

NEGLECTED BUT EFFECTIVE THERAPIES BASED ON PUBLISHED RESEARCH PART 1 – GENERAL ISSUES



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Relevant financial relationships in the past twelve months by presenter or spouse/partner:

Employment: N/A

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Stock Shareholder: N/A

Grant/Research Support: N/A

Consultant: Meridian Valley Laboratory

Status of FDA devices used for the material
being presented: NA/Non-Clinical

Status of off-label use of devices, drugs or other materials that
constitute the subject of this presentation: NA/Non-Clinical

No other relevant financial relationships in the past twelve
months by presenter or spouse/partner

REDUCE YOUR RISK OF
HEART ATTACK AND STROKE
BY 45 - 88%

Five to Eight Year Study, 1807 Women, 2048 Men, Ages 63-95

- Cardiovascular events were reported by 64 blood donors (9.77%) and 567 non-donors (17.72%; $p < 0.001$), a 45% risk reduction for blood donors.
 - ✓ Meyers D. et al. *Possible association of a reduction in cardiovascular events with blood donation.* Heart 1997;78:188-193

88% Reduced Risk of Myocardial Infarction

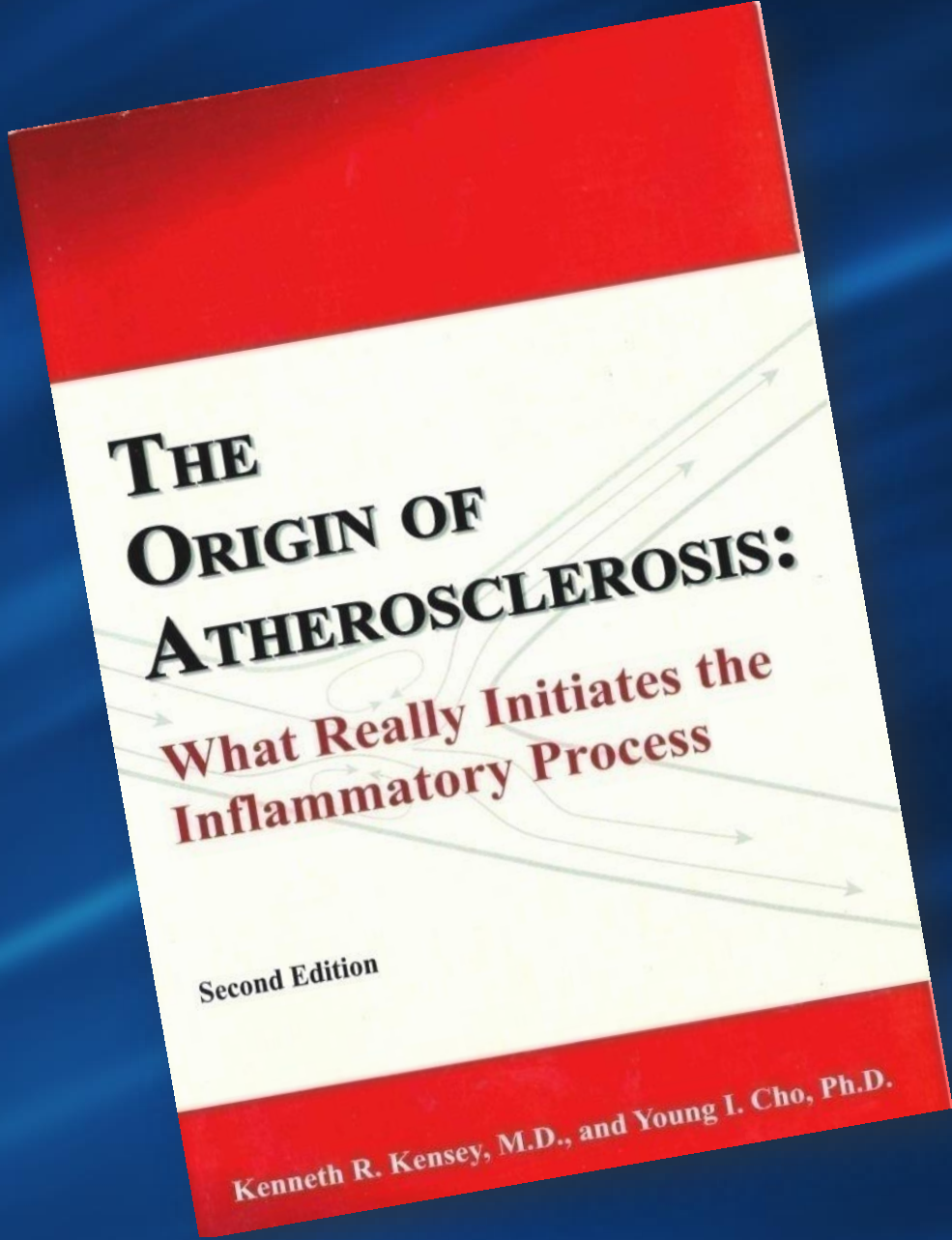
- “...**2,862** men aged 42-60 years were followed for an average of **almost 9 years**. One (0.7%) of 153 men who...donated blood...experienced an acute myocardial infarction during 1984 to 1995...
- “...316 men (12.5%) of 2,529 non-blood donors had an acute myocardial infarction ($p < 0.0001$ for difference between proportions)... **blood donors had a 88% reduced risk...of acute myocardial infarction...**”

