

SECTION IX

The Government and AIDS

1 Will This Extra \$1.5 Billion Win the AIDS War?

***President's Commission Chairman
Obviously Blames Drugs as AIDS Cause!***

There is a request from yet another source for additional funds to fight the "war" against AIDS.

Admiral James Watkins was appointed chairman of the President's Commission on AIDS. He has just submitted a 60-page report to the president requesting \$1.5 billion additional to all other requests.

Admiral Watkins would conduct the war against AIDS substantially differently to the way other agencies are spending their billions. He would spend two thirds of that—\$1 billion—on drug treatments. While Admiral Watkins did not say that drugs cause AIDS, he would spend over one billion dollars each year in treating intravenous heroin addicts, who constitute 70% of the sufferers of what is called AIDS.

This obviously means that Admiral Watkins holds drugs responsible as primary causative factors in the AIDS statistics. I applaud him for that though he was not explicit about it.

But something we cannot admire him for: He wants to give most of this money right back to the drug companies!

He supports the "drugs on demand" approach. He advocates recognizing the addicts' problem and supplying them with clean needles if necessary. But what he really wants to do is give the addicts narcotics! Not heroin, mind you, but a pharmaceutically made heroin substitute called methadone.

The rest of the monies he requested would go down the usual research rat-holes. Of course research monies are really disguised subsidies for drug companies for, frequently, new drugs are developed which drug companies manufacture and distribute.

What all this really signifies is that the AIDS scam conspirators and bandwagon buddies reward themselves with huge jackpots.

Seeking funds for expenditure that will not produce an answer makes the whole thing phony.

With that kind of money all of America could be made aware that AIDS is caused by drugs and other poisons put into the body. All Americans could learn that healthful living will produce sickness-free health.

The Real Cause of AIDS is Bared by a High Official

"Go gingerly on drugs" seems to be a general policy in this country. It would appear that the only really bad drugs are illegal drugs, and even their pathogenicity is downplayed.

But Surgeon General C. Everett Koop was in England on March 10, 1988, and he was more forthright there than he is in this country. Of course he spoke in the general terms of gobbledegook which, when you interpret it, reveals a lot.

The report of his speech was headlined: "AIDS Advice Missing Drug Abusers." The complaint was that drug abusers (drug abusers are those taking "illegal" drugs, of course), as a high risk group for AIDS, are continuing to abuse drugs. They would have us believe that AIDS viruses really thrive on illegal drug users and are not very fond of "legal" drug users. That is the impression given.

Dr. Koop told his audience, the First International Conference on the Global Impact of AIDS, that male homosexuals as AIDS sufferers were declining and that heterosexual drug users are now the foremost spreaders of the disease. He attributed the decline in homosexual AIDS sufferers to a positive change in homosexual behavior. He did not mention that the effective bases for their behavior was the widespread dropping by the homosexual community of poppers, uppers, downers, Quaaludes, cocaine, marijuana and heroin.

In saying this and noting that drug users are suffering AIDS regardless of their sexual disposition, he is really telling us that drugs cause AIDS. As the nation's number one legal drug pusher, Dr. Koop does not expect us to read between the lines, but to take him literally.

And by reverse reasoning, it follows that if drug users are spreading the disease, then if drug use were discontinued, the disease would cease. Which effectively ties the disease called AIDS to drugs and not to some dead little hobgoblin called a virus.

Remarkable how the truth slips out of the mouths of these officials in their less-guarded moments.

3

Like Humpty Dumpty, The AIDS Scam Cannot be Put Back Together Again!

We have noted here and there that the AIDS scam is coming apart in some areas. There are other forces that are chipping away at it.

On February 21, 1988, the newspapers announced that 30 major employers and unions have endorsed an AIDS "bill of rights" for employees. These employers have actually taken steps that possibly preclude some very expensive impositions that could devolve upon them in behalf of the great AIDS hustle.

- They have emphatically rejected mandatory testing.
- They will strive to reassure employees that they cannot get AIDS at the workplace, that common use of tools, washrooms, dining facilities, etc., is not fraught with dangers.
- Every employee's medical file is strictly confidential.

These are some of the salient guidelines that will render the AIDS scam less effective in bringing in revenues, power and prestige for its promoters.

Among the signers of the AIDS "bill of rights" are such prestigious organizations as IBM, AT&T, ITT, National Urban League, Dow Jones, Chemical Bank, Johnson & Johnson, Warner-Lambert, The Salvation Army and Rockefeller Brothers Fund.

Strange bedfellows, it would seem, for some of these signers are beneficiaries of the AIDS bounty.

“Don’t Let Us Die”

The Presidential AIDS Advisory Commission heard this plea from a 35-year-old father of three who has what is called AIDS. The sufferer, Doug Segal, in his statement to the Commission, implied that death faces those who cannot afford expensive medical treatment.

Another sufferer, 36-year-old Patrick Haney, asked the Commission to convince the president to declare an immediate all-out war on AIDS.

As spokeslady for NOW (National Organization for Women), Fran Bohnsack-Lee also urged swift and decisive action: “...put money into AIDS and come up with a cure.”

These statements reflect the success of the scare campaign conducted by promoters of the AIDS hysteria. Our peoples have unquestioningly accepted the propaganda and fear which our media has printed and broadcast daily in behalf of pharmaceutical interests, primarily, and many others secondarily.

Examining Doug Segal’s Statement

Doug Segal implied that AIDS sufferers are dying because they cannot afford expensive medical care. This is 100% opposite to the facts!

Those who are dying of AIDS are those who are under medical care! They are receiving what is called first-class treatment. The death rate of those who are subjected to chemotherapy and other medical procedures is nearly 100%!

The truth is that chemotherapy is so deadly that few can survive its administration on top of an already drug-damaged body. Chemotherapy, as well as all cytotoxic drugs, causes what is called AIDS!

The truth is that nearly 100% of AIDS sufferers overcome their problem by discovering and discontinuing its causes, namely drugs. All drugs are, more or less, “immunosuppressive.”

