

Praise for *Prescriptions from Paradise...*

“*Prescriptions from Paradise* is chock full of practical information that everyone needs to know in order to become or stay healthy.”

—**Christiane Northrup, MD**

Ob/gyn physician and author of *Women's Bodies, Women's Wisdom*

“With great mastery Dr. Viana has created this user-friendly work for the health-conscious individual to learn of the root causes of illnesses and remedies to enhance their health. Bravo!”

—**Joseph Christiano**

Author of *Bloodtypes, Bodytypes and YOU*

“The work of Dr. Viana is highly admirable and encouraging, contributing to the arduous task of reeducating the public. His example is like a flame that kindles other lights, guiding the way out of ignorance and suffering.”

—**Adriana Balthazar, MD, PhD**

Internist and metaphysician

“In *Prescriptions from Paradise*, Dr. Carlos Viana lays out his comprehensive holistic approach to medicine in a clear style accessible to all readers. Highly critical of Western medicine's growing alliance with global pharmaceutical companies, Dr. Viana advocates a greater focus on individual well-being through common sense promotion of the body's natural healing processes.”

—**Armando Lampe, PhD**

Priest and university lecturer

“Dr. Viana's *Prescriptions from Paradise* is a comprehensive yet easy-to-read treatment protocol for over sixty ailments. Thoroughly based on scientific research, these analyses combine the best of Chinese and Western medicine. It is high time for a book like this. If you are interested in a wonderful new holistic approach to healing, this is the book for you!”

—**Dr. Kathleen E. Assar**

Pima Community College



Hummingbird, according to Native American wisdom, brings a special “medicine” to help solve the riddle of duality. Health care today is fraught with the contradictions of duality: conventional vs. alternative medicine, drug vs. herbal remedies, physical vs. dental therapies.

Hummingbird inspires an integrative approach, combining the many modalities into one “good medicine”—the way of biocompatible medicine.

PRESCRIPTIONS *from* PARADISE

INTRODUCTION TO
BIOCOMPATIBLE
MEDICINE
An A-to-Z Compendium

CARLOS M. VIANA, OMD (CHINA), CCN
Aruba's "Barefoot Doctor"



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Dedicated to my inner circle of friends, who, like a medicine wheel of individuals representing the four directions, are all adamantly convinced of the effectiveness of my medical protocol and supportive in many ways:

At the green east gate of the circle stands Milushka Nahr, who acts as my eyes, looking into the material needed for new projects, while providing me with the spiritual resource of willpower.

At the red south gate is my soul mate Phyllis, the source of my joy and happiness, who inspires and supports me, helping me find my voice.

At the black west gate are Elaine Frazier and Ginger Corte, who have shown me new paths to take while imbuing me with the ability to let go and move on.

At the white north gate are the wise men Robert Bruzzi, Esq., and Dr. Bernard Epstein, who guide my ambition with their judicious counsel.

At the yellow center are all the people who have allowed me to teach them, especially my sons, Julio and Fernando, and Bethany Bruzzi, DO, whose questions prompt the reflection I need to stay current.

IN GRATITUDE...

Thanks to the owner, John Chemaly, Sr., the directors, and the staff members of the newspapers that print my weekly health column—*Aruba Today* and, the Papiamentu version, *Bon Dia Aruba*. Their willingness to help me educate Arubans in alternative medical ideas is courageous and admirable. The articles from this column form the backbone of *Prescriptions from Paradise*.

I am also grateful to those involved in the birthing of this book, which, like all births, needs mother power. This book was conceived by my soul mate and mother of my children, Phyllis, who insisted I write it. Parvati Markus incubated hundreds of newspaper articles I had written into a cohesive manuscript. Under the tutelage of my editor Ellen Kleiner, the book, my medical protocol, and I myself have matured. *Prescriptions from Paradise* would not have existed without these mothers.

I am grateful as well to Dr. Kathleen Assar, for her guidance and help and, while sharing a lovely bottle of Cabernet Sauvignon, for composing the title *Prescriptions from Paradise*.

Here in Aruba, we are indebted to our suppliers, who take fiscal risks by bringing sophisticated blood tests and supplements to the island, despite the stiff evaluation charge levied on vitamin, mineral, and amino acid dietary supplements because they are considered medicines just like pharmaceutical drugs.

In addition, I wish to thank the holistic and conventional practitioners, dentists, and oral hygienists who work with us to provide biocompatible dental care in our community. In particular, biocompatible dental physician Hendrick “Henk” Marsman and I have collaborated in pushing the edge of biocompatible dentistry, to the benefit of our patients.

Thanks to our patients, especially, for their willingness to open their minds to complementary medicine. Phyllis and I realize that the success of our grass-roots clinic is a reflection of our patients’ belief in our ability to provide simple and effective medical treatments. Our patients are open-minded individuals with the self-confidence to take responsibility for their health and the strength of mind to see beyond the limited views of conventional medicine to embrace a broader protocol of natural healing.

I am deeply thankful for the sacrosanct relationships in my life, especially with my family and dear friends.

Finally, I am ever grateful to my grandfathers. In American Indian spirituality, we learn in spirit from the council of grandfathers, who are not just biological relatives but guides illuminating the path of our calling. The following are my grandfathers, highly spiritual people as well as specialists in their fields, to whom I owe much:

MARK A. BREINER ~ Although very busy in his private mercury-free dental practice, Mark has guided me and provided an instrumental key to my detox protocol by showing me a safe method for the removal of toxic material from patients' mouths.

BERNARD EPSTEIN ~ Bernie, who has a successful practice in BioSET—a form of energy medicine that integrates acupuncture, chiropractic, homeopathy, and enzyme nutrition—has helped me coordinate many aspects of energy medicine and kept me “in the loop” regarding new medical data.

JAY HOLDER ~ Awarded the Albert Schweitzer Prize in Medicine, Jay lectures worldwide and is in his twenty-fourth year of addiction treatment practice, operating several clinics. Although I am not a chiropractor and thus don't meet the program requirements, Jay welcomed me into the American College of Addictionology and Compulsive Disorders, which trains and certifies professionals in addiction recovery worldwide, allowing me to study the latest treatment modalities.

H. L. “SAM” QUEEN ~ Founder and director of research for the Institute for Health Realities, “Sam” has unselfishly provided supporting information to assist me in better serving our patients. His explanation of how to extract medical information from individual blood tests was a major contribution to our clinic.

C. TOM SMITH ~ An internationally recognized authority on all aspects of clinical nutrition and cell regeneration, Dr. Smith was a homeopathic medical doctor and a consummate teacher whom I considered my mentor before he passed away.

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FOREWORD

As a Cuban physician specializing in both family medicine and clinical laboratory immunology, I was fortunate to be trained by Dr. Viana in his biocompatible medicine protocol in 2005. While working with Dr. Viana in his Aruba clinic, I witnessed the amazing results of his protocol, which aims not only to improve the quality of life but also to prevent and even reverse the development of chronic diseases. Having been exposed to acupuncture and herbal medicine as part of my medical studies in Cuba, I immediately developed an intense interest in Dr. Viana's approach and scope of treatment.

Dr. Viana's protocol begins with a focus on a comprehensive diagnosis that includes an in-depth patient consultation. He first conducts a traditional Chinese medicine examination, checking both pulses on each wrist, examining the surfaces of the tongue, and inspecting the eyes and skin, as well as morphological signs of weight and height. Next he conducts a battery of laboratory tests to support the diagnosis. Saliva tests are used to determine blood type secretor status and hormone precursors. Extensive blood tests are utilized, for which Dr. Viana has developed a diagnostic procedure that goes far beyond any conventional medical one. Hair analysis is used to establish loss of bone minerals and the body burden of toxic heavy metals, to determine if patients have hemochromatosis, also known as liver loading disease. In addition, thermograms, used to detect subtle heat changes, reveal inflammatory areas in the bodies of patients suffering from chronic inflammation.

Of all Dr. Viana's clinical therapeutic treatments to which I was exposed, perhaps the one that impacted me most profoundly was colon hydrotherapy, which provides patients with immediate relief from a number of chronic symptoms. In this treatment, water slowly infused into the colon over a forty-minute period removes compacted fecal material from the colon walls, as well as gas and pathological bacteria, after which beneficial lactobacillus bacteria are reintroduced into the body. Other effective procedures include a food and chemical sensitivity/intolerance test that assists Dr. Viana in helping patients successfully overcome a wide variety of conditions resulting from food and chemical sensitivities, such as digestive disorders, migraines, obesity, chronic fatigue, skin disorders, and arthritis.

I invite readers to reap the rewards of this fascinating and informative book focused on improving health and well-being. It gives us a better understanding of how each day, through daily lifestyle and nutrition choices, we and our environment promote the components that create destructive inflammatory processes and disease. It provides a simple, clear, comprehensive guide to the steps and

tools that can prevent, arrest, reverse, and cure chronic systemic problems, including the slowing down and reversing of the natural aging process.

Dr. Viana's biocompatible medicine protocol can put us and keep us on a path to healthy life and living.

—Dr. Ernesto Rodriguez Robelto

PREFACE

Some of my earliest experiences in life helped shape my career in holistic medicine. At age seven, in 1955, I had the opportunity to attend school in the United States, which gave me greater exposure to a variety of subjects and career options. Landing at Miami International Airport, after a twelve-hour bumpy flight from Curaçao with stops in Port of Spain, Trinidad, Tobago, and Havana, I remember being flabbergasted at the opulence of runways separated by beds of grass, in stark contrast to the desert island landscape of Aruba.

The school I attended serendipitously set me on a course of learning that I otherwise might never have experienced. I had been labeled “mentally retarded” by a young Dutch school psychiatrist on Aruba who could not understand the mixed bag of five languages I had grown up speaking, and consequently, was sent to Miami Country Day and Residence School for Boys, with apologies that I was “unteachable.” But as fate would have it, halfway to the school, “Doc” Abele, a founder who had picked me up, stopped at a convenience store and left me alone in the car alone staring at its fancy radio with enticing knobs. Being curious, I began playing with them, and after Doc returned he came to the conclusion that only a “normal” boy would fiddle with radio knobs, and turned me over to the school’s other founder, Mr. Sommers, with reassurances that there was nothing wrong with me. This was my first experience in the limitations of a medical prognosis that fails to take into account the whole human being, social conditions, and cultural factors—and its potentially devastating consequences.

I learned another valuable lesson when my English teacher, Mr. Sommers’s beautiful daughter, introduced me to a folktale from oral tradition entitled “The Blind Men and the Elephant,” a story her father frequently referred to while teaching us to be tolerant of people with viewpoints different from our own. The story describes what happens as each of six men, all physically blind but very intelligent and wise, touch an elephant. The first touches its side and immediately announces the elephant is like a wall. The second feels the tusk and concludes the elephant is like a spear. The third grabs the trunk and boldly proclaims the elephant is like a snake. The fourth gropes around the knee and asserts the elephant is like a tree. The fifth touches the ear and states the elephant is like a fan. The sixth grabs hold of the tail and declares the elephant is like a rope.

The point is that each man draws an unshakable conclusion on the basis of a very narrow perspective instead of welcoming new information to broaden his impression of the whole animal. The story awakened me to the importance of looking at the whole picture and considering interrelationships of parts, precepts

that came to guide my entire career in holistic medicine, from my training in traditional Chinese medicine and internship as an Oriental medical doctor in Shanghai's Longhua Hospital to my current focus on what I call biocompatible medicine, developed and practiced over fifteen years at our grassroots clinic in Aruba, the Viana Healing Center.

Other childhood experiences that influenced my later views on medicine pertained to vehicles. My father owned a car dealership and repair service. It was in the repair garage—with its heady mix of cars, smells, and people all mingled in a swirl of frantic activity—that I first became excited about fixing things. I watched, enthralled, as worried customers turned over their troubles to our head mechanic, Francisco the “Wizard,” who understood the importance of all the interrelated parts and how they worked together to make the car run smoothly, a notion that ultimately informed my perception of holistic medicine.

Across the street from my father's business complex was a bus garage, where Hodge, a soft-spoken bus driver, escorted me into the alien world of diesel buses, with their smells and sounds so different from those of cars. Mechanics were always on hand inspecting the long yellow vehicles and taking care of the necessary repairs.

Later, during my teenage years, a fine-looking, big, red convertible was brought into my father's garage. Its owner, Toni, was open and fascinating, and another kind of “fixer”—a medical surgeon. It was his humanity toward his patients that instilled in me a passion for medicine.

A further experience also influenced my future work in medicine. In my mid-twenties I was invited to dinner by a dashing Englishman who enjoyed gardening. While leaving his house, I noticed a pot of dying orchids someone had thrown on the rubbish heap. On a whim, I asked for the dying orchids. Returning home with them, knowing nothing about orchids, I removed the wet rotten part of the plant and placed the remaining part in a dry pot. The plant thrived and was soon covered with flowers. As a result of this experience I had a revelation: you do not fix plants, you cultivate them. It was a concept I later found pertained to people as well.

Once back in the United States, I joined the staff of New York's Governor Hugh Carey, where, while serving on the executive staff of the New York Division of Alcohol Abuse and Alcoholism, I found I preferred doing medical research to working directly with people. I became involved in passing legislation that recognized alcoholism as a disease, mandating payment for alcoholism treatment by insurance providers, funding research on fetal alcohol syndrome, and increasing the legal drinking age, all the while working in community programs for the mentally ill. Eventually my attention was drawn to the social problems plaguing New York City's ethnic communities.

I later returned to Aruba to explore hyperbaric medicine, which utilizes high-pressure compression chambers to treat a variety of conditions. There I developed efficacious medical procedures while working with scuba divers, which enabled me to overcome my reluctance to work one-on-one with people.