Salonen JT et al *Donation of blood is associated with reduced risk of myocardial infarction.* **The Kuopio Ischaemic Heart Disease Risk Factor Study.** Am J Epidemiol. 1998 Sep 1;148(5):445-51

A Pre-Menopausal *(But Not Usually Considered)* Function of the Uterus



- Prevents mother's death from heart attack or stroke until children are grown, by reducing blood viscosity every month!



**THE
ORIGIN OF
ATHEROSCLEROSIS:**

**What Really Initiates the
Inflammatory Process**

Second Edition

Kenneth R. Kensey, M.D., and Young I. Cho, Ph.D.

Prevent Type 1 Diabetes

The Lancet, 2001

- Vitamin D 2,000 IU Daily
(first year of life only)

Prevent Type 1 Diabetes

The Lancet, 2001

- 10,821 infants, 31 year follow-up (1966-1997). Treatment group 80% less likely to become Type 1 diabetics than those who received either less than the recommended treatment or no treatment at all.
 - ✓ Hyppönen E, et al. *Intake of vitamin D and risk of type 1 diabetes: a birth-cohort study.* Lancet 2001 Nov 3;358(9292):1500-3.

Eliminate or Minimize a 'Cold' in 24 Hours, 82% of the Time

- Crampton CW. *Vitamin A in the treatment of colds*. NY State J Med 1944;44:162-166

Eliminate or Minimize a 'Cold' in 24 Hours, 82% of the Time

- 112 patients with colds received vitamin A (150,000 IU) and vitamin D (15,000 IU) the first day and one-third of those amounts the second day.
- **After the first 24 hours**, 30.3% were symptom-free, 51.8% were almost symptom-free, a total of **82.1% cured or almost cured**.
- No adverse effects were seen.

ELIMINATE
“GALLBLADDER ATTACKS”
PERMANENTLY
But Keep Your Gallbladder!

BASICS OF FOOD ALLERGY

By

J. C. BRENEMAN, M.D.

*Diplomate, American Board of Allergy and Immunology
Fellow of the American College of Allergists
Member, Board of Regents of
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• Chairman, Food Allergy Committee
American College of Allergists
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PAT KENT
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CHARLES C THOMAS • PUBLISHER
Springfield • Illinois • U.S.A.

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“Basics of Food Allergy”

Chapter 9: Food Allergy as a Cause of Gallbladder Disease

- “[69 patients]...100% were free from all gallbladder symptoms while they were on the basic elimination diet...”
 - ✓ Breneman JC. *Allergy elimination diet as the most effective gallbladder diet.* Ann Allergy 1968;26:83-87.

Food Causing Gallbladder Spasm:

Food Sensitivity	Number of Patients	Percentage	Food Sensitivity	Number of Patients	Percentage
Egg	64	92.8%	Apple	6	8.7%
Pork	44	63.8%	Tomato	6	8.7%
Onion	36	52.2%	Peas	4	5.8%
Fowl	24	34.8%	Cabbage	4	5.8%
Milk	17	24.6%	Spices	3	4.3%
Coffee	15	21.7%	Peanut	3	4.3%
Orange	13	18.8%	Fish	2	2.9%
Corn	10	14.5%	Rye	1	1.4%
Beans	10	14.5%	Meds	14	20.3%
Nuts	10	14.5%	Other	29	42.0%

STOP BEDWETTING FOR 80% OF AFFECTED CHILDREN

“Basics of Food Allergy”

Chapter 8: *Primary Nocturnal Enuresis*

- “...Sixty-nine enuretic patients...removal of specific foods...resulted in complete control of bedwetting.”
- “...four hundred enuretic patients...control of food allergy effective...in four of five patients...”

Clinical Experience: Osgood-Schlatter's Disease, Effective Treatment!

- Every day until problem long gone:
 - ✓ Selenium 200 mcg.
 - ✓ Mixed Tocopherols, 400 IU
- ✓ HAS WORKED 100% WITHIN 4 TO 6 WEEKS IN EVERY CASE TREATED IN MY PRACTICE SINCE 1973!

