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and urgent advances in modern underground medicine*

Health Sciences Institute Editorial Panel

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HSI Exclusive

Chameleon-like microbes may be causing your chronic or autoimmune disorder

Multiple sclerosis, rheumatoid arthritis, Lou Gehrig's disease, and lupus are insidious diseases that have stymied mainstream medicine for over a century. But growing research into stealth-like microbes may hold the key to offering patients the hope they've been searching for. These microbes now appear to be a common link among chronic and autoimmune disorders.

In the April 1998 *Members Alert*, we told you about the connection between mycoplasmal infections and arthritis (mycoplasmas are slow-growing opportunistic microorganisms). Since then, we've uncovered an enormous amount of research linking these infections to some of today's most menacing illnesses.

Although mainstream researchers and physicians are starting to address mycoplasmal infections, they're concentrating on pharmaceutical therapies that, more often than not, do more harm than good. These treatments frequently take a year or longer, relief is usually temporary, and relapses are quite common.

What the mainstream therapies fail to address is that these infections are devastating to the immune system. The last thing your body needs when fighting these illnesses is to have to fight off the additional degenerative effects of antibiotics. This is where a complementary approach can prevail.

Stealth pathogens may be stealing nutrients from your cells

The reason mycoplasmas are hard to control and eliminate is that they have plasma membranes instead of cell walls, which allows them to hide or conceal their presence. And, even when they are detected, identification can be difficult, because mycoplasmas can change their appearance and structure depending on where they are in your body.

The plasma membrane coating around each mycoplasma is sticky, which allows the cell to adhere to another cell. Once attached to another cell, mycoplasmas start a parasitic relationship¹ and feed on the nutrients and waste products of normal cells to nurture their own growth. Scientists believe this type of "feeding" makes it possible for mycoplasmas to camouflage their existence, which is why it took more than 65 years for scientists to link their existence to human diseases.

High cholesterol levels and mycoplasmas put you at greater risk

One of the essential nutrients mycoplasmas require is cholesterol. This is unique, as there's no other known microorganism that must have this fat for

¹ J Microbiol Methods, 44(3):217-23, 2001

growth. This adds another level of concern for people who suffer from mycoplasmal infections and also have elevated serum-cholesterol levels. Recent research indicates that greater quantities of cholesterol in the blood may increase plaque formation if mycoplasmas are present in the bloodstream. Scientists also think the concentration of cholesterol in arterial plaques may provide a nurturing environment for mycoplasma cells and could lead to ruptured arterial plaques, which can be fatal.²

Mycoplasmas put out the “welcome” mat for other disease-causing microbes

As mycoplasma colonies grow, they can compromise organs and alter their functions. Because the cells’ nutrients are constantly being depleted, they’re more vulnerable to mutation, damage, and invasion by other microorganisms. When other microbes work in concert with mycoplasmas, they can have a synergistic effect and make it easy for other diseases to develop or aggravate whatever disorder has already been established. Overlapping infections by different mycoplasmas and other bacteria, fungi, and viruses can cause symptoms that will change from one person to the next. This makes diagnosis of specific chronic and autoimmune diseases tricky.

When mycoplasmas are outside the natural habitat of the gut, such as in blood vessels and joints, they can grow uninhibited because the natural flora of the gut isn’t controlling their expansion. This gives

mycoplasmas the freedom to colonize organs and eventually destroy systems. It’s believed that growth probably occurs when the immune system is weak, such as during times of illness or stress or when you’re poorly nourished.

How do you know if you’re at risk?

Special microscopes are used to identify mycoplasmas in blood samples, but that doesn’t guarantee detection. Even if blood tests indicate the presence of mycoplasma cells, your doctor may not take action if your disorder doesn’t fit a predetermined list of symptoms usually associated with a certain strain of mycoplasma.