Then in 1996 I was invited to Shanghai to enroll in an internship at Longhua Hospital, the largest traditional Chinese medicine (TCM) hospital

in the People's Republic of China. There I was trained by Dr. Sun, considered one of the top TCM physicians. I assumed the program would strictly extend my theoretical knowledge of medicine, but I was forced to treat people in pain; finding I could help them feel better was enormously gratifying. Returning to Aruba, I began to treat family members and friends. People came in pain and left feeling better—then brought more people. Soon we were overwhelmed with so many people in pain we had inadvertently established a grassroots clinic, which became known as the Viana Healing Center.

Shortly afterward, a woman arrived in excruciating lower back pain. After I treated her, she thanked me and said she could now return to church to sing “Hallelujah.” In that moment I realized that my calling was to help show people the road back to healing so they could once again praise the Healing Spirit that unites us all.

Prescriptions from Paradise: An Introduction to Biocompatible Medicine originated from a weekly health column I eventually published in the local newspaper *Aruba Today* and in the Papiamentu, or native Spanish-based creole, version, *Bon Dia Aruba*, as well as from a weekly radio program called “Health Talk” that I broadcast on the Internet to Papiamentu speakers scattered around the world. The column and radio show provided valuable vehicles for refining my views about the biocompatible protocol and for getting feedback from the public concerning health problems and treatments. More recently, surveyors have told us that “Health Talk,” known for encouraging callers to ask questions and voice their opinions, is popular among listeners of all ages, from teenagers to elders. Since 2006, on the last Saturday of every month the show has been presented in English over the Internet, prompting listeners to call us from the Netherlands, the United States, and even Jakarta, Indonesia.

Also contributing to the contents of this book are conclusions drawn from my fifteen years of experience operating the Viana Healing Center, where we treat everyone from newborns to octogenarians. Our clinic enjoys a high success rate, most likely because from the beginning we have documented, through blood tests and hair analysis, both the medical conditions affecting our patients and the paths back to recovery made possible by the biocompatible treatment protocol. And while Aruba is a recuperative paradise of fresh air, sunshine, and ocean water, its population, like that of other developed nations, suffers from the abundant presence of toxic heavy metals and the disastrous health consequences of rejecting traditional foods for the convenience of fast, processed ones. Seduced by inexpensive simple carbohydrates, which, using the same pathways as cocaine, critically impact the brains of those with blood type O—the blood type of the majority of Native Arubans on the island—most indigenous Americans in Aruba are disadvantaged before they begin school. Currently about 90 percent of Aruban children in grades one through six are obese, 40 percent of whom are clinically obese. Considering these unfortunate realities, combined with the fact that hypertension and type II diabetes are being diagnosed at younger and younger ages, the future of our island's national health looks bleak.

Interwoven with information culled from my health column and radio interviews, as well as from one-on-one patient care, is a wealth of understanding extracted from an array of scientific sources including books, journals, lectures, and consultations with medical experts. These resources further substantiate the main premise of biocompatible medicine, which is that the ravages of environmental toxins, our unmanaged stress, and the food we ingest can result in oxidative stress, which leads to chronic inflammation, the foundation of all degenerative medical conditions. The carnage would continue were it not for the biocompatible treatment protocol, a proven method for identifying and removing the body's burden of toxic material then providing elements the body needs to regain its health.

The aim of *Prescriptions from Paradise* is to raise awareness of biocompatibility in general, assist readers seeking treatment modalities for specific conditions, and provide an easy-to-use resource tool for preventive care in stressful times. The book's alphabetical format is intended to help implement the treatment and prevention protocols. The A-to-Z listings of medical conditions and associated terms include descriptions, commentary, treatment options, explanations of causal and developmental factors from a biocompatible perspective, and hands-on advice. Designed for readers interested in an integrated holistic approach to health, this volume is simple enough for a layperson to use yet extensive and detailed enough for practitioners. In fact, although I define my biocompatible protocol as being "holistic," all the citations herein reference peer-reviewed medical journal articles, the gold standard of conventional medicine.

INTRODUCTION

Two sisters and their mother once came to the grassroots, holistic clinic I run in my native Aruba, the Viana Healing Center. They were filling out consultation forms when I came over to greet them, barefoot and wearing only a cotton scrub shirt and loose cotton shorts, reflecting my view that loose-fitting cotton clothing is the healthiest way to dress in our Caribbean climate and my desire not to differentiate between “us” professionals and the rest of humanity through the social ritual of wearing a uniform. The three women eyed me and, not taking the time to ask questions, uttered apologies and left. Weeks later, I heard from another patient that the ladies had confided to her that they “could never consult with Dr. Carlos because he wears no shoes!”

Although most people believe that going barefoot is undignified, a sign of poverty, or unhealthy, in the People’s Republic of China a barefoot doctor is a positive role model since the Chinese know that only healthy people can walk barefoot, as I learned during my internship at Longhua Hospital in Shanghai. There, a barefoot doctor is a healthy doctor who can show you how to regain your health.

Oriental medical doctors are aware that the soles of the feet each have 7,200 nerve endings extensively interconnected through the spinal cord and brain to all areas of the body and that experiencing pain while walking barefoot can indicate health problems in the corresponding body parts. Such knowledge is widely used to advantage in medical disciplines such as acupuncture and reflexology. In acupuncture, the soles of the feet and palms of the hands are studied to verify diagnoses, and then needles are utilized to stimulate the function of the affected gland, organ, body fluid, or other body part. Certified practitioners of reflexology, which number about 25,000 worldwide, apply pressure to points on the foot to release blockages that inhibit energy flow and cause pain and disease, affecting internal organs and glands and breaking up lactic acid and calcium crystals that have accumulated around corresponding nerves. In Denmark, where reflexology is the number-one alternative health modality, producers of reflexology sandals maintain that the bumps in the soles of the sandals stimulate reflexology points.

Here in Aruba we have a constant reflexology provider: the ground. Because the soil is neither cold, wet, nor infested with parasites, there is no reason to continually protect the feet. In fact, to wear shoes is to miss one of our island’s health benefits, since tight shoes can cause numerous difficulties, including corns, bunions, athlete’s foot, plantar warts, heel spurs, foot odor, leg pains, and varicose veins. Interestingly, after twenty-five years the American Podiatry Association has reversed its position on wearing shoes and now recommends that people walk

barefoot as much as possible, a view I have long held. Because of such perspectives, in tandem with my general orientation toward holistic medicine, I am referred to as the “barefoot doctor.”

Over the years, my medical training and practice have convinced me of the value of a holistic approach to medicine, in contrast to relying solely on conventional Western medicine, which was my initial focus. While studying as an emergency medical technician in the United States, I learned how Westerners view the human body as a machine, a notion I could identify with after years of watching car repairs at my father’s dealership. This mechanistic view originated with the French mathematician René Descartes, who theorized in *Principles of Philosophy*, written in 1644, that humans were isolated from nature and, like machines, could be separated into parts and governed by mechanical laws. Later, in the 1930s, the word *allopathic* came into usage. *Allopathic* means “to lighten your disease feelings”; the root “allo” comes from the Latin word *alleviat*, which means “to lighten,” while “pathic,” from the Greek, means “feeling disease.” The so-called scientific model it subsequently spawned has since been adopted by health departments worldwide that now regard health as the absence of disease and risk factors for disease, including immunity to a full range of infectious diseases through inoculation.

Many doctors trained in conventional medicine have learned not only to view people as machines but also to act like mechanics fixing broken parts. This approach can work, as the miracles of Western emergency medicine illustrate, but it is not oriented toward teaching people how to regain their health or prevent disease, and it turns doctors into experts invested with authority over patients. Patients are encouraged to give away responsibility for their health care, turning their bodies over to the doctor in the same way they might deliver a car to a garage for repairs, an attitude ultimately seeding the mistaken notion that the power to cure comes from outside.

Further, current conventional medical research promotes the idea of resolving medical conditions through the development of “magical” drugs, surgical procedures, or equipment that can be sold worldwide. Although 80 percent of conventional drugs originate from herbal sources, when research indicates the potential for a natural cure it is often ignored in favor of developing products that can be patented and made more profitable. As a result of this emphasis on products, conventional doctors tend to treat all their patients alike, recommending a “standard” diet, “routine” medical care, and “common” over-the-counter pharmaceutical drugs.

An unfortunate outcome of this perspective is that every year in the United States approximately 107,000 people are hospitalized for aspirin, ibuprofen, or other nonsteroidal anti-inflammatory drug-related complications, thousands of whom soon die.¹ So prevalent are these casualties that death certificates state the cause of death as “natural.” Actually, most pharmaceutical drugs are toxic to the body. For instance, antibiotics (a word that means “against life”), contrary to popular belief, do not eliminate pathogens but instead slow their growth, transforming acute infections into chronic ones.

Medical mistakes are another huge problem, according to a report issued by the Institute of Medicine, citing studies estimating that at least 44,000 hospitalized

Americans, and perhaps as many as 98,000 die every year from errors made by their doctors. Referred to as adverse drug events (ADEs), these errors are considered preventable. One study arrives at a yearly total of 380,000 ADEs—which exceeds the number of deaths each year either on the nation’s highways, from breast cancer, or from AIDS²—while another states 450,000, both of which are believed by the Institute of Medicine to be underestimates.³

So widespread are medical problems resulting from the use of common drugs and procedures that a new word has been coined to refer to them—*iatrogenesis*, meaning “brought forth by a healer.” (*Iatros* means “healer” in Greek.) Iatrogenesis most often refers to the harmful consequences caused by physicians prescribing drugs, surgery, radiation, or chemotherapy. It can also result from recommendations made by other medical professionals, such as psychologists, therapists, pharmacists, nurses, or dentists. Ivan Illich, in his book *Medical Nemeses*, points out that “approximately one out of every five people admitted to a research hospital acquires an iatrogenic illness,” ranging from depression to infection, disability, or dysfunction.⁴

As a result of these problems in conventional Western medicine, over the last ten years individuals have been flocking to medical providers who offer a variety of nontoxic treatments and procedures for healing, including acupuncture, chiropractics, homeopathy, shiatsu, nutritional therapy, environmental medicine, Ayurveda, massage, and meditation. Another advantage of these alternative approaches is that they, unlike conventional medicine, awaken an appreciation of the fact that we are beings of energy, or light, as is intimated in biblical references to the Creation (“In His image... according to our likeness” [Gen 1:26]) and that it is energy which keeps us healthy. Practitioners of holistic medicine view health as more than the absence of disease and its risk factors; to them, health means having the energy to live a full, high-quality life.

Many medical associations in the West are alarmed at the growing popularity of alternative medicine in developed countries. In the United States alone, between 30 and 70 percent of people say they have tried an alternative therapy such as acupuncture, vitamin supplements, or herbal treatments; and about 70 percent of older adults say they routinely use “alternative medicine.”⁵ In fact, the use of alternative medical therapies has become so prevalent that the National Institutes of Health (NIH) established the Center for Complementary and Alternative Medicine and began awarding grants of nearly \$3 million for the study of these methods worldwide.⁶ Of course professionally, the different medical methods are only diverse expressions of a larger medical picture. As Richard Dawkins, author of *A Devil’s Chaplain*, puts it, “There is no alternative medicine. There is only medicine that works and medicine that doesn’t work.”⁷

Many alternative, or holistic, medical procedures are based on the view of Eastern philosophy that all life is part of nature, including the human being, who is seen as a miniature universe, reflecting the cosmos, or a garden with defined cycles and conditions. In keeping with this holistic paradigm, the role of a Chinese doctor, like that of a gardener who both nourishes plants and helps them resist disease, is to cultivate life energy by perceiving signs and symptoms of

a patient and making diagnoses that sound like a gardener's assessments of plants, in terms of heat and cold, moisture and dryness, and the excess or deficiency of specific conditions. But it is also true that the very term "alternative medicine" implies the presence of a culturally biased point of view, because the practices considered alternative in the West are regarded in the greater part of the world as aspects of traditional medicine, such as Chinese medicine, Ayurveda, shamanic healing, or herbal therapy.

In the end, depending on personal perspective it is possible to view conventional and alternative, or holistic, medicine as complementary. For example, osteopathic medicine, which offers all the benefits of conventional medicine, including prescription drugs and the use of technology to diagnose disease and evaluate injury, provides the additional benefit of hands-on diagnosis and treatment through a manipulative therapy that releases blocked energy. In other words, osteopathic medicine bridges conventional and natural holistic medicine, integrating scientific research with the healing powers of nature.

In my view, the most comprehensive modality for overcoming the apparent contradiction between conventional and holistic medicine is biocompatible medicine, the protocol I use at the Viana Healing Center. Biocompatible physicians employ therapies that support and promote the body's natural healing process, leading to the highest state of wellness. Professionally, I oppose the use of pharmaceutical drugs, artificial vitamins, food-based supplements, and chiropractic adjustment to ameliorate symptoms, and advocate instead counteracting the foundational causes of disease. A major difference between biocompatible medicine and all other medical modalities is that biocompatible medicine identifies and corrects the factors negatively impacting the metabolic process of the body. In effect, biocompatible means *compatible with one's own biology* rather than with some standardized list of foods, supplements, activities, or procedures regarded as beneficial.

Biocompatible medicine also incorporates dental procedures involving nontoxic materials and aims to identify the source of and correct chronic inflammation in the body, a condition thought to be the foundation of all degenerative medical conditions, including cancer and premature aging. Although many other medical models claim to be holistic, taking into account a person's physical, mental, and social conditions, rather than just physical symptoms, no other approach integrates dental health. And yet, the condition of a person's mouth and teeth has a great impact on their well-being, and a dental examination, by a trained biocompatible dentist, presents a rapid, noninvasive way to evaluate their overall health.