Acne: Niacinamide (Topical) Significantly Better Than Clindamycin

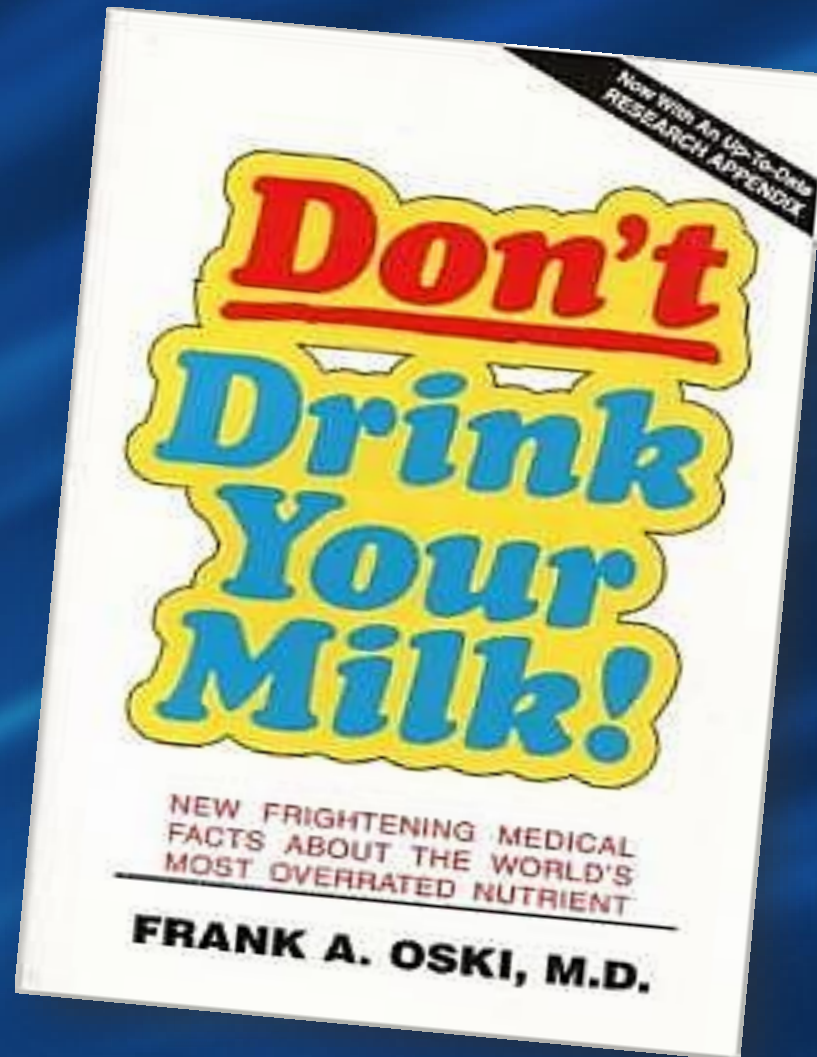
- Topically applied 4% niacinamide gel was compared with topical clindamycin gel (a widely prescribed patent medicine for acne) in a multi-centered, double blind, randomized study of 76 individuals with moderately severe inflammatory acne vulgaris.

Results at 8 Weeks	4% Niacinamide	1% Clindamycin
Global (overall) evaluation	+ 82%	+68%
Reduction in pustules	-60%	-43%
Acne severity reduction	-52%	-38%

“4% niacinamide gel was found superior to 1% clindamycin gel in all three parameters at 8 weeks time. Since continuous use of antibiotics (such as clindamycin) is associated with increasing antibiotic resistance, topical niacinamide appears to be a desirable alternative in the treatment of acne vulgaris.”

--Shalita A R et al, [Int J Dermatol](#) 1995;34(6):434-43

No More StrepThroat! *Ever!*



Frank Oski, M.D.

- Professor and Chairman, Department of Pediatrics, State University of New York Upstate Medical Center, 1972-1985.
- Director, Department of Pediatrics, Johns Hopkins University School of Medicine, Physician-in-Chief, Johns Hopkins Children's Center 1985-1996.
- Lifetime Achievement Award of the American Academy of Pediatrics, 1996.

Letter from Dr. J. Dan Baggett to Dr. Oski

“...perhaps the most significant thing I have learned is that Group A beta-hemolytic streptococcus germ will not...establish an infection in a child kept on an absolutely no-milk-protein dietary regimen...”

- Since reading this in Dr. Oski's book in 1977, have observed **this advice 100% reliable!**

ELIMINATE DEATHS
FROM
“TOXEMIA OF PREGNANCY”

THOMAS H. BREWER, M.D.

