

facts about

**metabolic
therapy**

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**AN INTRODUCTION
TO
METABOLIC CANCER THERAPY**

In the last few years, significant changes have taken place with respect to our understanding of what causes cancer to develop. It was formerly believed that cancer is a localized disease. A lesion, usually in the form of a bump or lump appears at some location of the body. This was thought to be a result of some activity in that particular area such as an invading virus, activity of carcinogens (cancer causing agents) or possibly the end product of some form of trauma such as a blow.

Today, we know that this may not be necessarily so. There is a growing conviction among researchers and physicians that cancer is a disease complex that affects the entire body and not just the specialized cells of a specific organ system - despite the localized evidence of a tumor. It's an insidious disease that involves the vital forces of the entire body, central nervous system, digestive tract, pancreas, lungs, excretory organs, skin and the body's total defense mechanism. Therefore, localized treatment such as surgery, radiation or chemotherapy, when used alone to remove a localized tumor, merely delays the appearance of another tumor because the underlying basic systemic cause of the cancer has not been removed.

The function of the body's immune system is to destroy and eliminate from the body all foreign materials which should not be there. When cancer cells are formed in our bodies, which they often are, as long as our lymphocytes, macrophages and other natural defense systems are able to kill and eliminate enough of these cancer cells to prevent them from spreading, we remain healthy. These cancer cells are normally destroyed by our body's defense mechanisms in only a few hours. Therefore, they cannot multiply and start an invasive, destructive growth.

When this natural process proceeds normally, the disease we know as cancer does not even begin. However, if the immune system becomes weakened as a result of poor health habits or other undesirable factors and the cancer cells that form are not destroyed routinely on a day to day basis and are allowed to survive, then they will multiply, commence an invasive growth and the disease of cancer will begin.

By the time we reach the age of 30, our immune systems may begin to weaken, increasing the possibility of certain degenerative or metabolic diseases to progress. The main goal of metabolic therapy is to help the body to strengthen its immune system - to bring it back to its normal, fully functioning condition so that it regains its capacity to kill cancer cells as they form. By accomplishing this goal, the cancer cells are eliminated before they can start an invasive growth of healthy tissue and to kill those cancers cells which have already begun an invasive growth.

It is believed by a large number of researchers and doctors that we can remain healthy for a remarkably long period of time as long as the individual cells of the body are supplied with the proper amount of oxygen and nutrients and such enzymes, vitamins, minerals, and other necessary factors such as amino acids, which come from the proteins in our diets.

Also, our bodies must be capable of eliminating the waste products of cellular metabolism and detoxifying themselves of the pollutants to which we are exposed. This, in essence, is the heart of metabolic cancer therapy. It is a multi-faceted program incorporating numerous related elements, each of which most definitely plays an important role in the success of the overall therapy plan. therapy plan.

DR. MANNER'S METABOLIC CANCER THERAPY ATTEMPTS TO ACCOMPLISH A NUMBER OF ELEMENTS IN THE HANDLING OF THE PATIENT. THESE ARE:

- I. DEVELOPING A POSITIVE MENTAL ATTITUDE -**
A positive mental attitude of the patient is crucially important in all cancer therapy. Since cancer has always been thought of as an "end of the road" illness, the patient is taught to think positively again. This is accomplished through psychological counseling.
- II. MINIMIZING THE INTAKE OF CARCINOGENS -**
This is accomplished through the instituting of dietary and health habit reforms.
- III. NUTRITIONAL GUIDANCE -**
Extensive counseling on the proper nutritional approaches necessary for supporting and strengthening the body's vital forces and defense mechanisms.
- IV. REDUCING THE INTAKE OF TOXIC MATERIALS -**
Guidance in recognizing and avoidance of toxic materials that are detrimental to the patient's condition.
- V. RESTRUCTURING THE PATIENT'S LIFESTYLE -**
Developing a basic lifetime plan of diet, nutrition, exercise and good health habits for the future.

THE THERAPY

The purpose of the following therapy description is to provide you with information about the basic principles and guidelines involved in the application of the metabolic cancer therapy program. Effective therapy requires the combined dedication and efforts of the patient, members of the family and a metabolic physician.