Drugs of all categories tend to cause what is called AIDS, whether they be recreational drugs such as opium, heroin, morphine, marijuana, tobacco, cocaine, alcohol or coffee; whether

they be cytotoxic drugs from the pharmaceutical industry (all drugs are cytotoxic!); whether they be condiments such as vinegar, salt, oregano, hot peppers (capsicum), etc.; whether they be over-the-counter drugs or prescribed drugs; or whether they be putrefactive or fermentative poisons of bacterial generation absorbed from the intestines. What is called AIDS is caused by the inability of the body's primary defensive faculties—white blood cells—to cope with the poisons that course through the bloodstream and body fluids. Most of this inability arises because of the suicidal result of apprehending drugs in the bloodstream and fluids. A shortage of white blood cells thus occurs.

Let us review that: The body's legions of white blood cells are killed off and depleted by the very poisons they seek to engulf and remove, thus resulting in their deficiency which leads to the organism being overwhelmed by poisons. This event leaves the body only one way to save itself—extraordinary elimination through fevers, diarrheas, pneumonias and other affections or illnesses.

Patrick Haney's Delusion

Obviously Mr. Haney wants an instant solution to the AIDS problem inasmuch as he suffers grievous white blood cell deficiency.

A solution does exist already. This volume presents it elsewhere. However, the drug/medical industries do not want a solution. The whole panic was initiated to destroy the gay rights movement but later converted by the "researchers," government agencies, and the pharmaceutical/medical industries into a gravy boat for power and profits.

The president and government agencies have really already declared an all-out war on AIDS. AIDS is already a multi-billion dollar affair which is the bottom line its promoters sought in the first place. Over one billion dollars was spent by the U.S. government with researchers alone in 1987. About \$2 billion was spent in 1988 on further research. That is already bigger than annual cancer-war expenditures that have been going on for 17 years.

The search for a "cure" is already on. Of course, as in cancer, no "cure" will ever be found. For, you see, no solution is wanted by the drug establishment or "our" government which it controls.

It is estimated that about \$10 billion was spent in 1988 for treating AIDS sufferers (at \$150,000 per death produced), for nongovernment research to create vaccines, and to "prevent" AIDS.

The delusion is that the answers to AIDS lie in research and the vaccines and medications that will result. When a vaccine is introduced to solve the problem, the syndrome is diagnosed as one of its many prior designations, and the media stop promoting it. AIDS will be dead except for reminders to get your AIDS shots lest that nightmare ruin your body.

A war on AIDS will produce about the same result as the "War on Cancer" which began in 1971 when we had 350,000 deaths per year attributed to cancer. Now that the war has been waged vigorously with over one billion dollars per year for 17 years, we now have nearly 500,000 cancer deaths each year.

You see, Mr. Haney has really been deluded into believing the answers to AIDS lie in those agencies and industries who have perpetrated and promoted the hoax in the first place. The research itself is one of the perpetual boondoggles that is eagerly sought—it is a scam that is part of the AIDS promotion. Mr. Haney suffers from delusions as well as drugs.

Fran Has Been Duped Too

In urging that the government pour massive amounts of money into AIDS to come up with a cure, Fran Bohnsack-Lee is falling into the very trap set by government agencies, researchers and drug industries. These powerful interests are not out to kill the goose that lays so many golden eggs for them. Their bottom line is the lavish flow of cash into research coffers, into expanded government agencies, and ever-greater revenues from pharmaceuticals and medical/hospital treatments.

As long as the absurd belief is fostered and followed that the "cure" lies in drugs which are the cause of the problem in the first place, there can be no solution.

AIDS is a problem with multiple causes that toxify the body. The only way out is to discontinue all practices which beget intoxication and adopt a healthful regime which, alone, can restore health.

5

There is Some Pie in AIDS for Everyone!

In the *New York Post* for January 18, 1988, there appears an announcement that a \$19 million grant has been made for Clinical and Behavioral Studies of AIDS sufferers by the National Institute of Mental Health. The grant was made to the New York Psychiatric Institute, a part of Columbia-Presbyterian Medical Center.

Among the objectives to be assessed by this research is to find out if depression and stress weaken the "immune" system enough to predispose someone to AIDS.

The fact that this aspect is being researched, of course, is, perhaps an indication that such causes are probable. On the other hand, an unhealthy body is more disposed to be depressed and stressed—these, like white blood cell deficiency, are the results of a common cause, usually drugs. Further, all these conditions can aggravate the others.

When the causes of problems are discontinued, the body can gradually regain vitality and reassert its prerogatives.

This grant to the New York Psychiatric Institute is more evidence of the excessive gratuities created by contrived panics such as AIDS.

6 U.S. Government Squelches an AIDS Researcher Who Goes in the "Wrong" Direction

Perhaps you read a column in which Jack Anderson and Dale Van Atta, the nationally syndicated columnists, reported that a researcher in this country was squashed for trying to follow up a British report, in the April 1983 issue of *Lancet*, that pork-eating caused symptoms identical to those of AIDS.

Dr. John Beldekas has been censored and hampered in his search to find a connection between pork-eating and what is called swine fever which has the same symptoms as AIDS. At that time, both AIDS and swine fever were widespread in Haiti, which, you may recall, was named by the Centers for Disease Control as the pathway country for the introduction of AIDS into the U.S.A. from Africa.

The occasion for Jack Anderson's report is the opposition of various agencies of the U.S. government that made it impossible for Dr. John Beldekas to carry out his intended research.

In trying to pursue research along the lines that pork-eating caused symptoms that were similar to AIDS and were perhaps being diagnosed as AIDS, Dr. Beldekas was derided and threatened by U.S. government agencies. They did not want any research to occur that did not conform to the causes then proclaimed to be current, namely homosexual acts and a scapegoat virus.

Also, they did not want the meat trust upset. If pork-eating caused ill health, so be it! Our pork industry is more important than keeping our people healthy.

7

AIDS Panel Complains About Federal Efforts to Curb AIDS

A prestigious panel of scientists of the National Academy of Sciences and the Institute of Medicine complained that the federal government was not doing enough to stop the spread of AIDS. The panel's complaints appeared in newspapers on June 2, 1988.

The subheadline to the article stated: "Scientists call for more programs to curb intravenous drug abuse."

If a virus is the cause of AIDS, then what does drug use or abuse have to do with AIDS?

Well, you really do not find out from the publicity release. They are decrying "the magnitude of drug abuse and AIDS" which seem to go together for some strange reason.