Many people suffering from mycoplasma-associated diseases have several of the following symptoms,³ which may be present all the time or may come and go:

- chronic fatigue
- depression
- joint pain or reduced mobility, including rheumatoid arthritis
- headaches, vision problems, or light sensitivity
- cognitive problems
- muscle spasms or burning muscles
- dizziness or balance disturbance
- stuttering or difficulty speaking
- breathing problems, cardiac problems, or chest pain or pressure
- flatulence, bloating, or diarrhea
- lack of bladder control or frequent urination

² Braz J Med Biol Res, 33(9):1,023-6, 2000

³ Biomed Therapy, 16:266-271, 1998



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The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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- stomach cramps, nausea, or vomiting
- sinus pain or nasal congestion
- impotence, loss of libido, or menstrual or genital pain
- sore throat, tinnitus, or hearing loss
- skin rashes, frequent sores or infections, or yeast infections
- coughing heavily or frequent thick saliva clearing
- allergies, chemical sensitivities, or dry or itchy eyes
- night sweats

The size of a colony increases and decreases depending on a variety of factors and conditions, such as the strength of your immune system, and that can affect the varying number of symptoms. Also, some people have multiple strains of mycoplasmas, since an immune system weakened by one strain seems to make it easier for other strains to establish themselves. This could account for symptoms that don't necessarily fit the established stereotype of a disease.

Pain seems to play a major role in chronic and autoimmune disorders, as evidenced by the many pain-related symptoms listed above. This isn't coincidental, as new research shows that growth of a mycoplasma colony can cause an abnormal sensitivity to substance P,⁴ which is the neurotransmitter responsible for sending pain messages to the brain.

Nutritional supplements are the foundation of a full recovery

According to noted mycoplasma researcher Gary L. Nicolson, Ph.D., of the Institute for Molecular Medicine in California, "nutritional and vitamin deficiencies must be corrected" because a "fully functional immune system may be essential to overcoming these infections, and supplements and immune enhancers appear to be effective in helping patients recover."⁵

Dr. Nicolson has found that high dosages of the following supplements will help increase your nutritional profile during recovery:⁶ vitamins B, C, and E; minerals, especially zinc, magnesium, chromium, and selenium; amino acids, especially L-cysteine, L-tyrosine, L-carnitine, and malic acid; coenzyme Q₁₀; bioflavonoids and biotin; Beta-carotene; folic acid; flaxseed oil; intestinal flora replacer, including one containing fructooligosaccharides (FOS).

Dr. Nicolson suggests that you take sublingual tablets or oral sprays rather than pills to optimize absorption.

Other products suggested by Dr. Nicolson are olive leaf extract and milk proteins. While he mentions whey as an acceptable milk protein, lactoferrin may be as effective—possibly more so. It's also a milk protein and a familiar supplement to many HSI members who have used it to bolster their weak immune systems. Read more about lactoferrin in the February 1999 *Members Alert*. See the Member Source Directory on page 8 for ordering information.

In addition to Dr. Nicolson's recommendations, you'll need to start a treatment plan that kills established mycoplasmas and other microbes while preventing future growths.

Mainstream's "cure" may cause mycoplasmal infections

Mainstream treatment of chronic and autoimmune disorders usually revolves around multiple cycles of numerous synthetic antibiotics. Because mycoplasma cells grow very slowly, long-term treatment of a year or more is the norm. But this type of therapy can backfire. The longer mycoplasmas are exposed to conventional antibiotics, the more resistant they become and the greater their ability to evade detection and destruction by your immune system.

Prescription antibiotics can suppress your immune system, which slows your recovery and could make it easier for mycoplasmas to gain a foothold in the future. Some antibiotics, such as penicillin, may even increase symptoms of mycoplasma-related diseases. Additionally, these microbes compromise absorption of nutrients, which can leave you malnourished.

Botanical solutions may reduce recovery time substantially

Another drawback of most drugs is that they are very limited in the types of microbe they eradicate, which is one of the reasons you have to switch from one type to another. Botanical formulations tend to be more apt to kill many different strains and types of microbes. By simultaneously tackling many of them, you may be able to significantly shorten your treatment time.

Also, a botanical-based solution can do the job with fewer side effects than antibiotics, they're not as harsh on the immune system, and they normally don't cause antibiotic resistance. Such is the case with Myco+ from Raintree Nutrition, a U.S.-based company that researches and harvests medicinal botanicals from the

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⁴ Am J Physiol Lung Cell Mol Physiol, 280(2):L286-97, 2001

⁵ J Chronic Fatigue Syndr, 6(3/4):23-39, 2000

⁶ CFIDS Chronicle, 12(3):19-21, 1999

Amazon. Raintree Nutrition is the same company that brought graviola, an anticancer botanical, to our attention. (See the January 2001 issue of *Members Alert*.)

