take the series of mineral and amino acid IVs we've used at Tahoma Clinic for over 20 years for individuals with poor digestion (see the July 2004 issue of *Nutrition & Healing*), and he reported he definitely noticed an improvement. But he was still upset that he couldn't do "near what my father could at 83."

So I suggested anti-aging cell therapy. I mentioned there were no guarantees, and that the cost of an over-all program was between \$3,000 and \$5,000, but that the odds were that he would notice even more improvement. One of his primary concerns was how long the improvement would last. I told him that, according to the originator of cell therapy, Dr. Paul Niehans of Switzerland, cell therapy might need to be repeated every three to five years to maintain its effects. He thought for a minute, and then said "Let's go for it!"

He took a series of cell therapy injections over three weeks. He started to feel a little better after a month, but things really took off the third and fourth months after his first injection. He could chop all the wood he wanted, go for long walks, and "do everything else Dad did at this age, and then some."

Then there was Mrs. Winters, who came in at the urging of her son and daughter. They'd seen the effect of cell therapy in a relative who had gone to Switzerland twice for it before it became available in the U.S. They said she'd come back looking 10-15 years younger, and they hoped it would do the same for their mom now that it was available in the U.S.

Like Mr. Thomas, Mrs. Winters had also seen a series of

“regular” medical doctors and “alternative medicine” doctors and was being treated for diabetes and a mild form of congestive heart failure. She was taking a not-overly-long list of patent medications and a longer, but very appropriate, list of supplements. At 78, her digestive function tested very close to normal, and other tests weren’t far off.

Over the next three weeks, Mrs. Winters took a comprehensive cell therapy program, with additional emphasis on heart and blood vessels. She started to feel better in about a month, and found she could walk further and further without getting out of breath. When she went to visit some relatives in California a few months later, she was told that she too looked 15 years younger.

New cells give your own the tools to help themselves

One of the youngest patients to receive cell therapy at the Tahoma Clinic was Ms. Quinton. She was 33, but was so tired she “couldn’t get out of bed without getting dizzy,” and couldn’t exercise because the activity made her feel worse, not better. At 5 feet 7 inches, she weighed only 122 pounds, and her blood was pressure 95/55 lying down. When she stood up, it dropped even further. Although she was a classic picture of weak adrenal function, she’d been told by several “regular” medical doctors that it was “all in her head.” She knew it wasn’t, so she decided to try alternative medicine for the first time.

We started by testing her adrenal function. The tests showed that her adrenal glands made less cortisone and cortisol than normal when they weren’t stressed, and even less when they were. Considering her symptoms, this made perfect sense.

I gave her the same advice I give

most of my patients suffering from weak adrenal function: to add salt to everything—as much as she could stand. Salt gets a bad reputation because of it can raise blood pressure—but that’s a good thing with weak adrenals. The clinic nutritionist also recommended that she follow a high-complex-carbohydrate diet, which is best for weak adrenal glands. In addition, she also started taking vitamins, minerals, and herbs (especially licorice) to support her adrenal function even more. I also suggested giving her small, physiologic doses of bio-identical cortisol, but she said she’d heard too many horror stories about cortisone, and decided against it.

But over the next few months, even without the cortisol, her blood pressure rose to an average 102/60, she was less dizzy when she stood up rapidly, and she could get more done before becoming too tired to go on. Her follow-up adrenal test was closer to normal—but still on the low side. I mentioned bio-identical cortisol again but she was still wary and wanted to find a way to get her own adrenal glands to repair themselves.

This is exactly the sort of problem that “targeted” cell therapy can be very good for: helping our bodies to repair one or a few weak, under-functioning organs or tissues. I recommended she consider taking the cell injections: mostly adrenal cells, with some pituitary, hypothalamus, thyroid, ovary, and placental cells (as recommended by Dr. Niehans). She said she felt more comfortable with that option—trying to give her body the materials to repair itself, rather than taking a replacement hormone, even a bio-identical one.

