

# Sustainable Health

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## Forgotten Research, Buried Truths

Recently, while vacationing on the western side of the state, we needed to gather some food. In search of cucumbers, red peppers, butter, oats, apples, and filtered water, the predictable and lifeless mall landscape suddenly became a destination location since we knew a large, chain grocery was located there. Once groceries were secured and we were on our way back to our retreat in the woods, I was pulled out of my “box-store lull” by the sight of a freestanding Radiation Oncology center at the corner of the mall, a veritable “Jack-in-the-Box” of cancer treatments served up like fast food. Or maybe that’s *with* your fast food. I mean no disrespect to anyone who finds him or her self in the position of having to order from that menu. My father was one such person (he never ate fast food) and it literally killed him within days, shockingly more quickly than the cancer would have.

I found that sight a symbolic, sad and frightening statement on our collective ill health, and on its growing breadth and depth. And even more disturbing is knowing that whether it’s cancer or any other disease, we are encouraged to accept treatments that are sometimes as deadly as the diseases, the medical equivalent of setting off bug bombs without leaving your house. Unfortunately most of us have been scared, or dogma’ed-to-death into accepting these treatments, believing they are the only way.

Fortunately we have other options; unfortunately it can be difficult to find the information because so much of the really valuable research has been forgotten, buried or “discredited” by those who would have us believe that giving the body what it needs to heal is dangerous stuff. There is truth, and there is official truth. Truth is, most diseases and poor health are the result of nutritional deficiencies in various states of progression, and can be healed by correcting those deficiencies. Official truth is that most diseases require drugs or surgery to get those poorly behaved machines to do what they should be doing. And somewhere in the middle is the reality that frequently the chronic use of drugs, and surgeries, can alter the body’s ability to pursue its own innate healing capacities. Example: The chronic use of stomach acid-blocking medications inhibits the body’s ability to properly digest and absorb nutrients.

Official truth, in the last five years or so, has tipped its hat to nutrition mostly by blaming people who are

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overweight for their condition and any resulting health problems. It’s hard not to notice that media stories about nutrition and health are always accompanied by footage of excess body fat draped and jiggling over the waistlines of unsuspecting photo subjects. I’d love to see those stories illustrated instead by cornfields over which we superimpose the amount of federal money that goes into subsidizing high fructose corn syrup. Or the small farmers who are being sued for patent violation by Monsanto because some of the big M’s patented, genetically modified corn, designed to survive applications of Round-Up, has blown into their fields. And why is it people have a hard time eating healthy food? Lack of willpower? Is that it? That’s what official truth tells us, sandwiched in between commercials for “lightly” sugar coated cereals and the probiotic yogurt with its own specially named “bifidus regularis”, and just enough sugar to keep chronic bacteria or yeast conditions going.

The twentieth century had its fair share of nutrition pioneers whose voices and research have for the most part been disregarded. Fortunately, there are dedicated souls like: Mark Anderson of Selene River Press ([www.seleneriverpress.com](http://www.seleneriverpress.com)); Sally Fallon of the Weston A. Price Foundation ([www.westonaprice.org](http://www.westonaprice.org)); or Andrew Saul, assistant editor of the Journal of Orthomolecular Medicine ([www.orthomolecular.org](http://www.orthomolecular.org)) and owner of the website Dr. Yourself ([www.dryourself.com](http://www.dryourself.com)). They have committed themselves to reviving the work of those forgotten pioneers. Any of these sites are well worth spending at least an afternoon perusing, to journey into the clinical studies that we so often hear “don’t exist”.