What would a panel of scientists recommend? Well, for one thing, they want far more than the measly \$1 billion a year that the government has thrown at the AIDS problem. Further, they want large-scale treatment programs for drug users—like clean needle programs. (Another chapter in this book examines the "clean-needle" versus "dirty-needle" issue.)

Was this really a plea for curbing intravenous drug use? Like curbing the billions of annual doses of intravenous drugs by physicians and nurses?

Oh no! They are not calling that drug abuse. Drug abuse means taking "illegal" drugs—like heroin—intravenously. Clean-needle programs call for giving to drug users drug-industry-created narcotics instead—like methadone. That is supposed to be very constructive and is supposed to "solve" the problem of drug users coming down with AIDS.

We gather from the publicity that these distinguished and prestigious great minds of science want precisely what our drug companies want. I'll bet that is sheer coincidence.

8

A Fake Protein for AIDS Instead of a Vaccine?

The biggest pharmaceutical rush in history is on to exploit the AIDS scam they, their cohorts and henchmen (fellow cartel mates of the media, hirelings, government agencies, "researchers," etc.) have perpetrated.

According to the *Wall Street Journal* of June 5, 1988, several pharmaceutical concerns are trying to develop a synthetic protein as perhaps an alternative to an AIDS vaccine.

"Researchers" say they have found a particular protein to which the so-called AIDS virus binds. This will thus spare cells the depredations of the virus according to the theories being advanced by the commercial progenitors of this route.

Hopefully this will supplant the need for a vaccine or, at least, be a part of the AIDS prevention program.

When the *Wall Street Journal* publicizes something, you can be sure there are high financial stakes involved. Like the nearly instant advance of over one billion dollars in the stock value of Bristol-Myers with the announcement they were creating a vaccine for AIDS.

After much suspense and manufactured panic, it does not matter what the drug establishment comes out with. Whatever it is, it will work! Because, once the modality is established and the revenue secured for now and hereafter, the gloating of success comes and the disease is conquered—if the populace is diligent about undergoing the new preventive procedures, that is. AIDS then becomes history. New diagnosis guidelines return the disease back to the approximately 20 old prior classifications.

Since the "virus" is irrelevant anyway—since it does not cause and could not cause the disease complex called AIDS, it really does not matter whether the drug establishment comes up with fake proteins or vaccines or something else.

In the case of what is called AIDS the problem will continue on as it has always been (syphilis, lymphocytopenia, immunoglobulinemia, leukocytopenia, etc.). AIDS has already

perked up bottom lines and the economy by about \$15 billion per year and the insatiably avid drug industry is looking forward to government budgets alone which will add this much.

The whole show is for the purpose of enhancing the bottom lines of its participants and has nothing to do with overcoming disease. The establishment is not about to solve a problem that yields such golden nuggets in perpetuity.

The cancer problem is a neat example of this. A "cure" has been "around the corner" for over 60 years. In the meantime the disease has gone from less than one hundred thousand deaths per year to 500,000 annually!

I suggest you live as healthfully as you can and not worry about the scams the drug establishment dreams up and springs upon us.

9 A Drug Company is Ruthlessly Pushing a Highly Toxic Drug

What would you think of a company that manufactures amyl nitrite, an immunodestructive drug that is one of the foremost causes of AIDS in homosexuals and then pushes another drug, even worse than the first, as a cure for that disease? And, better than a cure, it is characterized as a drug that will prevent AIDS in those who have the so-called AIDS virus.

In the newspapers of December 28, 1987, is an article lamenting that a very vital drug for treating AIDS sufferers needs FDA approval in a hurry. The language of the article is written in a vein that this drug is absolutely one of the most needed drugs of our times.

A quotation from the publicity reads as follows: "More than a year after it was conceived, the largest and most important clinical trial of an AIDS drug in the United States is lagging, with only half the needed patients enrolled."

Drug companies want us to redouble our resolve and efforts to get the AIDS virus carriers (really antibody carriers) right down to the AIDS clinics for an immediate test. They would like us to think that the carriers who are so reluctant to participate are inhumane, selfish and inconsiderate in holding up progress on one of the most crucial projects of our time! They would also like us to think that we must stop the "AIDS epidemic" at all costs, and that this is the key to a great breakthrough in conquering AIDS.

The objective of the tests is to get about 1,500 Americans that are believed to carry the virus to participate in this trial. The test is of a drug called AZT (azidothymidine). This is the drug that AIDS sufferers are taking at a cost of about \$10,000 per month. AIDS sufferers are declining AZT after taking it for a while, declaring they would rather die of AIDS than suffer the disastrous effects of the drug.

Are You Taken in by Drug Company Propaganda?

When drug companies and their government-paid representatives hand out press releases promoting drugs and drug tests under the guise of humanitarian considerations, you can be sure the public is being manipulated to accept and even clamor for drugs. These releases say that both physicians and patients are eager for the trial. Obviously, this is untrue. If patients were eager, would they not be overwhelming the AIDS clinics?

The releases did not say who the manufacturer is, but we know that AZT is a product of the Burroughs-Wellcome people.

Burroughs-Wellcome is one of the powerful and rapacious drug companies that has advocated mandatory testing of our population for the AIDS virus and its antibodies. Those who test "positive" would face mandatory treatment with AZT. The fact that AZT itself is highly destructive of defensive faculties called white blood cells is completely ignored. The fact that it kills a substantial number of those who start taking it is not mentioned.

Should it not be obvious to any thinking person that the so-called AIDS virus does not cause the condition called AIDS? When there are said to be from 1½ million to 2 million with the virus and only 5,000 to 6,000 get AIDS in a year, then it is rather obvious that the virus is not cause effective, especially when more than half of those suffering with AIDS do not have the so-called AIDS virus! When virtually all the AIDS sufferers have been heavily using drugs, is it not more likely that drugs are to blame?

Is a three-tenths of one percent rate of casualty high enough to draft everyone into a drug program? That rate is even lower—over 50% lower because less than half of AIDS sufferers have the virus anyway. So there is a better chance of contracting AIDS without the virus than with it!

From our knowledge we know that almost 100% of those AIDS sufferers who submit to chemotherapy die whereas nearly 100%

of those who give up recreational and other drugs, and make the needed improvements in their lifestyle, recover.

