

# Beating Chronic Lyme

New ideas to conquer an enigma  
that has left so many wounded

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# Section 4

## Beating Chronic LYME

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### Our Definition of Lyme disease Progression REVIEW

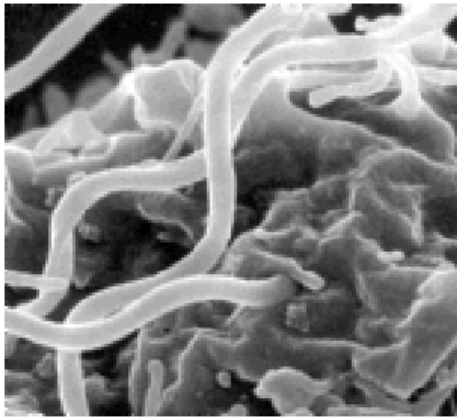
The THREE PHASES of Lyme:

**1. Acute infection** – in this phase, the patient STILL has the capability to KILL the disease with an antibiotic. This is why I HIGHLY recommend that those living in Lyme-infested areas have antibiotics on hand to use should they develop symptoms in Lyme season. This is ONLY open for a WINDOW of time!



The “window of opportunity” to KILL Lyme in the ACUTE PHASE can be VERY short.

**2. Chronic Lyme** – Chronic Lyme phase begins the moment the first bacteria EXIT the bloodstream and ENTER the intracellular space (go inside the cell and hide). This phase still may be treated with antibiotics and immune-boosting Nutraceuticals BUT it will be a LONG, drawn-out treatment plan. Though it is better than Phase THREE, Chronic Lyme is horrible.



*A scanning electron microscope image of Borrelia burgdorferi penetrating a human B cell (in vitro), at a magnification of approximately 89,000.*

*Photo Credit: David W. Dorward, Ph.D.*

*NIH Rocky Mountain Labs, MT.*

**3. Autoimmune Lyme** - When the patient's condition continues to linger, the immune system is constantly trying to kill it. In doing so, the "killer" side of the immune system, the Th1 response, fires to kill the pathogen. THIS phase is really what this book is all about! These patients are miserable and it is the autoimmune phase of Lyme that is deadly.

**WARNING: Many of the things listed below WILL stimulate a Th1 reaction and CANNOT be used if the patient is already autoimmune (Phase Three)!!!**

- **Pink Salt and Vitamin C Protocol**

What if two common household items--Salt and Vitamin C—could be combined into one powerfully effective way to combat the root cause of Lyme disease? Well, that'd be great.

Though no *one* thing in this book will be a cure-all for everyone, these two common items, used properly, can be a help to those with CLD. I must say that if you have high blood pressure, do NOT try this protocol!

Americans eat the WRONG type of salt! We do consume massive amounts of sodium chloride in everything, usually heavily processed foods. Many studies demonstrate that a whole host of new illnesses could be a result of our increased use of poor forms of salt and lowered consumption of mineral-rich salt. It is thought that early man consumed as much as 10-20 grams of mineral-rich salt each day. Now it is nearly impossible to buy produce (even organically grown) that has the necessary minerals and salt content. Medical researchers are now wondering if the decrease in mineral-rich salt consumption has allowed these new illnesses, such as Lyme, Chronic Fatigue Syndrome, Fibromyalgia, Alzheimer's disease, and Gulf War Syndrome to flourish.

More recently, the salt scare of the past couple of decades has been brought into question with many researchers admitting they were wrong. Don't get me wrong, consuming more than 1500-2000mg of table salt (maximum recommended by the American Heart Association) is unhealthy. I'd even go a step further to say that ANY processed table salt is unhealthy. We could even stretch that to most sea-salt brands available in the grocery stores as these are equally processed and void of both nutritional minerals and energetic properties. In addition, the U.S. Recommended Daily Allowance of Vitamin C is a mere 60 milligrams per day. Researchers like Linus Pauling are suggesting 18,000 milligrams per day would result in profound benefits for preventive health.

Taking these two common items together results in the systematic eradication of the bacteria associated with Lyme disease. But, it's even more effective than that. Recent research is showing the possibility of other pathogens being associated with Lyme disease. These pathogens may cause many of the lingering and seemingly untreatable symptoms of the disease that plague so many Lyme disease sufferers long after treatment. Additional forms of bacteria, mites, and worms all can exacerbate the typical symptoms and presentation of the disease.

The “72 Hour Remedy” acts to wipe out these largely hidden causes of the disease quickly, painlessly, and with unbelievable effectiveness.

### Dosage

- 12 capsules of pink salt per day (1/hour). The only brand I have used and would recommend is from Premier Research Labs (PRL) – you’ll need to capsulize the Pink salt yourself
- 36 capsules of whole-food Premier (PRL) Vitamin C (3/hour) per day
- Water

The treatment requires that you take 1 capsule of Pink Salt and 3 capsules of Premier C every hour throughout the day with ample amounts of water, a demanding schedule but the results are well worth the slight inconvenience. Taking each dosage with food is advised to help in absorption and to reduce side effects.

The effects are sometimes immediate and powerful if the infection is of long duration and the bacteria has had a chance to establish a strong foothold in your system, however, some people just cannot tolerate starting at such doses!

It may be a better approach is to "scale up", gradually increasing the dosage and "working with" the Herxheimer reactions as they occur with the protocol. A gradual-dosage protocol, even at the initial lower quantities, can have a notable effect depending upon bacterial load, body weight, etc. In fact, a smaller person often does not have to use the entire 12 doses per day of salt and Vitamin C; 6 to 8 doses often is enough for a full effect.

In any case, indications that the body is 'flushing' toxins and attendant phenomena referred to as 'Herxheimer' reactions should suggest that the current dosage level in a gradual-dose protocol should be maintained. Once the body becomes acclimated to that level of dosage, the next higher level can be attempted. Should the Herxheimer reaction be especially arduous, return to the lower dosage until the reaction passes, then resume a gradual increase once again.

An example of a gradual-dose protocol would begin with a dose of 1 dose each of salt and Vitamin C at 10 am and again at 2 PM. If you experience fatigue or have a mild feeling of malaise, omit a 6 PM dose. Instead, drink plenty of water through the rest of the day and evening. Maintain a schedule of just 2 doses per day until there is no reaction--this may take 1 or 2 days--then move on to 3 doses per day with the addition of a dose at 6 PM.

Continue a gradual increase until reaching the 8 -12 doses of both salt and Vitamin C. Though 12 doses a day is what the protocol asks for, there is usually a notable effect after reaching 8 doses per day. Higher doses have an increased effect where there is a "stubborn" area in the body. Once you've attained the prescribed dosage, you will begin noticing immediate results. "Bad" bacteria will begin dying almost immediately as the potent combination of Vitamin C and salt helps cleanse the body of toxins and "supercharges" the body's defenses.

Remember to drink large quantities of water--no less than 12-8 ounce glasses. This will not only serve to keep you hydrated as your body flushes itself, but also help to make sure the remedy is delivered throughout the body as needed.

If after 72 hours you do not feel better, repeat the remedy once every 3-5 days until you notice the benefits. Additional remedies are presented below to assist your body in its healing process.

Why does this protocol work?

Our white blood cells (WBC) are important parts of our immune system. Some of them display unique "mechanisms" with which they attack and kill bad bugs in our bodies, like the *Borrelia b.* bacteria that cause Lyme disease. One class of white blood cells in particular has areas where they store an enzyme that uses an acid, along with hydrogen peroxide, to produce an oxygen particle (electron) that kills invading microbes. In other words, it creates and uses a free radical molecule to protect itself.

Another area of storage in these same white blood cells contains different types of proteins (polypeptides), one of which is called cathelicidin. A segment of this

protein is a potential bacteria killer (bacteriacide) that increases the "permeability" of the bacteria's cell membrane which ultimately kills them.

One enzyme, called "elastase" a series of short protein peptides, are able to be assembled into larger ones (dubbed "LL-37") that are able to increase the "permeability" of the bacteria's cell membrane.

These two enzymes work together when they meet an offending bacterium. The elastase uses some of the cathelicidins to pull out a protein molecule from the surface membrane of bacteria. This causes an opening or "pore" to form in the membrane itself. This allows vital potassium ions needed by the microorganism to escape from within its internal walls (the Borrelia's "cytoplasm") and out through the "pore". This damages the bacteria internally; resulting in swelling and eventually ruptures the microorganism.

Increasing the salt in the body fluids surrounding the Borrelia bacteria contributes to the killing effect by allowing sodium ions to enter the bacteria through the "pore" created by the anti-microbial peptides. The increased level of sodium in the bacteria, combined with the loss of needed potassium, enhances the killing effect further.

Vitamin C is known to increase the number and activity of white blood cells. People infected with Lyme disease often have lower white blood cell counts due to the ongoing infection. So, in addition to the known anti-microbial "osmotic pressure effect" of salt, it appears the Vitamin C may increase the number and activity of the white blood cells needed, and then the increased salt levels in the intra cellular fluid "arms" them with Borrelia-killing enzymes and peptides.

### Common Side Effects

This protocol may take longer for some individuals due to the length of time the bacteria has had to create pockets of infection. However, many people with mild cases have complete remission of symptoms after even 1 or 2 days. Others have to use the protocol longer or periodically over time. As encouraging as that may be, it's important to be aware that the protocol may cause side effects in some individuals.

Because you are actively helping your body fight the bacteria, diarrhea is common. This is a sign that your body is beginning to flush out the toxins and begin renewal. This may also be a sign that your bowel has reached its tolerance for Vitamin C.

This is one of the indications of a Herxheimer reaction and also signals that healing is starting. It is widely recognized that the Herxheimer reaction is caused by the release of toxic chemicals called endotoxins released from the cell walls of dying bacteria due to effective treatment. Dorland's Medical Dictionary adds that the condition is a short-term immunological reaction which causes fever, chills, muscle pain, headaches, and skin lesions. This, in turn, results in a response from the immune system which manifests the symptoms experienced by the individual being treated.

The generalized symptoms of a Herxheimer reaction, as listed above, are not all-inclusive. The severity of the reaction is proportional to the dosage of the drug or treatment causing the reaction and a wide variety of symptoms can result if the waste products reach any specific areas of the body. In such cases, the added symptoms are localized to the area or affected system. Nausea, diarrhea and soreness of the throat may also result.

### **\*\*\*Supplementation Considerations**

It is very important that one does not incorporate any nutritional supplementation program until they are tested on several fronts. First, as stated previously, inflammation from an autoimmune disorder may be either a Th1 or Th2 dominant process – they are treated VERY differently. In our office, one of the first things we do is to take patients off all their supplements. They typically enter with a bag full of vitamins, minerals and magic potions that they heard would be the cure for their ailment. They are disappointed, discouraged and have spent a small fortune 'guessing' at what might work. I can't blame them, they've been to multiple doctors and most have begun in-depth investigations for themselves, searching for anything that would bring them relief.