Cancer is generally a very slow, insidious, degenerative illness. The primary events causing the cancer sequence may have been initiated long ago, followed by a progression of growth and damage which has gradually progressed to the visible stages now in evidence. Cancer does not occur overnight but is the result of a long-term life style that has contributed to the body's inability to cope with malignant disease.

The patient must adjust his thinking to the fact that repair of damage cannot be accomplished within a few days, weeks or even months. Metabolic cancer therapy is a low level therapy and comes about at a slow pace. The reason for this is that the same processes that were involved in the development of the disease are the same components that must be reorganized to correct the situation, and all of this takes time.

THE PRIMARY OBJECTIVES OF METABOLIC THERAPY

TO MAINTAIN A REASONABLE AND SATISFACTORY LIFE STYLE TO EXPERIENCE A FEELING OF WELL-BEING MAINTAIN ADEQUATE WEIGHT CONTROL PHYSICAL ACTIVITY . . . GOOD APPETITE . . . NORMAL SKIN COLOR FREEDOM FROM PAIN . . A HEALTHY MENTAL OUTLOOK . . . A DESIRE TO LIVE AN EXTENSION OF LIFE

THE ELEMENTS OF METABOLIC THERAPY

DETOXIFICATION - Toxins are substances that are harmful to the body. The body is exposed to toxins internally and externally. Internal exposure to toxins is usually the result of the body's inability to eliminate them as waste products of metabolism, incomplete oxidation in the tissues, inadequate nutrition, or because of some disease process going on within the body itself.

There are many substances in the environment around us that enter the body in the form of toxins. They can interfere with enzyme action or enzyme production. They can produce symptoms of all types of maladies or interfere with nerve conduction or the normal replacement of older cells. There is a heavy demand placed upon the liver to help eliminate these toxic substances. This can cause a major problem when the body is trying to fight off a cancerous involvement. As the cancer cells are dying off, they break down and spill all kinds of toxins into the system.

The role of detoxification is to flush the toxins out of the system, no matter from where they originate. The fact is they are there and must be eliminated or detoxified from the system. These toxins can actually be the reason for the disease process in the first place.

Thus, the process of detoxification is basically twofold. One is to

avoid the toxins present in the environment as much as possible, and the other is to aid the body in any way possible to get those toxins already present, out, regardless of whether they are there due to environmental factors or to the disease itself.

Patients are assisted in the detoxification process through utilizing intensive enzyme therapy in conjunction with the use of coffee enemas. The caffeine component serves to stimulate the secretion of bile which is an important part of the detoxification plan as it helps restore the alkaline condition of the small intestine. Frequency of enemas and enzyme supplementation dosages are determined for each patient, individually, by the physician. Constant monitoring of progress enables the physician to alter frequencies and dosages as indicated by the patient's response to the detoxification program.

DIET - Without a doubt, diet is the most important component of the treatment plan because it involves a major change of lifestyle and eating habits. High-animal protein, high-fat processed food diets must be avoided. Man was not built to eat large quantities of meat or animal protein. Man has vegetarian jaws and teeth. Animal products are more difficult to digest than those of plant origin.

One of the body's greatest defense mechanisms against disease, especially cancer, is its own natural enzymes. These enzymes are produced primarily by the pancreas. By overeating animal protein, the body's proteolytic enzymes are used up by the food ingested and are thereby not available for the body to fight disease.

The fact that diseases are present in so many animals that we eat for food should be reason itself to be very cautious. Meat contains waste products of metabolism. When a person eats flesh of animals he assimilates these waste products.

Most people believe that they must eat a lot of meat to increase endurance. The exact opposite is true. A study done at Yale University showed that when vegetarian athletes competed against athletes on a regular diet, the vegetarians had more than twice the endurance of the meat eaters.

It cannot be strongly emphasized the importance of diet and the part it plays in the overall program. Adherence to a diet ranging from completely to primarily vegetarian is necessary.

Comprehensive dietary instruction and food preparation techniques are covered in detail with patients and family members during the

course of therapy. Detailed diet programs are formulated for each patient on an individual basis as required.