Powerful botanicals “search and destroy” mycoplasmal infections

The constituents of Myco+ are derived from rain forest plants that have been traditionally used to control infectious, life-threatening diseases. The ingredients include extracts of mullaca, Brazilian peppertree, anamu, clavilla, macela, fedegoso, and uva ursi. Besides destroying mycoplasmas, Myco+ has been used to kill many other unrelated bacteria and viruses that may be disease co-factors or aggravate symptoms in chronic and autoimmune diseases, such as *Candida albicans*.

Although Myco+ is a plant-based antimicrobial agent, it's similar to antibiotics in that it indiscriminately kills all microorganisms—including friendly intestinal bacteria, which help limit mycoplasmal growth. Supplementing with a probiotic while undergoing treatment for mycoplasmal infections is highly recommended by Dr. Nicolson. Culturelle is a potent probiotic featured in the September 1998 *Members Alert*, and it can help establish a colony of friendly intestinal bacteria. See the Member Source Directory on page 8 for ordering information.

If you suspect you have a mycoplasma-induced disease, have your doctor order a PCR test (Polymerase Chain Reaction). While expensive, it'll be covered by insurance so long as it's ordered by your physician.

Because patients with chronic and autoimmune disorders often have a mixture of mycoplasmas, viruses, bacteria, fungi, and yeasts, a comprehensive treatment plan is more likely to have greater success in overcoming all the microbes. To “cover all the bases,” Leslie Taylor, N.D., of Raintree Nutrition has suggested two other products that are essential to a speedy and complete recovery.

F-GAL, a botanical preparation of six herbs, can eliminate a wide range of pathogenic fungi and yeasts. IMU-1, a combination of five powerful herbs, will bolster the immune system during recovery from a mycoplasmal infection. Incorporating these two supplements in your protocol could help shorten your treatment time and might make a relapse less likely.

Raintree Nutrition is offering HSI members a special package of their three supplements in a two-

month supply for \$120. This is a savings of \$32 over buying the products separately. See the Member Source Directory on page 8 for additional information. When ordering, indicate that you'd like the special package for HSI members.


While this combination of botanical formulations usually doesn't take as long as pharmaceutical solutions, most people still need at least 60 days before they've completely overcome an infection. For some sufferers, a second or third course of treatment for another 60 days each is in order if they don't feel completely better or they suffer a relapse. The extent of your infection and the number of mycoplasmas and other microbes will be factors that'll determine the length of your recovery period and whether or not you suffer any relapses.

Feeling worse could mean you're getting better

While feeling better is usually a sign of recovery, not feeling better could also mean you're improving. If your illness isn't caused by a mycoplasma infection, then treatment with a mycoplasma-specific therapy probably won't affect your symptoms, and you'd likely see no improvement (hence the need to test first to see if mycoplasmas are your problem).

If you feel a little light-headed or dizzy after starting treatment, you may be experiencing a significant die-off of mycoplasma cells. Referred to as the Herxheimer reaction, this is due to the large numbers of toxins from dying cells, which your liver must process.

If you find the die-off to be a bit overwhelming, you may want to temporarily reduce the amount of Myco+ you're taking. After the die-off symptoms subside, you can go back to the recommended regimen.

Of course, you should work with your doctor when treating serious illness. If you suffer from any type of chronic condition or autoimmune disorder, especially if it's multiple sclerosis, rheumatoid arthritis, Lou Gehrig's disease or lupus, and haven't been tested for mycoplasmas, talk to your doctor again or seek another opinion from a physician experienced in this area. (To find a physician experienced in alternative and complementary therapies, call ACAM at (949)583-7666.) 

Note: This article made extensive use of the excellent *Why Arthritis? Searching for the Cause and the Cure of Rheumatoid Disease*, Harold W. Clark, Ph.D., Axelrod Publishing of Tampa Bay, 1997. Unfortunately, the book is now out of print. We'll keep you updated if it should return to circulation.