I hesitate giving a list of any nutrition in this book since I know that most reading it will, once again, 'try' to do this on their own. This is not meant to be a self-help book or a cookbook for brain problems. I desire that you seek care from a qualified doctor trained in Carrick Neurology, Applied Kinesiology and Functional Medicine. Sometimes a little knowledge can be dangerous; you want to do this correctly. So, I will give you guidelines, not a template. In our office we test patients on everything with blood work, urine, saliva, and Kinesiology so we don't 'waste' the patient's money with useless supplements or waste time with things that won't work. Understand, just because I list the below supplements in certain categories depending on the cause of inflammation, I do not practice cookbook nutrition and this book does not advocate it. Seek a professional's help!

### **Th1 Dominant CLD**

A Th1 dominant autoimmune disorder and a Th1 dominant acute infection are also treated differently. An acute infection will be a Th1 response and the Th1 response should be supported nutritionally – meaning you would take Th1 stimulants to aid the body's attempt to kill a pathogen. There are some variations, so let me give you a few examples:

If I get a nasty cold or flu, I want to support my immune system with Th1 stimulants. If I step off of a curb and sprain my ankle, my body responds with a prophylactic Th1 response to kill any secondary infection and heal the site of injury, my ankle swells because of it and I may even have a fever. In this case, the Th1 response is less than necessary, assuming I didn't break my skin barrier and had no exposure to an antigen. Taking Th1 stimulants may be inappropriate and cause further inflammation; ice, a physical anti-inflammatory would be the best choice. Even a chronic problem like Lyme disease that has now turned into a Th1 autoimmune disorder may be treated with Th1 stimulants during the proliferation phases. It gets a bit complicated with Th1 dominant autoimmune diseases that are driven by a bio-toxin.

In general, patients with Th1 dominant autoimmune disorders should not be taking Th1 stimulants. Understand also that just because I list something in one category or another, every patient is different and their particular body type may

react in opposite ways. No approach or expensive research study will be perfect for YOU. You are a unique individual; that is why I rely on appropriate testing. Below is a list of common Th1 stimulants that I test for in patients that are Th2 dominant, have an acute Th1 infection, or may be Th1 dominant autoimmune with a bio-toxin as the antigen and it is in its multiplication/proliferation phase:

**Typical Th1 stimulants:**

- **Vitamin C** – Let's clarify some nutritional principles first: Vitamins are not individual molecular compounds, they are biological complexes. The beneficial activity of vitamins only takes place when all conditions are met within the environment, and when all co-factors and components of the entire vitamin complex (found in nature) are present and working together.

Vitamins cannot be synthesized and/or isolated from their complexes and still perform their specific life functions within our body. Royal Lee, a genius in his time, wrote:

A vitamin is: "... a working process consisting of the nutrient, enzymes, coenzymes, antioxidants, and trace minerals activators."

- Royal Lee "What Is a Vitamin?" Applied Trophology, Aug. 1956

Legally, vitamin C is ascorbic acid, because when it was discovered, that was all that was seen in the microscope of the day. Reality is different. Ascorbic acid is an isolate, a fraction, a distillate of naturally occurring, whole form vitamin C. In addition to ascorbic acid, vitamin C must include rutin, bioflavonoids, Factor K, Factor J, Factor P, Tyrosinase, Ascorbinogen, and other components that it is found with in nature.

If any of these parts are missing, as in the vitamin C capsules you most commonly purchase, little to no real vitamin activity takes place in your body. When some of them are present, the body will draw on its own stores to make up the differences, so that the whole vitamin may be present. Ascorbic acid is described merely as the "antioxidant wrapper" portion of vitamin C; ascorbic acid protects

the functional parts of the vitamin from rapid oxidation or breakdown. (Sommer p 58 "Vitamin C: A Lesson in Keeping An Open Mind" The Nutrition Report)

Most of the ascorbic acid in this country is manufactured at a facility in Nutley, New Jersey, owned by Hoffman-LaRoche, one of the world's biggest drug manufacturers where ascorbic acid is made from a process involving cornstarch and volatile acids. Most vitamin companies buy the bulk ascorbic acid from this single facility and create their own labels, combinations, claims, formulations, and unique 'twists' to claim to have the superior form of vitamin C, even though it all came from the same place, and it's really not really vitamin C at all.

This is really the story of all the vitamins. Most are synthetic, manmade, created in a laboratory and yet legally labeled as the real vitamin. By contrast, "whole-food vitamins" are created from the entire food that contains the nutrient in abundance. They typically contain far less of the nutrient on the label but they are much more 'active' and really work in your body. Again, I'm not even saying that there is no benefit in ascorbic acid; I've seen high-dose, intravenous ascorbic acid therapy work for some cancer patients. What I am saying is that ascorbic acid is NOT the whole vitamin found in nature and may NOT be the best choice in daily or therapeutic use. We use whole-food nutrients as often as possible and suggest the same.

- **Cat's Claw** (*Uncaria tomentosa*, *Uncaria guianensis*, Una de Gato, Samento, Saventaro) is an herb traditionally used by the Asháninka Indians of Peru. The tribe recognized two different types of this plant (one was used therapeutically, the other was rarely used). This difference has been verified phytochemically and two chemotypes have been identified: the preferred chemotype contains predominantly only pentacyclic oxindole alkaloids (POAs) speciophylline, mitraphylline, pteropodine, isomitraphylline and isopteropodine; the other chemotype, which was never used, contains predominantly the tetracyclic oxindole alkaloids (TOAs) rhynchophylline and isorhynchophylline in addition to the POAs. The preference for the POA chemotype Cat's Claw has been backed up by scientific research even though there has been more than enough puff

made about TOAs, we still must point out that all Cat's Claw contains some. I like to use a product that utilizes the synergistic benefits of Cat's Claw with a few other herbs. Coriolus, Green Tea and Olive Leaf extract blend well with Cat's Claw.

Cat's Claw acts as an immune stimulant, it aids the Th1 response. It also has some anti-inflammatory actions as well and is therefore a great benefit to a bio-toxin generated autoimmune disorder in the brain. Because of its anti-inflammatory benefits, it can help brain issues like depression, anxiety, ADD/ADHD and the like.

Cat's Claw is particularly beneficial in treating Lyme disease. Lyme just may be the most misdiagnosed problem in America leading to many autoimmune disorders. Doctors are inclined to rule out Lyme disease based on the negative result of a laboratory test that are just plain poor! Since there has been no reliable laboratory test for Lyme, most clinicians are ill-equipped to diagnose chronic Lyme disease and I have had scores of patients that were refused treatment of acute Lyme due to a false negative test. These are the patients who have suffered needlessly for years, hopelessly lost in the maze of the health care system, looking for answers and enduring the skepticism of practitioners inexperienced with autoimmune disease.

What has been needed for years has been a better Lyme test or some other objective measure to persuade practitioners to consider the diagnosis of chronic Lyme disease.

Recently, researchers Dr. Raphael Stricker and Dr. Edward Winger discovered that chronic Lyme patients exhibit a decrease in a specific marker called CD57+. White blood cells (a.k.a. leukocytes) are the components of blood that help the body fight infections and other diseases. White blood cells are categorized as either granulocytes or mononuclear leukocytes. Mononuclear leukocytes are further sub-grouped into monocytes and lymphocytes.

The main lymphocyte sub-types are B-cells, T-cells and natural killer (NK) cells. B-cells (part of the Th2 response) make antibodies after the T-cells in the Th1 response fail to destroy the antigen in 'round one'. T-cells and NK cells are the

initial cellular aggressors in the immune system and are the sub-group that the CD57 markers are a piece of.

CD markers are a part of the chemical slurry making up an immune response. CD, which stands for “cluster designation”, is a glycoprotein molecule on the cell surface that acts as an identifying marker. Cells have thousands of different identifying markers, or CDs, expressed on their surfaces, and about 200 or so have been recognized and named so far.

Natural Killer cells have their own specific surface markers; the predominant NK cell marker is CD56. The percentage of CD56 NK cells is often measured in patients with chronic diseases as a marker of immune status, i.e., the lower the CD56 level, the weaker that particular portion of the immune system. With chronic Lyme disease, Dr. Raphael Stricker and Dr. Edward Winger discovered, CD57 NK cells are lower than individuals that are healthy and lower than patients suffering from other chronic, autoimmune disorders. This makes measuring CD57 counts a great marker for these chronic patients who often think they are going crazy.

The reason I bore you with the details is that Cat’s Claw has been shown to be a tremendous help to increase CD57 values. Who knows what other diseases may be helped with increased CD57 markers.

- **Artemisinin** – Is the active constituent of the herb (*Artemisia annua*). Tea made from this herb has been used in Asia to successfully treat malaria. Artemisinin (pronounced art-ee-MISS-in-in) is the preferred antimalarial therapy. It is also being used to treat cancer in veterinary medicine and is an effective anti-parasite and anti-microbial treatment. Artemisinin also seems effective in treating CLD. There are many testimonials from users claiming significant benefits.
- **Goldenseal root** – The best brand out there is may be Eclectic Institute's freeze-dried goCLDenseal root. This can be another helpful product for some with CLD. Personally, I have not found that it tests out very often.

- **Teasel** – Another effective herbal therapy that is becoming a ‘hot topic’ more
- **Olive Leaf Extract** – (Oleuropein) Must be taken at high doses though. Take 1500 – 2000 mg three times per day.
- **Garlic** – Antimicrobial and helps reduce blood clotting. Use fresh garlic or freeze-dried supplements.
- **European (or Hungarian) Mistletoe** – There is a little information that this may be beneficial for CLD as an antimicrobial.

## Typical Th2 stimulants: (typically okay for Phase Three Lyme patients)

**Immune modulators – things that should be tested to help balance either side:**

- **Andrographis** (Andrographis paniculata, green chiretta, chua xin lian, senshinren) – Andrographis readily crosses the blood-brain barrier so it can be very effective in modulating immune responses in the brain. It is a great antispirechetal agent so can be extremely beneficial for a chronic Lyme patient. Its benefits to reduce neuro-inflammation may be one of its greatest aids, but it has been used for centuries by various cultures to treat everything from malaria to pandemic flu. It is very effective for a variety of parasitic infections and was a primary treatment for syphilis prior to antibiotic use.

I believe that the primary function of Andrographis is in down regulating iNOS (cytokine inducible nitric oxide synthase – the pro-inflammatory or ‘bad’ NOS that gets ‘revved up’ in autoimmune disorders). When iNOS increases, the ‘good’, anti-inflammatory, epithelial nitric oxide synthase (eNOS) gets reduced. eNOS is necessary for vessel wall health and essential to keep healthy barriers like the blood-brain barrier, gut barrier, as well as arteriole wall integrity in heart disease

and strokes. This, I believe, is why Andrographis has been proven to help heal patients following heart surgery, angioplasty, and myocardial infarction. It is really one of the 'good guys' in healing the brain and other tissues.