Biocompatible medicine views the foundation of all degenerative medical conditions, including cancer and premature aging, as chronic inflammation from persistent acidity. The acidity develops from one or more of the following:

- Dehydration and eating the wrong foods for metabolic type, which includes your blood and secretor type, and which results in colon toxicities
- A body burden of toxic heavy metals that affect the biochemical metabolism
- Chronic infections

- Exposure to insecticides, pesticides, and fungicides
- Exposure to petroleum chemicals in the environment

In other words, your body can become persistently irritated, or inflamed, for a variety of reasons. First, dehydration and eating the wrong foods for your metabolic type (see “Blood Type Diet,” p. 65) results in digestive problems and the production of poisons in the colon. Second, chronic infections treated by antibiotics—such as a *Helicobacter pylori* bacteria stomach infection, gum disease, or infections in the jawbones—lead to acid stress. Third, toxic heavy metals ingested from breathing polluted air, eating nonorganic fruits, vegetables, eggs, and meats, vaccines, or having mercury amalgams in teeth act as irritants. Fourth, insecticides and pesticides absorbed from food and the environment cause toxicity. And fifth, the 300,000 petrochemicals used in modern society add to body toxicity.

Chronic inflammation due to acidity decreases the body’s ability to utilize oxygen efficiently. In an oxygen-poor, anaerobic environment, cancer and degenerative conditions establish a foothold and impair the body’s natural ability to maintain health. Quickly a vicious cycle spirals us into accelerated aging, causing a gradual deterioration in various body parts, with a consequent incapacity to function adequately. The biocompatible protocol is therefore concerned primarily with identifying and detoxifying the body from the stressors that set the degenerative disease in motion. Once the body burden of toxicities has been removed and a healthy biochemical metabolism has been restored, the body’s instinctive healing mechanisms can regain their functioning with amazing success. In a healthy body, free of infections and acidity, all the cells are well oxygenated and cancer resistive.

Following this approach in our clinic, we use high-tech hair analyses, blood tests, thermograms (regional temperature maps of the surface of the body, highlighting areas that are inflamed), and saliva tests to investigate beyond the biochemical parameters of conventional diagnostics, while integrating nontoxic dentistry and disciplines of traditional Chinese medicine, iridology, colon hydrotherapy, and psychiatric counseling. In biocompatible medicine, the boundaries between conventional Western medicine and holistic medicine have been eliminated; we offer just *good medicine*.

Over the last fifteen years at the Viana Healing Center, where our aim is to identify and eliminate the sources of chronic inflammation in the body, our patients have reported feeling better; having more energy and enthusiasm for work, family relationships, and hobbies; and enjoying a higher libido. Blood tests indicate they have healthier metabolic ranges and lower cholesterol, uric acid, and free blood calcium levels. Hair tests show that the body burden of toxic metals has been reduced. And thermograms reveal fewer inflamed areas in the body. These outcomes indicate that once we have identified and removed the toxicities producing acid stress, supported the body in recovering from various forms of poisoning, provided the right food, encouraged exercise and lifestyle improvements, and injected rejuvenating cellular material to restore and revitalize the affected tissues and organs, we have achieved true healing.

Unfortunately, in today's world the biocompatible protocol is often undermined by lack of education, as well as toxins in foods and the environment. For example, most people in our community still do not comprehend the primary health concept of basic nutrition, especially the distinction between simple and complex carbohydrates—an understanding that may mean the difference between living a healthy life and risking adult-onset type II diabetes. Over the last fifty years, the general shift away from the consumption of healthy fresh fruits and vegetables and complex carbohydrates (good starches and fiber foods) and toward a diet of simple carbohydrates (processed wheat products, sugar, white rice, corn, and convenient fast foods) has been largely responsible for today's epidemic of obesity, diabetes, cardiovascular problems, and rotten teeth. Likewise, the poisons in our environment have taken a huge toll, with aluminum increasing the incidence of Alzheimer's disease; lead reducing the scholastic grades of children by triggering learning disabilities; mercury causing decreased thyroid function, endometriosis, brain damage, cataracts, cerebral palsy, poor coordination, joint pain, kidney damage, and loss of self-control; cadmium inducing alcoholism; and copper contributing to allergies, anorexia, anxiety, arthritis, autism, migraines, mood swings, and multiple sclerosis.

Despite these hurdles, in our clinic we are making progress. In the early days, before Aruba established mandatory socialized medicine, patients would come in with minor health problems and, after uncovering more major ones beneath the surface, would return to their government-subsidized primary care practitioners, or "house doctors." Now people are taking advantage of the socialized medical benefits for their minor medical complaints and coming to us for more serious conditions, paying for the care themselves because word has gotten out about our cure rates.

True healing, we realize, can only be an endeavor reflecting physical, mental, social, and environmental priorities. With this in mind, we have made considerable progress in diagnosing and treating medical problems that originate in the mouth and have seen serious medical conditions disappear after an offending tooth was pulled. Presently we are making advances in diagnosing and treating sexual and addiction disorders and codependency issues. With respect to the environment, we encourage Aruban hotels to urge suppliers to import nontoxic cleaning products that are 100 percent biodegradable.

In this book, we will look at symptoms and diseases in terms of how energy may have become blocked, how the body may have absorbed toxins, and how the organism may be coping with stress and inappropriate diet—all with the aim of understanding natural ways to regain health. Aaron Sachs, professor of history and American studies at Cornell University and an award-winning environmental journalist, says, "Death is more universal than life; everyone dies but not everyone lives." We start truly living when we take inventory of ourselves and make a commitment to live a healthy life.



ACUPUNCTURE

Although pharmaceuticals have a valued place during a life-threatening emergency, they change the body's chemistry and are therefore not the treatment of choice for all medical conditions. Instead, alternative treatments are used by holistic physicians, who view humans as beings of light and evaluate disease from a broad perspective that takes into account many aspects of bodily processes, including energy patterns. As an Oriental medical doctor, one of my preferred treatment modalities is acupuncture, a Chinese medical procedure developed over four thousand years ago that is highly effective in addressing a wide variety of ailments. Based on the theory that conditions causing disease interrupt energy flow in the body, acupuncture aims to reestablish healthy energy flow through the insertion of thin sterile needles at specific points, along with the application of heat and pressure. The needles, which are used only once, are a finer gauge than even the finest hypodermic needles.

In the past, Western medical experts have been skeptical of acupuncture's therapeutic value, unable to believe that the simple act of inserting fine needles into tissue could elicit any positive, long-lasting response. The ancient practice, however, is now gaining increased acceptance in the Western world. In recent years, more people in the United States have consulted energy physicians than conventional doctors, prompting the American Medical Association to recommend that their member doctors either buy an existing complementary practice or attend an acupuncture certification course to maintain their business's cash flow.¹ In 2003, the number of acupuncturists in the United States without traditional medical degrees was estimated at eleven thousand, while those with medical degrees was three thousand—a number expected to quadruple by 2015.² Most likely it will, considering that a consensus panel convened by the National Institutes of Health in 1997 concluded that acupuncture treatment is effective for many medical and painful conditions.³

The key to acupuncture's therapeutic effect is not only the insertion of ultrafine needles at specific points on the body but also the manipulation of the needles to bring out a *deqi* response, as I learned at Longhua Hospital in Shanghai. A component of *deqi* is a phenomenon called "needle grasp," often described by acupuncturists as feeling like a fish tugging on a line and experienced by the patient as an aching sensation, heaviness, or an electric feeling

flowing through the arm or leg. Generally during a treatment, which usually lasts twenty minutes, patients feel deep relaxation, in part caused by brain endorphins released during the procedure. Relaxation is further enhanced in our clinic in Aruba by the aroma of moxa herb burning on the handles of inserted acupuncture needles, mingling with the scents of orchids and other tropical plants.

Acupuncture works to stabilize energy among the organs, relieve pain, and reduce swelling. For example, at the organ level it can beneficially treat all symptoms of liver chi stagnation, which include fibromyalgia; migraine headaches; arthritic joints; symptoms of irregular periods; PMS; dark-colored menstrual blood with small clots; breast pain with distension; yeast infections; spleen dampness and liver heat; as well as irritability, depression, and frustration. In terms of pain management, the number of needles and specific treatment depends on whether the pain is acute or chronic.

Acupuncture is safe if practiced by trained acupuncturists. To evaluate a practitioner's potential, use the following points as a guide.

Ask medical doctors who are also acupuncturists how long they have trained in acupuncture, as well as where and how long they have practiced traditional Chinese medicine.

Among the many questionable acupuncturists, those to avoid outright are doctors who have been “certified” as acupuncturists after taking a weekend course. It is wise to be skeptical even about those who took a six-week course that did not include at least two hundred hours of clinical experience in acupuncture. Ultimately, a medical degree, anatomy courses, and clinical experience, all rooted in the West, are insufficient for acquiring an understanding of the concepts involved in traditional Chinese medicine, which is over four thousand years old and incorporates cultural attitudes foreign to the Western mind, though similar to basic views of shamanism, which I share as a Native American and a medical anthropologist.

Unfortunately, many acupuncturists have studied traditional Chinese medicine only in the West, at schools still teaching the medical knowledge brought to the West more than a hundred years ago. Oriental medical doctors trained in the People's Republic of China are the most up-to-date in modern acupuncture techniques—a point made clear to me during my internship at the largest traditional Chinese medicine hospital in the People's Republic of China. There, when asked by my new professors to show my needling technique of *xie* and *bu* manipulation, I could hear my colleagues laughing at my outdated information, making the first of my professors' tasks to rid me of the antiquated techniques I had picked up in the West that had not been used for years in the People's Republic of China.

Despite the fact that Oriental training can provide the most current knowledge of acupuncture techniques, however, it has one drawback: acupuncture is about releasing energy trapped in the body, which is enmeshed with suppressed emotions. Although Chinese physicians know all about how emotions correlate

with specific organs, they do not integrate this information into treatments. It is as though the discussion of emotions in clinic is taboo. While interning in Shanghai, I never saw Chinese patients cry during acupuncture treatments, no matter how much pain they suffered. I was the only one who cried while being treated, exhibiting emotional releases that surprised my colleagues.

In the end, I believe that as Western practitioners of traditional Chinese acupuncture integrate emotional counseling with treatments, we are taking acupuncture to a higher level. The path to health is facilitated when there is recognition that the body, mind, emotions, and spirit are intertwined and affect one another.

Ask acupuncture practitioners how they develop their diagnoses.

Having been trained in Shanghai, I make my diagnoses in the traditional manner from the two wrist pulses, tongue, mouth, face, and nails. In our clinic, we do not use a lengthy questionnaire or ask about a client's symptoms. If a physician trained in acupuncture examines you, asks a couple of questions, and then tells you what you have been feeling, you have found a good one.

Inquire about the nature of the treatment environment.

The hospital where I interned in Shanghai had ten beds in each large treatment room, staffed by a professor, two medical interns, and two nurses—a very public place where patients could learn from one another, with no mind-numbing TV. The Chinese are very modest and, in such a public space, do not disrobe; rather, the acupuncture needles are stuck right through clothes, a method considered unsanitary in the West. Unlike the isolating treatment rooms often seen in the United States, treatment rooms in our clinic in Aruba place several people of the same sex in one treatment room so they can learn from one another, support one another, and not worry about sexual impropriety.

Overall, your best bet for finding a good acupuncturist is to ask people you know if they have consulted with a practitioner they would recommend. Then, when you call for an appointment, ask the questions listed above.

THE BIOCOMPATIBLE VIEW

Medical researchers dubious about things they cannot see or measure are often skeptical regarding acupuncture's ability to help reestablish healthy energy flow. Yet the difference between a living individual and a cadaver is in fact energy that cannot be measured via current medical technology but can be read from the pulse by traditional Chinese medicine physicians.

Biocompatible medicine recognizes this reality and also emphasizes the use of nontoxic materials in medical treatments. Toward that end, it supports the World Health Organization's position on acupuncture, stated as follows: "Generally speaking, acupuncture treatment is safe if it is performed properly by a well-trained practitioner... Unlike many drugs, it is nontoxic, and adverse reactions are minimal." For example, while comparable to morphine preparations in its effectiveness against chronic pain, acupuncture lacks the narcotic's adverse consequences, including dependency, and is therefore a far safer option.⁴

WORDS OF ADVICE

- Arrive at your acupuncture session as lightly clad as possible while still feeling comfortable, so the needles will not have to be inserted through clothing. Also refrain from wearing perfume or heavy cologne, since body scent assists in the diagnosis.
- For purposes of hygiene, make sure your practitioner opens a new package of acupuncture needles when preparing for a treatment.
- Although acupuncture can trigger emotional release, it tends not to be physically painful. If you have needle phobia, mention your anxiety to the acupuncturist and, during your session, use your mind to achieve relaxation.

ADD, ADHD, AND AUTISM

The number of children said to be suffering from neurodevelopmental disorders, such as attention deficit disorder (ADD), attention deficit hyperactive disorder (ADHD), or autism, has reached epidemic proportions, and the increasing incidence of autism, in particular, is gaining widespread concern.⁵ Such disorders, which have similar causes but whose consequences vary, affect 1 out of every 166 children. The reported incidence of autism alone, more prevalent among boys, has increased from 1 in 10,000 in the 1970s to 1 in 150 today, an increase of over 6,000 percent.⁶ Additionally, many more children are diagnosed with other neurodevelopmental disorders considered to be on the same spectrum, including Asperger's syndrome and speech delay.