What do you think of promoting death-dealing drugs merely for the profit and aggrandizement of drug companies, research interests, government bureaucrats, medical interests and hospital interests? What about their indifference to the fates of those who are persuaded to submit to AZT? At the rate of death from those who take it, AIDS is less deadly. Is not this really ghouliness?

11

How to Get Billions Out of the U.S. Government

There was a drive in 1986 to get the government to appropriate \$2 billion per year to fight AIDS. A panel of "prominent scientists and health officials" urged our government to spend this much to "curtail the catastrophic spread of the AIDS virus."

Now this panel is called the "Institute of Medicine," an arm of the prestigious National Academy of Sciences. Like the FDA and other drug-industry controlled organizations, they exist primarily for the purpose of promoting drugs, restricting competition and, as in this case, enlarging the take of the drug industry and related interests.

We would have to have very short memories not to recall the role of this same "distinguished panel" in advocating that over one billion dollars each year be spent for a "massive war on cancer." Now in 1988, 17 years later, more people than ever are suffering and dying from cancer. (In reality, they are suffering and dying more from the heroic "treatments" of chemotherapy and radiation than the disease of cancer—most only have tumors.)

The fine point that everyone seems to miss is that no one need suffer tumors or cancer in the first place and, in the second place, the adoption of a life program in accord with our biological imperatives will cause "spontaneous remission" in most of the afflicted and give all a happier life that is practically pain-free and sickness-free.

So you see that a solution for cancer was not what was wanted—the objective was the "research" money which, at this late date, still continues to flow freely, with more cancer than ever.

When it comes to milking money from our government, the methodology is to have a "distinguished panel of scientists" to urge it upon us as an absolute must lest we fall into grave dangers. The press plays this up and a "popular demand" is thus generated as well as fear, hysteria and a cry for a solution which the "distinguished panel" has already posed.

While cancer is a very real disease that results from a life that is heavily involved with carcinogens from foods, condiments and other recreational drugs, AIDS as portrayed to us, is not. What is called AIDS was previously called lymphocytopenia and a long list of other disease designations, many in the syphilis category.

I have been receiving letters from readers who tell of those who "came down with AIDS" but, instead of going the medical route of chemotherapy, fasted and went on a diet of fruits and vegetables. I have also advised about a dozen AIDS sufferers. They became AIDS free while their compatriots who went the medical route are dying at a rate of almost 100%.

12

AIDS Concentration Camps Disapproved by California Voters!

Lyndon LaRouche succeeded in getting a proposal on the ballot known as Proposition 69. It would quarantine all who had AIDS away from the general population. Many Californians labeled this the concentration camp proposition.

While it is to their credit that 68% voted in favor of civil rights for all Americans, it is surprising that 32% would vote for such a Hitlerian measure. If AIDS were for real, you can believe me that people would protect themselves with even worse measures. But what can you expect from some old diseases that, though played up by the media as horrendous during their hey day, had sunk into relative oblivion?

SECTION X

Physicians and AIDS

1 Does This Hygienist Have AIDS?

Some time ago a young Hygienist of many years called me up. He was quite desperate and distraught. He was terrified because a physician told him he had AIDS. He was afraid his new employer would discharge him.

This man, in his mid-thirties, had been required by his new employer to have a physical for insurance purposes. His white blood cell count was only 2,900 per cubic millimeter of blood. The minimum norm is considered to be 4,300 on the low side with a count up to 10,800 being considered in the normal range.

Knowing that the "norm" for the average American is pathologically high I congratulated the young man on having such pure blood! He was flabbergasted.

I explained that the body is frugal but adequate. It does not over-perform or under-perform. It marshals its resources according to need.

I told this young man some of the things he could do to get his white blood cell count up to "normal." He could eat a cooked meal, with everything being overcooked, and add some salt and condiments too. This would drive his count up to as high as 10,000 white blood cells per cubic millimeter.

I told him that only the number of white blood cells are in circulation as needed at the moment. The body, during a resting state when the blood has been purged of extraordinary metabolic wastes and absorbed toxic materials, stores the white blood cells in bone marrow, capillaries and lymph organs. They are not circulated needlessly. The body calls out "the janitors" when there is a need to cleanse the blood.

This young gentleman was an athlete, a runner, a tennis player and a raw foodist. He was totally asymptomatic of any condition called AIDS. Yet the physician had insisted that he was immunodeficient, a condition called AIDS.

I reassured this young man that the physician had never dealt with healthy people before and that, in fact, almost all the medical criteria for health are a pathological norm rather than a healthy norm.

This young man was not about to submit to treatment to bring up his white blood cell count. He has been in employment with his new employer now for more than three months.

2

Warning to Hygienists Who Patronize Physicians

Despite knowing that physicians cannot help them, that, at best, physicians can only harm them, there are many who call themselves Hygienists who still go to physicians. Some go only for examinations "to see what the score is."

All visits to this profession are laden with grave dangers. Physicians are ever hanging a heavy trip on their patrons to stampede them into the medical corral (expensive tests and modalities). And even some Hygienists are not proof against this nefarious medical "scare-the-wits-out-of-them" approach.

Almost every Hygienist and vegetarian who visits a physician for tests find their vitamin B-12 levels are too low. Their pulse is too low. Their blood pressure is too low. Their hematocrit is too low. Hygienic women perpetually have amenorrhea (the cessation of menstruation). And the white blood cell count (WBC) of Hygienists is too low! This last assessment is especially terrifying for Hygienists who do not know what the score is. An "abnormally" low white blood cell count today can automatically earn for you a diagnosis of AIDS!

99% of Americans Are a Pathological Normal

Remember that 99% of the people in this country are in some stage of pathology! Healthy people are rarely witnessed by M.D.s. They are always dealing with people of a pathological norm, and probably have never seen a truly healthy person during all their practice.

The "normal" range of white blood cells in a person who has not eaten in five or six hours is from 4,300 to 7,000. Below 4,300 is regarded as an immunodeficiency condition. Hygienists are often far below 4,300 and are being told they have AIDS!

White blood cells are the sanitation engineers that maintain the purity of the blood, fluids and tissues. If poisons, bacteria, fungi (yeast), body wastes, cooked food debris or other materials are in the bloodstream, the white blood cells recognize and engulf them.