- **Japanese Knotweed** (*Polygonum cuspidatum*, Chinese knotweed, Hu Zhang, Kojo, Itadori, Hojang) – Though this can act as a Th1 stimulator and must be tested in individual patients, Japanese knotweed can work well to modulate the immune response. Studies have revealed antiparasitic, antibacterial, antifungal, anticancer properties as well as central nervous system calming properties. It also protects the body against endotoxin damage from 'die-off' of bio-toxins killed through other sources. Other studies have shown it to be anti-inflammatory and may be extremely useful in calming Th17 inflammation in the brain as it crosses the blood-brain barrier readily.

Some bio-toxins (living organisms invading the body) can release compounds called matrix metalloproteinases (MMPs, of which there are several different types) that destroy our body's tissue. Many anti-inflammatories that I highly recommend in this group have shown to help clear the body of these MMPs, but only one, Japanese knotweed, has proven to block several types of MMP production. It also contains Resveratrol, by itself a Th2 stimulant, but in combination with the whole herb, it acts to inhibit MMP levels as well. Other research has shown that it inhibits arachidonic acid metabolites that force the COX inflammatory pathways as well as iNOS (the 'bad' nitric oxide that causes inflammation in the brain). It has also been proven to interfere with nuclear factor-kappaB, a chemical linked to inflammation, autoimmune disorders and cancer. It helps regulate normal cell death (apoptosis) where that has been altered (in cancer), and just modulates the immune response, especially in the brain and spinal cord.

Knotweed has also show to increase circulation to the small vessels of the eye, ear, joints, heart and skin. I test all Lyme, Hepatitis C, and other bio-toxic patients on knotweed. It can also work well for acute infections.

## Other Common Nutritional Approaches:

- **Enzyme Therapy**

Proteolytic enzymes (also called: pancreatic enzymes) as well as other enzymes, literally cut apart the thick protein coating which covers and protects Lyme spirochetes. Proteolytic enzymes are normally used to cut apart the protein coating so that the immune system can recognize the cells as pathogens. The use of Proteolytic enzymes for this reason has been around for decades.

By cutting apart the protein coating Proteolytic enzymes may also be able to get much more of another therapy inside the cancer cells. By this I mean that typically, one would NOT use enzyme therapy ALONE. Enzymes are something you ADD to your current therapy to cut through the pathogen 'bio-film'. These are commonly used to treat cancer, candida and mold!

There are many, many brands of Proteolytic enzyme supplements. One of the best that I've found is called Interfase Plus from Klaire Labs. Build up to 1-3 pills, three times a day for the standard doses. Higher doses can be used as well but these MUST be taken on a relatively empty stomach (or they work to digest your food, which is great but NOT what we are trying to do here).

Enzymes are necessary for a healthy digestive system; the enzymes present in raw foods work synergistically with the body's endogenous enzymes to digest food components completely and effectively. However, cooking and heat processing destroy raw food enzymes, placing the full burden of digestion on the pancreas and other digestive organs. Certain health conditions can also affect the body's ability to produce its own enzymes, resulting in fewer enzymes excreted from the pancreas, stomach, and brush-border membrane of the small intestine. Both of these situations can adversely affect the gastrointestinal system as well as the rest of the body, leading to common problems such as abdominal pain, bloating,



gas, indigestion, gastric reflux, constipation, diarrhea, and yes, even cancer or the endless growth of pathogens like CLD.

Over time, impaired digestion can lead to an increase in intestinal permeability, or “leaky gut.” Undigested protein molecules can also cross the intestinal lining and trigger immunological reactions that can be the precursor to autoimmune disorders.

Research has shown that one way to support the digestive process is to supplement the diet with plant-, microbial-, or animal-derived enzymes. Supplemental enzymes can assist in the breakdown of food, reduce the number of large and potentially inflammatory molecules leaking through the intestinal membrane, and enhance the absorption of vitamins and minerals by reducing food to its essential elements. This is the essence of Dr. Kelley’s famous “high-dose enzyme therapy” for cancer patients. We use a variety of plant/microbial-derived enzymes that are active across a very broad pH range, making them effective throughout the entire GI tract.

Populations of microorganisms in the human gut are divided between free-living planktonic microbes and colonizing sessile biofilm organisms. Biofilm consists of microorganisms encased within a self-produced matrix of exopolysaccharides and exoproteins that strongly adheres to interfaces and resists dislodgement.

Microorganisms residing within biofilms are highly resistant to antimicrobials including antibiotics and bacteriocins produced by probiotics. The biofilm of healthful commensal microorganisms greatly contributes to intestinal barrier function and colonization resistance. Disrupted healthful biofilm permits colonization and biofilm formation by potential pathogens such as *Klebsiella pneumoniae*, *Escherichia coli*, and *Candida albicans*. Eradication of pathogen-associated biofilm is critical to successful elimination of these harmful organisms and restoration of healthful biofilm communities. InterFase® is a highly specialized enzyme formula that supports normal gastrointestinal function and microflora by assisting degradation of biofilm communities of potentially pathogenic CLD bacteria, mold, yeast, and all co-infections.

- **Hydrogen Peroxide – (H<sub>2</sub>O<sub>2</sub>)** Is a potent antiseptic but I'm concerned about the safety of oral and IV administration! This, like every other therapy described in this book should ONLY be used under the direction of your physician.

Controlling cancer (or any chronic disease such as CLD) can be done by controlling the oxygen and/or controlling the things that free up oxygen (e.g. ionized water) and other ways. Hydrogen peroxide, and other oxygen therapies, are one of the most widely used therapies world-wide because they provide oxygen to the sick cells. They are safe and effective if used CAREFULLY. H<sub>2</sub>O<sub>2</sub> is also used for a host of other ailments, including AIDS and any other virus based illness.

**I want to emphasize very strongly that you should not use any type of hydrogen peroxide unless it is "Food Grade." The junk you buy at grocery stores and most health food stores is high in iron and who knows what other chemicals (as a minimum they are not removed) and is for EXTERNAL USE ONLY.**

There is no controversy about H<sub>2</sub>O<sub>2</sub> being used topically (i.e. externally) or with an I.V. However, there is a major controversy about whether it should be taken orally.

- *"The most common form of hydrogen peroxide therapy used by doctors is as an intravenous drip. For use at home, some individuals add a cup of 35% food grade hydrogen peroxide [or 10 cups of 3%] to a bathtub of warm water and soak for 20 to 30 minutes as the hydrogen peroxide is absorbed through the skin. Others drink a glass of water to which several drops or more of food or reagent grade hydrogen peroxide have been added [note: use Food Grade H<sub>2</sub>O<sub>2</sub>]. Although there have been reports of improved health with oral use, physicians like Dr. Farr believed that taking hydrogen peroxide orally could have a corrosive and tumorous effect on the stomach and small intestine and advised against using it. There is animal research*

*supporting this caution."*

<http://www.diagnose-me.com/treat/T216805.html>

Actually, if you added 4 cups of 35% H<sub>2</sub>O<sub>2</sub> to the bath water it would only be about a 1/5 of 1% solution of H<sub>2</sub>O<sub>2</sub> (assuming 45 gallons are in the tub).

Robert O. Young, PhD is another person who recommends against taking H<sub>2</sub>O<sub>2</sub> internally. In his book "Sick and Tired?" he states:

- *"Some health practitioners have given hydrogen peroxide internally to patients. There have been some reports of success with this, but it is highly controversial. My opinion is that it should never be used internally for any reason. For one thing, it is not a nutrient, and the risk of it combining in the body with superoxide is too great."*  
"Sick and Tired?", page 74.

His reasoning is that if superoxide and hydrogen peroxide react with each other, they form one of the most active (i.e. dangerous) free radicals of all - hydroxyl radical, OH.

However, that is not the end of the story. Another expert, Dr. David G. Williams, has extensively researched this issue and considers the internal ingestion of H<sub>2</sub>O<sub>2</sub> to be perfectly safe. He notes:

- *"A single atom of oxygen, however, is very reactive and is referred to as a free radical. Over the past several years, we've continually read that these free radicals are responsible for all types of ailments and even premature aging. What many writers seem to forget, however, is that our bodies create and use free radicals to destroy harmful bacteria, viruses, and fungi."*

*In fact, the cells responsible for fighting infection and foreign invaders in the body (your white blood cells) make hydrogen peroxide and use it to oxidize any offending culprits. The intense bubbling you see when hydrogen peroxide comes in contact with a bacteria-laden cut or wound is the oxygen being released and bacteria being destroyed. The ability of our cells to produce hydrogen peroxide is essential for life. H<sub>2</sub>O<sub>2</sub> is not some undesirable by-product or toxin, but instead a*

*basic requirement for good health.*

Ref: <http://www.purehealthsystems.com/hydrogen-peroxide-2.html>

- **Hydrogen peroxide is available in various strengths and grades:**

3% Pharmaceutical Grade: This is the grade sold at your local drugstore or supermarket. This product is not recommended for internal use. It contains an assortment of stabilizers which shouldn't be ingested. Various stabilizers include: acetanilide, phenol, sodium stannate and tetrasodium phosphate.

6% Beautician Grade: This is used in beauty shops to color hair and is not recommended for internal use.

30% Reagent Grade: This is used for various scientific experimentation and also contains stabilizers. It is also not for internal use.

30% to 32% Electronic Grade: This is used to clean electronic parts and not for internal use.

35% Technical Grade: This is a more concentrated product than the Reagent Grade and differs slightly in that phosphorus is added to help neutralize any chlorine from the water used to dilute it.

8% and 35% Food Grade: This is used in the production of foods like cheese, eggs, and whey-containing products. It is also sprayed on the foil lining of aseptic packages containing fruit juices and milk products. **THIS IS THE ONLY GRADE RECOMMENDED FOR INTERNAL USE...**

90%: This is used as an oxygen source for rocket fuel.

Only [highly diluted] 8% or 35% Food Grade hydrogen peroxide is recommended for internal use [note: obviously his point is that only Food Grade hydrogen peroxide should be taken internally, there are lower concentrations than 35%]. At this concentration [i.e. 35%], however, hydrogen peroxide is a very strong oxidizer and **if not diluted**, it can be extremely dangerous or even fatal. Any

concentrations over 10% can cause neurological reactions and damage to the upper gastrointestinal tract.

Ref: <http://www.purehealthsystems.com/hydrogen-peroxide-2.html>

**Regardless of how hydrogen peroxide is used, it can be toxic if its concentration is too high. However, when diluted to therapeutic levels it is totally safe for external use or I.V.s.**

- **Ozone** – Similar concern as with peroxide, ozone therapy must be done with a competent physician. Refer to [http://www.oxygenhealingtherapies.com/intro\\_ozone.html](http://www.oxygenhealingtherapies.com/intro_ozone.html) for more information

Other dietary supplements helpful for Lyme patients include: bovine colostrums, lycopene and DHEA to improve growth hormone and other hormone deficiencies, the minerals magnesium and potassium, vitamin C, vitamin E (mixed tocopherols), and a good multi-vitamin that contains no retinyl palmitate form of vitamin A. Vitamin B12 helps deal with neuropathies. It can be taken sublingual (under the tongue) daily or preferably by subcutaneous weekly injections. Other supplements that will help to reduce inflammation and support the immune system include Borage and/or Evening Primrose oil, and DMAE. DMAE (dimethylaminoethanol) helps with fatigue caused by Lyme disease. Astragalus is an herb that is used for immune support.