Signal traits and recommended treatments for ADD, ADHD, and autism are as follows. ADD, generally diagnosed in childhood, is characterized by a persistent pattern of impulsiveness, a short attention span, and often hyperactivity, all interfering with academic, occupational, and social performance.⁷ ADD treatment options in regular medicine are routinely limited to psychostimulant medication combined with such behavior and cognitive therapies as self-recording, self-monitoring, modeling, and role playing.⁸ ADHD is identified by distractibility, hyperactivity, impulsive behaviors, and the inability to remain focused on tasks or activities.⁹ Treatment options, according to *The Merck Manual*, the world's best-selling medical textbook, are the same as those for ADD.¹⁰ Autism, a pervasive developmental brain function disorder, is marked by problems with social contact, intelligence, and language, together with ritualistic or compulsive behavior and bizarre responses to the environment.¹¹ Treatment options include behavior therapy, butyrophenone (a neuroleptic drug), and speech therapy. Electric shock, used in the past, is no longer recommended.¹²

Neurodevelopmental disorders are associated with three distinctive behaviors, ranging from mild to disabling: difficulties with social interaction, problems with verbal and nonverbal communication, and repetitive behaviors or narrow, obsessive interests. The hallmark feature of autism is impaired social interaction. As early as infancy, a baby with autism may be unresponsive to people or focus intently on one item in the immediate environment to the exclusion of others for long periods of time. Some autistic children appear to develop normally then withdraw from social engagement at about the time they are immunized, underlining a link that many

medical researchers suspect exists between autism and exposure to the mercury found in vaccines.¹³

Indeed, childhood vaccinations, including flu shots and B-complex injections, use as a preservative a mercury-containing compound called thimerosal (sodium ethylmercurithiosalicylate). Boyd Haley, PhD, a biochemist at the University of Kentucky and among the world's top experts on mercury toxicity, says, "I think that the biological case against thimerosal is so dramatically overwhelming anymore that only a very foolish or a very dishonest person with the credentials to understand this research would say that thimerosal wasn't most likely the cause of autism."¹⁴ It is now thought that not only mercury but other metals and chemicals such as lead, arsenic, cadmium, insecticides, and pesticides contribute to the development of both autism and ADD.

Hair analysis tests, interpreted by a clinical nutritionist or toxicologist, can identify toxic heavy metals, and blood tests can reveal damage brought about by pesticides and insecticides. The best means for getting rid of these poisons seems to be glutathione, an antioxidant responsible for the excretion of mercury.¹⁵

To address the epidemic rise of neurodevelopmental disorders over the past decade, treatments have been advanced that greatly increase our ability to help such children. The latest news is that autistic children are improving with aggressive hyperbaric oxygen therapy, a medical treatment based on research identifying autism not as a diagnosis but rather symptomatic of an injury in the cortical and midbrain areas of the brain.¹⁶

Also, researchers have found strong evidence that in children with autism certain immune system components promoting inflammation in the brain are consistently activated.¹⁷ Following a biocompatible protocol, our treatment of such children begins with recommendations for a healthy diet high in quality protein foods, such as eggs and lean meat, as well as vegetables and balanced essential fatty acids, and compatible with the child's metabolic type, which can be easily digested without causing constipation and can restore the bacterial environment necessary to temper inflammatory conditions. One reason we emphasize diet is because we have witnessed children with neurodevelopmental disorder symptoms caused by malabsorption and intolerances to certain foods, especially dairy products and gluten contained in wheat and grain products.¹⁸ Since pasteurization turns milk casein into a dangerous molecule that can inflame and injure the brain, we sometimes recommend the elimination of milk from the diets of such children, after which parents have noticed positive changes.

Further, because ADD and autistic spectrum disorders have characteristics similar to those of chronic metal toxicity,¹⁹ in our clinic children who suffer from neurodevelopmental disorders are screened for toxic heavy metals using hair analysis. In addition, knowing that toxic metals disable a growing body and brain by producing chronic irritation, we look for chronic inflammation (see "Chronic Inflammation," p. 83). We have consistently found symptoms of chronic inflammation in children exhibiting neurodevelopmental problems.

THE BIOCOMPATIBLE VIEW

Chronic inflammation in the brains of children exhibiting ADD, ADHD, autism, and other neurodevelopmental problems has been found to come from eating the wrong foods for metabolic type, particularly wheat and other grains; having a significant body burden of heavy metals, especially mercury, which is found as thimerosal in vaccinations; and toxicity from pesticides and insecticides.

WORDS OF ADVICE

- Do not be swayed by teachers or healthcare professionals who recommend that an active child be placed on psychotropic medication.
- Make sure the child eats the right foods for his or her metabolic type, focusing on a healthy diet of high-quality protein foods, such as eggs and lean meat, as well as vegetables and balanced essential fatty acids.
- Have a hair analysis performed by a clinical nutritionist or toxicologist to identify toxic heavy metals. Have blood tests to reveal any damage caused by pesticides or insecticides.

ADDICTION

An addiction is an activity or substance we repeatedly crave to experience, and for which we are willing to bear the negative consequences. In physical terms, addiction is a disease of the hypothalamus in the middle section of the brain, which is activated when we perform natural functions that help us stay alive, such as eating, and provides pleasurable feelings that lead us to repeat the activity.²⁰ Many drugs also stimulate this system and can induce even greater feelings of pleasure, in which case their influence on the reward circuit can lead the brain to bypass survival activities and repeat drug use. Addicted brains exhibit the disease in a variety of ways: through substance dependency (alcohol, cocaine, other recreational hard drugs, prescription medicines, nicotine); food disorders like bulimia, bingeing, or anorexia; or compulsive activities, including promiscuity, flamboyant eccentric behavior, zealous religious convictions, workaholism, and obsessive gambling.

In effect, addicts of all kinds have learned how to give themselves a quick “fix,” or achieve an emotional high, to change how they feel or to escape their life problems. The disparity between an addict and an abuser is that an abuser uses an activity or substance to get high or feel different, while an addict uses an activity or substance to self-medicate or feel normal. Some abusers are considered “day after” people, because they do not have an addicted brain but simply feel sick or foolish after indulging in a potentially addictive behavior and don’t often repeat it. Addicts, on the other hand, feel compelled to repeat addictive behavior even though they know that doing so will get them into trouble. Regardless of the type of addiction, the common denominator is that the chosen activity or substance has negative consequences on the person’s work, family life, or health.

People whose brains become addicted are born with low levels of serotonin,²¹ a neurotransmitting brain chemical that is metabolized from the amino acid tryptophan and widely distributed in tissues, especially in the middle section of the brain, functioning to constrict blood vessels at injury sites and profoundly

affect emotional states by making people sleep soundly. Serotonin converts into dopamine, which causes pleasurable feelings and participates in the formation of epinephrine, also known as the hormone adrenaline. Addictive substances such as tobacco, alcohol, marijuana, and other drugs force the hypothalamus to release more serotonin, making the individual feel better instantly. Drug abusers have a limited “safe time” before they become addicted to the serotonin-stimulating aspect of drugs and the brain loses its natural ability to produce serotonin.

Professionals know that denial lies at the heart of addiction and that once addicts, or even abusers, face their dark secret they are ready to change and on the road to recovery. A young man once stated on the questionnaire that is filled out when someone first comes to our clinic that he was looking for help with his anxiety and nervousness. When I read his pulse during the traditional Chinese medicine exam, the hard pulse in the liver position and wiry pulse in the kidney position said it all. “So, besides alcohol,” I asked, “what other drugs are you abusing?” After tensing up, then realizing that my tone had been factual rather than judgmental, he answered, “Booze, marijuana, and cocaine for a couple of years.” He appeared surprised when I said, “Thank God you were able to self-medicate.” “What?” he asked. “Are you condoning what I did?” “Well,” I answered, “if the drugs allowed you to leave your house and lead a semblance of a normal life, they helped you function.” His nod affirmed that I had hit the mark. And indeed, biocompatible medicine views the perpetual use of alcohol and other drugs as an individual’s desperate attempt to try to live a normal life.

Many researchers are looking for palliative measures to address nutritional deficiencies among alcoholics, reduce the effects of alcohol toxicity, and even diminish the craving for alcohol.²² Some explore metabolic imbalances because they know that metabolism and toxicity of heavy metals may be enhanced by alcohol abuse.²³ Biocompatible medicine goes further, however, and looks at metabolic imbalances resulting from a host of factors thought to lower serotonin levels and drive people to alcohol and drug abuse, including dehydration; eating the wrong foods for one’s metabolic type, which can lead to colon toxicities; the body burden of toxic heavy metals that affect the biochemical metabolism; chronic infections; insecticides, pesticides, and fungicides; and the more than 30,000 petroleum chemicals that pervade our environment.

It has been shown, for example, that counties in the United States with industrial lead pollution in the form of manganese release, have higher than average rates of alcoholism²⁴ and that alcohol use increases the deleterious effects of toxic metals by interfering with the serotonin, dopamine, and other neurotransmitter systems necessary for exercising self-control.²⁵ Researchers in biocompatible medicine are finding that when such metabolic imbalances are corrected and the body is receiving proper nutrients, the compensatory effects of alcohol, cigarettes, or other addictive substances are no longer necessary.

Teenagers and Drugs

Many teens either abuse or are addicted to drugs. According to United States statistics, one out of every four teenagers uses drugs, but, as with adults, some are

abusers while others are addicts.²⁶ Teen drug addicts, who are likely to have been born with a propensity for the problem, use drugs to feel normal and in control in an environment where there is pressure to act cool among schoolmates and members of the opposite sex. Unfortunately, unless such teens get professional help quickly, they will have a major drug problem.

Thus far, with teens, the “war on drugs” has been a failure. Both drug abusers and drug addicts laugh at the slogan “Just Say No!” or heed the advice only from Monday to Friday, when they attend school. In fact, teenage drug problems go undiagnosed far longer than those of adults, because parents and other responsible adults tend not to look closely at what teenagers are doing, mistake drug-related behavior for typical teenage behavior, or put off confrontations, hoping the teens will outgrow the problems. As a result, relevant treatment is usually not provided until teens get into trouble with the law or demonstrate problematic social behavior.

Once parents, other responsible adults, or teenagers themselves admit there is a problem, the next step is finding professional help. The most difficult part of getting help usually involves constructing a bridge for communication among parents, teens, and doctors. It is generally best for a teenager to confer with a physician privately, presenting, for example, with a complaint about sleeping problems, which is indeed a frequent complication of regular marijuana or other drug use. To encourage teenagers to eventually reveal what is really going on, without fear of disapproval or repercussions from any authority figure, they should be told that an addicted brain is a medical condition, no different from diabetes or a broken bone. Ideally, parents and professionals will explain that their purpose is not to get the teens into trouble but to identify possible drug problems before they become big medical and social problems.

Today, addicted teens are at risk of medical problems associated not only with the drugs themselves but with the poisons some have been sprayed with. For example, teens smoking marijuana run increased risk because, in Colombia, drug fields are sprayed with paraquat, a quaternary ammonium herbicide that is dangerous to humans if swallowed, and more so when inhaled.²⁷ This weed killer destroys green marijuana and cocaine plant tissue on contact, although marijuana that comes from such fields is still harvested and sold. In addition to the medical and social problems faced by drug abusers and addicts, in most parts of the world the use of drugs is against the law and can result in jail sentences.

Codependency

Addicts are usually part of an addictive family, since what keeps addictive behavior going is the interaction between addicts and their codependents. The term “codependency” was first used to describe the dysfunctional pattern of thought and behavior displayed by spouses and children of chemically addicted people, but we now know that others close to addicts, such as friends and coworkers, can also function as codependents. In fact, it is almost impossible to be an addict without the help of a spouse, boss, coworkers, employees, parents, children, or others who provide support for what professionals call “the addictive drama.” From this vantage point, an addict’s wife is invariably awarded best supporting

actress for her role in enabling him to continue the addiction. Even though she may claim that she is trying to help him stop, which may very well be the case, she is rarely effective enough to succeed or even walk offstage before the final curtain.

Living with a family member who has an addiction can be so traumatic as to rob a person of a stable and loving environment. Many codependents, especially children, quickly learn to lie to protect their family image and often remain in denial, not allowing anyone, including themselves, to become consciously aware that there is a problem. In such homes, children experience constant chaos, fear, abandonment, denial, and real or potential violence, making survival a full-time job. Common problems of children from homes with an alcoholic or drug addict include:

- Difficulty assessing what is normal or even having fun
- Tendency to judge themselves mercilessly
- Trouble with emotional relationships
- Feeling different from other people
- Propensity for impulsive behavior
- Inclination to be either superresponsible or superirresponsible
- Tendency to seek approval and affirmation
- Chronic anxiety
- Lack of self-discipline
- Compulsive lying
- Lack of self-respect
- Fear and mistrust of authority figures

The worst legacy of addicted adults is their children who, when they become adults, have difficulty feeling their emotions unless they are in crisis mode and thus often become addicts themselves. Since reality is painful in such dysfunctional families, a child has to hide from it to survive daily shame, anger, bitter disappointment, and feelings of abandonment, and rapidly learns to withdraw. To exercise some control over the situation, the child may stop trusting others, blame others for causing problems that exist, or follow strict rules and patterns that inhibit spontaneous behavior.

The following are common feelings and perspectives of codependents:

- My good feelings about who I am stem from being liked by you.
- My good feelings about who I am stem from receiving approval from you.
- Your struggle affects my serenity. My mental attention focuses on solving your problems or relieving your pain.
- My mental attention is focused on you.
- My mental attention is focused on protecting you.
- My mental attention is focused on manipulating you to do things my way.
- My self-esteem is bolstered by solving your problems or relieving your pain.
- My own hobbies and interests are secondary; my time is spent sharing your hobbies and interests.

- Your clothing and personal appearance are dictated by my desires, and I feel you are a reflection of me.
- Your behavior is dictated by my desires, and I feel you are a reflection of me.
- I am not aware of how I feel; I am aware of how you feel.
- I am not aware of what I want; I ask what you want.
- The dreams I have for my future are linked to you.
- My fear of your rejection determines what I say or do.
- My fear of your anger determines what I say or do.
- I use giving as a way of feeling safe in our relationship.
- My social circle diminishes as I involve myself with you.
- I put my values aside to connect with you.
- I value your opinions and way of doing things more than my own.
- The quality of my life is dependent on the quality of yours.