So over the next month, she took the recommended series of cell injections. She started to feel better after the first week. By the time she

was finished with her injections, her dizziness was completely gone, her blood pressure was up to 110/65, and she decided to go back to work. She continued her excellent diet with added salt, and all her adrenal-support vitamins, minerals, and herbs. By the end of the year, she’d gained 8 pounds, and said she felt just fine.

70 years of success

As I mentioned earlier, cell therapy has been around for over 70 years. One of Dr. Niehans’ most prominent cases occurred in the early 1930s, when a patient who’d just had a large goiter (enlarged thyroid gland) removed was referred to him. Unfortunately, the surgeon had also removed all of her parathyroid glands, too. Since the most important function of the parathyroid glands is to regulate calcium levels in the blood, she was really in trouble. Her blood calcium dropped rapidly to very low levels, which caused uncontrolled weakness and muscle spasms. Ordinarily (in the 1930s), the death rate from this condition was 100 percent.

To treat her, Dr. Niehans extracted parathyroid cells from an animal and reduced them to an injectable form, then injected them into one of the patient’s pectoral muscles. Within hours, she stopped spasming and got stronger. Her blood calcium rose to normal, she had no further calcium problems, and she lived well into her 80s.

Although this case is often cited as the beginning of cell therapy, Dr. Niehans had been working with the technique since 1927. He started out by transplanting animal pituitary cells to young human dwarves, and found that it helped them grow up to 13 more inches. He had also used posterior pituitary cells to treat some cases of unusual thirst due to

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a condition characterized by uncontrollably excessive urination called diabetes insipidus (which actually has nothing to do with the form of diabetes you're used to hearing about). The cell therapy caused all the symptoms to disappear entirely. And when he treated arthritis patients with adrenal cells, once again, the cell therapy led to significant improvement and relief.

For the first few years, he used cells from cow glands and tissues. As his work progressed, he switched to sheep cells, in part because sheep rarely develop cancer, and that would add an additional level of safety to the therapy. He also started using only cells from sheep embryos, since embryonic cells of any species don't cause immune reactions when they are transplanted.

Originally, Dr. Niehans used only "fresh cells," taken directly from the animal or animal embryo. At first he surgically transplanted them but later he developed a soluble and injectable form. But this method wasn't always practical, since fresh cells need to be used right away. So he worked with the Nestle company (yes, that Nestle company) to develop a method of freeze-drying cells so that they could be stored indefinitely for later use.

Today, there are a handful of companies providing embryonic cells and membrane-free cell preparations from pigs, shark, and sheep. Pig cells are the most common, and that's the form we use at the Tahoma Clinic.

Busting the quackbusters' flawed arguments against cell therapy

Dr. Niehans' version of cell therapy has also met with its share

of controversy, though for different reasons than stem cell therapy. Critics claim that the science behind it is flawed. From what I've read, it's these arguments that are flawed. But here's a sampling of what they have to say:

According to a website run by so-called "quackbuster" Stephen Barrett: "The theory behind cellular therapy is senseless...Under ordinary circumstances, cells from the organs of one species cannot replace the cells from the organs of other species. When foreign proteins are injected, the immune system attacks them."

As is so often the case with these sorts of self-proclaimed "quackbusters," Barrett doesn't have a clear understanding of the process he's passing judgment on. Cell therapy *does not* try to replace "cells from the organs of one species" with "cells from the organs of other species." What it does is provide a nearly identical mixture of organ-specific or tissue-specific proteins, enzymes, DNA, and other cellular components so that the ailing human organ or tissue has everything it needs to repair itself.

Barrett also appears to be amazingly ignorant of the well-established fact that, except under very rare circumstances, embryonic cells *do not* induce an immune system attack, even when they're injected into another species.

In the same website article, Barrett also writes: "Products are obtained from specific organs or tissues said to correspond with the unhealthy organs or tissues of the recipient. Proponents claim that the recipient's body automatically transports the injected cells to the target organs, where they supposedly strengthen them and regenerate their structure."

The first sentence is true, but the

second implies that the injected cells are unlikely to reach "target organs." But there have been several studies proving that they do. For example, in one trial, radioactively "tagged" embryonic cells from a specific organ were injected into adult experimental animals.