## **Protecting the Nervous System from Neurotoxins**

It is important to protect the peripheral and central nervous system from the toxins produced by borrelia. The following is a list of dietary supplements that are effective for this:

- **SAMe:** S-adenosyl-L-methionine: The beneficial effects of SAMe supplementation are extensive because this nutrient is involved in so many metabolic processes, including its role in serving to detoxify cell membranes and synthesize neurotransmitters. From acting as an antioxidant to raising serotonin levels in the brain, SAMe is one of the most important compounds to come to the market. Studies on the use of SAMe in maintaining normal joint function are also promising.

Phosphatidyl choline: Take 1 tablespoon of lecithin with each meal.

- **DMAE** (dimethylaminoethanol) is a precursor to acetyl choline and has many benefits for CLD therapy.

B-vitamins: CLD patients need high doses of B-vitamins, especially B-6, **B-12**, and folic acid.

Anti-oxidant that are effective at protecting the nervous system include: pycnogenol, **grape seed extract**, bilberry, and **alpha lipoic acid**.

### **Detoxifying and Excreting the Toxins of Borrelia**

Borrelia produce numerous toxic BLPs. These toxins are important because they trigger many harmful responses in the body including the inflammation that is damaging to healthy tissue, and cause the dysfunction of the immune system. These toxins are fat-soluble lipoproteins and are very difficult to rid the body of. The body normally detoxifies fat-soluble substances in the liver and excretes them from the bile. Unfortunately, the toxins appear to be reabsorbed from the gut and circulate back into the body.

Treatments designed to aid the body in eliminating these toxins is a very important part of a complete and comprehensive Lyme disease therapy.

### **Chlorella**

- Very effective detoxifier
- Stimulates the immune system

- Contains growth factors that stimulate the regeneration of damaged tissues.

**Bentonite:** is a clay-like substance that attracts lipophilic compounds

**Cholestyramine (Questran or Cholistad):** a prescription that traps lipophilic compounds. Cholestyramine can cause constipation as a side effect.

**Milk Thistle:** Is probably the best herb that helps the liver detoxify and excrete bile.

## Glutathione

Glutathione just may be our body's most powerful antioxidant; it plays an integral part in modulating (balancing) the immune response. It is manufactured by your body at adequate levels unless you are under higher than normal levels of stress, both emotional and chemical. The most common chemical stressors are dietary-induced, insulin surges from sugary, high-carb diets. Also common are hyper-immune, over-stimulations from food intolerances (largely precipitated by intestinal barrier compromises), chronic gastrointestinal infections from H-pylori, bad bacteria or parasites, hormonal imbalances and circadian rhythm disturbances, sleep deprivation, and autoimmune disorders.

Many people suffer from all of the above on a daily basis and also may smoke, drink too much, or even over train athletically, compounding an already precarious situation. Of course, CLD that has become an autoimmune disease itself is a significant stressor, further depleting the body's precious supply of glutathione.

In fact, I might go so far as to say it is difficult for the body to produce an autoimmune attack if the glutathione system is functioning properly.

Boosting glutathione levels through a liposomal topical cream, liposomal oral solution or intravenously—as glutathione taken orally by itself is fairly ineffective—is a key strategy in combating the damage of stress. However these

levels can be quickly depleted if the body cannot recycle glutathione to keep the supply on hand to meet the many stressors.



### **Glutathione's job is to take the bullet**

Before I can explain how glutathione recycling works, I first need to explain more about how specifically glutathione protects us. Glutathione is like the bodyguard or Secret Service agent whose loyalty is so deep that she will jump in front of a bullet to save the life of the one she protects. When there is enough of the proper form of glutathione in the body to “take the bullet”, no inflammatory response



occurs. However when glutathione becomes depleted it triggers a destructive inflammatory process.

### **Glutathione recycling explained**

Glutathione *recycling* is a separate function from just boosting glutathione levels through a liposomal cream, liposomal oral solution, intravenously, a nebulizer, a suppository, or other means. These forms of glutathione delivery will help one's antioxidant status but they do not raise levels of glutathione *inside the cells*. Glutathione is the main antioxidant for mitochondria, the little factories inside each cell that convert nutrients into energy. Some cells have more mitochondria than others depending on the cell's function. This is important because an autoimmune disease destroys the mitochondria in the affected cells, thus causing tissue destruction, and glutathione protects these mitochondria.

### **Reduced glutathione versus oxidized glutathione**

But not just any form of glutathione does this—it needs to be *reduced glutathione*. There are two main forms of glutathione in the body: reduced glutathione (GSH) and oxidized glutathione (GSSG).

Reduced glutathione, or GSH, is the bodyguard who “takes the hit” from free radicals that damage cells. Free radicals are molecules that are unstable because they have unpaired electrons and are looking for another electron to steal in order to become stable. They steal electrons from the mitochondria, thus destroying them and causing inflammation and degeneration.

However when there's plenty of GSH in the cell, the GSH sacrifice themselves to the free radicals—throwing themselves in front of the bullet—in order to protect the mitochondria. Thus the GSH ends up with an unpaired electron and becomes unstable, at which point it becomes GSSG, or oxidized glutathione, which is technically a free radical itself.

Doesn't this make GSSG dangerous to the cell then? When there is sufficient glutathione in the cell, the unstable GSSG naturally pairs with available

glutathione in the cell with the help of an enzyme called glutathione reductase, returning back to its reduced glutathione state so it's ready for action once again.

The key thing to remember is that two enzymes play important roles in these processes:

- *Glutathione peroxidase* triggers the reaction of GSH to GSSG, which is when glutathione “takes the hit” to spare the cell
- *Glutathione reductase* triggers the conversion of GSSG back to useable GSH.

These enzymes come into consideration when we look at how to support the glutathione system nutritionally.

### **The link between poor glutathione recycling and CLD autoimmune disease**

Studies show a direct correlation between a breakdown in the glutathione system and all of the autoimmune diseases. The ability to constantly take oxidized glutathione and recycle it back to reduced glutathione is critical for managing autoimmunity.

Fortunately studies also show various botanicals, nutritional compounds, and their cofactors have been shown to activate glutathione reductase and the synthesis of reduced glutathione. By boosting this enzyme and supplementing glutathione levels we can increase glutathione levels and glutathione recycling to quench inflammation once it starts, or, even better, to prevent inflammation in the first place.

Studies have also shown that efficient glutathione recycling helps boost the TH-3 system (also called the T-regulatory system), the branch of the immune system that helps balance the TH-1 and TH-2 systems and prevent autoimmune reactivity. (I explain TH-1 and TH-2 systems of immunity in my book, “Help My Body is Killing Me” available as a free download at [www.connersclinic.com](http://www.connersclinic.com) or at [www.amazon.com](http://www.amazon.com) ). Proper glutathione activity not only helps protect cells, research shows it also modulates cell proliferation and immunity, and helps tissues recover from damage.

## **Glutathione recycling helps repair leaky gut**

Good glutathione recycling helps tame autoimmune diseases in another way. One thing I have found universal in all my autoimmune patients is poor gut integrity. They all suffer from some degree of leaky gut and repairing the gut is vital to the recovery process. Studies show glutathione may play an important role in gut barrier function and the prevention of intestinal inflammation.

A compromised glutathione recycling system can worsen intestinal destruction—the person with multiple food sensitivities and a gut that never heals may be victim of this mechanism. Although repairing a leaky gut is vital to taming an autoimmune response, we can see now glutathione recycling is another vital piece to the puzzle of restoring gut health.

## **Supporting glutathione recycling**

So how do we support glutathione recycling? The first thing is to reduce the stressors depleting this vital system. The bulk of my thyroid book is devoted to this: balancing blood sugar, addressing food intolerances, restoring gut health, and managing adrenal function are foundational.

Other considerations are neurotransmitter imbalances and hormonal imbalances, which may require specialized guidance from a qualified health care practitioner. And of course making any lifestyle changes you can, such as getting enough sleep, paring down an overactive schedule, making exercise a priority each day, creating time to do things you love, and so on.

Once you have addressed these factors (which for many people can actually take care of the problem) and autoimmune dysfunction persists, then boosting glutathione recycling may be necessary. Below I cover the basic botanicals and nutritional compounds researchers have found support glutathione recycling pathways. (I like a product from Apex Energetics called **Glutathione Recycler**)

- N-acetyl-cysteine (NAC): NAC is a key compound to glutathione activity. It is rapidly metabolized into intracellular glutathione.

- Alpha-lipoic acid (ALA): ALA directly recycles and extends the metabolic life spans of vitamin C, glutathione, and coenzyme Q10, and it indirectly renews vitamin E, all of which are necessary for glutathione recycling.
- L-glutamine: Research has shown that l-glutamine is important for the generation of glutathione. It is transported into the cell, converted to glutamate, and readily available to intracellular glutathione synthesis.
- Selenium: Selenium is a trace element nutrient that serves as the essential cofactor for the enzyme glutathione peroxidase, which converts GSH to GSSG so glutathione can “take the hit” by free radicals to spare cells.
- Cordyceps: Cordyceps has been shown to activate both glutathione and peroxidase synthesis in the body. It has also been shown to protect cells by engaging the glutathione enzyme cycle.
- Gotu kola (*Centella Asiatica*): Research has clearly demonstrated that oral intake of gotu kola rapidly and dramatically increases the activity and amount of glutathione peroxidase and the quantity of glutathione.
- Milk thistle (*Silybum marianum*): Milk thistle has been shown to significantly increase glutathione, increase superoxide dismutase (another powerful antioxidant) activity, and positively influence the ratios of reduced and oxidized glutathione.

Taken together these botanicals and compounds activate the glutathione peroxidase and reductase enzymes that promote a healthy glutathione recycling system.

For people with severe leaky gut issues I suggest they take these compounds as they work on repairing leaky gut. Also, it’s important to use these in conjunction with a liposomal glutathione cream discussed in the book. These compounds work more on recycling glutathione than boosting overall levels. This way the glutathione you do take, whether through a cream, an IV, a nasal spray, or other method is assured to stay in your body longer and get inside your cells where they can do their best work.

## **Glutathione recycling is imperative to taming autoimmune disease**

Promoting glutathione recycling helps protect cell mitochondria, enhance tissue recovery, modulate an imbalance between TH-1 and TH-2, and boost immune regulation. The overall effect is to dampen both the autoimmune reaction and damage to body tissue. It also helps body tissue and the intestinal tract regenerate and recover. Keeping overall glutathione levels up by supporting glutathione recycling helps buffer the body's cells from the many stressors hurled at us each day.

Other practitioners and I have witnessed patients rebuild their glutathione recycling system. As a result they are much less or no longer sensitive to chemicals around them, they have fewer autoimmune flare-ups, and they recover much faster from their flare-ups.