If unusable (as in the case of poisons, cooked food debris and a small part of the body wastes), white blood cells carry them to the nearest exit if the white blood cells are not themselves destroyed in the process. They tolerate nothing that should not be in the body. A lot of what they apprehend is recycled as food, especially body wastes and organic materials including alien blood introduced by transfusion.

The body is stingy. It does not maintain faculties beyond need. In the aftermath of eating a cooked meal or taking a drug, the white blood cell count of an individual is likely to rise to between 12,000 and 20,000 "janitors" per cubic milliliter of blood! (Janitors are granulocytes called eosinophils, neutrophils and basophils, and monocytes are called lymphocytes, and plasma cells.) Physicians know about WBC proliferation. This condition is called leukocytosis which, quite literally in this case, means you have white blood cell proliferation.

Healthy People Have Lower White Blood Cell Counts Too!

After cleaning up the toxic debris or poisons, the white blood cell count decreases back to the "normal" resting range. Excess janitors are kept in reserve in the bone marrow, capillaries and lymphoid tissues. The normal resting WBC count for a pathological person who continually eats junk food, cooked foods and condiments, drinks soft drinks, teas and coffee, and uses tobacco, fermented and rotted foods (cheeses, etc.), is over 100% greater than for a healthy person who puts into his body only air, water and mostly or all raw fruits and vegetables.

Another Hygienist Diagnosed As Having AIDS

I recently met a second Hygienist diagnosed as having AIDS! This lady works with AIDS sufferers in the San Francisco area. She became a Hygienist in 1987. She was later persuaded to take a blood test for the HIV (human immunodeficiency virus) inasmuch as she was working with those suffering with the condition called AIDS. She tested HIV positive! And she already had a WBC lower than the minimum "normal" range.

On the advice of another Hygienist she fasted. She was more diligent with her diet. Then she went back to a physician to see if her white blood cell count had normalized. She was shocked! It had gone down even more, considerably lower. Moreover, her fasting and raw food diet had caused a considerable weight loss which was characteristic of AIDS sufferers too. Though she felt great and her energy levels soared, she was depressed. Later she went for yet another WBC test and the count was still lower! She told her Hygienic advisor and friend, "I have AIDS which is a one-way street to the grave."

Truth Proves to Be a Liberator

Yet she had hope. She wrote me a letter. She went on another fast. I visited her during the course of a trip to San Francisco at a retreat where she was still fasting. In the company of others I explained to her that the body is parsimonious, that it does not, in the case of white blood cells, field a work force greater than needed to maintain peace and harmony in the blood and fluids. And her need had been progressively lowered with the higher levels of health she had been achieving.

I told her that there are only two times the WBC is lowered: (1) When the need for them is lowered, and (2) When they are destroyed by the poisons they are endeavoring to remove from the vital fluids.

I also told her that, if she wanted a "good" HIV test, eat a cooked food meal with plenty of condiments about an hour or two before the test. Her WBC would shoot way up! In an AIDS sufferer it goes up little if at all—the sufferer's blood work force has been totally depleted by drugs. The janitors literally commit suicide in trying to clear the body of ingested and administered poisons.

Was she relieved! You would think she had just safely reached the valley from an extraordinarily hazardous mountain descent in the midst of a blizzard. She was overjoyed to find that everything was just fine after all.

The load off her shoulders was even greater when she learned that the so-called HIV she was supposedly infected with was totally irrelevant! I also explained that she really did not have the HIV, that she merely tested positive for the "antibodies" to the virus

which meant, if it meant anything, that she was now "immune" to the virus and the disease it supposedly causes! Antibodies, so-called, are really opsonins or specialized protein molecules that recognize nonself materials, attach to them, and, if electrically negative, render them of a positive charge so that white blood cells will readily engulf them.

If you visit a profession trained in the art of drug dispensing in behalf of a drug-peddling cartel that creates new drug markets by creating "new" diseases as in the case of AIDS, you are in danger!

Remember Dr. Shelton's sage advice: If you want to know what to do to be healthy, go to a physician. Whatever he advises, do just the opposite and you'll be just fine.

3 Massachusetts Attorney General Attempts to Ban AIDS Book

Ann Wigmore, who claimed in a book, *Overcoming AIDS and Other "Incurable" Diseases the Attunitive Way Through Nature*, that AIDS could be overcome, found herself enjoined by the attorney general of the state of Massachusetts from distributing the book.

She appealed all the way to the Massachusetts Supreme Court who found in her behalf: We still have freedom of the press in this country!

Ann Wigmore's program has merit even though a few of her practices are on the minus side. Most of her program for living and eating earns our plaudits. She advocates a raw food dietary as part of a health regime.

Yes, an individual who has AIDS can overcome his or her disease by discontinuing its causes and adopting a healthful program of living. The mighty power and intelligence that developed us into magnificent individuals from fertilized eggs always remains with us—unto death. That is all the power it takes to restore health to the body if we cease to overwhelm it with drugs, potions, cooked foods, condiments and other toxic substances.

Obviously the drug/medical dynasty does not appreciate anyone getting their customers well.

Is an AIDS Diagnosis a Death Sentence?

An editorial in *USA Today* of September 22, 1987 makes the statement that "AIDS is a death sentence. Everybody knows that."

As a knowledgeable person in this field I agree that getting a diagnosis of AIDS is, indeed, a death sentence. The irony of the situation is that the diagnosis itself, right or wrong, is tantamount to being condemned to death. For, with this diagnosis, medically oriented individuals submit to medical treatment.

As medical treatment is not saving anyone, then why submit to it at all? This is a most appropriate question, especially in view that those who do not submit to medical treatment and who "clean up their act" are still alive and well!

Those who submit to medical treatment invariably die! Why should this be so?

Medical treatment consists of round after round of drugs called chemotherapy. As chemotherapy will, of itself, cause AIDS (see page 288 of the 14th edition of *The Merck Manual* listing cytotoxic drugs as a cause), it is no wonder that the sufferers of conditions called AIDS are dispatched.

What is called AIDS is an end-point pathology wherein the body is unable to cope with the poisons in its fluids, due, of course, to an insufficiency of white blood cells known as lymphocytes, leukocytes, monocytes and granulocytes (neutrophils, basophils and eosinophils) and yet others. The addition of even more toxic immunosuppressive chemicals in treating the sufferer places an additional burden on the already depleted white blood cells and all the sooner causes death.