PROTEOLYTIC ENZYMES - Enzymes are substances that occur naturally in all living things, as well as the human body. The body's life processes consist of a complex series of chemical reactions. All of these reactions together are referred to as metabolism. Enzymes are the catalysts that facilitate these chemical reactions to take place. Without these enzymes, many of the chemical reactions would not take place at all.

Proteolytic enzymes are those that have a particular ability to break down certain proteins, yet they do not attack the beneficial proteins that make up the normal cells of the body. These proteolytic enzymes are of great value in fighting cancer cells as well as many other diseases. If the body was always capable of producing adequate proteolytic enzymes, more than likely cancer would not develop in the body at all. Cancer cells have about them a type of protein coating that is destroyed by these proteolytic enzymes. When this protein is destroyed, the body's white cells are able to attack the cancer cells and destroy them.

Proteolytic enzymes have the ability to stimulate the body's immune system. That is, they are useful in helping the body's defense mechanisms to recover and fight the disease naturally. Cancer cells develop a coating around them. By the administration of the proteolytic enzymes, this coating is eliminated due to the reduction of fibrin and therefore it is much more difficult for the cancer cells to implant themselves in a new location, thereby spreading. It also enables the immune system to recognize the tumor as a "foreign invader".

Therefore, proteolytic enzymes are used to fight the cancer cells themselves, to keep the cancer from spreading, and to stimulate the body's natural defense mechanisms. They are valuable in reducing the unwanted side effects of some of the more drastic therapies such as radiation and chemotherapy. They are also quite effective in relieving the pain associated with cancer.

The use of proteolytic enzymes is a very major part of this therapy. These enzymes may be used by various methods of administration and dosages. They may be administered to the patient orally, rectally or topically. The doctor will determine the proper administration route during the course of therapy. Usually, proteolytic enzymes are administered in large doses to be effective.

Furthermore, other enzymes will be employed throughout therapy to further assist in stimulation of the immune system, the exact nature of which shall be determined by the doctor during the course of therapy.

DIGESTIVE ENZYMES - As you have already learned, cancer is manifested to a great extent by the body's inability to fight off the disease due to the underlying factors of inadequate nutrition and the inability of the pancreas and other glands to produce enzymes. In addition to the use of proteolytic enzymes, the diet must be supplemented with additional digestive enzymes. Their function is to aid digestion and thereby ultimately aid in more adequate nutrition due to increased absorption of food ingested. Other types of digestive enzymes are responsible for the digestion of different types of foodstuffs.

The patient's metabolic physician will determine the specific digestive and other enzyme requirements and administer them accordingly throughout the therapy program.

THE IMPORTANCE OF VITAMINS

Adequate vitamin supplementation is an essential part of metabolic cancer therapy. There are specific vitamins in cancer therapy which are critical. These vitamins are important to the maintenance of intracellular membranes and therefore affect enzyme metabolism and cellular homeostasis.

VITAMIN A - An extremely effective method of stimulating the body's defense ability is through the use of large doses of emulsified Vitamin A. There is building evidence that Vitamin A could possibly be the most effective immunostimulating agent found thus far in medical research. Investigation by many research institutes and cancer centers all over the world have shown that Vitamin A in a specially emulsified form improves the body's defense capacity quite dramatically. Continuous treatment with Vitamin A and other therapy combinations is probably the most effective area in which advances in cancer therapy have contributed most to the reduction of cancer mortality.

VITAMIN C - There is direct evidence that an increase in intake of Vitamin C provides an increased degree of resistance to cancer. Cancer patients often show a depletion of ascorbic acid according to laboratory analysis. Cancer patients have shown improvement in their condition with the use of megadoses of Vitamin C, and an

increase in their survival time. Vitamin C is used both as a prophylactic and a therapeutic agent for cancer.

VITAMIN E - Vitamin E has demonstrated the ability to enhance the activity of Vitamins A and C. It aids in preventing lipid peroxidation and destruction of intercellular membranes.

VITAMIN B-15 - The salts of pangamic acid will serve to increase the efficiency of cellular oxidation.