NOTE: See my formula to make your own Liposomal Glutathione oral solution in the appendix at the back of this book.

## **Hemp Oil**

### **Medicinal Cannabis Extract**

Though currently illegal in the United States, Cannabis Extract Medicine, also known as "hemp oil" when referring to the type pioneered by Rick Simpson, is a concentrated formulation of cannabis that is ingested orally. Do NOT confuse this with hemp seed oil – that is completely different and does NOT work, as hemp seed contains NO active THC. By ingesting hemp oil over a three to six month period, many diseases, including cancer and chronic Lyme disease can either be cured or completely controlled. This is possible because cannabis medicine works fundamentally through the endocannabinoid system, the super-regulatory system of the body that maintains homeostasis in the other systems.

There are literally hundreds upon hundreds of scientific studies showing that cannabinoids like tetrahydrocannabinol (THC) and cannabidiol (CBD), as well as

whole plant formulations, are effective against nearly any disease you can think of. According to Dr. Robert Ramer and Dr. Burkhard Hinz of the University of Rostock in Germany medical marijuana can be an effective treatment for cancer. Their research was published in the Journal of the National Cancer Institute Advance Access on December 25th of 2007 in a paper entitled Inhibition of Cancer Cell Invasion by Cannabinoids via Increased Expression of Tissue Inhibitor of Matrix Metalloproteinases-1. (1)

The biggest contribution of this breakthrough discovery, is that the expression of TIMP-1 was shown to be stimulated by cannabinoid receptor activation and to mediate the anti-invasive effect of cannabinoids. Prior to now the cellular mechanisms underlying this effect were unclear and the relevance of the findings to the behavior of tumor cells in vivo remains to be determined.

The science for the use of hemp oil is credible, specific fact-based, and is documented in detail. (1) There is absolutely no reason to not legalize medical marijuana and create an immediate production and distribution of THC hemp oil to cancer patients. Unfortunately we live in a world populated with governments and medical henchmen who would rather see people die cruel deaths than have access to a safe and effective cancer drug.

Meanwhile the Food and Drug Administration approved Genentech's best-selling drug, Avastin, as a treatment for breast cancer, in a decision, according to the New York Times, "that appeared to lower the threshold somewhat for approval of certain cancer drugs. The big question was whether it was enough for a drug temporarily to stop cancer from worsening — as Avastin had done in a clinical trial — or was it necessary for a drug to enable patients to live longer, which Avastin had failed to do. Oncologists and patient advocates were divided, in part because of the drug's sometimes severe side effects."

The differences between Avastin and hemp oil are huge. First Avastin will earn Genentech hundreds of millions where THC hemp oil will earn no one anything. Second there are no severe or even mild side effects to taking hemp oil and lastly it is not a temporary answer but a real solution. Certainly hemp oil will ensure a longer life. So is life in a greed-driven nation that approves medication based on

profits and dismisses natural cures based on their ability to lessen pharmaceutical income.

## **Here is Rick Simpson's testimony on Hemp Oil and Cancer:**

(NOTE: This information is to be used solely at the reader's discretion. Since Hemp Oil is illegal, this author can NOT recommending such a treatment)

Rick Simpson's BACKGROUND (2)

### ***Would you please describe how you came to discover the cure for cancer?***

I am just one of many who have found a way to cure cancer. A radio broadcast told me that T.H.C. (tetrahydrocannabinol) kills cancer so I do not claim that it was me who found the cure. I may be the first to have people ingesting hemp oil and applying it topically to treat their cancers and other conditions but I do not feel that it was really me who found the cure. What I did do was find the proper way to use this wonderful medicine. As often as I could, I provided the medicine free of charge and then I openly reported my findings to the government and the public, expecting that the right thing would be done.

### ***How did you find out about THC being effective to treat cancer?***

In 1972 I watched my 25 year-old cousin die a horrible death from cancer. About three years later I heard a report on our local radio station CKDH in Amherst, Nova Scotia. The announcer was laughing like a fool when he gave the report so I did not know whether or not to take the report seriously. He stated that T.H.C. (the active substance in marijuana) has been found to kill cancer cells. After this report I heard nothing more on this subject so I assumed that it must have been some kind of joke. About 30 years later I found out that the report was true and it was from the Medical School of Virginia study done in 1974.

In 1997 I suffered a head injury that left me with Post Concussion Syndrome. The chemicals the medical system gave me did nothing for my condition but make me worse with the side effects. Then, in 1998, I saw an episode of The Nature of Things entitled "Reefer Madness II". Dr. David Suzuki interviewed people who

were smoking hemp for their medical conditions and the results were amazing. After watching the show I purchased some hemp to see if it would help my condition. Post-Concussion Syndrome can affect people in different ways; some wind up with severe migraines... in my case I wound up with what can only be termed as migraine noise. It's like having a tuning fork gone mad in your head that you cannot silence. If this condition persists the noise takes over your life and you get very little rest. When I smoked hemp for my condition it relaxed me and allowed me to get more sleep. Smoking hemp did not take the noise in my head away but it did make the condition much easier to live with.

***I asked many doctors for a prescription for hemp but was refused. They would use excuses like "it's still under study" and "hemp is bad for the lungs" or some other such nonsense.***





About 1999 I asked my family doctor what he thought about me making the essential oil from the hemp plant and ingesting it as a medication as opposed to smoking it. My doctor said that ingesting the oil would be much more medicinal but still would not provide me with a prescription. By 2002 the medical system had written me off. I was told by my doctor that they had tried every medication at their disposal but none of them helped me so I was on my own. The doctor knew very well that the only medication that helped me was hemp. He also knew that I would be classified as a criminal if I was caught using hemp for my condition, but still he would provide no prescription, the same as all the other doctors I had asked. Can you imagine, I had worked for 32 years and had never had a drug charge in my life? Now due to my need for this medication for my condition, suddenly I am now a criminal because they would not give me the legal right to use this medicine. Needless to say, all of this left a very bad taste in my mouth.

***You said it had cured your skin cancer in no time – how many days did it take? Did it come back? Does it usually come back?***

In late 2002 my doctor examined three areas on my body which he suspected were skin cancer. One was close to my right eye, another was on my left cheek, and there was another area on my chest. In January 2003 I went in to have the cancer close to my right eye removed. I was to go in at a later date and have the other two areas taken care of. About a week after the surgery I was examining the area where they had removed the cancer, when suddenly the report I had heard on the radio 30 years before popped back into my mind. The report had stated that THC kills cancer cells. I knew the oil that I produced was full of THC so I thought why not put some oil on the other two cancers and see what happens. I applied the oil and covered it with a bandage and left it in place for four days. During this time I felt nothing so I assumed that the oil was not working. Imagine my surprise after removing the bandages and seeing nothing but pink skin – the cancer was gone! Within seven weeks the cancers close to my right eye that they had removed surgically returned. I applied the oil and a bandage to this area and

in four days it too was completely healed. I performed these treatments on myself in the winter of 2003. I have never applied oil to these areas again and the cancer has never returned.

## **PROTOCOL**

### ***Is there a protocol for the treatment?***

There is a protocol, and it should be followed to ensure that the treatment is effective. Small amounts of oil can be used to treat skin cancer or the oil can be vaporized and inhaled directly in the lungs to treat lung conditions in addition to ingesting. Also, the oil may be absorbed into the body if used in the form of a suppository.

To treat internal cancers the oil must be ingested. I usually start people out with three or four doses a day, about the size of half a grain of dry rice. The only time I would suggest that people start with a heavier dose would be if there was a lot of pain involved with their condition. Often times many of these folks are already addicted to dangerous and deadly pain medications. The object in such cases is to get these people off these dangerous drugs and to replace them with hemp oil to ease their pain.

I suggest that about every four days the dosage be increased slowly until the patient has worked their way up to taking a gram a day. At this point most people continue taking a gram a day until they are cured. In more than one case I have seen people take the full 60 gram treatment and cure their cancer in a month.

### ***How is hemp oil usually tolerated?***

We all have different tolerances for different medications so I encourage people to stay in their own comfort zone when dosing themselves with the oil. Most people's tolerances build very quickly and on average a normal person usually takes about 90 days to ingest the 60 gram treatment. 60 grams seems to be able to cure most cancers but people who have suffered extensive damage from chemo and radiation may require more to undo the damage the medical system

has left behind. For some external skin conditions, etc., where full strength oil is not required, the oil can be mixed with skin creams and salves. Mixing hemp oil with facial creams does wonders for the complexion if you give yourself a facial with it, also it should be used in such things as suntan lotions.

***We know from our experience with hemp salves and our cosmetics that hemp is basically a cure-all. Can you confirm this?***

History calls hemp a panacea, which means cure all. From my experience, seeing hemp oil used for various medical conditions, I too call hemp a cure all. Hemp is useful in the treatment of practically any disease or condition; it promotes full-body healing. From our experience the oil is also very beneficial for most skin conditions; it can be mixed with skin creams or even suntan lotion. Wouldn't it be nice to go out in the sun and not have to worry about skin cancer?

## **CANCER**

***What is hemp oil good for?***

From my experience, the oil is effective in the treatment of all types of skin cancers, and the same holds true for internal cancers and other medical conditions.

***Which types of cancer is this best for? Are you aware of any types that this will not help with?***

Hemp oil seems to work on all types of cancer and I am not aware of any type of cancer that it would not be effective for. I have heard about a study that claims that THC can cause a certain type of cancer; I can only say that this study must be flawed. Put simply, cancer is just mutating cells; THC kills mutating cells. So how can THC produce the very cells that it is so good at killing? If you are looking for treatments that can cause cancer, look no further than chemo and radiation; both of these so-called "treatments" are very carcinogenic. In other words they can and do cause cancer. Even a CT scan exposes the body to a massive dose of

radiation. Radiation causes cells to mutate, and that is what cancer is... mutating cells.



When people come to me with cancer of course I recommend the oil, but along with hemp oil I also suggest that they change their diets. Protein from fruits and vegetables fight cancer. Animal protein promotes cancer. So it is best to stay away from animal protein. I also suggest mega-doses of vitamins, especially vitamin C; this is known as Gerson therapy, and I am a total believer in it. Also there are many other natural things a person can do to fight cancer. Bringing the body's Ph up with lemon juice and baking soda and water is very beneficial (two to three times a day, there is no set dosage, just mix it as strong as the patient can drink it). Also I have heard good reports about wheat grass being effective for cancer. I am also convinced that B17 can be very beneficial for cancer sufferers. Every day I eat the seeds from two apples. Like apricots, apple seeds contain B17, also known as laetrile. B17 in its own right has a good track record with cancer. Many people whom I provided the oil to did not change their diets or anything else but were still cured with the oil. From my point of view, anyone with cancer should be doing everything they possibly can to optimize their chance of survival. So by all

means, take hemp oil for your cancer, but do not ignore other natural beneficial treatments.

***What is the success rate for cancer patients?***

Cancer can be reversed in roughly 75% of people who have been badly damaged by the medical system; if they are willing to take the treatment properly.

