

## Oxidation Therapy: a 2012 Lyme Disease Update

by Dr. Robert Jay Rowen

Several years ago I wrote about Lyme Disease in my newsletter Second Opinion ([www.secondopinionnewsletter.com](http://www.secondopinionnewsletter.com)). I addressed Lyme as a "monster" epidemic, and I still feel that it is. And, unfortunately, most physicians either ignore its existence, or worse, deny that patients suffering from it could have it. Fortunately there are tests that confirm the problem but, like all tests, they can have some serious flaws. For example, we know that many people with cancer will have negative tests. Same with Lyme Disease.

From 1986 to the time I left Alaska in 2001, I had a thriving practice of patients with "chronic fatigue" who were not helped by conventional methods. Why? Because in 1986, I stumbled across a discipline of therapy called "oxidation" at a medical meeting. At the time, we integrative doctors were getting indoctrinated with the idea that oxidants were "bad" and antioxidants were "good". So I sat in disbelief when I first saw ozone devices, but was open-minded enough to read why the Germans were simply wild about ozone. I stayed up all night at a meeting reading articles and returned to the exhibit hall the moment it opened to buy the single machine that was there. My life hasn't been the same since.

I began using ozone therapy in mid 1986. The results with both acute and chronic infections, and most anything related to infection was greater than anything I could have imagined in medical school. By 1989, I had expanded to include ultraviolet blood irradiation therapy (UBI). My use of antibiotics fell so much that I didn't even keep up with the flood of drugs on the market. These therapies involve simply taking about 200cc blood, treating it with ozone or ultraviolet light, and returning it to your body. Ozone takes about 15 minutes. UBI takes up to 50 minutes. I found both to be quite effective. Sometimes one worked better than the other for a particular patient.

My practice grew with CFS and CFIDS patients. Generally a session of 10 treatments turned them around. Children with mononucleosis, missing school for weeks, were back in school in a few days. At the time, we didn't know that much of what we labeled CFS and CFIDS might have an underlying spirochete infection. This understanding came later, but did not detract from the fact that my patients were getting much, much better, and fast. Over the years, it became apparent to me that many of the patients did have Lyme disease, since when we started looking for it, testing was often, but not always, positive.

Now at the same time, Lyme news was exploding in the integrative medicine field. Meetings and seminars were cropping up all over. I attended a few. Most concentrated on the use of long-term antibiotics for the spirochete. I listened to many lectures both on testing and on treatment. I am an old-time clinician type and not a research scientist. I pay close attention

to what works and doesn't work, and if it doesn't work, I just don't like to continue with it. I was never pleased with lab tests. So many people had symptoms of Lyme and tested negative. And, I found many people testing positive for Lyme on certain tests (including myself) who had no symptoms at all. So, in my mind, it came down to a common denominator. Why did some people fall ill, and others, similarly exposed, have no problems at all?

The logical answer is the "terrain" or fertility of their bodies for incubating the organism. Some people would have robust immune systems that could roll over the infections. Some might keep the organism in check. Some might have weak systems that allowed the organism to do its nasty work, and others might have immune systems so weak that they