VITAMIN B 17 - Vitamin B-17 is also known as amygdalin or laetrile. There is disagreement within the scientific community as to how Vitamin B-17 works, but it is commonly thought that when it is broken down by enzyme action it yields cyanide and benzaldehyde which are fatal to the cancer cell. It does not have this effect on normal healthy cells however. Vitamin B-17 in addition, has demonstrated value in relieving the pain and discomfort associated with cancer.

OTHER SUPPLEMENTS - Other nutritional supplements need to be considered for individual cases. Various supplements are utilized with particular emphasis of providing specific supplementation in the form of raw glandular tissue for the particular organ or gland primarily affected by the cancer process.

Through an in depth analysis of each individual patient, a comprehensive and overall supplementation program is established using the above mentioned substances, and administered under strict control. Constant monitoring is essential for optimum results.

IN SUMMARY

Metabolic cancer therapy is not a "do-it-yourself" program and in no case should self treatment be attempted. Each cancer patient represents a unique condition and a unique biochemical complex. Dosages and program schedules must be varied by the physician to fit the individual patient.

The cancer patient should now understand the basic objectives of metabolic cancer therapy: *To provide adequate nutritional support: Stimulation of detoxification processes: Support of the basic immunity mechanism of the body: Minimizing the intake of toxic agents from whatever source: Increasing oxygenation of oxygen starved tissue.*

It should be stressed that the cancer patient should not exclude considering other forms of cancer therapy such as radiation, chemotherapy, and surgery. Fortunately, the nature of metabolic therapy permits it's use along with the above mentioned programs.

It should comfort the cancer patient to know that options for non-toxic nutritional therapies do exist and are available to the patient under experienced and dedicated medical specialists.

Our metabolic cancer therapy program is currently being administered by more than 170 facilities throughout the United States who are participating members of the Metabolic Research Foundation.

Arrangements to enter the program at one of the participating medical facilities can be made by contacting:

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AN INTRODUCTION
TO
METABOLIC ARTHRITIS THERAPY

The term arthritis is taken from two greek words *Arthron*, indicating joint, and *Itis*, meaning inflammation. In its strictest sense then, arthritis refers to any inflammation of a joint. As the term is used today, however, the arthritic and rheumatic diseases involve more than joints. It can involve soft tissues such as muscles, or bursae, and can be localized in a single joint or involve many joints simultaneously. Many different forms of arthritic and rheumatic diseases have been identified by rheumatologists. This particular protocol will be directed primarily at rheumatoid arthritis, osteoarthritis, and gout, although there can be very little question that most of the other rheumatic involvements will respond favorably to this particular therapy.

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Unfortunately, arthritis is one of those degenerative diseases commonly listed as "having no known cause and no known cure". Its treatment at the present time involves the use of anti-inflammatory drugs such as the cortical steroids and analgesics for the relief of pain. It is described as a disease that has a long term duration that progressively disables and handicaps the patient. This concept of arthritis must be *completely disavowed* by the metabolic physician. Arthritis is not a localized lesion disease and, consequently, the treatment of specific joints, muscles, or bursae will do very little except to provide local temporary relief. We are interested in permanent cure. The localized problem must be considered as the end product of an underlying metabolic disorder. The nature of this metabolic derangement must be discovered. The body can then be restored to metabolic normalcy and the homeostatic mechanisms within the body will effect a permanent solution.

RHEUMATOID ARTHRITIS

Of all the rheumatic and arthritic diseases, this is the one that causes the most severe crippling. Rheumatoid arthritis is three times more common in women than it is in men. It can occur at any time during a patient's life, but occurs most frequently between the ages of 18 and 50. Initial pathological changes involve the synovial membrane which thickens appreciably. Excessive synovial fluid is produced and swelling of the synovial capsule results. The synovial membrane later begins to encapsulate the articular cartilages resulting in their breakdown. This disease is chronic and is characterized by flare-ups and remissions. It affects primarily the joints of the body, but it may also affect the related connective tissues.

GOUT

This can occur in any joint although the interphalangeal joint of the large toe is most commonly affected. It is, unlike the other arthritic diseases, acknowledged to be the result of an error in metabolism. It appears that the uric acid metabolism is incomplete, for gout patients will have an excess of uric acid in the bloodstream. To the metabolic physician this accumulation of uric acid is the key that the underlying metabolism of the body is out of focus. This must be returned to normalcy before gout can be cured. There may be a hereditary factor in gout. The disease is most frequently observed in males. One source gives the ratio of males to females developing gout as 20 to 1.