Researchers found that 75 percent of the radiation was found in the same specific organ in the adult animal. If the radiation showed up in its targeted location, that means the cells containing it must have also reached their destination.

Other researchers fed young rats radioactive amino acids, so that their body proteins became radioactively "tagged." Then they injected cell extracts from the rats' hearts, kidneys, and livers into other animals. Two years later, they could still find traces of the tissue-specific radioactive material in the recipient animals' corresponding organs: radioactive heart extracts went to heart, kidney to kidney, and liver to liver.

But Barrett didn't stop there. He also fell back on his usual scare tactics, giving some dubious "horror stories" about bad effects and deaths from cell therapy. He noted 50 serious and 30 fatal reactions reported by 179 German hospitals. Of course what he didn't mention was that follow-up investigation showed that the cells used were not embryonic cells, but cells from already-born or full-term animals, which are much more likely to have immune-system-triggering reactions. (On a side note, I wonder how many thousands of people died in those 179 hospitals from "regular" treatments—but that's a topic for another time.)

With this sort of uninformed propaganda against it, it's no wonder you've never heard of cell therapy.

First hand experience with cell therapy success

Dr. Niehans used cell therapy for a huge list of conditions without a single instance of serious or fatal side effects. Listed below are just some examples of conditions cell therapy can benefit:

- growth and development abnormalities
- anemia
- recurring miscarriage
- infertility
- diabetes
- both high and low blood pressure
- Meniere's disease
- heart and circulatory weakness
- menopausal symptoms
- prostate enlargement
- edema
- intermittent claudication
- arteriosclerosis
- memory loss
- insomnia

- depression
- anorexia
- tinnitus
- excessive perspiration
- asthma
- arthritis

Other practitioners and clinics report success with psoriasis, eczema, narcolepsy, cirrhosis of the liver, and chronic weakness of nearly any organ.

Whatever the specific health problem, if there's a reasonable certainty that specific organs or tissues are involved, it makes sense to consider the risks and benefits of a "self-repair" with cells from the same organs or tissues extracted from animal embryo sources.

But probably the most frequent use for cell therapy is as part of an overall anti-aging program. I've seen how effective it can be for this purpose in many patients—and in myself—over the years. Just be

aware that the best results with anti-aging usually occur in those of us 65 and older.

As I explained to Mr. Thomas back in the '90s, there are no effectiveness guarantees with cell therapy—or any other treatment. But after 10 years, I've found that only a small number of individuals don't experience any effect. A few others experience only a little. Fortunately, though, the majority have significant improvement.

Although clinics in Switzerland and Mexico advertise cell therapy on-line, I couldn't find any American clinics listed. I've been doing cell therapy at the Tahoma Clinic since it became legal in 1994 and know a few other American physicians who use it. Check with a physician skilled and knowledgeable in natural and nutritional medicine in your area, and you'll likely find or be referred to someone. **JVW**

A century of FDA scandals: You won't believe what even the Feds are saying

Late last year, patent medicine giant Merck finally took out the white flag and surrendered to the undeniable research showing that its arthritis formula Vioxx increases heart attack risk. There were Congressional hearings, media publicity, and a quite unusual degree of public criticism of the FDA. My personal favorite was an editorial cartoon of a large bottle labeled "FDA-Approved Drug" featuring a side-panel warning: "CAUTION: FDA APPROVED DRUG."

As a *Nutrition & Healing* reader, you've been aware longer than most of the dangers of patent medications, FDA "approved" or not. The Vioxx scandal is nothing new at all; lethal and potentially lethal FDA-approved patent medications have been on (and sometimes back

off) the market for decades.

And if you dig deep enough, there are actually a number of instances where *los Federales* themselves admit the fact that the FDA's priorities are out of whack. Here's a statement from a report written and published in 1990 the General Accounting Office (GAO):

"GAO found that of the 198 drugs approved by FDA between 1976 and 1985..102 (or 51.5 percent) had serious postapproval risks...the serious postapproval risks (included) heart failure, myocardial infarction, anaphylaxis, respiratory depression and arrest, seizures, kidney and liver failure, severe blood disorders, birth defects and fetal toxicity, and blindness."