Recovery for both the addict and codependent involves facing the truth, implementing changes in behavior, seeking counseling to deal with issues left over from childhood, and for the codependent, making a concerted effort to raise self-esteem. A codependent on the way to recovery will stimulate change in the addicted partner, so that both learn how to dance to a different tune.

Addiction and Intimacy Problems

For a variety of reasons, addiction often goes hand in hand with intimacy problems. Intimacy involves two individuals revealing their thoughts and feelings to each other because they feel comfort and support, and may also entail physical closeness.

One of the symptoms of alcohol or other drug addiction is a breakdown in emotional maturation at the time the abuse began. Consequently, addicted individuals are characterized by a defect in their ability to form personal relationships or respond to others in an emotionally meaningful way, and thus often have intimacy problems. In relationship with their codependent partner, lust is often interpreted as love and once lust is satisfied there may be minimal interaction. Many addicts, on the other hand, show little desire for sexual experience. They may marry but then be sexually apathetic with their spouse, since sex can mean closeness and intimacy can require facing the truth of addiction. As a substitute for the intimacy they do not allow themselves, addicts often seek highs from chemical substances. And even though they may be surrounded by supportive friends and family, addicts will frequently turn to their isolating behaviors, many of which involve persistent patterns of dishonesty, distrust, suspicion, deception, misrepresentation, alienation, manipulation, coercion, violence, and attempts to control their partner.

Such circumstances are complicated by the fact that true intimacy is not often demonstrated in Western society. Rather, we are taught that getting the relationship is the goal, and that once people come together they live happily ever after—a relationship model depicted in everything from children's fairy tales of princes and princesses, to movies, TV programs, and books in which boy meets girl and the happy couple rides off into the sunset. Song lyrics such as

“I can’t live without you” or “You are my everything” describe addictive love, in which the partner serves as the drug of choice, but in believing that someone else has the power to make us happy, we set ourselves up as victims.

By contrast, the ability to sustain real romantic love requires emotional maturity. With the development of emotional maturity comes a tendency to stop looking to another person for fulfillment and to begin satisfying one’s own emotional needs, making sharing in relationship a bonus and not a necessity.

As a certified addiction professional educated in the self-perpetuating aspects of this disease, I will not treat an addict who is currently on chemicals. Nor will I counsel a couple in an addict-codependent relationship without both partners first entering into treatment for addiction.

THE BIOCOMPATIBLE VIEW

A biocompatible physician acts as a toxicity detective intent on identifying the metabolic stress that is driving a person’s addictive behavior. For example, job pressures combined with financial problems, working single-handedly, and being isolated are typically presented as the triggers for today’s high rate of alcohol addiction among dentists. Biocompatible medicine’s approach is to look at mercury intoxication among dentists as the primary metabolic stressor and to treat alcoholism as a result of this toxicity, since low-level exposure has been found responsible for alcoholism, as well as a host of other problematic behaviors.²⁸ Recommending that an alcohol-impaired dentist enter a detoxification clinic would be shortsighted unless he simultaneously undergoes metal detoxification treatments.

We live in a toxic world. The toxins that act on our bodies by mimicking hormones have been implicated in a multitude of addictive behaviors.²⁹ Without detoxification, the destructive behaviors are likely to continue. Only by ridding the body of these substances is there a chance for recovery from addiction.

WORDS OF ADVICE

- Understand that a codependent’s “excusing” activities prevent addicts from experiencing the consequences of their behavior and thus help sustain the addiction.
- Recognize that denial needs to be faced for recovery to occur.
- Expand your definition of addiction. It does not reflect a moral deficiency. It is a cerebral disease of low serotonin production caused by an underlying metabolic dysfunction associated with particular toxins.
- Encourage drug testing in adolescence to identify and treat individuals with a serotonin deficiency as soon as possible, before toxicity levels become extreme.

ADRENALS

Shaped like the Emperor Napoleon’s three-cornered hat, an adrenal gland is perched on each of the two kidneys. Despite weighing only a fraction of an ounce, the adrenals secrete more than a dozen hormones into the bloodstream, influencing physical characteristics, growth, and development, and therefore profoundly impacting health.

Each gland can be divided into two distinct organs: the adrenal cortex and the adrenal medulla. The adrenal cortex, or outer layer, takes its instructions from the pituitary hormone ACTH and produces three main types of chemicals, called steroids: those that control the balance of sodium and potassium in the body, those that raise the level of sugar in the blood, and sex hormones. Thus, the adrenal cortex affects the way energy is stored and food is used, the chemicals in the blood, and characteristics such as hair and body shape. The adrenal medulla, or inner layer, takes its instructions from the nervous system and produces two types of chemicals in reaction to fear and anger, called “fight or flight” hormones. Thus, the adrenal medulla is part of the sympathetic nervous system and responds to physical and emotional stress. The basic task of the adrenal glands is to rush the body’s resources into a “fight or flight” reaction to stress. When healthy, the adrenals produce cortisol, which can instantly increase heart rate and blood pressure, release energy stores for immediate use, slow digestion and other secondary functions, and sharpen the senses. When unhealthy, the adrenals overproduce cortisol, leading to numerous problems.

Medical problems of the adrenals include destruction by infection, autoimmune system attack, Addison’s disease, and Cushing’s Syndrome, an inherited condition preventing adequate secretion of hormones, which can be life threatening. Cushing’s Syndrome, which causes the sufferer’s face to become round, generates excess belly fat, and makes arms, legs, and fingers skinny, commonly occurs due to excessive levels of adrenal hormones as the result of a tumor, pharmaceutical therapy for rheumatoid arthritis, or drugs used to prevent the rejection of an organ transplant.

Unfortunately, the current focus on drugs tends to suppress early-stage symptoms rather than treat their underlying causes. As a result, conventional medicine detects only the extremes of these conditions, when damage to the adrenals has already occurred and Cushing’s Syndrome or Addison’s disease has developed. Within those extremes, you can feel miserable and still be told that your adrenals are normal.

The effects of adrenal dysfunction can be profound, including fatigue and weakness, suppression of the immune system and normal cell replacement, muscle and bone loss, moodiness or depression, hormonal imbalance, skin and digestion problems, impaired metabolic and mental functions, and autoimmune disorders, as well as being a factor in fibromyalgia, hypothyroidism, chronic fatigue syndrome, arthritis, and premature menopause. Fatigue affects many people in today’s fast-paced world. Whereas traditionally the problem of adrenal fatigue was prevalent mostly among medical professionals, police officers, executives, and teachers, currently even stay-at-home moms suffer from adrenal fatigue. Largely this is because while the “fight or flight” reaction to stress caused by the adrenals was appropriate in the past to escape attack from saber-toothed tigers, the body’s response is the same to something as minor as the frustration produced by a broken TV remote control. The most common triggers include psychological stress from emotional problems due to unresolved relationships and past

hurts; sleep deprivation; physical trauma from surgery, accidents, or disease; self-destructive habits; and chemical exposure from heavy metals, pesticides, insecticides, latex, street drugs, or prescribed pharmaceutical drugs. Unfortunately, many people suffer adrenal fatigue without showing glandular problems, making diagnosis challenging.

Not all stress is bad; some is needed to keep the mind sharp and the body alert. Problems start when we experience constant stress and lose the ability to cope, since the stress response takes priority over all other metabolic functions.

In biocompatible medicine, the first step in treating adrenal fatigue is taking control of the negative stressors in your life and ruling out other diseases by checking your hormone levels via a cortisol/DHEA saliva test. If saliva test results are normal in the morning but drop to low levels in the afternoon and evening, low adrenal reserve and adrenal fatigue are indicated. This is usually caused by stressors, a cortisol precursor deficiency (pregnenolone and progesterone), or nutritional deficiencies (low vitamin C and B₅, low-protein diet).

Another type of treatment that helps many people cope with stress is acupuncture. Additional forms of stress management include proper nutrition for metabolic type, adequate sleep, exercise that is not too intense, naps, meditation, increased protein in the diet, natural hormones, adrenal extracts, natural food-based supplements, zinc and selenium, and herbs such as deglycyrrhized licorice. In our clinic we have seen patients with mild to moderate cases of adrenal fatigue improve significantly through dietary changes that enrich nutrition while reducing carbohydrates and stimulants. We also recommend high-quality nutritional supplements, including essential fatty acids from fish oil and dried organs with vitamin B₆, pantothenic acid, and L-tyrosine. These treatments can help all but the most extreme cases of adrenal fatigue improve dramatically within about four months, and mild to moderate cases much faster.

THE BIOCOMPATIBLE VIEW

Adrenal fatigue lowers the immune response, increasing one's susceptibility to illnesses. It also makes it difficult for the body to get rid of toxic heavy metals, so adrenal fatigue must generally be corrected before detoxifying. Conversely, toxic metals can be implicated in adrenal fatigue.

Adrenal fatigue affects an estimated 80 percent of people living in industrialized countries at one time or another in their lives, yet it has been ignored and largely untreated by the medical community.³⁰ Biocompatible medicine, however, has been able to achieve positive outcomes through early identification and treatment of the responsible toxicities.

WORDS OF ADVICE

- Take control of the negative stressors in your life by getting more exercise, relaxation, and sleep to lower the risk of adrenal fatigue and dysfunction.
- Get acupuncture treatments to cope with physical and emotional stress.
- Check with a clinical nutritionist to make dietary changes that enrich nutrition, reduce carbohydrates and stimulants, and promote adrenal health.

- Take high-quality dietary supplements, including essential fatty acids from fish oil, dried organs with vitamin B₆, pantothenic acid, L-tyrosine, and deglycyrrhized licorice to nourish fatigued adrenals.
- To restore healthy adrenal function, eliminate bacterial imbalances, low-grade intestinal infections, and debris build-up in the intestines through colonic hydrotherapy treatments.

AGING

Mark Twain once said, “Life would be infinitely happier if we could only be born at the age of eighty and gradually approach eighteen.” My father, Manuel, often repeated the old adage “Youth is wasted on the young!” Once at our clinic, a husband and wife in their late forties who had gained too many pounds, stopped exercising, began taking lots of medications for countless health problems, and acknowledged that their sex life had deteriorated, remarked, “When age catches up with you, this is what you get!” They reminded me of people standing at the bus stop waiting for an inevitable journey with unfortunate resignation.

At the other extreme, in today’s youth-oriented society many people do try to do something about aging, which usually means hiding its detrimental effects on the outside of the body—coloring the hair, using expensive lotions and potions, and having plastic surgery. In fact, the demand for anti-aging products reached \$30 billion in 2009.³¹ Many such products, however, are associated with unsubstantiated claims about their ability to delay or reverse the aging process. Unfortunately, susceptibility to false promises of this nature can lead to further frustration and disappointment.

The second half of life need not be a steady decline in physical or mental capabilities. While we cannot avoid aging, we can learn to slow the process, age gracefully, and maintain optimal health for as long as possible. What we can realistically strive for is to be disease resistant, mentally sharp, physically fit, and functioning with high self-esteem so that we can interact positively with our environment, delay the onset of age-related disabilities, and focus instead on quality of life issues.

Accelerated aging starts not with the outer effects but on the inside of the body, at the cellular level. Interestingly, hygienists since biblical times have maintained that aging starts in the colon, and colon toxicity is indeed one of the main contributors to acid stress—the hallmark of chronic inflammation and the foundation of degenerative conditions. Researchers now propose that uncontrolled oxidation is a cause of aging at the cellular level (see “Oxidative Stress,” p. 160).³² And one thing that speeds up the oxidation leading to aging, especially in the later part of life, is toxins, making identification and reduction of heavy metals a necessity to ward off degenerative conditions.

In our clinic, age management is focused on regaining and maintaining optimal physical, mental, and emotional health through identifying and removing from the body heavy metals and bio-toxic materials and then replacing essential healing constituents; finding a suitable exercise routine; engaging in counseling for emotional changes; and maintaining a healthy lifestyle. Although

following all the aspects of this protocol will boost vitality and can extend one's life span, I am not as concerned about increasing longevity as I am about building disease resistance, preventing premature disability and death, and enhancing the quality of life.

The following measures can slow down the aging process by bolstering health for the long term:

- Identify and remove toxins from the body.
- Drink sufficient water.
- Avoid artificial sweeteners.
- Eat according to metabolic type.
- Replace trans fats with fish oil.
- Take natural antioxidant supplements.
- Learn to make insulin more efficiently (see "Diabetes," p. 97).
- Exercise and get one hour of sunshine each day, preferably in the early morning or late afternoon.
- Improve your sleep habits.

In addition, having an optimistic attitude and taking interest in new experiences also helps slow the aging process. For example, my wife, Phyllis, who works hard at maintaining a healthy lifestyle, celebrated her fiftieth birthday by sky-diving. Endless new adventures are possible for people, depending on mobility, health, and positive attitude.

THE BIOCOMPATIBLE VIEW

While many people believe that aging is an inevitable part of life over which they have no control, biocompatible medicine asserts that positive outcomes can be gained through self-investigation and self-education. It is possible to learn that accelerated aging, for instance, is the result of chronic inflammation, whose root cause is usually multifaceted and can include any of the following factors: eating the wrong foods for metabolic type, infections in the body, a body burden of heavy metals, the presence of insecticides and pesticides in the body, or the detrimental effects of petroleum products.

WORDS OF ADVICE

- Exercise five times a week, no matter how old you are.
- Check with a certified nutritionist to be sure you are getting the right antioxidant foods and supplements for your body.
- Utilize the results of hair tests, thermograms, advanced blood tests, bone density tests, and hormone tests to make the most of your physiological age.

