

**facts about**

**metabolic  
therapy - "C"**

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## **METABOLIC THERAPY**

### **INTRODUCTION**

This newly revised therapy is the one used at the Manner Clinic in Tijuana, Mexico. The contents have been read and approved by the Board of Directors of the Metabolic Research Foundation. It must be recognized, however, that the Clinic is a research institution and the protocol is modified for each patient.\* However, this protocol forms the basis, and should not be essentially modified. For specific information regarding your patient, contact the Medical Director at the Manner Clinic. The telephone number is (706) 680-4422.

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This protocol was prepared solely for, and is distributed only to our member physicians. There is always the possibility that it will get to the hands of a cancer patient. A word of caution is therefore needed. This therapy is not a "do it-yourself" therapy. Professional diagnosis, frequent tests and regular check ups are absolutely essential to the success of this program. If you are a cancer patient you should apply for admission to the program by calling or writing to the Metabolic Research Foundation.

## PRETREATMENT

### A. DIAGNOSTIC TESTS

All patients coming into the program should have diagnostic tests made, either by the physician or by a laboratory chosen by him. Although all of the tests are not required, as many as possible should be administered.

1 - SMAC-24 and complete blood count \*

2 - Hair Analysis

3 - C.E.A.

4 - Urinalysis - This should be the standard urine test and should be looked at for color, specific gravity, inclusions, chemical makeup and possible infections.

### B. CORRECTION OF MINERAL IMBALANCES

The minerals of patients are usually out of balance. It is essential that the body be brought back to normal as rapidly as possible. Once the mineral deficiencies and surpluses are known. Measures should be taken to correct the imbalances. Six SODIUM ALGINATE daily for a week should effect removal of surplus minerals; heavy metals may take longer. Three to six daily of the mineral tablets will usually correct deficiencies within one to two weeks.

\* See optimum norms at end of report.

## TREATMENT. PHASE ONE, FIRST 21 DAYS

### 1.- FAST

A two day juice fast should be administered. To allow for taste adjustment to juices, a blend of apple and carrot juice should be taken first.

### 2.- BOWEL MOVEMENT

It is essential that bowel movements be regular. Two movements a day must be achieved. This allows a bowel transit time of twelve hours. Anything longer than this is dangerous, for it allows chemical reactions to occur in the digestive system. End products of these reactions can be carcinogenic (e.g. nitrosamines). If the juice fast does not stimulate bowel movements, one teaspoon of a HERBAL LAXATIVE in a glass of water taken one hour after each meal should be taken, followed one hour later by another glass of juice or water until regularity is achieved. If this still does not achieve results, soap suds enemas should be initiated.

### 3.- DETOXIFICATION

Each day a coffee retention implant should be administered. In cases of extreme toxemia, this should be repeated twice a day. One cup of coffee (not instant) should be brewed and allow to cool to body temperature. It is then injected into the rectum with a rectal syringe and 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. Six Mucozyme capsules should be taken daily to facilitate absorption of nutrients. If nausea occurs at any time during the treatment, administer six tablets daily of DUODENUM.

If the nausea is not relieved in 48 hours, the problem is probably gastric. Substitute six tablets per day of INTRINSITROPHIC for the DUODENUM:

#### **4.- DIGESTIVE ENZYMES**

To decrease the stress placed on the gastric glands and the pancreas, one of two DIGESTIVE AIDS and one or two PANCREATIC ENZYMES should be taken with each meal. These compounds contain hydrochloric acid, pepsin and enterically coated pancreatic enzymes. This will insure the proper digestion of ingested food. The patient should be given a graded litmus paper and instructed to test the first urine in the morning. It should have a pH of about 5.5 If it is higher, discontinue fruit juice and increase vegetable juices.

#### **5.- ANTI-NEOPLASTIC ENZYMES**

The growing tumor has a protective shield around it which must be removed in order for the tumor to be recognized by the immune system. This deshielding is accomplished enzymatically. Three ENZYME T and one ENZYME B tablet are taken together three times daily. These enzymes must be taken when the digestive tract is the most empty. They should be administered one hour before lunch, one hour before dinner and at bedtime. In addition, if the tumor is located in the lower bowel, vagina, or uterus, a water soluble form of ENZYME T called ENZYME W is available. This should be administered as an enema or vaginal douche. One tablet of the ENZYME W should be dissolved in one cup of tepid water.