OSTEOARTHRITIS

This is also known as "wear and tear" arthritis. Unlike rheumatoid arthritis, this form initially develops in the articular cartilages. It usually occurs at an advanced age and is more frequently seen in men than in women. It should not, however, be considered to be a sign of age or a normally occurring phenomenon associated with the aging process. It is an indication that those processes necessary for a freely moving joint are in some way disrupted.

THE THERAPY

The purpose of the following description is to provide you with information about the basic principles and guidelines involved in the application of the metabolic arthritis therapy program. Effective therapy requires the combined dedication and efforts of the patient and metabolic physician.

Arthritis is generally a slow developing degenerative disease. The patient must adjust his thinking to the fact that repair of damage cannot be accomplished overnight. Metabolic arthritis therapy is a low level therapy and comes about at a slow pace. The reason for this is that the same processes that were involved in the development of the disease are the same components that must be reorganized to correct the situation, and all this takes time.

THE ELEMENTS OF METABOLIC ARTHRITIS THERAPY

DETOXIFICATION - Toxins are substances that are harmful to the body. The body is exposed to toxins internally and externally. Internal exposure to toxins is usually the result of the body's inability to eliminate them as waste products of metabolism, incomplete oxidation in the tissues, inadequate nutrition or because of some disease process going on within the body itself.

There are many substances in the environment around us that enter the body in the form of toxins. They can interfere with enzyme action or enzyme production. They can produce symptoms of all types of maladies or interfere with nerve conduction or the normal replacement of older cells. There is a heavy demand placed upon the liver to help eliminate these toxic substances.

The role of detoxification is to remove the toxins from the system, no matter from where they originate. The fact is they are there and must be eliminated or detoxified from the system.

Patients are assisted in the detoxification process through utilizing intensive enzyme therapy in conjunction with the use of coffee enemas. The caffeine component serves to stimulate the secretion of bile which is an important part of the detoxification process as it helps restore the alkaline condition of the small intestine.

Enzyme supplementation and other detoxifying procedures are determined for each patient, individually, by the physician. Monitoring of progress enables the physician to alter modalities based upon the patient's response to the detoxification program.

DIET - Without a doubt, diet is the most important component of the treatment plan because it involves a major change of lifestyle and eating habits. High animal protein, high-fat processed food diets must be avoided. It is of the utmost importance as an arthritic, that red meats, i.e., beef, pork, veal and lamb be eliminated from the diet completely. The end products of red meat digestion are particularly antagonistic to inflamed joints.

Comprehensive dietary instruction and food preparation techniques are covered in detail with the patients during the course of therapy. Detailed diet programs are formulated for each patient on an individual basis.

ENZYMES - Enzymes are substances that occur naturally in all living things, including the human body. The body's life processes consist of the complex series of chemical reactions. All of these reactions together are referred to as metabolism. Enzymes are the catalysts that facilitate these chemical reactions to take place. Without these enzymes, many of the chemical reactions would not take place at all.

Degenerative disease is manifested to a great extent by the body's inability to fight off the disease due to underlying factors of inadequate nutrition and the inability of the pancreas and other glands to produce enzymes. The diet must be supplemented with additional digestive enzymes. Their function is to aid digestion and ultimately aid in more adequate nutrition due to increased absorption of food ingested. Other types of digestive enzymes are responsible for the digestion of different types of foodstuffs.

As an integral part of metabolic arthritis therapy, the physician will determine the specific enzymes required and will administer them accordingly throughout the therapy program.

THE IMPORTANCE OF VITAMINS

Adequate vitamin supplementation is an essential part of metabolic arthritis therapy. There are specific vitamins in arthritis therapy which are critical.

VITAMIN A - An extremely effective method of stimulating the body's defense ability is through the use of large doses of emulsified Vitamin A. There is building evidence that Vitamin A could possibly be the most effective immunostimulating agent found thus far in medical research. Investigation by many research institutes around the world have shown that Vitamin A in a specially emulsified form improves the body's defense capacity quite dramatically.