ANEMIA

Anemia, one of the more common blood disorders, occurs when the number of healthy red blood cells in the body decreases. Typical signs of anemia are paleness of the skin, the lips, the lining of the eyelids, and the nail beds; irritability;

fatigue; dizziness; and rapid heartbeat. Depending on the condition causing the anemia, other symptoms may also occur, such as jaundice (yellow-tinged skin), dark tea-colored urine, easy bruising or bleeding, and enlargement of the spleen or liver. The causes of anemia range from nutritional deficiencies, some of which are hereditary, to environmental poisons. The only way to be sure of a proper diagnosis and type analysis is to evaluate your complete red blood cell count. When your red blood cell size is smaller than normal (microcytic), it indicates a deficiency of B-complex vitamins and folic acid, which is a B vitamin. A larger than normal red blood cell size (macrocytic) signifies exposure to environmental poisons, which can be treated with selenium, vitamin E, and glutathione supplements.

Another potential nutritional contributor to anemia is milk. Dr. Benjamin Spock, a world-renowned leading authority on childcare, advocated against giving cow's milk to children, saying it could cause anemia, allergies, and diabetes, leading ultimately to obesity and heart disease—the number one cause of death in the United States.³³

Unfortunately, some doctors who diagnose anemia prescribe the wrong treatment. When blood tests determine anemia is due to low hemoglobin, many physicians prescribe iron supplementation, failing to appreciate that blood has a narrow range of iron it can use to help produce red blood cells and that too much iron causes symptoms resembling those of anemia. Also, the staff at blood banks tend to believe that hemoglobin and iron are the same, giving lists of foods high in iron to donors with low hemoglobin, invariably saying, “Your iron is low.” Hemoglobin, however, is not iron but rather the unique molecule in red blood cells that carries oxygen to the body's tissues. When patients are anemic, iron, instead of going into hemoglobin, can be stored, causing iron overload. Many people of African descent have a tendency toward iron overload and need iron removed, as well as treatment with B vitamins, especially B₁₂, B₆, and folic acid.³⁴ The B vitamins should be taken as part of a complete B complex, with specific B vitamins added on an individual basis by a trained clinical nutritionist.

Certain inherited tendencies can contribute to anemia. First, many individuals with type A blood have a deficiency in stomach acid that prevents them from absorbing the iron from their food, leading to anemia. Second, many descendants from Mediterranean countries, including numerous Arubans and Americans who can trace their family tree to Portuguese, Spanish, Italian, or Greek roots, have inherited glucose-6-phosphate dehydrogenase (G6PD) deficiency, a condition in which either the red blood cells do not make enough of the enzyme G6PD or the enzyme they produce is abnormal and inefficient, causing the body's red blood cells to undergo extra stress or premature destruction. Red blood cells suffer stress, for instance, when such people have an infection and take sulfa medicine, are exposed to camphor, or eat fava beans, a staple in several Mediterranean locations.

In effect, G6PD provides the “glue,” or structural integrity, of the skin of red blood cells, and with G6PD deficiency—the most common human enzyme deficiency, affecting an estimated 400 million people worldwide—the skin of red blood cells becomes very fragile, allowing them to fall apart prematurely. And

while the life cycle of a normal red blood cell is four months, people who suffer from G6PD deficiency must recycle their red blood cells more often. Interestingly, G6PD deficiency confers a resistance to malaria, but G6PD crises result in anemia, also known as G6PD anemia or hemolytic anemia.

Although G6PD deficiency was discovered in 1956, it still often goes either undetected or improperly treated. And individuals with reduced G6PD activity who receive improper treatment are at risk for several potentially life-threatening pathologies. Sulfa drugs can contribute to an immediate anemia crisis. Other drugs also cause problems. Similarly, iron supplementation, far from helpful, stresses the red blood cells even more. Fortunately a simple blood test can let a person know if they have this deficiency.

A Venezuelan proverb states, “Blood is inherited, and virtue is acquired.” Viewed in this context, although individuals with type A blood and people who have inherited iron overload or G6PD deficiency cannot alter their blood, they can acquire the virtue of health.

THE BIOCOMPATIBLE VIEW

Contrary to the practices of many conventional doctors, biocompatible physicians recognize that blood has a narrow range of iron it uses to help produce red blood cells. A lack of iron can cause anemia, but too much iron is problematic as well, causing a condition that resembles anemia. Biocompatible physicians also point out that a low hemoglobin count does not indicate a need for more iron-rich foods, since hemoglobin is not iron but rather transports oxygen to the body’s tissues.

WORDS OF ADVICE

- If you are of African descent and have symptoms of anemia, you may need to have iron removed rather than supplemented, and to be treated with B vitamins, especially B₁₂, B₆, and folic acid.
- If you are of Mediterranean descent and seem to be anemic, get screened for G6PD deficiency.
- If you have type A blood, be aware that you have a deficiency in stomach acid that prevents absorption of iron from food, and request advice from a biocompatible doctor about how to get sufficient iron.
- Children should avoid drinking cow’s milk, which has been implicated in anemia as well as allergies and diabetes.
- If you have been diagnosed with anemia, do not settle for iron supplements. Have a biocompatible physician find and treat the root cause of your anemia.

ANTIBIOTICS

Doctors frequently prescribe antibiotics, which, while at times lifesaving, are more often unnecessary and harmful. It is important to understand that the term “antibiotic” means “against life” and that antibiotics kill not only the bad but also the good bacteria, without which people cannot live. The World Health Organization (WHO) has repeatedly warned against the misuse of antibiotics, saying

that by 2010 it could lead to the creation of “superbugs” that render ineffective the antibiotics currently being used and take the world “back to the time when minor infections killed.”³⁵

It is also essential to remember that although antibiotics affect bacteria they do not influence viruses. Bacteria, relatively large organisms, tend to reproduce outside of cells and have metabolic functions that antibiotics can target, either killing microorganisms or stopping them from reproducing, allowing the body's natural defenses to eliminate them. Viruses, on the other hand, are tiny and replicate inside cells using the cells' own metabolic functions, where antibiotics cannot reach them.³⁶ Therefore, the use of antibiotics in a nonbacterial illness does not shorten its duration, as is sometimes hoped, but instead contributes to the destruction of susceptible bacteria and an explosion of resistant bacteria, furthering the spread of drug-resistant bacteria.

Antibiotics used erroneously are most commonly prescribed for fever, sore throat, or diarrhea caused by viruses. Indiscriminate use of antibiotics for fever adds to the cost of therapy, increases adverse effects, contributes to drug resistance, and may also mask the signs of bacterial infection, making a proper diagnosis difficult. Instead, the majority of fevers can be brought under control with colonics or enemas. A survey of physicians in seventeen European countries shows fever from tonsillitis resolving itself in two to three days with or without antibiotic treatment.³⁷

The antibiotics often prescribed for a sore throat of unknown origin are generally “broad spectrum” meaning that they affect many different bacteria. By contrast, in our clinic we send patients with persistent sore throats to a lab that will culture the pathogen; indicate if it is serious, such as group A streptococci; and if so, name the antibiotic that will eliminate it. As it turns out, only about 10 to 20 percent of people who visit our clinic with a sore throat have group A streptococci. Research shows that strep throat is almost unknown in children before age two and uncommon before age four; such a sore throat is most common in children between the ages of five and fifteen, although it can occur in younger children and also adults; and while children younger than three can get strep infections, these usually don't affect the throat.³⁸

Antibiotics overprescribed for diarrhea is equally unjustifiable, since reversing the condition usually requires only adequate rehydration and replacement of beneficial colon bacteria. In our clinic, we use colon hydrotherapy to wash away the infection then recommend that the patient take a simple over-the-counter beneficial bacteria supplement. The following are two examples of supplements that can be used. In the case of urinary bladder infections, a simple sugar (D-Manos) naturally found in unsweetened cranberry juice will coat the bacteria so it cannot “stick” to the bladder walls and cause problems. To eliminate a serious stomach bacterium, *Helicobacter pylori* (HP), that causes stomach ulcers and cancers, in our clinic we have successfully used kelp seaweed called bladderwrack, which contains a simple sugar (D-fucose) that HP bacteria love to eat. The bacteria will leave the walls of the stomach and embed in the bladderwrack herb to feed on the D-fucose, then when the bladderwrack leaves the stomach it carries the HP bacteria with it.

In addition, antibiotics are generally prescribed for all ear infections, regardless of appropriateness. Finally, antibiotics have absolutely no effect on colds, which are caused by viruses. During a cold, it is normal for mucus to thicken and change color, a symptom that does not indicate the presence of a bacterial infection. Nor do most children with thick or green mucus have a bacterial sinus infection; such mucus production may instead be caused by milk or cheese. In fact, at least three-quarters of the infections most pediatricians see in their offices are viral, requiring only that the child get adequate fluids and eat healthy foods.³⁹

It is important to acquire the information and self-confidence necessary to decline inappropriate antibiotic treatment. Such therapy should be reserved only for medical emergencies when it has been determined that the cause of symptoms is bacterial. This can often be determined by tests, which you should request to verify the need for antibiotics. For example, a bacterial illness such as strep throat can be diagnosed by taking a throat culture to see if strep bacteria are present. Also, any pathological condition associated with bacterial infection, inflammation, or tissue destruction is accompanied by elevation of the C-reactive protein (CRP) level in the person's serum, which can be detected within six to twelve hours of the onset of the inflammatory process.

In cases where antibiotics are indicated, the entire course of medication must be taken, even if the individual begins to feel better sooner, because just as overuse of antibiotics leads to resistant bacteria, so does using only a partial dose. Any antibiotic treatment should be supplemented with beneficial bacteria (normally found in the colon), also known as probiotics, acidophilus, or bifidophilus, which are available at health food stores.

THE BIOCOMPATIBLE VIEW

Contrary to popular belief, antibiotics do not eliminate a pathogen completely but instead reduce its numbers, often considerably. As a result, one of three outcomes may ensue. If the antibiotic has sufficiently reduced the numbers of bacteria, the person's immune system will finally cure the infection by killing off the remaining bacteria before they multiply. If not, the bacterial infection returns and another round of antibiotics is needed. The third scenario takes place when the remaining bacteria colonize and become held in equilibrium by the immune system. This equilibrium produces a subclinical chronic inflammation that exerts unremitting stress on the immune system. The blood chemistry protocols of biocompatible medicine clinically demonstrate the presence of such chronic inflammation, which is most often found in infections in the jaws.

WORDS OF ADVICE

- Never take antibiotics haphazardly or without a doctor's supervision.
- Develop self-confidence to question a prescription of antibiotics for fever, sore throat, or diarrhea, which are usually caused by viral not bacterial infections.
- Ask your doctor to verify the presence of a bacterial infection via a laboratory-run low-sensitivity C-reactive protein (CRP) test or other tests before prescribing antibiotics.

- If you are diagnosed with a urinary bladder infection, drink cranberry juice to coat the bacteria that caused it, preventing them from multiplying, or take D-mannose, the sugar found in cranberries that repels infecting bacteria.
- To eliminate the stomach bacterium *Helicobacter pylori* that causes stomach ulcers and cancers, take bladderwrack, a seaweed containing the simple sugar D-fucose that attracts and eradicates the HP.
- If you are on antibiotic treatment, avoid alcoholic beverages and supplement with probiotic lactobacillus to replace the friendly bacteria in the intestines.
- A susceptibility to suffering from repeated infections is a symptom of oxidative stress and should be regarded as a warning that there exists a major metabolic imbalance.

ANXIETY OR PANIC ATTACKS

Anxiety disorders, characterized by excessive, irrational dread of everyday situations, are the most common form of mental illness. Anxiety or panic attacks, on the other hand, are intense periods of fear and discomfort caused by the body's energy going too much in one direction. During such an attack, a person may experience a pounding heartbeat, pain or other discomfort in the chest, sweating, shaking, difficulty breathing, dizziness, tingling sensations, cold or hot flashes, a choking sensation that produces nausea, as well as fear of losing control, going crazy, or dying—all symptoms that can be produced by an under-active thyroid.

Many people experience an anxiety or panic attack at some time in their lives, and while it may be disconcerting it doesn't result in an anxiety disorder. To be classified as a medical problem, the attack has to be followed within a month by one or both of the following: major behavioral change related to the attack, or constant worry about having another attack, or a heart attack.

One cause of panic attacks in women is hormone imbalance due to the menstrual cycle, which explains why attacks are twice as common in women as in men. In our clinic, we see women who suffer from these symptoms during the week before and a few days into their menstrual cycle, or while transitioning into menopause.

Men more often suffer from anxiety attacks attributed to different causes. Many men have high uric acid that makes joints painful and reduces the blood's ability to carry oxygen, forcing them to hyperventilate and possibly have an anxiety attack.

Symptoms of an anxiety or panic attack can also be triggered by the person's immediate surroundings. For example, many schoolchildren in our community have symptoms of anxiety during school exams, including stomachache, nausea, sleep problems, and headaches. Chronic stomach problems in older children are usually associated with homes where a parent is abusing alcohol or drugs. Likewise, symptoms of an anxiety or panic attack can affect one's surroundings, such as a workplace, where colleagues and clients may be influenced by an individual's inability to focus on tasks or by their fear of failure, flying, entering an elevator, or public speaking.