County Physician, Richmond Health Center
Richmond, California
Formerly, Instructor
Department of Obstetrics-Gynecology
University of California Medical Center
San Francisco, California
Former Research Fellow
Howard Hughes Medical Institute
Miami, Florida

METABOLIC TOXEMIA OF LATE PREGNANCY

A DISEASE OF MALNUTRITION

Ten years of extensive study and research on the problem of "toxemia of pregnancy" have gone into the preparation of this practical, scientifically oriented monograph. It is a work that will interest physicians, medical students, nurses, public health workers, and all other medical personnel involved in the care of pregnant women.



CHARLES C THOMAS • PUBLISHER
Springfield, Illinois

THOMAS H. BREWER, M.D.

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Former Research Fellow
Howard Hughes Medical Institute
Miami, Florida

Brewer reduced incidence of eclampsia and pre-eclampsia to **near-zero** in every hospital and clinic where he was in charge with one simple measure:
high protein diet.

Two of Brewer's Clues

- Strauss MB. *Observations on the etiology of toxemias of Pregnancy*. Amer J Med Sci 1935 (190):811
 - ✓ Toxemia subsided in women on a 260 gram protein diet along with injections of Vitamin B-complex.
- Burke BS. *Nutrition studies during pregnancy*. Am J Obstet Gyn 1943(46):38
 - ✓ Confirmed nutritional etiology of pre-eclampsia, demonstrated protective effects of adequate nutrition on mother, fetus/neonate, and infant.

Toxemia of Pregnancy

- Brewer, Thomas. *Administration of human serum albumin in severe toxemia of pregnancy*. J Obstet Gynaec Brit Comm, 1963 (70):1001
- Significant diuresis in thirteen of fourteen toxemic women treated with human serum albumin.

Example from My Practice, 1970s : #1

- 28 y.o, woman already diagnosed pre-eclamptic: **bp 180/110; proteinuria.**
- Given 500 ccs IV Freamine[®] (amino acids) then IV MgSO₄ 3 grams, 300 milligrams vitamin B₆.
- During IVs, bathroom visits repeatedly.
- **Next day: 12 pound weight loss. bp 145/90;** walking more steadily; IVs above repeated.

Example from My Practice, 1970s : #1

- Given Dr. Brewer's book, high protein diet recommended
- **One week later: 20 pound (total) weight loss.**
120/76
- Uneventful remainder of pregnancy; normal delivery.

Example from My Practice, 1970s: #2

- 35 y.o woman, two pre-eclamptic pregnancies with miscarriages.
- Read Brewer's book, ate high protein diet before and during third pregnancy; pre-eclampsia and mis-carriage despite that.
- Gastric analysis (radiotelemetry) disclosed (asymptomatic) achlorhydria.

Example from My Practice, 1970s: #2

- Rx: Betaine HCL-pepsin, complete essential amino acid powder, B12/folate IM, minerals by IV temporarily, oral vitamins.
- Next pregnancy not pre-eclamptic, normal delivery, normal infant.

ELIMINATE
NAUSEA AND VOMITING
OF
PREGNANCY IN 3 DAYS,
92% OF THE TIME!

Vitamin K3 and Vitamin C

- **70 women** with mild to severe nausea and vomiting of pregnancy took simultaneously each day vitamin K3 (5 milligrams) and Vitamin C (25 milligrams).
- **64 reported complete remission in 72 hours.**
- 3 were relieved of vomiting, but not nausea.
- 3 obtained no relief.

Merkel RL. *The use of menadione bisulfite and ascorbic acid in the treatment of nausea and vomiting of pregnancy: a preliminary report.* Am J Obstet Gynecol 1952;64:416-418

VITAMIN D LOWERS
MORTALITY
FROM ALL CAUSES
(EXCEPT TRAUMA)

Vitamin D Lowers Mortality

- “26,018 men and women aged 50 to 79 years...Despite levels of 25(OH)D strongly varying with country, sex, and season, the association between [lower] 25(OH)D level and [higher] all-cause and cause-specific mortality was remarkably consistent.”

Vitamin D Lowers Mortality

- Consortium on Health and Ageing: Network of Cohorts in Europe and the United States (CHANCES). *Vitamin D and mortality: meta-analysis of individual participant data from a large consortium of cohort studies from Europe and the United States*. BMJ 2014 Jun 17;348:g3656.



JOINT DEFORMITY AND NIACINAMIDE

The Common Form of
Joint Dysfunction:

Its Incidence and Treatment

BY

WILLIAM KAUFMAN, PH.D., M.D.