The pharmaceutical industry's placebo scam

Placebos. Sugar pills. Dummy tablets. Think these are inert—inactive—substances that have no effect?

Not only are placebos not sugar pills, but in many cases they are deliberately formulated so they will have an effect. Thanks to HSI panelist Allan Spreen, M.D., we were recently alerted to this medical contradiction, which makes the results of much of today's research highly questionable.

Placebos started out as sugar pills—but that's *not* what they are today

In 1811, the placebo was described as a “medicine given more to please than to benefit the patient.” Its intent was to make the patient think he was taking a therapeutic or healing agent, when in reality he was receiving nothing of value. The “placebo effect” was known to effect healing that couldn't be attributed to a substance. It was often assumed to be a psychological reaction.

But according to Beatrice Golomb, M.D., Ph.D., the much-ballyhooed “placebo effect” may not be due to unexplained, spontaneous recovery or healing, because “no one has shown that placebos are inert.”¹ Dr. Golomb is an assistant professor of medicine at the University of California, San Diego, and she's been fighting the establishment's assertion that placebos are simply inactive substances. She wants scientists to provide a list of placebo ingredients so trial results can be properly evaluated. While this sounds like a good idea, drug companies have a different view, as, right now, they control the composition of placebos tested against their products. That's right, *they get to determine what gets tested against their drugs.*

There is no such thing as an inactive ingredient

Before conducting human trials for drugs, pharmaceutical companies know many of the side effects of the products they're testing. So if a drug is known to cause vomiting, dizziness, heart palpitations, and hypertension, the pharmaceutical companies want the placebo to do the same, since they don't want those side effects to stand out with their product. Therefore, drug companies claim they need to make placebos out of ingredients that mimic the drugs being tested; otherwise control

groups will not have similar side effects, which could compromise the results of a blind study.

In fact, some drug companies use an “active placebo” that causes all the side effects of the drug but has no pharmacological action.

In a phone conversation we had with Dr. Golomb, she mentioned an AIDS study in which the control group took placebos formulated with lactose—milk sugar. While this may have seemed like a sugar pill to the researchers, they failed to address the fact that AIDS sufferers have a higher-than-normal rate of allergy to lactose. As a result, there was a large reaction to the placebo. Naturally, that type of reaction would make the drug they were testing appear relatively benign compared to the high rate of side effects in the placebo group.

In two other studies cited by Dr. Golomb, cholesterol-lowering drugs were tested against placebos. In one study the control received olive oil,² while the control in the other study took corn oil.³ Since both of these oils are now known to lower LDL (“bad”) cholesterol, the study's results are questionable. Unfortunately, very few studies reveal the content of their placebos—so this type of revelation is rare.

Supplement manufacturers also use placebos—and the side effects can be even more significant

To be fair, supplement manufacturers also sometimes use placebos that may prejudice test results. If, for example, a company is testing the efficacy of its vitamin C product and wants to see the effects of taking 25 grams a day, it might provide a control group with an equivalent number of pills. Even if it opted to use “sugar pills,” 25 grams of sugar is a substantial quantity and could cause a serious reaction in people who have an insulin disorder. Not everyone with such a disorder is aware of it, so a serious reaction is a real possibility.

Your doctor may not know that placebos have active ingredients

You might assume that most physicians and researchers know the truth about placebo ingredients. But that's not the case. According to the National

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¹ Chemistry and Industry, 21:900, 1995

² Atherosclerosis, 15:177-83, 1972

³ Br Med J, 4:755-84, 1971

Doctors across Europe claim this rejuvenation supplement may kill cancer cells

Since last year, we've been investigating Body Oxygen, a German product that has a strong reputation as a cell rejuvenator. It has been used in Europe for over 30 years to increase energy and carries endorsements from numerous professional athletes. However, over the years, German oncologists have also claimed that Body Oxygen may kill cancer cells—and many of them use it to do just that. While there are no controlled clinical trials to prove this, the theory on which it is founded is gaining acceptance in the scientific community. We've looked at the available research and now report our findings to you.