—GAO/PEMD 90-15 *FDA DRUG REVIEW: POSTAPPROVAL RISKS 1976-1985*, page 3

As far back as 1965, the FDA was drawing similar criticism. According to a speech made by Senator Edward V. Long:

"If the Food and Drug Administration would spend a little less time on small manufacturers of vitamins and milk substitutes and a little more on the large manufacturers of...dangerous drugs...the public would be better served."

—Senator Edward V. Long, 1965 hearings of the Senate Subcommittee on Administrative Practice and Procedure (cited in *The Dictocrats* by Omar V. Garrison, ARC Books, New York City, 1970, page 30)

Even former FDA commissioner Herbert Ley acknowledges that:

"People think the FDA is protecting them—it isn't. What the

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FDA scandals

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FDA is doing and what people think it's doing are as different as night and day."—Dr. Herbert Ley, former FDA Commissioner, *San Francisco Chronicle*, January 2, 1970

How the patent medicine industry keeps its consumers close, and its regulators even closer

Like nearly all other Federal "regulatory agencies," the FDA has gradually been "captured" by the very industries it's supposed to regulate.

Unfortunately, the capturing of "regulators" by the "regulatees" is common knowledge in the nation's capital, but little known to the American public. Regulatory agencies are usually formed as the result of some sort of public outrage over a particular problem. But eventually the public loses interest, and that's when the industries being regulated move in for the kill. With no one really scrutinizing them, they gradually start striking agreements, slipping things past, hiring (at much higher salaries) employees of regulatory agencies, getting their own employees hired by the agency regulating them, and just generally (for lack of a better term) "sucking up" to the agency regulating it until it "captures" it.

But back to the FDA in particular. In 1906, Congress passed the Food and Drug Act in response to scandals in the food industry reported by Upton Sinclair and others. The already-existing Bureau of Chemistry (then a division of the Department of Agriculture) was given the responsibility of implementing and enforcing the law. But it didn't take long for the Bureau to get "captured." In 1929, Harvey W. Wiley, M.D., the Head of the Bureau from 1906-1912,

published a book with the following title, word-for-word: *The History of a Crime Against the Food Law: the Amazing Story of the National Food and Drugs Law Intended to Protect the Health of the People, Perverted to Protect Adulteration of Foods and Drugs*. —(full text with illustrations of this book is available at www.soilandhealth.org/03sov/0303critic/030305wylie/030305toc.html)

Congress and other Federal agencies have known about this problem for decades. For example:

"A General Accounting Office (GAO) study of FDA in 1975 revealed that 150 FDA officials owned stock in the companies they were supposed to regulate."—Barry Lynes, *The Healing of Cancer*, Marcus Books, Queensville, Ontario, 1989, page 22

Aspartame came out of self-interest, not public interest

Then there's the notorious case of former FDA Commissioner Arthur Hull Hayes. Prior to his appointment in 1980, an FDA committee of scientific experts had voted 3-2 against the approval of aspartame (the safety of which has been debated for years) as a food additive and sweetener. In an unusual step, another "expert" was appointed to the committee, and voted to approve aspartame, keeping the issue alive with a 3-3 "tie vote."

In April 1981, Dr. Hayes became FDA Commissioner. In an unorthodox move for someone in this role, he intervened in the activity of the expert committee and cast the deciding vote to approve aspartame. A few months later, Dr. Hayes left the FDA and took a job with aspartame's advertising agency, Burson-Marsteller.

Still surprised by the Vioxx scandal?

Getting back to the health of the matter

The 100th anniversary of the original Food and Drug Act is just a year away. I know I'm dreaming

here, but why not return to the original intent of the Act—to protect the public health—in time for that 100th anniversary in 2006?

While we're at it, let's remove the regulation of food and food supplements from this agency altogether. Why? Because of FDA's incurable, 100-year-old anti-natural-health bias. Here are a few examples of its attitude about natural medicine:

"[We are fighting] the good fight against dried vegetables, mineral mixtures, and similar products."