1949

E. L. HILDRETH & COMPANY

BRATTLEBORO, VERMONT

Precise Range of Motion Measurement Every Joint in the Body: Example 1

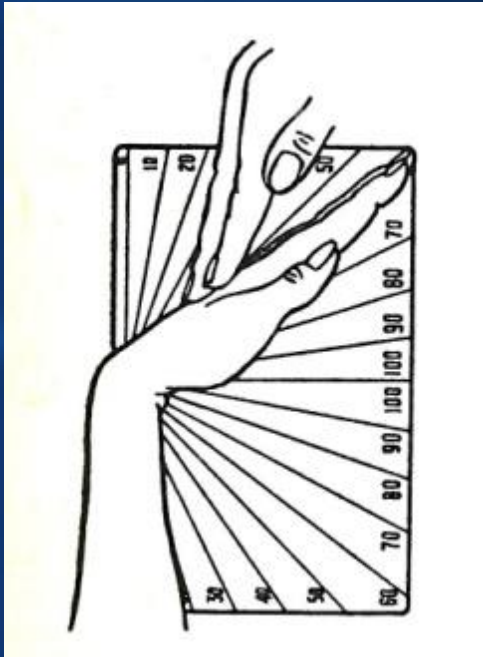


Fig. A

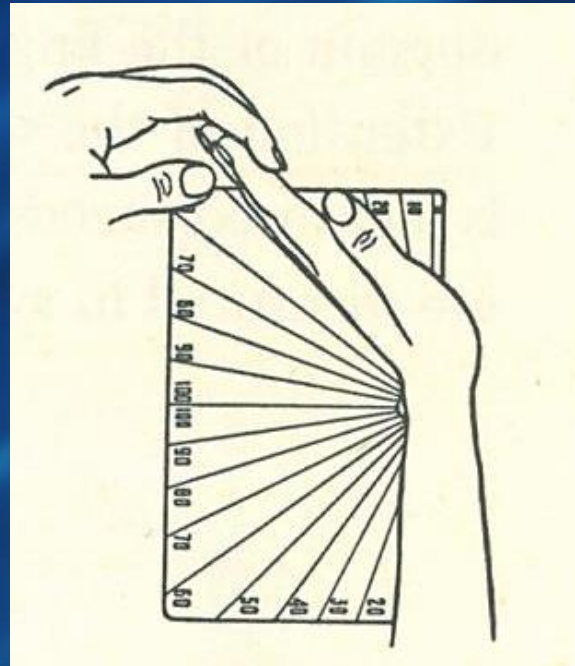


Fig. B

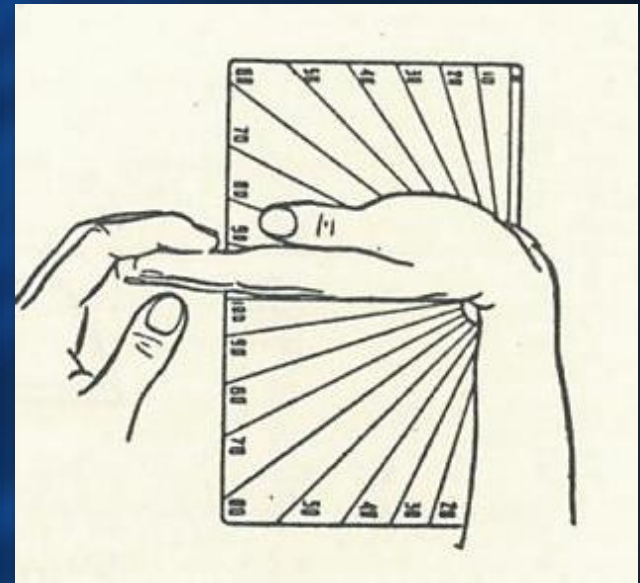


Fig. C

Precise Range of Motion Measurement Every Joint in the Body: Example 2

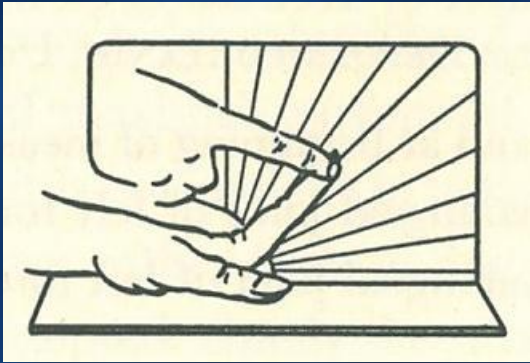


Fig. A

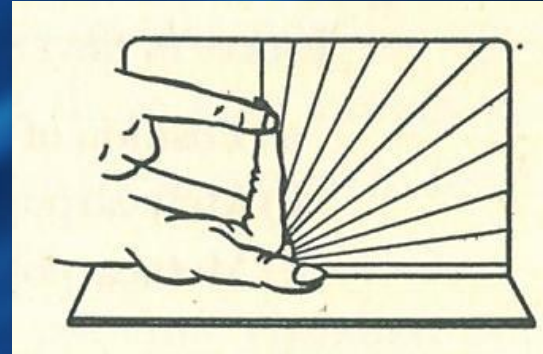


Fig. B