Over 50 years ago, in 1949, Dr. William Kaufman pioneered research into the use of Vitamin B3, also known as Niacinamide, for the treatment of arthritis documented in his book, *The Common Form of Joint Dysfunction*. Kaufman has a side note describing what sounds strikingly like an early description of what we now call ADHD. He writes, “Some patients have a response to niacinamide therapy which seems to be the clinical equivalent of ‘decreased running’ observed in experimental animals. When these animals are deprived experimentally of certain essential nutrients they display ‘excessive running’ or hyperkinesis. When these deficient animals receive the essential nutrients in sufficient amounts for sufficient periods of time, there is a marked decrease in running. A (person) (sic) in this group may wonder whether his vitamin medications contain a sedative. He recalls that before vitamin therapy was instituted he had a great deal of ‘energy and drive’ and considered himself to be a ‘very dynamic person’. Analysis of his history indicates that prior to niacinamide therapy he suffered from a type of compulsive impatience, starting many projects which he left unfinished as a new interest distracted him, returning perhaps after a lapse of time to complete the original project. Without realizing it, he was often careless and inefficient in his work, but was ‘busy all the time.’” (from Andrew Saul, *The Pioneering Work of William Kaufman: Arthritis and ADHD*, Journal of Orthomolecular Medicine Vol. 18, No. 1, 2003). So in Kaufman’s research, he found that Niacinamide had a calming effect on what appeared to be ADHD, suggesting that a nutrient rather than a Ritalin deficiency could be at play.

In that same year, 1949, Dr. Fred Klemmer wrote a landmark paper, “Virus, Pneumonia and Vitamin C”, not an untimely topic in today’s Swine Flu media extravaganza. Klemmer detailed how Vitamin C deactivated viruses and his life work included protocols for treatment of Polio, Herpes, Chicken Pox,

Hepatitis, Mumps, Mono, all viral based illnesses. But his work went beyond that and he developed Vitamin C protocols for Glaucoma, Sunstroke, Diabetes, Corneal Ulcers, and more, just to give an idea of how varied the therapeutic applications of a single vitamin could be.

It perhaps raises skepticism in our one drug-one disease model of health care that a single vitamin could have therapeutic value to so many varied conditions. Yet the truth (not the Official Truth) is that vitamins in our body are used in hundreds if not thousands of chemical reactions, so it makes sense that a deficiency in one or more vitamins would allow for the development of countless number of degenerative conditions. And why then wouldn’t it also make sense that supplying the missing vitamins in adequate amounts would allow the body to heal itself?

I was fascinated to learn recently that many billions of years ago, humans had the capacity to manufacture Vitamin C in our bodies, but we have lost that ability. Most mammals however, do manufacture it, and in quantities between 2-4 grams per day in unstressed conditions! Yet our “official” Minimum Daily Requirement is for 65 mg. Klemmer was using multiples of grams in his treatment protocols.

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According to research done by Andrew Saul, there have been only 10 *alleged* deaths over the last 23 years from vitamins, while according to various studies published in the Journal of the American Medical Association, we have over 100,000 deaths per year from drugs taken *as prescribed*, meaning this number doesn’t include overdoses or drugs involved in other causes of death. Yet modern medicine shuns nutrient therapy in favor of toxins. And this on top of the reality that we live in an increasingly toxic world which makes it harder and harder for our bodies to function normally.

One thing I hear periodically from people, is an objection to taking supplements -- “Can’t I get this from food?” If you’re wondering if you really need to take extra nutrition via supplements, ask yourself, “Do I have all the vitality I want and suffer no compromising conditions?” If you can answer “yes” on pretty much a regular basis, you’re probably pretty nutritionally stoked. If not, it’s highly likely you have a nutrient and not a drug deficiency. A good diet can go a long way toward correcting that, but in my experience, it’s not the whole enchilada.

While we’re on the subject of eating, here’s another really interesting study reported in 1930 by a Swiss doctor, Paul Korchakoff. He investigated white blood cell (immune) activity in people, in response to the food they ate. He found that cooked food causes an immune reaction identifiable in the blood, while raw food does not. And cooked food, if eaten with raw food, with raw food comprising at least 50% of the meal, also does not cause an immune response. Hmm, I’ll have a big salad with that enchilada, please.

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