—Dr. Geroge Larrick, FDA Commissioner. Minutes of the Proprietary Association, 1949 convention, White Sulphur Springs, Virginia (as reported by Omar V. Garrison in *The Dictocrats*, ARC Books, New York, 1970, page 30)

"The FDA...[is] actively hostile against the manufacture, sale, and distribution of vitamins and minerals as food or food supplements. They are out to get the health food industry and drive the health food stores out of business. And they are trying to do this out of active hostility and prejudice."

—United States Senator William Proxmire, *National Health Federation Bulletin*, April 1974

And the FDA isn't shy about its motives for its anti-vitamin and natural health stance:

"...the task force considered many issues in its deliberations including: to insure [that] the existence of dietary supplements on the market does not act as a disincentive for drug development." —FDA *Dietary Supplements Task Force Final Report*, June 1992, released June 1993, pages 2 and 71

Unless Congress and the President make fundamental changes in the patent-medicine "approval" and "regulatory" system, it'll be "déjà vu all over again"—with many more unnecessary deaths from "approved" patent medications—and not just once, but dozens of times over the next two to three decades. JWV

11 things you can eat or drink to knock out the hidden factor behind chronic—even deadly—disease

By Kerry Bone

It's been about 20 years since researchers first determined the link between infection and stomach ulcers, pinning down a specific bacteria called *Helicobacter pylori* as the culprit. Now, it's considered the No. 1 cause of ulcers and gastric cancer. Those aren't the only problems *Helicobacter* can cause though. In fact, the majority of the people who test positive for it don't have ulcers or stomach cancer. But that doesn't mean they're not affected negatively by it. *Helicobacter* infection can lead to lots of different and seemingly unrelated health problems, from intestinal parasites to autoimmune diseases to skin conditions. On the bright side of all this, research indicates that getting rid of *Helicobacter* infection can help eliminate these problems entirely.^{1,2}

Of course, the most common treatment for *Helicobacter* is a combination of three antibiotics taken for one to two weeks.³ In this case, the mainstream conventional therapy may be the best option as your first line of defense. But there are drawbacks you should be aware of: Even one antibiotic can wreak havoc in your system, reducing all the beneficial bacteria, called microflora, your body needs to function properly right along with the *Helicobacter*. This can cause digestive upset, yeast overgrowth, and a number of other problems. And if one antibiotic can do all that, imagine what taking three might do. There are some ways to avoid these problems, or at least minimize them, the best being to take probiotic supplements like acidophilus along with the antibiotics. There are occasions, though where the antibiotics just don't

work, or aren't advisable based on the patient's particular situation. That's where herbs step in.

But before I go into detail about the herbs, let's take a look at one of the newest discoveries about *Helicobacter* and how it could be affecting you right now.

Is bacteria sucking up your stomach acid?

If you've been reading *Nutrition & Healing* for a while, you probably remember seeing the terms "low stomach acid" and "hypochlorhydria." Dr. Wright has been instrumental in bringing this condition to the attention of the medical community. The basic idea behind hypochlorhydria is that low levels of stomach acid can result in numerous health problems (too many to list here). For the most part, it's been generally accepted that decreasing levels of stomach acid are a normal part of aging, albeit one that is often overlooked by mainstream physicians.

But new research published in July 2004 suggests that it may not be a natural decline after all—*Helicobacter* might be to blame.⁴ It can cause a condition called atrophic gastritis that has been linked to low stomach acid output.⁵

As you've read in these pages before, the implications of low levels of stomach acid are far-reaching. It can cause digestive problems such as pain, indigestion, abdominal swelling or bloating, nausea and vomiting. It can also lead to microbial contamination of the small intestine and even intestinal parasites, since gastric acid is the first line of defense against these organisms. Finally, low gastric acid can lead to nutrient

malabsorption, particularly vitamin B₁₂, iron and other vitamins and minerals.⁶

Curing a deadly blood-clotting disorder without Prednisone

But the effects of *Helicobacter* infection itself can reach beyond the digestive tract and stomach acid output. In some cases, its presence appears to upset the normal functioning of the immune system, leading to chronic disorders and even autoimmune diseases.

Take idiopathic thrombocytopenic purpura (ITP) for example. It's an autoimmune disease that causes the blood to leak from fine blood vessels. In many cases, people with ITP die because they don't have enough platelets for their blood to clot.