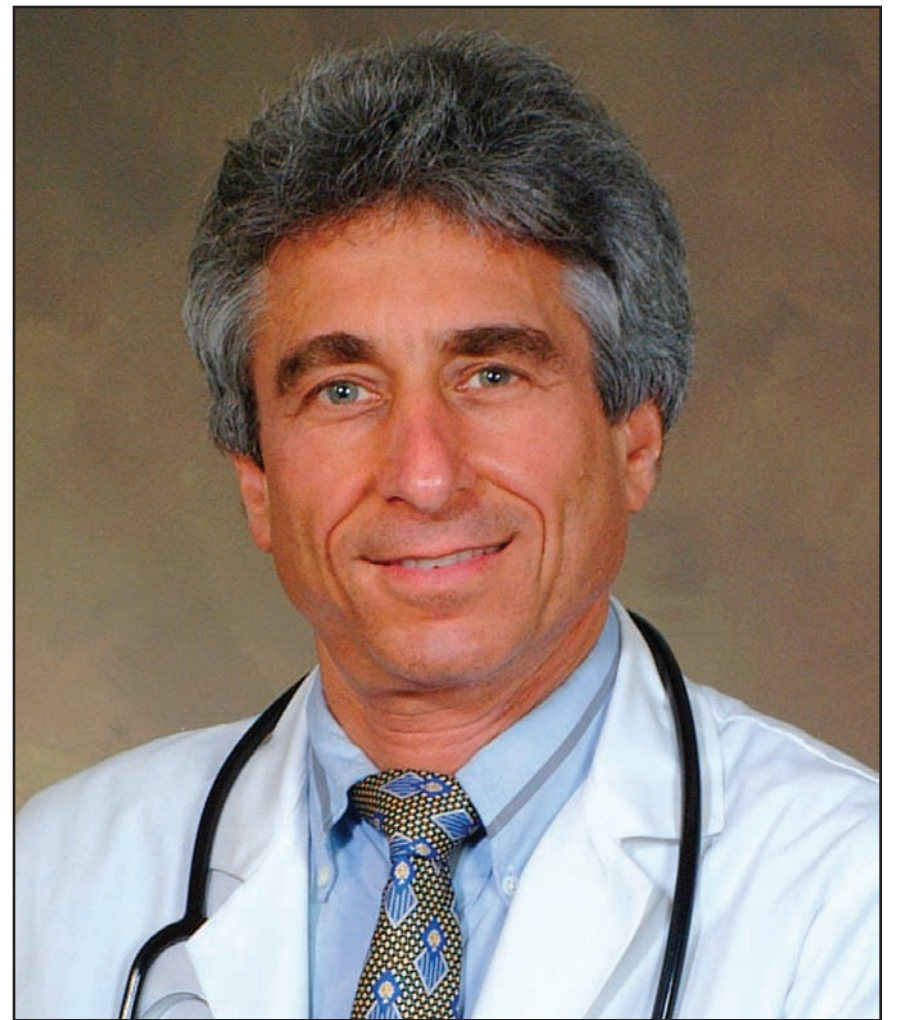
were riddled with disease. For me, the answer to Lyme, like the treatment for cancer, is to get the immune system to do what God designed it to do - clear out unwanted "guests".

At the conferences, I was able to ask pointed questions about the long-term use of antibiotics. None of the drug treaters was able to confirm any long-term efficacy. Short term, yes. But not long term. And, that's exactly what I observed in patients coming to me who were so treated. Worse, most people don't realize it, but their energy furnaces, called mitochondria, upon which all cellular function depends, are essentially "bacteria" which millions of years ago fused with eukaryotic cells (cells with a nucleus). The fusion created high energy cells which consume oxygen. Antibiotics, which attack bacteria, are now known to damage mitochondria. Hence, that explains a lot of the carnage we see among some people treated with these drugs. I never chose to go that route with chronic disease/infec-

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tion. I chose oxidation.

Admittedly, I can't tell you that every patient I saw with CFS or CFIDS, etc. had Lyme. But I really don't care. A diagnosis to me is just a label or description of a fundamental dysfunction in their physiology. I saw patient after patient improve with oxidation. We had a partial understanding of why. But a series of articles



Dr. Robert Jay Rowen

by Italian researcher Velio Bocci, MD pinned down why the Germans found this "non-specific" therapy to dramatically improve a wide variety of "specific" diseases. That reason is "immune modulation". Bocci found that ozone therapy stimu-

lates the immune system to produce regulatory cytokines and interferons, the same compounds that Pharma is dumping bazillion dollars into. However, ozone doesn't work like Pharma's potions. Pharma makes one or two cytokines into a drug for IV administration. The side/toxic effects can be quite severe, since it is forcing the body into a state of imbalance. On the other hand, ozone "modulates". That is, it encourages the body to restore its regulation and balance, so that you don't make too much of one or two cytokines, but restores normal levels and balance of the whole lot of them! This is most exciting.

A word about UBI. In the 1930s through 1940s, there were dozens of articles in the American literature about a profound discovery and treatment. Clinicians were so shocked at the recoveries of patients certain to die of common infections

that they went to great lengths to describe the "miracles" in their writings. The effectiveness of UBI was startling. Early and moderately advanced infections had about a 98-100% cure rate. In the moribund (septic shock) the recovery was about 50%. And most patients needed only 1-2 sessions. This treatment grew in popularity and was offered at major hospitals. Then, with the advent of antibiotics, and a baseless attack by the head of the American Medical Association (allegedly because he was refused a takeover of the company) the treatment fell into near oblivion by the 1960s. Fortunately it did not die entirely, and a new breed of doctors began to resurrect the therapy with the writings of Dr. William Campbell Douglass who brought the old information forward. However, the machines available in the modern era are nowhere near the strength of the original Knott (the inventor) machines. We do, however, get some great results with infection.

So, as I mentioned, I don't use antibiotics for Lyme or related conditions. I have not seen them work in anyone's hands beyond short term, even if that. I have used oxidation therapies combined with targeted nutrients, detoxification, and

"Oxidation" ...Cont'd pg 6

[www.helpelizabeth.net](http://www.helpelizabeth.net).