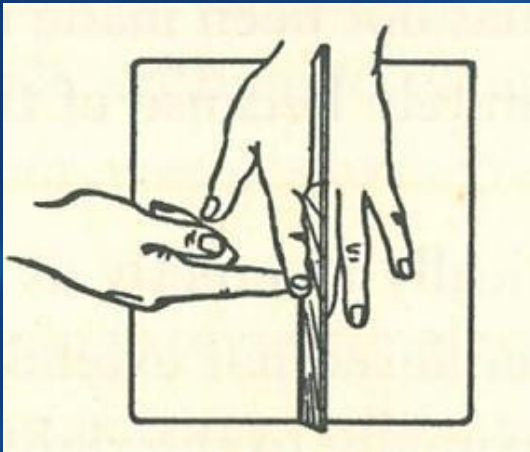


Fig. C

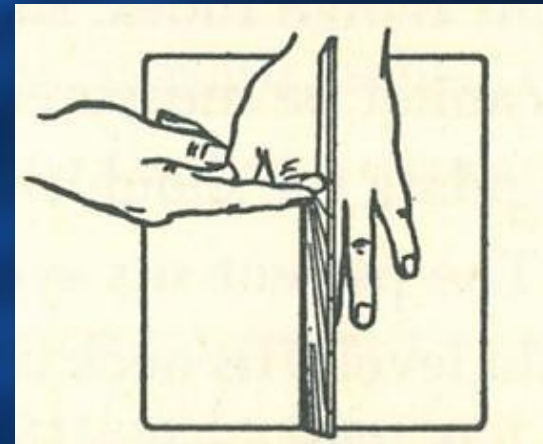


Fig. D

“Joint Range Index”

Derived from these Measurements

CLINICAL CLASSIFICATION OF JOINT FUNCTION

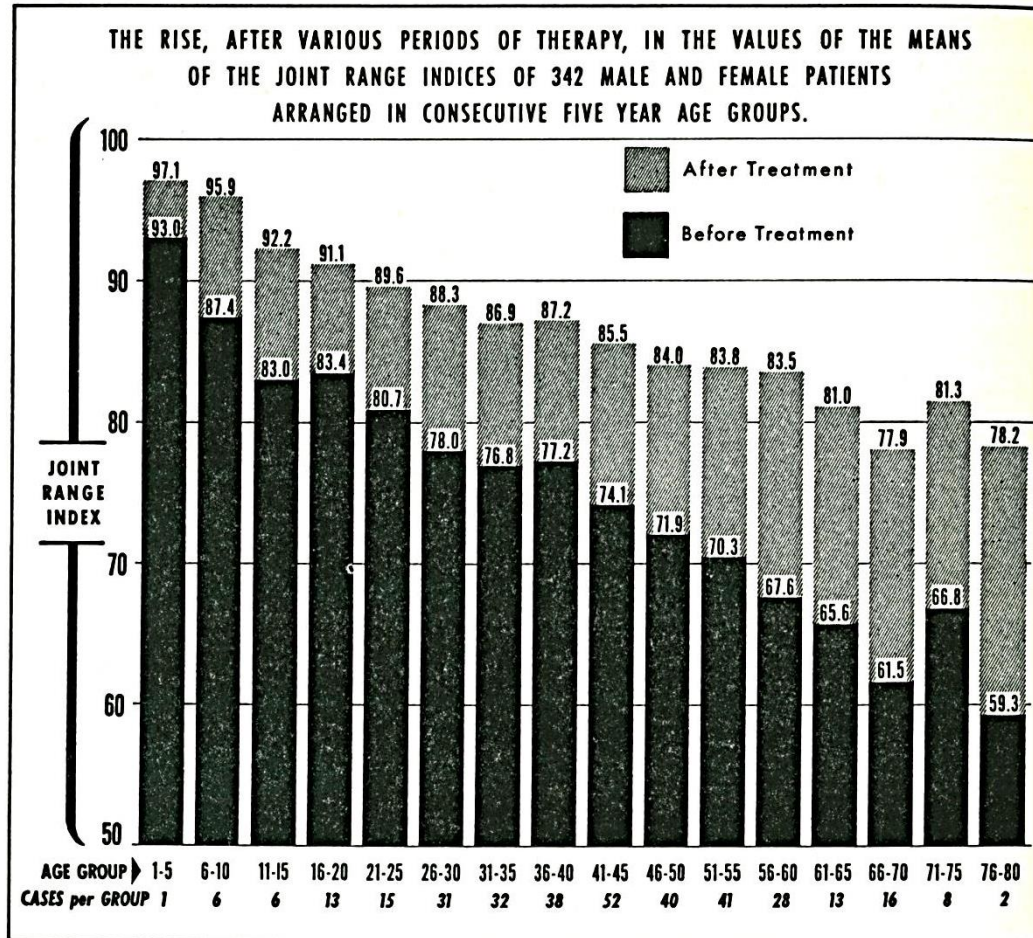
<i>Degree of Joint Dysfunction</i>	<i>Joint Range Index</i>
No joint dysfunction	96–100
Slight joint dysfunction	86–95
Moderate joint dysfunction	71–85
Severe joint dysfunction	56–70
Extremely severe joint dysfunction	55 or less