Ordinarily the "only" treatment for this is months—even years—of treatment with Prednisone, an artificial form of cortisone, which can cause bone thinning, hypertension, suppressed immune system, and cataracts.⁷ Now there may be another option.

One investigation of 16 patients with ITP found that *Helicobacter* was present in 87 percent.⁸ But eradication of *Helicobacter* led to a complete remission of ITP in more than half of these patients. Dr. Wright tells me that no one in the USA is doing this to treat cases of ITP—yet. But now any natural medicine doctor who reads this can start testing and treating their patients with ITP for *Helicobacter*, and in many cases curing the problem without Prednisone.

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Helicobacter

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Helicobacter could be written all over your face

Rosacea is a chronic skin condition with a connection to Helicobacter. Even “conservative” medical circles have started to acknowledge that there may be an association between Helicobacter eradication and improvement of rosacea.⁹ In fact, in many cases, eliminating Helicobacter has resulted in complete recovery from this stubborn skin disorder.^{10,11}

There is also a strong association between Helicobacter and an allergic skin condition called chronic urticaria, and eliminating it has resulted in clinical improvement in 73 percent of patients.¹² In fact, treatment against Helicobacter should be considered for anyone with a chronic skin or autoimmune disease who tests positive for this organism. According to one group of Japanese researchers: “In chronic skin diseases, persistent infection with *H. pylori* may be an eruption trigger and may cause deterioration of the disease into an intractable and chronic form.”¹³

Herbs that will stick around for the long haul

If you have any of the conditions listed above, consider getting tested for Helicobacter. If you test positive, consult your physician about whether to try the herbal route

first, or if you should go straight to the (more risky) conventional antibiotic treatment.

If you decide to go with the herbal approach, there’s garlic, especially as the fresh crushed clove.¹⁴ Unsweetened cranberry juice and green tea (without sugar) are also good options. Cranberry juice has been shown to prevent Helicobacter from sticking to the stomach wall and the tannins in green tea are active against the bacteria.^{15,16}

Other herbs shown to be active at fighting Helicobacter (at least in test tubes) include cinnamon, thyme, and turmeric.^{17,18} The essential oils of lemon verbena and

lemon grass are also effective and make pleasant teas that you can drink on a regular basis.¹⁹

But the most potent herbs found to date are goldenseal and rhubarb root.²⁰ In fact, one clinical trial on rhubarb showed that it has an 89 percent success rate in treating Helicobacter.²¹ Make sure to take these herbs separately, not together.

Just keep in mind that herbal therapy does take longer than antibiotics—four to six weeks as opposed to one or two. But herbs can be used long after the infection is gone. **KB**

Citations available upon request and on the Nutrition & Healing website: www.wrightnewsletter.com

A note of thanks

The Alliance for Natural Health would like to thank all those readers who sent us donations via the Internet as well as those who sent us cheques to our registered offices at Mount Manor House, 16 The Mount, Guildford, Guildford, Surrey GU2 4HS. We really appreciate your support.

Sincerely,
Isobel Bradley
Administrator, Alliance for Natural Health

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If you’d like more information on ANH and their quest to keep natural supplements available to European citizens—despite the EU Directive’s attempts to eliminate that access, visit www.alliance-natural-health.org or e-mail: info@alliance-natural-health.org. The EU Directive isn’t just a threat to Europe: Based on our membership in the World Trade Organization (WTO), the U.S. will be bound by any finalized standards put forth in the Directive, which means there’s a very real threat to our own supplement access as well. But supporting the ANH now may help keep these restrictions from reaching the U.S.

ALTERNATIVE HEALTH RESOURCES

American College for Advancement in Medicine (ACAM)
Phone: (800)532-3688, (949)583-7666
www.acam.org

American Association of Naturopathic Physicians (AANP)
Phone: (703)610-9037, (877)969-2267
www.naturopathic.org

Tahoma Clinic Dispensary
Phone: (425)264-0059 for appointments only
Phone: (425)264-0051 to order supplements only
www.tahoma-clinic.com

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www.meridianvalleylab.com

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