DNA damage is the first step in the disease process

Inside the nucleus of each cell is chromosomal DNA, which has been the focus of most DNA research. However, DNA is also located in each cell's mitochondria (mtDNA). The mitochondria are tiny powerplants that process the nutrients and oxygen that feed the cell (a process known as respiration). When mitochondrial respiration decreases or is impaired, it causes aging, which, in turn, contributes to the progress of degenerative diseases.¹ In the past 13 years, researchers have identified over 100 mtDNA-associated human diseases.²

Getting older also lowers mitochondrial function. As you age, the number of mitochondria you have naturally decreases, so there are fewer of them to carry on the work. And the ones that remain don't perform as efficiently or effectively as they did when you were younger. The combination of these two events means your cells are receiving less oxygen, which further increases the opportunities for degeneration through oxygen deprivation. This reduced activity can cause mitochondrial diseases, such as neurodegenerative illnesses, which affect muscle tissue and the brain. Illnesses sometimes associated with mitochondrial dysfunction include chronic fatigue syndrome (CFS), dementia, cardiomyopathy, and kidney and glandular disorders.

When mitochondrial activity is reduced, it hampers activity and performance much the same way

that lung dysfunctions, such as asthma and emphysema, can limit how much oxygen you take into your lungs. The less oxygen you breathe in affects energy, brain function, and a number of other important bodily systems. Likewise, cell respiration is fundamental to energy production—and the mitochondria are responsible for most of it.

Most nutritional supplements never reach—or benefit—your mitochondria

Probably the most effective way to maintain proper cell functioning is to increase the number of mitochondria and keep each one functioning at its peak. Researchers believe this can be done through nutritional supplementation. But finding the right supplement—along with an effective way to deliver it—has baffled scientists.

To be effective, the nutrients must have the right “key” to unlock the membrane “door” that surrounds each mitochondria. In many cases, supplements that could help the mitochondria never make it in. They're simply absorbed by the digestive system and excreted. But even if the nutrients pass through the membrane, they have to be of the right structure in order to be used by the mitochondria—or they'll be removed by the digestive process without ever having nourished the cell.

Dr. Siegfried Wolz, a German physician, discovered a solution to both these problems. Dr. Wolz decided to use beet juice—shown to destroy cancerous tumors—as his primary mitochondrial nutrient. To deliver the beet juice, he used the findings of another German physician, Dr. Herbst, who discovered in 1843 that orally administered yeast cells could permeate the mitochondrial membrane.³ Dr. Wolz combined these two concepts to form Body Oxygen, in which yeast cells are nourished with beet juice and other beneficial nutrients.

Adding even a small number of mitochondria could significantly increase cell life

Since it has been shown that a reduced number of mitochondria can decrease their effectiveness, an increase in respiration is believed to offer additional cell protection from damage and aging.⁴ Recent research in the United States seems to support this. According

¹ Novartis Found Symp, 235:247-63, 200; Ann N Y Acad Sci, 908:199-207, 2000

² Mol Genet Metab, 71(3):481-95, 2000

³ Successful Biological Control of Cancer by Combat Against the Causes, P.G. Seeger and S. Wolz, 1990, Neuwieder Verlagsgesellschaft mbH, p. 79

⁴ Ann Clin Lab Sci, 31(1):25-67, 2001

to scientists at Harvard Medical School, laboratory experiments have shown that adding just 5 percent more mitochondria to mouse ovaries can cut the death rate by nearly 50 percent. This is significant, since mouse ovaries have a particularly high death rate.⁵

According to research by Dr. Wolz, the high level of nutrients available in Body Oxygen can increase the amount of mitochondria by up to 25 percent. Because the walls of the yeast cells are thin, the nutrients are quickly dispersed into the mitochondria and easily used by them.⁶

Over 20,000 cancer patients have benefited from Body Oxygen

While we know of no published supporting clinical trials, doctors in Europe have reported remarkable results with Body Oxygen. In 1997, at the World Congress for High Technology Medicine in Lucerne, Switzerland, Portuguese clinician Dr. Serge Jurasunas presented a lecture regarding the effect of Body Oxygen in treating over 20,000 cancer patients. According to Dr. Jurasunas, Body Oxygen appears to increase cellular respiration (oxygenation) as much as 1,500 percent if taken three times a day for a year. Increased cellular respiration indicates that more mitochondria are functioning at a higher capacity.