#### **6.- VITAMIN A**

This should be given in an emulsified form to minimize liver involvement. Two drops of Emulsified A are given in the morning juice and two drops in the evening juice to increase the number of circulating lymphocytes. This total of four drops will give the patient 60,000 I.U. daily. Every second day and additional two drops should be added morning and evening. Classical signs of Vitamin A toxicity should be watched for both by the patient and physician. If any occur, discontinue Vitamin A for one week. Return after one week with a two week on, one week off routine, employing a dosage 100,000 units lower per day than that which caused the toxic reaction. Lymphocytes are stimulated by the addition of thymosine. This hormone is present in raw thymus gland. For this activation, two THYMUS tablets should be administered three times daily. In addition three tablets of SUPER OXIDE DISMUTASE should be given. These enzymes will enable the body to convert any super oxide radicals present to water and pure oxygen.

#### **7.- VITAMIN C**

This important vitamin is used to inhibit tumor growth. Ascorbic acid can create hyperacidity, the ascorbates, which have a neutral pH, are administered. Each tablet contains 1000 milligrams of VITAMIN C. Start with five grams daily and increase by one gram per day until an acute diarrhea occurs. At this point drop back two grams and continue at this level throughout the treatment period.

#### **8.- AMYGDALIN**

All AMYGDALIN should be obtained by the patient through the affidavit system. \*Two 500 milligram tablets are taken three times per day.

#### **9.- VITAMIN MINERAL SUPPLEMENT**

Four MULTIVITAMINERAL tablets should be given morning and evening. In addition, Para-15 (six tablets per day) increase the efficiency of oxygen utilization. This is particularly helpful when there are bronchial or lung involvements.

#### **10.- OTHER SUPPLEMENTS**

Other nutritional supplements can be considered for individual cases. Selenium, Zinc, for example, have been used by physicians. There is no supplement which cannot be taken safely with the aforementioned plan. In fact, one should supplement twelve tablets daily of the gland or organ tissue primarily affected. Should the adrenals, or liver need supplementation, six tablets daily of ADRENAL or LIVER should be taken.

\*Affidavits are available from the Metabolic Research Foundation.

## 11.- DIET

This is one of the most important components of the treatment plan because it involves a change of lifestyle and eating habits. A juice extractor should be purchased by the patient, and most of the vegetables in the diet should be juiced. In this way all of the naturally-occurring enzymes, minerals and vitamins will be present. The patient should consume at least four 8 oz. glasses of raw vegetable juice a day. Three acceptable brands of juices are Acme, Champion and Norwalk.

## 12.- SLOW DRIP

The Slow Drip Infusion - This technique is used with all of the patients at the Manner Clinic. Although it may be impractical in a physicians office, the technique is presented here for information. When this drip technique is used, the oral administration of AMYGDALIN is discontinued.

### Formula

5% Dextrose or Lactated Ringers	250 cc
AMYGDALIN	9 gms.
DMSO (Dimethylsulfoxide)	10 cc
VITAMIN C	25 gms.

The above formula is dripped slowly over a two to three hour period into the brachial vein. The oral VITAMIN C is continued, resulting in a daily intake of approximately 40 gms.

## 13.- OTHER MODALITIES

Other techniques using Rodaquin, lymphatic infusions, etc. are used in exceptional cases. For information on these contact the Medical Director at:

The Manner Clinic  
Tijuana, Mexico  
(706) 680-4422

## TREATMENT: PHASE TWO, 21 DAYS TO THREE MONTHS

### 1.- DIET

All dietary and therapeutic modalities remain the same except that some meat and coagulated milk products, e.g. yogurt, cottage cheese, and acidophilus milk are allowed. No pork, or pasteurized/homogenized milk should be reintroduced into the diet.

### 2.- AMYGDALIN

Two 500 milligram tablets of AMYGDALIN are given in the morning and two again in the evening for a total of two grams per day.