However, there is about 1 in 4 who has been so badly damaged that no matter what you do you cannot save them. Even if you can cure the cancer, in the end the damage from the chemo and radiation will kill them. These people are not dying from cancer; they are dying from the so-called “medical treatments” they receive from the medical system.

***How many people that you know of have cured themselves with the oil? Have you ever failed to cure someone (because it did not work for him/her)?***

I have provided the oil to well over 2,500 people over the last seven years. Due to the illegal status of hemp oil I do not keep records but it is safe to say I have seen hundreds of people cured with external and internal cancers, plus a great number of other conditions.

When people come to me with a diagnoses of cancer and they have refused to take chemotherapy or radiation it is almost a given that they can be cured, unless they wait until they are at death’s door to take the treatment. We had one gentleman about four years ago who was in the hospital and was given 24 hours to live. The doctors refused to give him the oil, so his son did it. The very next day this man discharged himself from the hospital, went home and stayed on the oil. About fourteen months later this 83 year-old veteran did die, but not from lung cancer; he died from a pre-existing heart condition that he had for years. During the fourteen extra months that he had lived, he enjoyed a good quality of life and he died in his sleep with no pain. Isn’t that better than dying in a hospital, drowning in your own fluid from lung cancer? I tell everyone that comes to me one thing... the oil will either save your life or it will ease your way out. If you do die, you will die with dignity and not full of such drugs as morphine.

### ***Are some people more difficult to cure than others?***

People who are the hardest to cure are the ones who have allowed themselves to be severely damaged by the medical system. Chemotherapy and radiation are both carcinogenic treatments, in other words they cause cancer. Chemotherapy and radiation can reduce the size of a tumor, but in the end usually all such treatments do is spread the cancer.

When hemp oil is ingested as a cancer medication, the THC in the oil causes a buildup of a fat molecule called ceramide. When ceramide comes in contact with cancer cells it causes programmed cell death of the cancer cells while doing no harm to healthy cells. This is the way it was explained in the scientific research we have studied. But with the help of a good friend named Batya Stark, I have developed a new theory.

A few months ago, Batya sent me some reports about the pineal gland and melatonin. The significance of the information she put in front of me was undeniable. So between Batya and I, we started connecting the dots. And this is what we concluded. Fluoride and a great deal of the chemicals doctors provide plus other we come into contact with often harm the ability of the pineal gland to produce melatonin. Melatonin is the greatest antioxidant known to man and it travels to every cell in the body. The pineal gland and the melatonin it produces plays a very dramatic role in maintaining good health and indeed has a lot to do with the aging process.

With the function of the pineal gland impaired, its ability to produce melatonin is greatly diminished. It has been found that cancer sufferers have reduced melatonin levels. It has also been scientifically proven that just smoking hemp can raise melatonin levels a great deal. Now just think of what eating the raw unburned oil would do melatonin levels. From what I understand, the oil causes the pineal gland to go into overdrive and subsequently melatonin levels go through the roof. And this at least in part is what we think causes the wonderful effect this medication has on so many conditions. If the pineal gland is producing vast amounts of melatonin, it does no harm to the body. In such a situation, the illness of disease that has been plaguing the patient are brought under control

and often completely healed. When you work with properly produced hemp medicines, you soon realize the word “incurable” means very little.

1. *SPAIN STUDY CONFIRMS CANNABIS OIL CURES CANCER WITHOUT SIDE EFFECTS, October 10, 2012 · by thscollapsereport in Healthcare*
2. *<http://phoenixtears.ca/tag/legal>, Rick Simpson*

## **Hyperthermia – warning – this will typically stimulate a Th1 reaction!**

Borrelia prefer temperatures below that of the body. Using hot showers, baths, or infra-red saunas at temperatures of up to 104 degrees F for 20-30 minutes daily to raise the body temperature is a helpful therapy for treating CLD. Borrelia species are especially sensitive to the combination of other therapies and heat. Raising the body temperature also dilates the peripheral circulation and increases the permeability of the blood vessels throughout the body. These physiological changes assist in the delivery of antibiotics to all areas of the body increasing the amount of antibiotics able to penetrate and reach the borrelia.

Ref: Southern Medical Journal: October 1995 - Volume 88 - Issue 10 - ppg S142  
Conjoint Meeting with the American Society of Clinical Hyperthermic Oncology

# The History of Energy Medicine

## Everything is ENERGY

*“The cell is a machine driven by energy. It can thus be approached by studying matter, or by studying energy. In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”*

----Albert Szent-Gyorgyi, Nobel Laureate in Medicine

All cells are capable of receiving a countless number of frequencies that are stored within the cytoplasm of each cell, which itself, consists of H<sub>2</sub>O. Hydrogen and Oxygen hold the electromagnetic charges, and the cellular memory is then processed within the DNA of each cell. Vital life energy (Bio-energy) fills every cell within the human body, which controls all metabolic processes, including biochemical changes that occur within the cells. It controls the utilization of nutritional substances, and the functioning of all body systems including the immune system.

We predicate that during periods of stress, be it physical or mental stress, this increases the cell's state of vulnerability to discordant frequencies (stressors). For example, electromagnetic fields such as mobile phones, microwaves, computers, household wiring etc., can enter cells through the Integral membrane proteins in the cell membrane and store in the cytoplasm, altering the cell's homeostasis. Cells are most vulnerable during periods of stress: the greater the stress, the greater the incidence of acquiring homeostatic imbalance. By recognizing discordant frequencies within cells, the body is more capable of achieving homeostasis. Every disease state and pathogen has its associated harmonic and disharmonic frequencies. Generally speaking, harmonic frequencies maintain health (homeostasis); promote growth and healing, while disharmonic frequencies produce illness and death (homeostatic imbalance).





We ONLY suggest using the TrueRife brand of Rife equipment. All our Cancer and Chronic Lyme patients go home with this machine that we personally program for the patient. It is available for purchase through our clinic store.  
[www.UpperRoomWellness.com](http://www.UpperRoomWellness.com)

New research introduces a radical understanding of cell science. New biology concepts reveal that human beings control their genome rather than being controlled by it. It is now recognized that environmental frequencies and more specifically, our perception or interpretation of the environment, directly controls the activity of our genes. This new paradigm of “bio-electrical interaction” has given us a better understanding of how the human body uses energy to heal itself and regulate its activities. It has also enabled science to reevaluate previously discarded medical therapies and to explore new ones based on this interaction.

During the 1990s, three Nobel Prize winners in medicine in the field of advanced medical research revealed that the primary function of DNA lies not in protein synthesis, as widely believed, but in electromagnetic energy reception and transmission. Less than three percent of DNA’s function is in protein formulation; more than ninety percent of the DNA functions in the realm of bioelectric signaling. One might say that electromagnetism is fundamentally responsible for all life, and everything in the physical universe. It is also in the spiritual force or energy that gives rise to all matter.

*From: Bioelectromagnetic Healing, its History and a Rationale for its Use*

*Thomas F. Valone, Integrity Research Institute, 1220 L Street NW, Suite 100-232 Washington DC 20005, www.IntegrityResearchInstitute.org Proceedings of the Whole Person Healing Conference, Bethesda, MD, 2003*

“Bioelectromagnetics (BEMs) is the study of the effect of electromagnetic fields on biological systems.<sup>1</sup> Though electromagnetic fields have sometimes been associated with potential for harm to the body, there are many BEM instruments and devices re-emerging in the 21st century, based on high voltage Tesla coils, that apparently bring beneficial health improvements to human organisms. The Tesla coil class of therapy devices constitute pulsed electromagnetic fields (PEMF) that deliver broadband, wide spectrum, nonthermal photons and electrons deep into biological tissue. *Here listed are the two most prominent players and possibly the most important medical scientists of our day:*

## **Nikola Tesla**

In 1895, the Niagara Falls Power Company opened for the first time and within a year, sent alternating current (AC) to Buffalo, NY, twenty-five miles away, thanks to Nikola Tesla AC generators. Cities throughout the world followed suit and made commercial AC power available to the general public, even miles from the power generating station. As a result, Tesla’s high voltage coil devices, which were powered by AC, started to become widely known and applied.

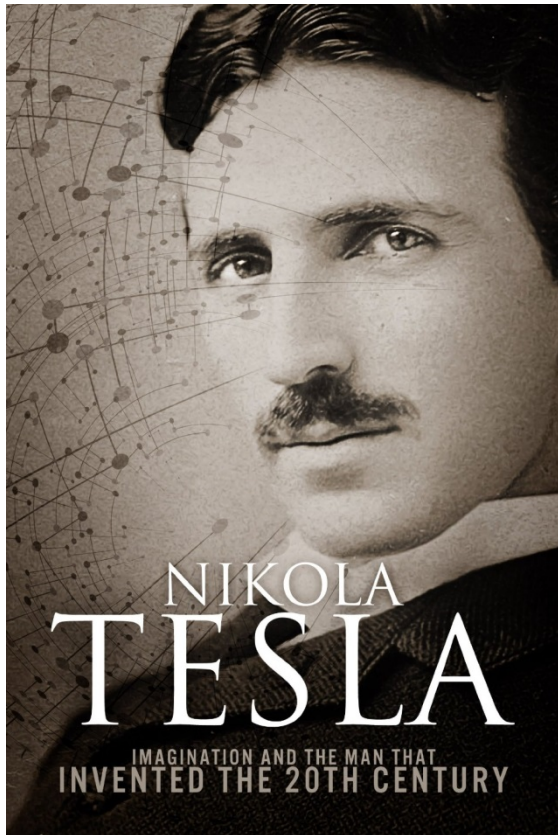


Dr. Conners lecture at a TrueRife Conference

In 1898, Tesla published a paper that he read at the eighth annual meeting of the American Electro-Therapeutic Association in Buffalo, NY entitled, “High Frequency

Oscillators for Electro-Therapeutic and Other Purposes.”<sup>2</sup> He states that “One of the early observed and remarkable features of the high frequency currents, and one which was chiefly of interest to the physician, was their apparent harmlessness which made it possible to pass relatively great amounts of electrical energy through the body of a person without causing pain or serious discomfort.” Coils up to three feet in diameter were used for magnetically treating the body without contact, though ten to a hundred thousand volts were present “between the first and last turn.” Preferably, Tesla describes using spheres of brass covered with two inches of insulating wax for contacting the patient, while unpleasant shocks were prevented. Tesla concludes correctly that bodily “tissues are condensers” in the 1898 paper, which is the basic component (dielectric) for an equivalent circuit only recently developed for the human body.<sup>3</sup> In fact, the relative permittivity for tissue at any frequency from ELF (10 Hz-100 Hz) through RF (10 kHz– 100 MHz) exceeds most commercially available dielectrics on the market.<sup>4</sup> This unique property of the human body indicates an inherent adaptation and perhaps innate compatibility toward the presence of high voltage electric fields, probably due to the high transmembrane potential already present in cellular tissue.