Specializing in metabolic medicine—a discipline that focuses on helping the body defend against disease—Dr. Jurasunas recommends that Body Oxygen be taken on a regular basis...and not just during illness. He believes regular use helps ward off disease before it gets a foothold.

This claim was borne out in two German studies

in which patients treated with Body Oxygen experienced a “significant increase” in respiration by raising the oxygen content of their cells⁷—an indication that mitochondrial degeneration may have been thwarted.

If you decide Body Oxygen is right for you...

Body Oxygen is sold in liquid form and packaged in glass vials. Based on our experience at the Institute’s headquarters in Baltimore, we strongly suggest that you mix Body Oxygen with juice, because the product has an overpowering flavor.

Two formulations are available: the original formula, which contains royal jelly, and a sports formula supplemented with coenzyme Q₁₀. Both formulations are made with active yeast cells, citrus juices, wheat germ oil, and wheat germ extract in addition to other beneficial components.

Whether you have cancer or just want to delay the aging process, Body Oxygen may be the solution you need. While the absence of independent published research keeps us from making a full recommendation, Body Oxygen is used widely by European oncologists...many of whom have touted its powerful effects against cancer. These experiences cannot be ignored.

We’ll continue to report to you as new research comes in about this promising product.

Note: Body Oxygen contains a form of baker’s yeast, so those with a sensitivity should avoid the product. **HSI**

⁵ Nature, 403(6,769):500-1, 2000

⁶ Health Professional, 101:1-3, 1996

⁷ Successful Biological Control of Cancer by Combat Against the Causes, P.G. Seeger and S. Wolz, 1990, Neuwieder Verlagsgesellschaft mbH, p. 35

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Here at the Institute, our promise to our members is to keep you abreast of the latest research in alternative health, as we have done for the past five years. Unfortunately, there simply isn’t room in the monthly *Members Alert* to include *all* the information we uncover.

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We’re happy to provide this free service to our members, and we hope you’ll take advantage of it.

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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Placebo scam

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Center for Complementary and Alternative Medicine (NCCAM) at the National Institutes of Health, the placebo effect is defined as “desirable physiological or psychological effects attributable to the use of inert medications.” From that statement, it appears that the NIH believes placebos are inactive. As we see, nothing could be further from the truth.

Standardizing placebos could make test data both meaningful and useful

To level the playing field, Dr. Golomb suggests that drug companies start divulging all the ingredients in drugs and placebos. She also recommends that a standardized set of placebos be developed that would have known and predictable side effects. This would go a long way toward eliminating doubts about the efficacy of a drug and eliminate the pharmaceutical industry’s cynical manipulation of test data. **HSI**

MEMBER SOURCE DIRECTORY

Body Oxygen – Bio-Nutritional Products, 41 Bergenline Ave., Westwood, NJ 07675; tel.(800)431-2582 or (201)666-2300. A fourteen-vial box of the Standard Formula or Sport Formula costs US\$42.00. The shipping and handling cost is determined per order, and never exceeds US\$6.50.

Culturelle – Vitamin Research Products, 3579 Highway 50 E., Carson City, NV 89701; tel.(800)877-2447 or (702)884-1300. 30 capsules cost US\$21.95. The shipping and handling cost is determined per order, and never exceeds US\$5.

Immunoguard (lactoferrin) – Advanced Nutritional Products, P.O. Box 1634, Rockville, MD 20850; tel.(888)436-7200 or (301)987-9000; fax (301)963-3886. 60 capsules cost US\$50.45 (including shipping and handling).

Myco+ Stealth Pack – Raintree Nutrition, Inc., 10609 Metric Blvd., Suite 101, Austin, TX 78758; tel.(800)780-5902 or (512)833-5006; fax (512)833-5414. The pack includes a 2-month supply of Myco+, F-GAL, and IMU-1 and costs US\$120 (free shipping inside the United States). www.rain-tree.com/myco.htm

Olive leaf extract – Advanced Nutritional Products, P.O. Box 1634, Rockville, MD 20850; tel.(888)436-7200 or (301)987-9000; fax (301)963-3886. 60 tablets costs \$27.95 plus \$4.50 shipping and handling.

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