### 3.- OTHER MODALITIES

All vitamins, enzymes, and glandular products should remain the same.

## BLOOD TESTS

Laboratory norms for blood profiles represent an average of the population. If the population becomes sicker, the ranges become greater. For this reason the norms accompanying the blood tests do not represent ideal conditions from a metabolic therapy viewpoint.

It is suggested that the following ranges be substituted:

TERMS	VALUES	TERMS	VALUES
Calcium	9.7-10.1	Potassium "serum"	4.0-4.3
Phosphorus	3.1-3.5	Chloride "serum"	100-104
Glucose	85-100	Creatinine "serum"	0.7-1.0
Bun	13-17	Iron "serum"	95-100
Uric Acid	4.5-5.5	Bun/Creatinine ratio	14.5-15.5
Cholesterol	185-215	Triglycerides	95-105
Total Protein	7.2-7.5	WBC	5000-6000
Albumen	4.0-4.4	RBC	4.5-5.0 million
Bilirubin	0.5-.07	Hemoglobin	14.5-15.0 GM%
Alkaline Phosphatase	10-50	Hematocrit	40-50%
Acid Phosphatase	0-2	Eosinophils	0-2%
LDH	125-135	Basophils	0-2%
SGOT	18-22	Monocytes	4-6%
Total Globulin	2.8-3.5	Lymphocytes	34-45%
A/G Ratio	2.5-3.5	Segs	45-55%
Sodium "serum"	140-143		

## D I E T

CATEGORY	FOODS WHICH ARE ALLOWED	FOODS TO BE AVOIDED
Beverages	Herb teas (chamomile, mint, papays; no caffeine). Fresh fruit juice Fresh vegetable juice	Alcohol, cocoa, coffee, carbonated beverages canned and pasteurized juices, artificial fruit drinks.
Dairy Products	Raw milk, yogurt, butter, and buttermilk in limited quantities. Non-fat cottage cheese and white cheese	All processed and imitation butter, ice cream toppings. All orange and pasteurized cheeses.
Eggs	Poached or boiled eggs (one per day)	Fried eggs
Fish	Fresh white-fleshed, broiled or baked fish	Non-white-fleshed, breaded or fried fish
Fruit	All dried (unsulfured), stewed, fresh, frozen (unsweetened) fruit.	Canned, sweetened fruit
Grains	Whole grain cereals, bread, muffins (e.g. rye, oats, wheat, bran, buckwheat, millet), cream of wheat, brown rice, whole seeds (sesame, pumpkin, sunflower, flaxseed).	White flour products, hullless grains and seeds, (e.g. pasta, crackers, macaroni, snack foods, white rice, prepared or cold cereals, cooked seeds)
Meats	None	All red meat products should be avoided.
Nuts	All fresh, raw nuts	Roasted and/or salted nuts, especially peanuts
Oils	Cold-processed oils (e.g. safflower, corn), eggless mayonnaise	Shortening, refined fats oil (unsaturated as well as saturated), hydrogenated margarine.

## D I E T

CATEGORY	FOODS WHICH ARE ALLOWED	FOODS TO BE AVOIDED
Seasonings	Herbs, garlic, onion, parsley, marjoram	Pepper, salt, hot spices
Soups	All made from scratch (e.g. salt-free vegetable, chicken, barley, millet, brown rice)	Canned and creamed (thickened soups, commercial boullion, fat stock
Sprouts	All especially wheat, pea, lentil, alfalfa, and mung	None
Sweets	Raw honey, unsulfured molasses, carob, unflavored gelatin, pure maple syrup (in limited amounts)	Refined sugars (white, brown, turbinade), chocolate, candy, syrups.
Vegetables	All raw and not over-cooked fresh or frozen, potatoes baked or boiled	All canned vegetables, fried potatoes in any form, corn chips

### ADDITIONAL RECOMMENDATIONS:

Avoid smoke, exhausts, foods which have been sprayed with pesticides, food additives (especially MSG and others ending in ate), and foods with artificial colors, flavors, and preservatives.

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