To control the symptoms, frequency, and severity of anxiety or panic attacks, doctors usually prescribe pharmaceutical drugs, especially antidepressants or antianxiety medication. This protocol becomes counterproductive, however, since, especially at the beginning of treatment or when doses are changed, individuals on such drugs can develop an increase in anxiety, panic attacks, irritability, insomnia, impulsivity, hostility, and mania. As stressed by the Food and Drug Administration (FDA), it is especially important to watch for these behaviors in children, who may be less able to control their impulsivity than adults and therefore at greater risk for suicide.⁴⁰

If you are suffering from anxiety or panic attacks, first visit your doctor for a checkup to rule out physical causes. Hopefully your doctor does not treat all anxiety and panic attacks with psychotropic drugs used for psychiatric disorders. In our clinic, for example, we do not start with the supposition that individuals having anxiety disorders are crazy. Having an acidic body produces sluggishness because of the markedly lowered ability to circulate oxygen throughout the body. The less than optimal oxygen circulation then produces the same symptoms as those experienced by people who travel to higher elevations, including hyperventilation, shortness of breath during exertion, increased urination, change of breathing pattern at night, frequent waking at night, and weird dreams. Biocompatible medicine doctors therefore treat anxiety or panic attacks by reducing acid stress, making more oxygen available throughout the body.

In our clinic, we use acupuncture treatments effectively to treat anxiety disorders and reintroduce balanced states. Whereas excessive caffeine, medication, a thyroid disorder, or low blood sugar is known to cause shakiness and sweating, eliminating stimulants, increasing your physical exercise, or using relaxation techniques such as listening to music, praying, or meditating can be immediately beneficial.

THE BIOCOMPATIBLE VIEW

Biocompatible medicine treats anxiety or panic attacks by reducing acid stress, making more oxygen available throughout the body.

WORDS OF ADVICE

- If you are suffering from anxiety or panic attacks, first visit your doctor for a checkup to rule out physical causes.
- Eliminate caffeine and other stimulants, and increase exercise to reduce symptoms of anxiety.
- Take time out from hectic schedules and daily concerns to participate in relaxing and rejuvenating activities, such as playing sports, swimming, listening to music, reading, praying, or meditating.
- Learn how to breathe from your abdomen. Many people do not breathe this deeply and thus do not exchange lung gasses efficiently, leading to a buildup of carbon dioxide that causes them to gasp for breath, a symptom associated with anxiety. An introductory yoga lesson can show you how to breathe properly.

- Avoid situations that have caused panic in the past or that you fear might cause panic, such as going to crowded places.
- If panic sets in, escape as soon as you can, even if this means rushing through the supermarket aisles to get out as quickly as possible.

ARTERIOSCLEROSIS

Arteriosclerosis is obstructed blood flow caused by the formation of plaques on the inner surfaces of arteries. This condition often begins with chronic inflammation of the body (see “Chronic Inflammation,” p. 83), which increases the calcium floating in the bloodstream, damaging arterial walls. Then, like the building of calluses on a palm, the body deposits calcium, cholesterol, heavy metals, and bound insulin on the irritated arterial walls.

When such vascular transformations occur, the veins and arteries are not fully able to circulate blood to all parts of the body. Cells that normally get a proper supply of glucose, oxygen, and other nutrients have the raw material necessary to make adenosine triphosphate (ATP), the “gasoline” that keeps the human body functioning. Cells, like batteries that need to be recharged, give off heat and other forms of energy, then must receive ATP to provide more energy. However, when veins and arteries are blocked and unable to circulate a steady supply of blood, your cells, unable to receive adequate ATP, start dying and becoming stiff.

Blockage preventing adequate blood flow through the arms and legs is called peripheral arterial disease (PAD), which may at first present no obvious symptoms but, over time, produces a cramping pain, usually in the calves, that is induced by exercise and relieved by rest. Blood circulation problems of the arms are less common than of the legs but may be more incapacitating, resulting in pain, weakness, stiffness, nerve-related symptoms, and general difficulty using the hands. Blood circulation problems to the brain, common among older populations of developed countries, typically affect the carotid artery, which carries most of the brain’s blood supply. Blocked arteries of the heart, coronary artery disease (CAD), and other blood circulation problems are present with PAD, increasing the risk of infection. People suffering from PAD are also at increased risk of dying from a heart attack or stroke.

Severe obstruction of the arteries, which decreases blood flow to the extremities (hands, feet, and legs) to the point of severe pain and even nonhealing skin ulcers, is called critical limb ischemia (CLI). The pain caused by CLI, known to wake the sufferer up at night, is called “rest pain.” It can be relieved temporarily by getting up and walking around. CLI is a very serious condition that requires comprehensive treatment since it will not improve on its own.

For instance, darkening legs, which indicates blood circulation problems, is an ominous sign that heart bypass surgery may be required to replace plugged heart arteries. People who have had heart bypass surgery, however, must also realize that arteries do not selectively get plugged, and a heart starved for circulating blood reflects other body parts that are similarly in need of fresh oxygenated blood.

Unfortunately, the pharmaceutical drugs prescribed for arteriosclerosis, such as statins, antiplatelet drugs, and aspirin, have an alarming array of side effects, including

fatigue, nausea, gastrointestinal problems, and muscle weakness and pain—surely one reason up to 75 percent of people who take statins eventually discontinue their use.⁴¹ Also, antiplatelet drugs inhibit vitamin K-dependent blood coagulation, an outcome that may be counteracted by eating foods rich in vitamin K, such as green leafy vegetables, alfalfa, egg yolks, soybean oil, and fish livers.

By contrast, biocompatible physicians use natural substances to increase the blood flow to veins. They also recommend controlling risk factors such as cigarette smoking; treating cholesterol problems, high blood pressure, and diabetes; sticking to special diets; exercising; and employing natural remedies and therapies. Specifically, ginkgo biloba extract has the ability to reduce major symptoms of cerebral vascular insufficiency. The plant *Coleus forskohlii*, a member of the mint family, is the source of the compound forskolin, which has been shown to widen or dilate blood vessels to allow more blood flow. Also, horse chestnut, a longtime folk remedy for varicose veins and hemorrhoids, relieves common symptoms of chronic vascular insufficiency, such as pain and swelling of the legs and itching and cramping of calf muscles, while horsetail assists in the reduction of water swelling, the edema commonly associated with chronic vascular insufficiency. In addition, foot ulcers, commonly caused by diabetes or vascular insufficiency, can be cleansed at home or in the sea and healed by regained healthy blood flow.

Our clinic protocol for arteriosclerosis also focuses on adequate hydration and sodium elimination (see “Dehydration,” p. 93). Most people are extremely dehydrated, especially older individuals who either have problems with bladder control (in women from urinary incontinence, in men from having to wait a long time or straining to begin urination) or get nauseous after drinking water. With little digestive fluid in the stomach, even a small amount of water will further dilute the stomach acid and produce heartburn and nausea, a problem that can be alleviated by adding the juice of half a lime (approximately 5 ml) to 1.5 liters, or quarts, of water. When older people drink water and have to urinate almost immediately, they believe they are ridding the body of the water they just drank, but this is not true. Rather, when a person who is dehydrated drinks ten ounces of water, the body signals the kidneys to expel ten ounces of salty, excess fluid from between tissue cells, which is transparent, like water. By contrast, people with a well-hydrated body can drink a liter of water and not have to urinate for over an hour.

Dehydration leads to edema from excess serous fluid, a body fluid resembling serum that is loaded with sodium waste from the cells. The salty fluid, lodged between tissue cells, swells the body, especially the lower legs, obstructing the flow of blood by literally squeezing the blood vessels closed. The problem with salty water is that the kidneys are programmed, especially in people of African descent, not to remove sodium from the blood. Unfortunately, patients suffering from edema often are given diuretics (“water pills”) that stimulate the kidneys to expel water and potassium but not the sodium, which makes the problem worse, since the amount of sodium in the body increases and traps even more water in the body.

By contrast, in our clinic we take all patients suffering from edema off diuretics and send them to the ocean to perform a therapy I developed during the

years I was teaching scuba diving, which we call head out immersion (HOI). The patient drinks at least one liter, or quart, of water and soaks in the ocean, immersing the body up to the neck for forty minutes to one hour. People not near the ocean can soak in a shallow pool or bathtub. The difference in the water pressure against the adrenal glands, located on top of the kidneys, and the subsequent lack of pressure on the sinuses, signals the kidneys to dump sodium. After HOI patients urinate in the water, they notice an immediate difference in their once-swollen limbs, which can be verified by measuring them with a tailor's cloth tape before and after immersion. Indeed, the amount of sodium excreted from immersion can amount to between 200 and 300 percent of preimmersion levels.⁴² The reduction in blood serum sodium can make some patients become very tired afterward, so when performing HOI therapy we make sure to have an assistant present.

To further remove sodium from the body, we also recommend taking supplements such as vitamin B₂, vitamin A, and magnesium (see "Energy Refinery—Magnesium," p. 108), since magnesium deficiency can lead to increased sodium and fluid retention. With magnesium present, potassium is taken into the cells, where it is needed for the energy producing Krebs cycle, and sodium is pumped out.

In addition, we use hair analysis to test individuals with arteriosclerosis for heavy metals. Once we have identified the contributing metals and renovated the mouth to remove toxic mercury fillings, we recommend using EDTA (ethylenediaminetetraacetic acid) to detoxify the body (see "EDTA Chelation Therapy," p. 103). Finally, we recommend acupuncture as an important part of arteriosclerosis treatment since it stimulates movement in the meridians.

THE BIOCOMPATIBLE VIEW

Arteriosclerosis starts with an increase in the chronic inflammation of the body caused by eating the wrong foods for metabolic type (see "Blood Type Diet," p. 65); infections in the body; a body burden of heavy metals; the presence of insecticides and pesticides in the body; and the detrimental effects of petroleum products.

WORDS OF ADVICE

- Use the natural substances ginkgo biloba, *Coleus forskohlii*, horse chestnut, and horsetail to increase the flow of blood in veins and arteries.
- Drink sufficient water to avoid problems with blood flow associated with dehydration.
- Avoid using diuretics ("water pills") that stimulate the kidneys to expel water and potassium but not sodium, making arteriosclerosis worse.
- To eliminate sodium from the body, use head out immersion (HOI) treatment at the ocean or in a bathtub.
- Take the supplements vitamin B₂ and vitamin A—all the natural carotenoids, not just carotene—to help remove sodium from the body.
- Take supplements of magnesium to avoid deficiency, which can lead to increased sodium and fluid retention.
- See a biocompatible physician to have EDTA chelation therapy to detoxify heavy metals from your body and have mercury fillings removed from your mouth.

ARTHRITIS

Arthritis is a constellation of different forms of chronic joint inflammation resulting in pain and stiffness, whose origin, according to conventional medicine, is not officially known. It is the number-one cause of physical disability in the United States, affecting 21 percent of adults,⁴³ including people of both sexes and all races, socioeconomic levels, and geographic areas, although women are those most affected by rheumatoid arthritis, an autoimmune disease in which the body attacks itself, causing inflammation and damage. Typically arthritis is initially treated with salicylates and other nonsteroidal anti-inflammatory drugs (NSAIDs), causing many patients to end up either in wheelchairs or in surgery to remove the excess tissue that develops from progressive joint damage.

Traditional Chinese medicine does not combine under one name the dozens of different medical ailments that cause pain, stiffness, and swelling in the joints, but instead recognizes seven conditions that can produce “steaming joints”; divides them into three categories of increasingly severe joint damage; and identifies patterns of disharmony that produce joint problems. In traditional Chinese medicine, the condition most similar to arthritis, as it is known in the West, is called “Bi syndrome.” This category of joint damage presents as pain, soreness, or numbness of the joints due to an “invasion” by wind, cold, dampness, or heat.

Wind Bi, resulting from unprotected exposure to wind over a prolonged period of time, is characterized by the movement of soreness and pain from one joint to another. Range of motion of the affected joints is limited, and there is often fever, as well as an aversion to wind. A thin white tongue coating and a floating pulse are signs that help Chinese medicine practitioners diagnose wind Bi.

Cold Bi is characterized by severe pain in a joint, which is relieved by applying warmth to the area and intensified with exposure to cold. Movement of joints is limited. Signs of cold Bi include a thin white tongue coating, combined with a wiry and tight pulse.

Damp Bi is characterized by pain, soreness, and swelling in a joint with a feeling of heaviness and numbness in the limb or all extremities. The pain, aggravated by damp weather, has a fixed location.

Heat Bi, which can develop from any of the other forms, is characterized by severe pain and hot red, swollen joints, often due to infection, especially in the mouth. The pain is generally relieved by applying cold to the joints. Other symptoms include fever, thirst, anxiety, and an aversion to wind. A yellow, dry tongue coating and slippery, rapid pulse are seen with heat Bi.

The next category of increasingly severe joint damage identified in traditional Chinese medicine comprises internal disorders contributing to mucus or phlegm in the joints. The most severe category is associated with blood stagnation due to a history of trauma.

To understand the causes of arthritis, it is necessary to first comprehend how joints work. Healthy joints have a rubbery material called cartilage that covers the bone and acts as a shock absorber to cushion the impact of movement and keep the ends from grinding against each other. The joint is then held together by ligaments and tendons. Tendons are strong, flexible cables that attach the

muscles to the bones and allow movement in various directions. The bone ends, cartilage, ligaments, and tendons are enclosed by the synovial membrane, which lubricates the joint so it can move smoothly.

This membrane includes the synovial lining, or inner layer, and the subintimal area, or lower layer. In normal joints, the synovial lining serves as an important source of nutrients for cartilage, which has no blood vessels. The synovial lining is normally only one to three cells thick, but in rheumatoid arthritis it increases to eight to ten cells thick, eroding the bone and cartilage. As such, it can be thought of as a tumor-like tissue, although metastasis does not occur. Chronic dehydration and consequent nutritional deficiencies rob the synovial lining of the nutrition needed by a healthy joint. And, with the reduced function of the synovial lining, waste products from the metabolism of the joint cannot be carried away, which is why an affected joint becomes bigger.