Some spectacular recoveries from AIDS are surfacing. Homosexuals are wising up to the fact that they are causing their own problems, especially with their heavy use of uppers, downers and poppers.

The recovery formula is simple. Discontinue drugs! Not just recreational drugs, but all drugs from all sources. Enable the body

to detoxify itself through fasting, a juice diet, or a raw diet of mostly fruits.

When causes are discontinued, the body can detoxify itself, repair its deranged white blood cell production faculties, and restore its white blood cell count to normal. A detoxified body has no need to conduct extraordinary eliminative crises called opportunistic infections such as pneumocystic carinii pneumonia, fevers, diarrheas, etc. When cleansed of its toxic load, the body functions normally again.

AIDS need not be a death sentence. No one need develop AIDS in the first place. And, if the disease does develop from chronic saturation with drugs and other poisons, the discontinuance of drugs and deleterious practices with the simultaneous adoption of health-building steps will invariably restore a much higher level of health.

An M.D. Frankly Discloses Some Causes of AIDS

Some of the causes of AIDS were disclosed by Dr. Cory SerVaas. His revelations came during the course of advising people how to save their lives in view of the AIDS threat. The advice given is supposed to lessen the risk of AIDS, but, in reality, it will tend to cause AIDS! A copy of Dr. SerVaas's 21 steps to avoiding AIDS can be had from: Cory SerVaas, M.D., The Saturday Evening Post Society, P.O. Box 567, Dept. A, Indianapolis, IN 46206.

We print some of his 21 precautions for your information:

2. Avoid live vaccines, such as those for measles, mumps and rubella. (Ed. Note: Another precaution which says, in effect, vaccines tend to cause AIDS.)
3. Get a doctor's recommendation about pneumonia and flu vaccinations which are often recommended. They use killed-virus vaccines. (Ed. Note: Which is to say live-virus vaccines place you at greater risk of AIDS. Anytime you see the word risk in medical parlance, substitute the word cause.)
6. Do not use aspirin or other painkillers without consulting your doctor. Aspirin is slightly immunosuppressive. (Ed. Note: This is another way of saying that which suppresses pain also destroys the body's primary defense system—the white blood cells—thus leading to AIDS.)
7. Do not use illicit drugs, including marijuana and heroin, as they are immunosuppressive. (Ed. Note: Immunosuppressive means they destroy the white blood cells, thus begetting the condition called AIDS. What this stricture does not say is that licit drugs also are immunosuppressive.)
17. (Ed. Note: Salmonella infections are a danger. Do not risk them by eating rare meats or unpasteurized milk. The advice in precaution number 17 says that the decomposition by-products of bacteria tend to cause or exacerbate the condition called AIDS. Salmonella bacteria in themselves are readily destroyed.)

20. To protect your immune system, do not use alcoholic beverages or tobacco products. They are immunosuppressive. (These recreational drugs also destroy white blood cells, thus causing or tending to cause AIDS.)

Dr. SerVaas also gives some advice. Most of it has to do with seeking out physicians, taking tests and submitting to treatments, especially to AZT, a deadly cytotoxic drug that is immunosuppressive, that is, it destroys white blood cells in wholesale lots. But this very revealing and valid bit of advice is also given:

18. It is especially important that AIDS-antibody-positive persons exercise regularly, maintain a proper diet, get adequate rest, and avoid stress to help maintain the immune system. (This is to say that the so-called AIDS virus is thwarted in causing AIDS if healthful practices are observed. This is like saying that the virus is powerless against healthy people, or that unhealthful practices beget AIDS while healthful practices protect against it.)

These precautions let the cat out of the bag, don't they? They not only indict drugs as a primary cause of AIDS but they tell us that the true cause of AIDS is unhealthful practices.

6

Medical Ethics

Who said crime does not pay?

As reported in *Parade* magazine on August 16, 1987, 48 doctors in Pennsylvania and Virginia billed Medicaid for physical examination of nursing home patients whom they never examined. The most they did was show up at the nursing home.

But the cake was taken by one doctor who billed Medicaid for 127 such "examinations" in a single day.

If you think that is a serious crime against those patients, I assure you it is not. If all that the medical profession did was bill us for services never performed, the country would be a lot better off! Pity the populace of this country whom they do examine. They are always stampeding them into some operation or modality that will prove harmful or disastrous. So they were really doing these oldsters a favor by not examining them!

Like Medicaid subscribers upon whom they commonly perform surgery "to prevent strokes." A bare 8% of deaths are from strokes. Eleven percent of those submitting to such operations die as a result (per a study performed by the Rand Corporation of Santa Monica, California).

Indeed the practice of medicine is a fraud and a crime! Physicians are trained in prescribing and administering drugs. You cannot be poisoned into health with drugs they label as medicines. But you can die from them!

Health is produced only by healthful living. Even the physicians, themselves dupes of the drug/medical cartel, practice or advise, if indeed they know, properly meeting our needs for good air, pure water, foods of our biological adaptation, regular exercise, sunshine, adequate sleep and the other needs of life.

Are Raw Foods Dangerous to AIDS Sufferers?

In the April/May 1988 issue of *Healing AIDS*, under the byline of Keith Barton, M.D., is an article entitled "Raw Foods and AIDS." After reading this article, I am persuaded more than ever of Dr. Herbert M. Shelton's sage advice about how to live healthfully: "If you want to know what to do to live healthfully, go to a physician and get his advice. Whatever he advises, do just the opposite and you'll be fine."

In "Raw Food and AIDS," Dr. Barton warns us against one of the common infections of AIDS sufferers called MAI, an acronym for mycobacterium avium intracellular complex. This bacterium is said to be responsible for a form of tuberculosis that is often a part of the AIDS complex. Dr. Barton condemns the eating of raw foods because they are apt to contain this bacterium. Further, he recommends drinking only boiled water since high temperatures destroy the MAI bacterium and commends eating cooked foods (cooked by heat, not a microwave!). He even recommends that water used in brushing the teeth be boiled!