VITAMIN C - There is direct evidence that an increase in the intake of Vitamin C provides an increased degree of resistance to degenerative diseases. Arthritis victims have shown improvement in their condition with the use of megadoses of Vitamin C. Vitamin C is used both as a prophylactic and a therapeutic agent for arthritis.

OTHER SUPPLEMENTS - Other nutritional supplements need to be considered for individual cases. There is no supplement which cannot be utilized safely with metabolic therapy. In addition, homeopathic supplements are an important part of the overall program as well.

Through an in depth analysis of each individual patient, a comprehensive and overall supplementation program is established using the above mentioned substances. Constant monitoring is essential for optimum results.

DMSO TREATMENT - Dimethyl sulfoxide (DMSO) has been used successfully in a number of arthritis cases. It is an extremely versatile solvent which penetrates every cell of the body bringing about a chemical balance. It travels into and out of synovial cavities, and in so doing, removes toxic elements which may be present. DMSO is an optional segment of metabolic therapy. It may be utilized topically or intravenously. The dosage of DMSO will be determined by the doctor based upon the physiological condition of the patient.

IN SUMMARY

Metabolic arthritis therapy is not a "do-it-yourself" treatment and in no case should self treatment be attempted. Each arthritis patient represents a unique condition and a unique biochemical complex. Dosages and program schedules must be varied by the physician to fit the individual patient.

The arthritis patient should now understand the basic objectives of metabolic arthritis therapy which is: *To provide adequate nutritional support: Stimulation of detoxification processes: Support of the basic immunity mechanism of the body: Minimizing the intake of toxic agents from whatever source.*

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**AN INTRODUCTION
TO METABOLIC
MULTIPLE SCLEROSIS THERAPY**

The name Multiple Sclerosis means "many scars". It is a slowly progressive disease that is characterized by disseminated patches of demyelination in the central nervous system. This results in multiple and varied neurologic symptoms and signs usually with remission and exacerbations. Women are affected somewhat more often than men. It seems also that the disease is related to climate, being far more common in temperate than in tropical environments.

This disease is very difficult to diagnose as it mimics many other neuromuscular disorders. The symptoms are related to the site of demyelination. Parasthesia, in one or more extremities, weakness or clumsiness of leg or hand, visual disturbances, diplopia, dimness of vision, and scotomas are frequently symptoms.

There is growing evidence that Multiple Sclerosis is related to a virus. This virus remains in the wall of the small intestine. One of its products is the superoxide radical. This radical is responsible for the destruction of the myelin sheath. The treatment plan, based on this hypothesis, is a three-fold plan. First, the virus must be removed from the body. This will be accomplished by using Interferon stimulants and immuno-globulins. Secondly, the superoxide radical must be removed, utilizing the dismutation reaction. Thirdly, the physiological condition of the organ systems of the body must be restored to an optimum level.

THE THERAPY

The purpose of the following description is to provide you with information about the basic principles and guidelines involved in the application of the metabolic multiple sclerosis therapy program. Effective therapy requires the combined dedication and efforts of the patient and metabolic physician.

INTRODUCTORY EXAMINATION - Because of the nature of this disease, and its potential involvement of all areas of the brain and spinal cord, a complete examination is important. Routine blood tests will be administered, as well as a hair analysis for the determination of mineral imbalance.

PRE-TREATMENT - The minerals of patients are usually out of balance. It is essential that the body be brought back to normal as rapidly possible. Once the mineral deficiencies and surpluses are known, measures are taken to correct the imbalance. This entails the removal of surplus minerals and heavy metals and the correction of the deficiencies.

TREATMENT — PHASE ONE — First 21 Days

FAST - A two-day juice fast will be administered. To allow taste acclimation to juices, a blend of 50% apple and 50% carrot juice is taken first. As rapidly as possible the apple is eliminated and other vegetables added to the carrot juice. Celery makes a good second choice, followed by; beet, potatoe, and other vegetables. In no instance should peels or seeds be removed from vegetables. It is important that the entire vegetable complex be juiced. Canned and bottled juices will not suffice, for the heat of canning and pasteurization destroys the enzymes. The juice must be fresh every day to prevent oxidation.