In addition, the subintimal area, where the synovial blood vessels are located, normally has very few cells, but in people with rheumatoid arthritis it is infiltrated with inflammatory cells, including T- and B-lymphocytes, macrophages, and mast cells, all of which, as “soldiers” of the immune system, respond to a “steaming joint” as if it were a foreign invader. When there is an infection, T- and B-lymphocytes, the two main types of white blood cells, are the first to arrive. Next, macrophages, large scavenger cells common in connective tissue and certain body organs, arrive to engulf and destroy what they perceive as bacteria and other foreign debris. Finally, mast cells, containing numerous basophilic granules, arrive and release substances such as heparin and histamine, their natural reaction to injury or inflammation of bodily tissues. Unfortunately, if this immune response goes on for an extended period of time, the activity starts destroying the connective structure of the joint.

Joint Pain and Dehydration

At our clinic, we have an arthritis protocol that has proven effective in the treatment of joint pain, guided by the *Nei Jing*, the Yellow Emperor’s 4,700-year-old classic treatise of internal medicine, which states: “The meridians move the energy and blood, regulate yin and yang, moisten the tendons and bones, and benefit the joints.” As medical theory, this description was well ahead of its time, considering that circulation of the blood was not discovered in the West until thousands of years later. We recognize that painful, stiff joint symptoms occur in connection with mild dehydration since joint cartilage is composed mainly of water (70 to 80 percent). In moderate chronic dehydration, we see most of the symptoms of arthritis, including high cholesterol, high blood pressure, heart problems, diabetes, and water retention, or edema. Yet chronic dehydration is a problem doctors and our Public Health Department normally do not address until it has become life threatening (see “Dehydration,” p. 93).

When the body becomes dehydrated, chemicals called pain factors (P-factors) are produced that shift water from muscles and other cells to brain cells. Since the brain is the control center for the body, the body sends whatever water it has to the brain as its first priority. When water is lacking in the muscles, the chemical

reactions that govern the muscle contraction-relaxation cycle become less efficient and are thrown out of balance, causing what we perceive as stiffness in the joints that are moved by these muscles, leading to a misalignment in bone structure, such as in the spine, which can be very painful. Chiropractic treatment can resolve the effects of misalignment of bone structure, especially in the spine. But since the primary source of the pain is body dehydration and a lack of water in the muscle cells, to hold bones in their proper place it is necessary to hydrate the body and reestablish balance in the muscle contraction-relaxation cycle.

Albumin and Arthritis

People with rheumatoid arthritis often have decreased levels of albumin, the most abundant protein found in blood plasma, accounting for 55 to 60 percent of serum protein. Sufficient albumin is necessary for healthy functioning in several ways. First, albumin has antioxidant potential, helping to rid the body of oxygen-free radicals, which have been implicated in inflammatory diseases and aging.⁴⁴

Second, healthy amounts of albumin help regulate the acid base balance, preventing the body from becoming too acidic, which would rob calcium from bones and teeth and lead to excessive deposits of uric acid in the soft tissue of joints. Uric acid crystals, which are sharp as razors, demolish soft tissue, produce pain, and accelerate joint destruction.

In addition, albumin is capable of attracting heavy metals. As such, it plays a role in removing toxic heavy metals from the body.

Blood tests showing low values of albumin can signal the potential for serious illness years before any medical condition develops. When blood serum albumin is low, the synovial membrane will not have sufficient protein to transfer into the joint. So as part of our arthritis protocol, we try to determine what is reducing the blood albumin level.

Heavy Metals and Joint Pain

A low level of albumin indicates that heavy metals may be in the body. Certainly, individuals with severe joint problems tend to have a considerable body burden of toxic heavy metals.

Heavy metals enter our bodies through the food we eat, the air we breathe, and the water we drink. They enter the water supply because our water, devoid of minerals, leaches copper from water pipes and lead from solder. In Aruba, because our “soft” water leaches out the copper from our water pipes we have an abnormally high exposure to this metal. Metals such as lead, mercury, arsenic, chromium, cadmium, and nickel are toxic even at low concentrations and cannot be degraded or destroyed. In trace amounts, some heavy metals, such as copper and zinc, are essential to maintaining good health and metabolism, but in higher concentrations they prove to be poisonous. Symptoms associated with excessive exposure to copper are joint and muscle pain, depression, irritability, tremors, hemolytic anemia, learning disabilities, and behavioral disorders.

What makes heavy metals particularly dangerous is their tendency to accumulate, to occur in increased concentrations, over time. They do this naturally because

heavy metals absorbed from the environment are stored faster than they are metabolized or excreted from the body, especially when the amount of albumin in the blood is low.

An excess, deficiency, or maldistribution of heavy metals in the body can be determined by hair analysis, since the amount of an element that is incorporated into growing hair is proportional to the level of the element in other body tissues. Although individuals vary greatly in sensitivity to toxic metals in the body, clinical research indicates that hair levels of potentially toxic elements such as mercury, lead, arsenic, and cadmium correlate highly with the presence of pathological disorders. Mercury, for example, contributes to immune problems by binding or sequestering selenium, which is critically important to a well-functioning immune system. Sources of mercury include contaminated seafood, hemorrhoid preparations, skin lightening agents, certain instruments (thermometers, electrodes, batteries), the combustion of fossil fuels, and dental amalgams. Because the baseline hair mercury level for individuals with dental amalgams is higher than those without amalgams, we recommend that physicians trained in biocompatible dentistry remove dental amalgams made of 50 percent mercury.

Regarding teeth, at our clinic we have found that the inflammatory effects from periodontal disease, a chronic bacterial infection of the gums and infections in the jaws, called cavitations, cause oral bacterial by-products to enter the bloodstream and trigger the liver to make proteins that inflame arteries and joints. To identify infection, we use the blood test C-reactive protein (CRP), a substance found in the liver when arteries are inflamed. We are seeing reduced joint pain after treating people's teeth and gums using the biocompatible protocol. In fact, more than three hundred patients went into total remission of their hot, painful joints after receiving our biocompatible protocol.

Joint Problems and Metabolic Type

In our clinic, we have been finding a relationship between people's joint problems and their metabolic type, identified by blood type and Lewis blood group antigens. Generally, we find that people with type A blood tend to get a puffy, inflamed arthritis, a more aggressive form of rheumatoid arthritis, while people with type O usually get a harder, more persistent type of arthritis.

In addition, certain aspects of nutrition specific to blood type can cause joint pain. For example, the sugar of wheat germ lectin is highly specific to blood types A and O in causing joint pain, and adopting a wheat-free diet appears to have a positive effect. The two sugars most commonly used in alternative medicine to treat arthritis, glucosamine and chondroitin, may in fact be effective due to their lectin-blocking action.⁴⁵ It is worth noting that glucosamine binds wheat germ lectin very effectively, while chondroitin is the blood type A antigen in very long linkages. In either case, it is likely that both interact with lectins and prevent them from reacting with inflamed tissue. In fact, glucosamine and chondroitin may chemically mimic the effect of a low-lectin diet. The aberrant antibody in rheumatoid arthritis, galactose-free immunoglobulin, has also been shown to have a high degree of reactivity with the lectin found in lentils.⁴⁶ A good experimental

model of human rheumatoid arthritis can be produced in laboratory rabbits by injecting their joints with the lentil lectin. Considering the effects of nutrition on arthritis, we put all our patients at the clinic on the diet modified for individual blood type. Research has shown that individuals following the type O diet, for instance, experienced significant beneficial changes in their blood test results, including total cholesterol, HDL, and triglycerides.⁴⁷

Some studies also point to a causal connection between emotional stress and rheumatoid arthritis since people who have the disease tend to be more high strung and prone to emotional stress.⁴⁸ Considering the effect of stress on the body, high-strung people with type A personalities who have rheumatoid arthritis should incorporate relaxation techniques into their daily routines to reduce the negative effects of stress.

THE BIOCOMPATIBLE VIEW

Arthritis patients present all the factors that make an individual susceptible to chronic inflammation: eating the wrong foods for metabolic type, infections in the body, a body burden of heavy metals, the presence of insecticides and pesticides in the body, and toxicity resulting from exposure to petroleum products.

WORDS OF ADVICE

The following preventive techniques for arthritis, are usually helpful:

- Keep your body hydrated.
- Have your doctor check your blood albumin level, and if it is low (<4mg/dl) consider the following possible causes then act accordingly to raise it: chronic inflammation from any or all of the factors listed above; a lack of dietary protein, which can be reversed by eating more protein; excessive use of simple carbohydrates, which can be reversed by greatly reducing your intake of simple carbohydrates; or a deficiency of protease enzyme activity, which can be reversed through a regular walking program and early morning breathing exercises.
- Check your body pH (see “pH,” p. 163) and raise it if it is too acidic.
- Have dental amalgams that are 50 percent mercury removed.
- If you have type A blood, incorporate relaxation techniques into your daily routine.

ASTHMA

Asthma is a disease of the respiratory system, often caused by allergies. The number of adults suffering from asthma has more than doubled in the last several decades.⁴⁹ The risk of adult-onset asthma is almost three times higher in obese people.⁵⁰

With regard to childhood asthma, nearly a third of all cases may go undiagnosed.⁵¹ For example, in Aruba, where 90 percent of children in elementary school are obese,⁵² many parents and doctors erroneously attribute children's postexercise wheezing or shortness of breath to a general lack of physical fitness, while parents who smoke rarely seek a doctor's advice regarding the negative effects of secondhand smoke on pulmonary inflammation. Childhood respiratory problems, including asthma, also may be linked to inhaling the mixture of chemicals emitted from disposable diapers.⁵³ Medical research shows as well that

children under age three who receive a flu vaccine have a fourfold increase in the incidence of asthma within six weeks following the vaccine.⁵⁴ Also, babies delivered by cesarean section appear to be at greater risk for developing childhood asthma than those born via natural childbirth.⁵⁵

According to other studies, the main reason for the increase in asthma is due to allergies to chemicals, foods, or dust and mold in the immediate environment.⁵⁶ One chemical cause of asthma is acetaminophen, the active ingredient in Tylenol and other pain medicines, which helps explain why asthma is more prevalent in Western countries than elsewhere.

Consumption of fish contaminated with mercury may also cause asthma. Japanese people who eat fish at least once or twice a week are more likely to have asthma than their peers who consume fish less often, and it is assumed that waterways contaminated with mercury from burning coal for electricity may be a contributing factor. A surprising Japanese study found that schoolchildren who ate the most fish had the highest rates of asthma.⁵⁷

I believe the culprit in such instances is the heavy metal vanadium, which is high in water near offshore oil rigs and refineries. Inhalation of excess vanadium produces respiratory irritation and bronchitis, while ingestion of it can also result in decreased appetite, retarded growth, diarrhea and gastrointestinal disturbances, kidney toxins, and blood problems.

Treatment of asthma generally focuses on prescriptions for inhaled steroid medications or other drugs, the sales of which have increased more than sixfold over the last few decades.⁵⁸ Unfortunately, death from asthma has been associated with this increase in the use of inhaled corticosteroids, as has the intensified use of antibiotics, which have themselves been linked to asthma,⁵⁹ since they kill off beneficial bacteria in the colon and allow the yeast *Candida albicans* to grow out of control, resulting in a chronic cough. Asthma drugs also double the risk of heart attack, although some researchers now believe that it is not the drugs but the inflammation that increases cardiovascular damage.⁶⁰ The use of inhalers has been shown to cause erosion of tooth enamel as well, an effect that can be minimized by brushing the teeth and rinsing the mouth after treatment.

Biocompatible methods for treating asthma rely not on pharmaceuticals but on the elimination or drastic reduction of toxic chemicals used in homes and businesses; elimination or reduction of processed foods; increased intake of antioxidants; elimination of milk from the diet; elimination of tobacco smoke, poisons, and molds from the environment; treatment of yeast infections due to *Candida albicans*; and reduced stress. In particular, using nontoxic, biodegradable products for cleaning and gardening, as well as frequently scouring air-conditioning filters, reduces exposure to toxins. Avoiding processed foods and consuming flavonoid-rich foods such as apples, onions, tea, and red wine, as well as taking antioxidant vitamins and trace elements that act as antioxidants—such as selenium, zinc, and copper—also lowers asthma risk. Eliminating all milk and milk products from the diet further reduces the risk of asthma, especially in children, since when infants younger than four months old consume milk other than breast milk their risk of developing asthma increases dramatically.⁶¹ Moreover, good ventilation and

sunlight kill molds and bacteria, even the tough bacteria that cause tuberculosis. Because centralized heating ducts and air-conditioning filters can be breeding grounds for bacteria, mold, and viruses, they should be cleaned regularly. Also, in some situations an ultraviolet light source can be placed into a central air system that will reduce or neutralize pathogens.⁶²

In addition, many people suffering from asthma, especially the obese, have *Candida albicans* (see “Yeast,” p. 205), which can be treated in adults with at least 250 mg of magnesium a day, probiotics, or beta carotene if the person has never been a smoker.

Finally, we recommend the use of saltwater as a natural antihistamine. In Aruba, we advise patients to wash their sinuses in the ocean. People who are not near the ocean can use 1 tablespoon of sea salt in a quart of water. There are also over the counter (OTC) saline nasal solutions, but check the label for any ingredients that may be harmful.

THE BIOCOMPATIBLE VIEW

Asthma is a disease of the respiratory system often caused by allergic responses to eating the wrong foods for metabolic type; infections in the body; a body burden of heavy metals; the presence of insecticides and pesticides in the body; or the detrimental effects of petroleum products on health.

WORDS OF ADVICE

- Eliminate or drastically reduce the chemicals used in your home or business, and substitute nontoxic, biodegradable products for cleaning and gardening.
- Refrain from eating highly processed foods.
- Stop consuming milk and milk products and wheat products.