Two Year Study

- 455 men and women, March 1945 to February 1947.
- Before and after measurements of joint range index.
- Niacinamide, 1 to 4 grams daily, in divided doses.

Two Year Study: Results

178 THE COMMON FORM OF JOINT DYSFUNCTION



Other Kaufman Observations

- Niacinamide often restores significant range of motion in rheumatoid arthritis, even ankylosed joints.
- Niacinamide associated with fading of “age spots”, and prevention of new ones.
- Supraclavicular convexity in non-obese indicates need for niacinamide.

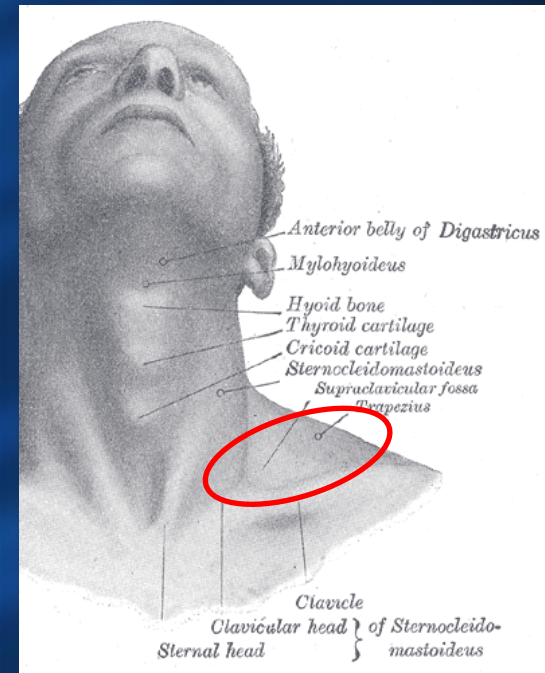


Photo: Wikipedia, from the 20th edition of *Gray's Anatomy* (1918)

Kaufman's Osteoarthritis Treatment in My Practice, 1974-Present

- Nearly 100% of individuals suffering from symptomatic osteoarthritis have early symptom relief in 3 to 4 weeks, complete relief within 3 to 4 months.
- Usual dose 1 gram TID or 1500 mg. time-release BID
- Only adverse effect mild nausea in <2% (of several hundred). Dose reduction eliminates nausea.
- Joint replacement surgery 100% avoided 1974-present.
- Niacinamide restores activity of mitochondrial complex 1, restoring energy to chondrocytes.
- If niacinamide stopped, symptoms return.

Clinical Experience: Dissolving Parotid Duct Stones

- Saturated Solution of Potassium Iodide (SSKI, “Bernard’s Solution)
- 6 drops daily dissolve parotid duct stones
- Takes usually 6 to 8 months for completed disappearance.
- Effective in 100% between 1981 and present.

Curing Bursitis, Improving Over-All Health

Klemes, I.S. *Vitamin B12 in acute
subdeltoid bursitis.* Ind Med Surg 1957
Jun;26(6):290-2

Patients Treated, Route of Administration

- Intramuscular injections (not into the bursa) of Vitamin B12 given to forty patients with acute bursitis (thirty-six subdeltoid, three trochanteric, one olecranon)



Dosage, Frequency, Results

- Vitamin B12, 1000 micrograms daily for seven to ten days, then three times a week for two to three weeks, then once or twice a week for two to three weeks.
- Frequency of injections adjusted according to the degree of improvement.
- 37 of 40 were completely relieved of bursitis pain. Reduction of pain and other symptoms occurred rapidly, and complete relief was often seen within several days.

Bonus Info...

- In cases where calcium deposits were present, follow-up X-rays showed a considerable reduction in the amount of calcification.
- Extrapolating from this in my own practice, have observed repeated B12 injections can reduce non-bursitis related calcium accumulation.