As thorough as he is, Dr. Barton totally neglects to mention any protective methodologies against MAI getting directly into the lungs through the air that is breathed. After all it is the lungs that are affected in tuberculosis and, as the air which is breathed contains billions of bacteria, including MAI, you would think the doctor would be thorough and suggest a way to guard against inhaled bacteria too. Perhaps we should also pasteurize our air!

Dr. Barton's scapegoat mentality and orientation sends him looking for answers where they will not be found—like looking in a dark room for a black cat that is not there. Leave it to the good doctor—he will find it!

Dr. Barton proclaims the problem in AIDS to be a weakened "immune" system. Because of this, he believes the bacteria can successfully invade and do their damage. But, instead of giving guidance to strengthen the "immune" system, he gives advice that

will further weaken it! And he leaves open the most invasive avenue for tubercular bacteria, the air passages!

Cooked foods are a part of the problem, not the solution. Cooked foods stress and weaken the "immune" system! In healthy individuals the debris of deranged heated foods caused leukocytosis, the proliferation of the white blood cells of the immune system. In AIDS sufferers, the white blood cells do not proliferate because the white blood cell population is nearly nonexistent! Because white blood cells do not proliferate to apprehend and remove the toxic debris of cooked foods, the debris floats in the system to adversely affect the organism!

About the real causes of AIDS Dr. Barton says nary a word. He does not pinpoint nor condemn as culprits poppers (amyl and butyl nitrite), heroin, cocaine, marijuana, uppers, downers or Quaaludes, commonly used by AIDS victims, so-called. Neither does he condemn antibiotics, AZT, chemotherapy, Tylenol, Inderol, Tagamet, Lasix, Prednisone nor any of the dozens of other drugs that destroy the "immune" system.

Can Tuberculosis and AIDS Be Overcome?

About overcoming AIDS, Dr. Barton leaves us out in the cold. That cooked foods and boiled water prevent the entry of MAI into the digestive tract and thus by-pass tuberculosis is absurd. Air is easily the port of entry. Just one bacterium in the lungs with an unhealthy polluted environment will proliferate until its toxic food supply is exhausted. In the absence of "soil," bacterium does not proliferate, regardless of the condition of the immune system. This clearly reveals that internal filth is the cause of bacterial proliferation, not the bacteria! If the organism effectively eliminates its toxic wastes, the bacteria will not and cannot proliferate and cause harm.

Dr. Virginia Vetrano and I conducted the Kaesong Health Demonstration Project in Korea that involved 16 chronic sufferers of tuberculosis (TB). They all fasted. By the sixth to eighth days, the fasters were getting negative sputum readings. As far as they were concerned, they had just cured their TB. No mycobacterium, no TB, was their and the medical doctors' reasoning. The M.D.s were astounded that long-term sufferers who had lost most of their

lung capacity and who had constant high mycobacterium counts should suddenly have no mycobacteria. How could fasting kill the bacteria? In truth this weak form of scavenger life cannot exist without toxic debris to live on. Bacteria thrive on dead organic materials, such as those exuded through the lungs of TB sufferers. While fasting, the body is able to eliminate toxic wastes through the regular channels of elimination. Thus the "soil" is no longer available to the mycobacteria, and they disappear from the scene.

Dr. Barton obviously belongs to the drugging craft. He would not dare cast a shadow at anything that might jeopardize the precious drug trade of which he is a part, nor even condemn "illegal" drugs in which the system has no interest. Drugs are "good" and wholesome food is "bad," and anything like fasting which can quickly resolve the problems of both TB and AIDS is "a curse"! This is to say that the medical profession and the drug cartel have a vested interest in the sick and suffering. If everyone were to make themselves healthy, the whole medical system would crumble for lack of business, would it not?

8

Do You Have Proof that Your Diet is Superior to the American Diet?

I am reading your publications. I find them very interesting. Do you have proof positive that your fruit-and-vegetable diet regime is superior to the average American diet? I would appreciate having this evidence.

—Richard Kelly
Ronceverte, WV

RESPONSE: Yes, we do have proof positive!

First, you can prove this by your own senses! If you were in a state of nature, where would your instinctive endowments send you for food? To the grass for its small seeds and/or blades? To the weeds? To the cow's teats? After fishes, rabbits or other animals? Or would you go after grapes, melons, apples, plums, peaches, figs, berries, pears and other fruits? What would your senses dispose you to eat? Remember, in nature, you have no containers. You are not equipped with stoves or ovens. Your senses of beauty would impel you to seek that which is good for you. Your senses will unerringly direct you to your natural diet.

In nature we do not have to prove anything to the animals, do we? They naturally go for the diet to which they are biologically adapted. Only humans are perverted.

When you adopted the diet Americans eat by and large, did you ask for proof positive that it was the best diet for humans? Does the nearly universal condition of disease among ourselves prove anything to you? Does cancer, caused by carcinogens we put into our bodies, mostly in the form of cooked foods, recreational drugs such as alcohol, coffee, soft drinks, condiments, etc., prove anything to you? Do cardiovascular problems, caused primarily by animal products, especially animal fats, cholesterol and the mineral debris from cooked foods, prove anything to you? Does diabetes, a degenerative disease of the pancreas due to protein poisoning, prove anything to you? Do 56 million sufferers of

hypertension (high blood pressure) due to salt and fattening foods prove anything to you?

One thing for sure, the proof is all against the basic American diet (B.A.D.), isn't it?

In South Africa back in 1970 "scientists" calling themselves nutritionists and dietitians at the University of South Pretoria wanted to prove just how dangerous this burgeoning fad for the fruit-and-vegetable diet was. They undertook double-blind experiments and managed to include in their observations Essie Honiball who was one of the leaders of the move to fruits and vegetables with some nuts as a way of eating.

Can you imagine their surprise when those they put on the diet overcame their problems, had more energy and turned out healthier? This South African experiment was published in the *South African Medical Journal* in their February 1971 issue. You can locate the article in that issue in most large American medical libraries. You can find it listed in the Index Medicus.

SECTION XI

Book Reviews

1 Can AIDS Be Overcome?

Healing AIDS Naturally

(*Healing AIDS Naturally* by Laurence Badgley, M.D.
Publisher: Human Energy Press, Suite D, 370 West
San Bruno Avenue, San Bruno, CA 94066; \$14.95.)