BOWEL MOVEMENTS - It is essential that bowel movements be regular; two regular movements a day must be achieved. Many times the juice fast will accomplish this. If not, your physician will prescribe natural bowel stimulants. If regularity is not achieved in one week colonic irrigations may be recommended. It cannot be overly stressed that normality of bowel movements (twice a day) is absolutely essential for this treatment plan.

DETOXIFICATION - Each day a coffee retention enema will be administered. One cup of brewed coffee (not instant) is cooled to body temperature. This is then injected into the rectum with a rectal syringe. The coffee is retained for 15-30 minutes. The caffeine stimulated secretion of bile is an important part of the detoxification plan as it helps to restore the alkaline condition of the small intestine.

DIET - The diet is extremely important for an MS patient. The diet listed at the end of this book must be followed completely. It is of the utmost importance that pork be eliminated from the diet forever. The end products of red meat digestion can be antagonistic. Consequently, the number of red meats should be substantially decreased. Even though a good diet is used, it does not necessarily follow that good health will ensue. One of the fallacies attributed to "health food faddists" is that "You are what you eat". Nothing could be farther from the truth. The food must be digested and the end products absorbed into the bloodstream before they can benefit the body. In

most individuals the digestive system is already in a condition which does not allow complete digestion of ingested food materials. To overcome this, your physician will administer gastric aids, which will restore normality to your digestive system.

Once the food is digested it must be assimilated. This is made difficult by mucous that adheres to the wall of the small intestine. This mucous will be removed during the course of the treatment to facilitate absorption.

ANTI-VIRAL COMPOUNDS - Cows develop immuno-globulins which accumulate in a large quantity in the colostrum of their milk. Your physician will instruct you in the use of this colostrum.

Interferon is a naturally occurring material in our body. Its production will be stimulated during the course of this treatment.

DISMUTATION REACTION - The superoxide radical reacts with hydrogen under the influence of superoxide dismutase to produce hydrogen peroxide. This peroxide is then converted to water and pure oxygen under the influence of either peroxidase or catalase. This can be accomplished in the body by using dismutase tablets. The amount needed will be determined by your doctor.

IMMUNE SYSTEM STIMULATION - Vitamin A is given in an emulsified form to minimize liver involvement. This increases the number of circulating lymphocytes. Lymphocytes are also stimulated by the addition of thymosine. This hormone is present in raw thymus tissue. For this activation, raw thymus will be prescribed by your physician.

OCTACOSINOL - Octacosinol is a natural food substance that occurs primarily in wheat germ oil. Many claims have been made for it to date, but perhaps the most significant contribution is relative to the proper functioning of the neuromuscular system. Dr. Carlton Fredericks reports, "I've brought the material to a group of physicians and over a period of years we established its value in Multiple Sclerosis". In still another study, he has reported, "We have seen improvements in MS which are not spontaneous remissions".

Octacosinol should never be used by itself but in conjunction with the essential fatty acids; linoleic, linolenic, and arachadonic acids. The proper combination will be determined by your physicians.

B-COMPLEX - The B-Complex of vitamins have been known to aid

the normal development of the neuromuscular system. To aid the multiple sclerotic patient, B-Complex tablets are given daily.

TREATMENT — PHASE TWO — After 21 Days

COLOSTRUM - For the next three weeks, administration of colostrum ceases. This is necessary to prevent the body from building up a tolerance for the immuno-globulins. After this "rest" period, it will be re-administered on a three week on, three week off, schedule.

VITAMIN C - Vitamin C will be decreased*.

VITAMIN A - Vitamin A will be reduced*.

OTHER SUPPLEMENTS - These may or may not be modified depending upon the individuality of the patient. It should be based on a physicians determination.

COFFEE ENEMA - The coffee enema can be reduced to once per week. It can also gradually be eliminated from the patients program.

*The amount of reduction depends upon physicans evaluation.

IN SUMMARY

Metabolic therapy for multiple sclerosis is not a "do it yourself" treatment and in no case should self treatment be attempted. Each arthritis patient represents a unique biochemical complex. Dosages and program schedules must be varied by the physician to fit the individual patient.

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