Bursitis Often Linked to Gastric Hypochlorhydria, Over-all Health

- B12 absorption dependent on intrinsic factor, secreted by gastric parietal cells. Parietal cells also secrete hydrochloric acid.
- Since precise, accurate testing became available in 1976, every bursitis patient seen at Tahoma Clinic tested for gastric hypoacidity. Over 50% hypochlorhydric, moderate to severe.
- Supplemental Betaine HCL with pepsin improves digestion and over-all health.

Curing Acne Rosacea by Treating the Cause!

Cause discovered, reported 1920!

“.... we prescribed the acid hydrochloric . . . well diluted in water, to be taken after meals or sipped during the meal. The results obtained with this treatment have been very satisfactory and frequently almost magical, even in the very worst cases.”

- Ryle JA, Barber HW. *Gastric Analysis in Acne Rosacea*. The Lancet 1920 December 1195-1196

Rosacea: Confirmation of Cause

- Ryle JA, Barber HW. *Gastric Analysis in Acne Rosacea*. The Lancet 1920 December 1195-1196
- Brown HW. *Some Observations on the Fractional Method of Gastric Analysis in Diseases of the skin*. Brit J Derm Syph 1925;XXXVII:213-226
- Rulison RH. *Rosacea. With a study of Accompanying Conditions*. Am J Med Sci 1927 July;clxxxiv:60-69
- Eastwood SR. *Gastric Secretion and Other Digestive Factors in Rosacea*. Brit J Dermatol Syph 1928;XL:91-104
- Epstein N, Susnow D. *Acne Rosacea, with particular reference to Gastric Secretion*. Cal West Med;XXXV(2):August 1931;118-120

Bonus Info...

- As happens in hypochlorhydric individuals with bursitis, improving gastric phase of digestion with supplemental Betaine hydrochloride and pepsin gradually improves over-all health.
- When gastric hypochlorhydria found, Vitamin B12 by injection should always be tried. Necessity can be determined by bodily response, particularly energy levels.

Hypochlorhydria: Prevalance

- In 1932, Mayo Clinic researchers reported percentages of 3,308 research volunteers, (1,454 women, 1,854 men) 20 to 79 years of age whose stomachs were directly tested and found to secrete suboptimal hydrochloric acid.
 - ✓ VanZant F et al., *Normal Range of Gastric Acidity from Youth to Old Age*, Archives of Internal Medicine 1932;49(3):345

Prevalence of Gastric Hypochlorhydria

Years of Age	MEN	WOMEN
20 to 29	4.25%	10.1%
30 to 39	7.8%	20.9%
40 to 49	22.5%	32.1%
50 to 59	38.5%	42.8%
60 to 69	50.1%	58.8%
70 to 79	40.5%	52.4%

--Data from "Vanzant"

Hypochlorhydria Decreases Longevity? Hypothesis from Vanzant et al.

"After the age of 65 years...a definite falling off in...hypochlorhydria and achlorhydria possibly because persons with hypochlorhydria and achlorhydria are not as hardy or long-lived as are those who have a strongly acid gastric juice."

WHY STOMACH ACID IS GOOD FOR YOU

Natural Relief
from Heartburn,
Indigestion,
Reflux & GERD

Jonathan V. Wright, M.D.
and Lane Lenard, Ph.D.

Retinitis Pigmentosa Improved

.....“patients with retinitis pigmentosa were treated with sufficient vitamin D and calcium. Without exception, every patient improved. Most of those treated were the very advanced type with very contracted fields and often poor central vision.

Following therapy, the optic nerve pallor disappeared and hyperemia supervened: central vision was upgraded and there was a widening of the fields.”

--Arthur Alexander Knapp, M.D. *Journal of the International Academy of Preventive Medicine*, Volume 4, Number 1, July 1977, page 58)

Keratoconus Improved

“In another of our projects with dogs and rats, keratoconus developed in all the animals on vitamin D deficient low calcium diets. Following this work vitamin D and calcium were prescribed for persons affected by conical cornea. Within six weeks there was a noticeable change. Every patient had improved eyesight, accompanied by flattening of the cone with apparently an increase in the substantia propria layer of the cornea to give added strength.”

Keratoconus Improved

“To corroborate a reduction in the height of the cornea, plaster of Paris casts were made of the membrane before and after treatment. These cones were measured by a toolmaker’s microscope, easily accurate to within 1/10,000 of an inch. Reduction in the height of the cones was invariably found.”

-Arthur Alexander Knapp, M.D. , *Journal of the International Academy of Preventive Medicine*, Volume 4, Number 1, July 1977, page 58

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THE END OF PART 1

Thank You For Attending!