This book cites a number of nonmedical modalities AIDS sufferers participated in and invariably became well.

Dr. Badgley's book is upbeat and positive. His message is that AIDS is a disease that is remediable. He cites case after case that undertook "alternative methods of health care" and became AIDS free.

Dr. Badgley proceeds with the theme that the sole healers are the powers within the body. He says that infections, pain and suffering are but a body crying out for a change in lifestyle so that it can do its thing naturally.

The thing that seems to be universal to the recoveries Dr. Badgley writes of is the fact that drug usage and other impairing practices were discontinued by the sufferer.

Dr. Badgley advocates good nutrition. He states that it builds a strong immune system. He advocates a medley of foods including herbs, wheat grass and mushrooms. He believes that body wisdom will use these foods to solve its problems.

To Dr. Badgley's credit he explores the role of mental attitude in health and healing. Negative and pessimistic attitudes which predominate in our country's populace contribute to our diseases and suffering.

This book is very interesting reading even if it explores a multitude of schools and disciplines and gives credence as curative substances to many things that, in and of themselves, exacerbate problems.

Especially to be commended are the illustrations throughout the book which, with some pearls of wisdom quoted from great thinkers, set a frame of mind that is positive and give much hope.

There are many entries and recommendations in the Appendix which include recipes, food tips, video tapes, gardening ideas, books to read, "Magic Potions" and so on.

Dr. Badgley performs the salutary service of telling us we *can* get well and he, as best he knows, tells us *how* to get well. Best of all, it puts the responsibility where it belongs—on our shoulders.

Roger's Recovery from AIDS

(*Roger's Recovery from AIDS* by Bob Owen. Publisher: Davar, Box 6310, Malibu, CA 90265; \$14.95.)

This book by Bob Owen relates the dramatic recovery of an M.D. suffering from AIDS—in fact, the M.D. was a terminal case.

Dr. Roger Cochran of San Francisco had been diagnosed as having AIDS. He had lost 65 pounds and was hardly able to walk.

In desperation, Dr. Cochran turned to an old friend in West Los Angeles, Dr. Bob Smith. He and Dr. Smith were physicians in the same medical unit in Vietnam. Before that, both had graduated together from the U.C.L.A. Medical Center.

Dr. Smith was a general practitioner who knew exactly nothing about AIDS. Nevertheless he succumbed to the pleadings of his old buddy for help.

Roger had all the typical symptoms: drastic weight loss, low-grade fever, congestion, diarrhea, swollen and painful lymph glands and fatigue.

Roger had been heavily using drugs—recreational drugs. He became hooked on them while under the great stresses of the Vietnam War.

Dr. Smith, from the beginning, undertook a deep study of the subject. He banished all preconceived notions from his head and avidly gave audience to all the information he could dig up on the subject. One thing became rather evident immediately to Dr. Smith: Do not send Roger to the hospital, something Roger did not want to do anyway. The death rate there was virtually 100% of AIDS patients admitted.

What was going on?

Dr. Smith did a study on the political side of the issue. He found AIDS was played up all out of proportion to its incidence and other deadly diseases were practically ignored.

One of Dr. Smith's first conclusions: AIDS is not a disease epidemic at all. AIDS does not destroy the immune system. The combination of symptoms called AIDS are the result of a ravaged immune system. "Opportunistic infections or diseases" are the body's way of getting rid of the crud a normal immune system would have disposed of.

A diagnosis of AIDS under the grave fears and threats that have been blared by the press causes profound depression along with the toxic dementia that inevitably occurs. Most such sufferers simply give up and resign themselves.

To help an AIDS sufferer there are three hurdles he must surmount:

1. Facing up to the fact that the sufferer is responsible for the condition and is responsible for effecting a recovery.
2. Ascertaining all the contributory causes of the syndrome and removing them.
3. Deciding to undertake a course that will enable the body to recuperate its vitality and to restore its immune system.

Dr. Smith turned to "forgotten lore" in *Toxemia Explained*, a classic by John H. Tilden, M.D., written in 1926. Dr. Tilden presented an irrefutable case that a single cause of disease was a chain of pathology beginning with body saturation of toxic matters which are usually dammed up body wastes and other poisons taken in but uneliminated from the system. What is called disease is but a body effort to free itself of these impairing substances.

Among Dr. Tilden's great themes: "Law and order rule the physiological realm. Disease is a body effort to restore normal function. If causes of toxemia and subsequent pathology continue in our lives, pathology proceeds from enervation, toxemia, irritation, inflammation, ulceration and induration to an endpoint—cancer. The medical world is struggling to find the cause of cancer when it is due to wrong eating and putting outright poisons into our body, many of them medically administered."

Dr. Tilden's conclusion and recommendation: "A fast, rest in bed, and the giving up of enervating habits, mental and physical, will allow nature to eliminate the accumulated toxin. Then, if ener-

vating habits are given up, and rational living habits adopted, health will come back to stay. This applies to any so-called disease.”

Dr. Smith also turned to the works of Dr. Herbert M. Shelton who had conducted more fasts than anyone else in history. From Dr. Shelton’s writings he learned how to monitor and conduct a fast.

Dr. Smith read nonmedical books on diet and their effects on health. He found much evidence to indicate the medical profession was led around by drug manufacturers and what they had to offer was hurtful and deadly rather than helpful.

In his searches Dr. Smith discovered the works of Airola that proved rather inspiring and disposed he and Roger to try natural methods.

Roger went to Smith’s home for total bed rest in a sunny room with lots of fresh air. He began fasting. He alternated between water only and fresh fruit juice. For 35 days he did nothing but drink, urinate, and sleep. His body’s energies were almost totally available for detoxification and restoration.

At the end of 35 days on a water and juice diet, his blood pressure was normal. His pain was gone. His white blood cell count was up to par. His diagnosis was symptom free. His self-esteem had returned. And Dr. Cochran’s hopes were high.

Now both Dr. Smith and Dr. Cochran are rendering aid to those who have the symptoms diagnosed as AIDS.

This volume gives the details of Dr. Cochran’s brush with death and his gradual recovery by drugless, natural methods.

I thoroughly enjoyed this book. It reads like an adventure story. In its pages we are on a nerve-tingling voyage of discovery along with Dr. Smith’s probing and reasoning mind.