Tesla also indicates that the after-effect from his coil treatment “was certainly beneficial” but that an hour exposure was too strong to be used frequently. This has been found to be still true today with the Tesla coil therapy devices. On September 6, 1932, at a seminar presented by the American Congress of Physical Therapy, held in New York, Dr. Gustave Kolischer announced: “Tesla’s high-frequency electrical currents are bringing about highly beneficial results in dealing with cancer, surpassing anything that could be accomplished with ordinary surgery.”



Other scientists followed. Georges Lakhovsky, during the early to middle part of the last century produced various broad band multiple wave oscillator circuits that similarly to Tesla's circuits, produced broad-band (wide spectrum of frequencies) ultrasound in human tissue. Dr. Albert Abrams, also in the first part of last century, developed various electrical oscillation circuits that supplied electrodes connected to the human body with complex voltage oscillation patterns that produced broad band ultrasound in human tissue. One of the most notable persons was John Crane, an associate and business partner of Dr. Rife during the last twenty years of Rife's life. John Crane popularized the use of electrodes applying a voltage square wave to the human body. Crane's voltage square wave generator, when tuned to specific frequencies, was able to achieve many of the curative results as the "Rife Frequency Instrument". Since John Crane, others have come forward with essentially "spin-offs" on the voltage square wave applied to the skin by electrodes method. Some devices use high voltage surges applied to the body through inert gas discharge tubes.

## **Royal Raymond Rife**

In 1934, the University of Southern California appointed a Special Medical Research Committee to study 16 terminal cancer patients from Pasadena County Hospital that would be treated with mitogenic impulse-wave technology, developed by Royal Raymond Rife. After four months the Medical Research Committee reported that all 16 of the formerly-terminal patients appeared cured.

Rife's high voltage gas tube device was designed, with the aid of his unique microscope, by experimentally witnessing the effects on microbes and bacteria, finding what he believed were the particular frequencies that resonated with their destruction. "In 1938, Rife made his most public announcement. In a two-part article written by Newall Jones of the San Diego Evening Tribune (May 6 & 11), Rife said, 'We do not wish at this time to claim that we have "cured" cancer, or any other disease, for that matter. But we can say that these waves, or this ray, as the frequencies might be called, have been shown to possess the power of devitalizing disease organisms, of "killing" them, when tuned to an exact wave length, or frequency, for each organism. This applies to the organisms both in their free state and, with certain exceptions, when they are in living tissues.'"<sup>10</sup>

"He had the backing in his day - this was in the 1930's - of such eminent people as Kendall, a professor of pathology at Northwestern University and Millbank Johnson, M.D., who was on his board, along with many other medical men, when he began to treat people with this new 'ray emitter.'... There were articles written on the Rife technique... in the Journal for the Medical Society of California and other medical journals. Suddenly, Rife came under the glassy eye of Morris Fishbein of the AMA and things began to happen very quickly. Rife was put on trial for having invented a 'phony' medical cure. The trial lasted a long time."<sup>11</sup>

In 1953, Rife published his cancer report in book form, *History of the Development of a Successful Treatment for Cancer and Other Virus, Bacteria and Fungi*.<sup>12</sup> A turning point occurred in 1958, when the State of California Public Health Department conducted a hearing which ordered the testing of Rife's Frequency Instrument. The Palo Alto Detection Lab, the Kalbfeld Lab, the UCLA Medical Lab, and the San Diego Testing Lab all participated in the evaluation

procedure. "All reported that it was safe to use. Nevertheless, the AMA Board, under Dr. Malcolm Merrill, the Director of Public Health, declared it unsafe and banned it from the market."13



*Dr Royal Rife*

Dr Royal Rife discovered he could use specific electro-magnetic frequencies to kill bacteria or viruses without causing damage to the surrounding tissue.

The Rife Digital Machine utilizes the Law of Resonance and produces health benefits for varied diseases, both chronic and infectious.

In 1961, after a trial with an AMA doctor as the foreman of the jury, John F. Crane, the new owner of the Rife Virus Microscope Institute, spent three years in jail, ostensibly for using the Frequency Instrument on people, though no specific criminal intent had been proven. In 1965, he attempted to obtain approval from the California Board of Public Health for use of the Frequency Instrument. "On November 17, 1965, the Department of Public Health replied that Crane had not shown that the device was safe or 'effective in use.'"14

From 1968 to 1983, Dr. Livingston-Wheeler treated approximately 10,000 patients with the Rife Frequency Instrument, at her University of Southern

California clinic, with an 80% success rate. In 1972, Dr. Livingston-Wheeler published *Cancer*:

A New Breakthrough in which she “condemned the National Cancer Institute for its misuse of money [\$500 million in 13 years], the corrupt handling of public health responsibilities, and its use of people [100,000 cancer patients] as guinea pigs for a ‘surgery-radiation- chemotherapy’ program dictated by special interests.” Her last book on *The Conquest of Cancer* was published in 1984 in which she celebrates the European acceptance of the Rife discoveries but complains about the situation in the U.S.



Royal Rife was a man who could well have been at least 80 years ahead of his time. Not only did he invent one of the most powerful microscopes ever seen, he used to identify foreign matter, which he called a virus at the heart of every cancer. He then went on to work out the energetic frequency of each of the different viruses he found and build a zapper which could adjust frequency and kill off the virus leaving healthy cells untouched. He was ridiculed, attacked and his work stopped. He died a pauper. Only now are scientists once again thinking there might be a virus at the heart of every cancer, as Big Pharma contemplates the profits involved in developing a myriad of vaccines.

- Chris Woollams  
*The Work Of Dr. Royal Rife*

All of these distinguished scientists, back in 1958, had been carrying on significant research in the biological and immunological treatment of cancer for years. It is still only now that the United States orthodoxy is beginning to catch up. Because of the suppressive actions of the American Cancer Society, the American Medical Association, and the Food and Drug Administration, our people have not had the advantage of the European research.

This work has been ignored because certain powerful individuals backed by large monetary grants can become the dictators of research and suppress all work that does not promote their interests or that may present a threat to their prestige.

Rife died in 1971, mostly of a broken heart.”

1 Bioelectromagnetics Society (founded 1978), 120 W. Church St., Frederick MD 21701. 301-663-4252

[www.bioelectromagnetics.org](http://www.bioelectromagnetics.org)

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3 Polk, C., and E. Postow, (1986) *Handbook of Biological Effects of Electromagnetic Fields*, CRC Press, p. 58

4 Fink, D.D., (1975) "Dielectric Constant and Loss Factor for Several Dielectrics," *Electrical Engineer's Handbook*, p. 6-36

5 Manning, Clark A. and L. J. Vanrenen, *Bioenergetic Medicines East and West*, North Atlantic Books, Berkeley, 1988, p. 43

6 Douglass, W. C. *Into the Light—The Exciting Story of the Life-Saving Breakthrough Therapy of the Age*, Second Opinion Pub., Atlanta, 1996, p. 269

7 Lakhovsky, Georges. "Curing Cancer with Ultra Radio Frequencies," *Radio News*, February, 1925, p. 1282-1283.

8 Grotz, Toby, and B. Hillstead. "Frequency Analysis of the Lakhovsky Multiple Wave Oscillator from 20 Hz to 20 GHz," *Proceedings of the US Psychotronics Association Convention*, Portland, OR, July, 1983

9 Bird, Christopher. "The Politics Of Science: A Background On Energy Medicine," *Energetic Processes: Interaction Between Matter, Energy & Consciousness, Volume I*, Xlibris Press, Philadelphia, 2001, p. 226  
10 Lynes, Barry. *The Cancer Cure That Worked: Fifty Years of Suppression*, Marcus Books, Queensville, Ontario, 1987, p. 103

11 Bird, p. 227

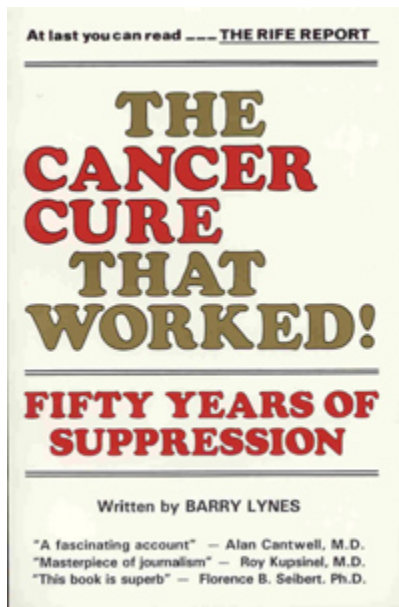
12 Rife, Royal Raymond. *History of the Development of a Successful Treatment for Cancer and Other Virus, Bacteria and Fungi*. Rife Virus Microscope Institute, San Diego, CA, 1953

13 Lynes, p.129

14 *Ibid.*, p. 133

15 Williams, R. M. "The Handbook of Rife Frequency Healing: Holistic Technology for Cancer and Other Diseases by Nina Silver, PhD." *TOWNSEND LETTER FOR DOCTORS AND PATIENTS* (2003): 121-122.





## Let's again REVIEW our Definition of Lyme disease Progression:

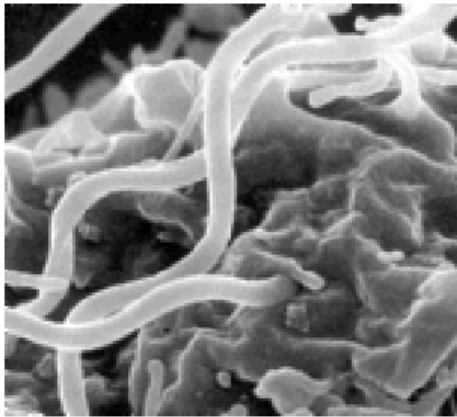
The THREE PHASES of Lyme:

**1. Acute infection** – in this phase, the patient STILL has the capability to KILL the disease with an antibiotic. This is why I HIGHLY recommend that those living in Lyme-infested areas have antibiotics on hand to use should they develop symptoms in Lyme season. This is ONLY open for a WINDOW of time!



The "window of opportunity" to KILL Lyme in the ACUTE PHASE can be VERY short.

**2. Chronic Lyme** – Chronic Lyme phase begins the moment the first bacteria EXIT the bloodstream and ENTER the intracellular space (go inside the cell and hide). This phase still may be treated with antibiotics and immune-boosting Nutraceuticals BUT it will be a LONG, drawn-out treatment plan. Though it is better than Phase THREE, Chronic Lyme is horrible.



*A scanning electron microscope image of Borrelia burgdorferi penetrating a human B cell (in vitro), at a magnification of approximately 89,000.*

*Photo Credit: David W. Dorward, Ph.D.  
NIH Rocky Mountain Labs, MT.*

**3. Autoimmune Lyme** - When the patient's condition continues to linger, the immune system is constantly trying to kill it. In doing so, the "killer" side of the immune system, the Th1 response, fires to kill the pathogen. THIS phase is really what this book is all about! These patients are miserable and it is the autoimmune phase of Lyme that is deadly.

## **The TrueRife Machine** – a necessary addition to treating Phase Two and Phase Three Lyme

Rife machines are electronic devices that produce varying frequencies of energy (similar to a microwave, but at frequencies not harmful to the body). This energy penetrates the tissues of the body and causes the spiral-shaped Borrelia to resonate so much that the integrity of the bacteria is disrupted; weakening and even killing them. This is an effective means for killing borrelia and is supported by the production of herx reactions in Lyme patients after Rife treatments, while non-

infected individuals don't experience the herx reactions when exposed to Rife treatment.

Rife machines are named after Royal Raymond Rife, born in 1888 in Elkhorn, Nebraska. From the 1920's through to his death in 1971 he lived and worked in San Diego, California. Rife real claim to fame came from two specific inventions (although he had many others). One was a super microscope allegedly capable of resolving objects below the Abbe limit, and with magnification claimed to be as high as 31,000 times. The second invention was an electromagnetic therapy device consisting of a light transmitter feeding a plasma tube (Tesla tube) which was claimed to kill specific pathogenic microorganisms at specific frequencies. It was claimed that in 1932 Rife succeeded in isolating a "filter-passing" microorganism (later referred to as the BX virus) that was a cause of cancer. And in 1934 it was further claimed that Rife succeeded in curing several cases of cancer in real patients by targeting this microorganism with his light frequency machine. The Rife technology was dismissed by the American Medical Association as quackery and was suppressed by various organizations and American federal agencies. This took place at the same time that the FDA and AMA went on their witch-hunt, driving many successful clinicians who were not using standard pharmaceutical agents to close their doors or move out of the country. Rife just quit and retreated, a broken man.



*“Royal Raymond Rife was a man whose microscope, frequency instrument, and support of pleomorphism are still controversial today. With hopes of seeing where Mr. Rife’s house once stood, I drove over to the location but could find nothing but a sign that read, “Chatsworth Blvd.” I drove back and forth on Chatsworth Boulevard. There was no longer a 2500 Chatsworth Boulevard. There was nothing to indicate that, possibly, at this address, a “cure for cancer” was found by a man who began researching cancer in 1920 and, by 1932, had isolated the cancer “virus.” In 1934, he opened a clinic that successfully cured 16 of 16 cases within 3 months. He developed an optical microscope that had a magnifying resolution that still surpasses any built today except for the electron microscope. He did not use fixed specimens. All of his observations were based on living specimens. He was able to isolate what he considered to be the cancer virus, which he injected into hundreds of laboratory mice that subsequently developed cancer. He found that the “cancer virus” could*

*be destroyed by the use of electromagnetic radiation and proceeded to design an apparatus that did so (Lynes, 2001)."* - **Great Revolutionary**

**Leaders of Alternative Medicine:**

**A Fascinating Journey Back in Time**

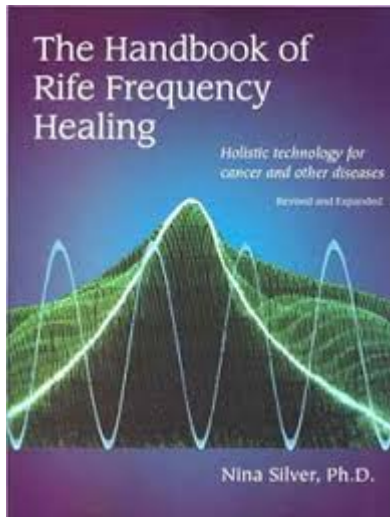
RICHARD C. NIEMTZOW, M.D., Ph.D., M.P.H.

*"Mr. Rife's discoveries, in my opinion, were buried by others' professional jealousy, greed, and ignorance. He was too far ahead of his time. Because many scientists did not understand what he developed, they did their best to ignore it."* - Barry Lyons, author of *The Cancer Cure That Worked*



Rife believed that ***different species of life have their own electromagnetic "signature"*** - a pattern of oscillation based on its individual genetic chemical blueprint. His theories have been confirmed by quantum physics though modern medicine ignores the healing abilities connected to tapping those frequencies. Rife discovered that viruses, bacteria, and parasites are particularly sensitive to their own specific "bio frequencies" and could be destroyed by intensifying those frequencies until they literally explode... like an

intense musical note that can shatter a wine glass! While cell walls of single-celled organisms tend to be less stable and lyse when bombarded with their own or similar frequencies, hitting human body cells with their own frequencies does nothing but help. In order to "explode" the microbes, Rife invented a "frequency beam ray" machine, similar to what we now call a Rife Machine.



As Christopher Bird reported regarding bacterium/viruses, "...many lethal (disease) those of tuberculosis, typhoid, leprosy . . . appeared to disintegrate or 'blow- up' in the field of his microscope."

Use this link to view a number of informative videos on Rife:

<http://www.rife.de/rife-related-videos.html>

## **Types of Rife Machines**

We have personally used all of the top selling Rife machines on the market. Currently I use two different types in my office, the Light Beam Generator and the Truerife ([www.truerife.com](http://www.truerife.com)). I would ONLY recommend the Truerife for anyone with Lyme disease! As a matter of fact, I will NO LONGER accept a Lyme patient without them committing

to purchase a Truerife machine. We include a fully programmed machine with every Phase Two, Phase Three Lyme and Cancer patient that starts care with us – obviously I am convinced regarding its validity.

Note: I have NO financial or other ties with Truerife whatsoever! We sell the machines AT COST to our patients and will continue to do so as long as they continue to offer the best products and service on the market.

We have also released a NEW video / Lyme Protocols from Truerife: (if you are reading the e-book, simply click on the links. If you are reading the PRINT version of this book, go to our website to view the videos under the Lyme tab: [www.connersclinic.com](http://www.connersclinic.com))

**[Click here: Lyme Protocols - YouTube](#) for which programs to run.**

**[Click here: Lyme Programs - YouTube](#) NEW 2012 video from the conference!**

**More Video's:**

**[Click here: Lyme Disease Experience 2011.wmv - YouTube](#)**

**[Click here: Rife Machines and Lyme Disease.wmv - YouTube](#)**

*From time to time we get calls from individuals who have hit a plateau in their progress with Lyme disease. This can be a result of co-infections that need to be addressed.*



*We recommend using the Hammer Tube along with the Overnight Energy Ground Sheet to address these co-infections using the Lyme Overnight set. **Our programs for patients with CLD or Cancer are created individually for them.** However, those purchasing the Truerife directly from the manufacturer may utilize the Lyme sets available with great success.*

A true "Rife machine", of course, is one made by Royal Rife himself. All others must be considered copycat devices, simply based on his theories but the essential understand of the Quantum Physics Rife employed is important. Rife used LIGHT frequency, so any machine NOT employing light frequency (many are electrical or sound frequency devices), though they may be beneficial, I don't consider them real Rife machines. Most of these devices are referred to as a "frequency generator" and need to legally be called experimental in nature.

One of the theories on how a Rife machine works is the principle of 'sympathetic resonance', which states that if there are two similar objects and one of them is vibrating, the other will begin to vibrate as well, even if they are not





touching. Basically, if you can mimic the quantum frequency of a cell or an atom, you cause it to vibrate. This will work with sound waves as well and may best be demonstrated when an opera singer hits the frequency of crystal, causing a glass to shatter. Have the atoms in the crystal changed in any way? NO, they just vibrated and were unable to remain in their current shape. The STATE of atomic structure was unaltered; the EFFECT on the atomic structure was simply mechanical. In the same way that a sound wave can induce resonance in a crystal glass and ultra-sound can be used to break up kidney stones, a Rife machine uses sympathetic resonance to physically vibrate offending cancer cells, bacteria, viruses and parasites (and YES, CLD spirochetes) resulting in their destruction and elimination from the body by causing them to vibrate and stimulating an immune response against them.

Another theory of illness and disease and one that may explain why Rife technology is so successful, states that since every cell of the body, from a quantum physics perspective, resonates at specific frequencies, CLD spirochetes (as well as any other pathogen) causes a dis-resonance and sets up what could be called, "low-energy" conditions in the body. Perhaps the frequency energy absorbed from a Rife machine may simply be sufficient to re-energize the body's healing capabilities, or better stated, the Rife machine, used at frequencies of specific organs or tissues, re-energizes or re-sets normal resonant frequencies and allows the body to heal itself.



A Truerife 117 machine

### **Is it safe?**

YES. Rife is non-invasive in the sense that the skin is not broken and there is no damage to normal, healthy tissues and cells etc. The frequencies and voltages are purposely in the range that only are harmful to cancer cells, bacteria, viruses, parasites, etc., and not healthy tissue or bacteria. Rife is non-toxic (little or no side effects other than the ***standard kill-off effect***, i.e. "Herxheimer reaction", caused by any modality that destroys pathogens and necessitates the body having to clean up and detoxify the mess. This is a well-known and documented effect of any treatment that actually works. It has no ionizing radiation and so cannot cause damage to tissue, the immune system, DNA breakage, etc.)

### **Can I use it with other treatments?**

YES. Rife can be used synergistically with most other treatment protocols (including medicine) without the danger of harmful interactions as is the case with drug therapy.

### **What does Rife technology work to combat?**

Rife is MOST effective in dealing with microbial-based diseases (bacteria, viruses, fungi, mold, and parasites) and your own cells (cancer). It is also very beneficial to re-set normal cell frequencies. This

is why patients have used the Truerife for everything from acne to hormone balance. We include over 900 pre-set programs that we and others have developed that aide patients with a wide variety of disorders and ailments.

### **Is this Machine all I need?**

We've seen Rife machine sessions work seemingly miraculous results – even with cancer patients who were told (by Mayo) that they had less than 2 weeks to live! However, we strongly believe that through diet, supplementation, cleansing, oxygenating, and clean water, you can dramatically improve the performance of the Rife machine and greatly reduce your recovery time.

### **How long before I see results?**

*Everyone is different!* I tell everyone that if you are looking for a “Get Healthy Quick” scheme, look somewhere else – because with Lyme and Cancer, there isn’t one. Don’t believe anyone telling you otherwise! I believe that the MORE SPECIFIC one gets in the frequencies that will HELP YOU, the better the results we get. This is why we SCAN all our patients to develop their SPECIFIC PROGRAMS.

### **What does the equipment cost? Am I getting what I am paying for?**

All of our Lyme programs and Cancer programs INCLUDE the cost of the Rife (you will OWN it). Alone, a Rife from Truerife is \$4500-6500, we sell it for \$6500 with ALL of Dr. Connors LYME programs for both daytime and overnight use. It is available through our clinic store:

651-739-1248

## Remarks

Regardless of what you choose about healthcare, I pray that you make wise, rational decisions based on facts (though often hidden) and not fear. You need to take responsibility and not hand it over to any practitioner, conventional or alternative. Get advice from many, weigh it all against their biases, and pray for peace about your decisions.

Kevin Conners, Pastoral Medical Association, Fellowship in Integrative Cancer Therapy and Fellowship in Anti-Aging, Regenerative and Functional Medicine, both through the American Academy of Anti-Aging Medicine.

## CONTACT US:

**Conners Clinic, 651.739.1248**

[www.ConnersClinic.com](http://www.ConnersClinic.com)

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