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## Are You Scratching?



by Harriet Bishop

Dry, flaky itchy skin? At this time of year when we heat our homes, often the humidity indoors is too low for comfort. A cool mist vaporizer or even simmering homemade soup, stew or chili on the stove can help bring relief to not only skin but dry nasal passages. And what a delightful fragrance homemade delicacies reward you with!

Now let's attack this problem from the inside. As a retired Home Economist and Medical Social Worker, but not a doctor, I cannot

prescribe but can provide common sense tips for a healthy diet. If your doc has recommended you take a high-quality fish oil supplement, be sure to do so. If not, you might want to gradually add it to your daily diet. It might help more than just your skin. In the grocery store, look for eggs with extra Omega-3 oils from chickens that have been fed a supplemented diet. Eating a serving or two a week of cold water fish like salmon also helps. Healthy oils are also found in avocados, olives and olive oil and seeds. If you are not allergic to them, try a few walnuts, almonds, pecans, cashews, filberts and Brazil nuts as small snacks. Seeds such as sesame, caraway and poppy seeds can give your healthy diet a kick! Adding half a teaspoon or more of caraway seeds directly to a pot of oatmeal can bring oatmeal into the realm of exquisite cuisine! Give it a try! Dark green leaves like spinach, collards and parsley pack a lot of nutrition. In a restaurant, eat that parsley garnish first! At home, if your fresh organic broccoli

comes with some dark green leaves, don't make the mistake of discarding them, but steam them along with the stalks and buds, or toss them raw into your salad. A few drops of borage oil on a salad with a bit of apple cider vinegar make a delicious salad dressing.

Now for the outside. A loofah sponge with a skin-softening bath product will remove dead skin. Take a tip from Jackie Kennedy...a few drops of almond oil in your warm bath water will remain on your skin and help to reduce the flaking. Baby oil also does the trick, but remember it is mineral oil, so you may wish to stay with vegetable oils. For a lovely fragrance try a tiny bit of lavender oil!

Avoid any lotion containing parabens as recent research suggests they may be harmful. Check ingredients carefully, putting any with parabens back on the shelf. Burt's Bees is one company that uses healthy oils like coconut oil and sunflower oil, and you will discover others as you shop with a discerning eye. Now you

are on the right track to go on to discover your own tips for healthy, soft, supple skin, glowing with health. I've had Morgellon's disease for over 17 years, and these ideas have helped the skin symptoms, but unfortunately not cured this disease of unknown cause. There is a connection with Lyme disease, but the exact nature remains elusive. There is more to it than meets the eye, but research is ongoing and quickly disseminated to patients eagerly awaiting results.

The 5th Annual Morgellon's Medical Conference will be held in Austin, Texas, on Saturday, March 24 and Sunday, March 25, 2012. Medical practitioners, researchers and patients all mingle amiably at the Westoak Woods Baptist Church Conference Center at 2900 Slaughter Lane, Austin, TX 78748 to share ideas, while results of recent research are clarified. For more information and to register, go to [www.thecehf.org](http://www.thecehf.org). See you there!

## Public Health Alert

The PHA is committed to researching and investigating Lyme Disease and other chronic illnesses in the United States. We have joined our forces with local and nationwide support group leaders. These groups include the chronic illnesses of Multiple Sclerosis, Lou Gehrig's Disease (ALS), Lupus, Chronic Fatigue, Fibromyalgia, Heart Disease, Cancer and various other illnesses of unknown origins.

PHA seeks to bring information and awareness about these illnesses to the public's attention. We seek to make sure that anyone struggling with these diseases has proper support emotionally, physically, spiritually and medically.

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# Building Healthy Families

by Kristi Mathieson, MS, RD, LD, CPT

As many as 120 million people in this country- or about one third of our population-live with one or more chronic illnesses. If you are currently fortunate enough to not be affected, in the future it is likely that you or a loved one may be. Regardless what the illness may be, you and your family will have stresses and changes to your routines and everyday living. Taking care of the foundations of your health (nutrition, sleep, and stress) will help you manage and prevent problems with your illness. This process begins early, at the time of diagnosis, and continues everyday. Think of these foundations as a family affair. You will be more successful if you include family and those who care for you as they need to protect their health too.

Illnesses often are life-changing. Change involves some loss, but this makes room for opportunity. In Chinese proverbs, the symbol for change is the same as the symbol for opportunity. Nothing brings out the question of the meaning of life like being diagnosed with a chronic illness. Today's article will focus on how stress affects your body and how certain tools can help you deal with

this stress in a healthier manner.

Although feeling stressed is a normal reaction to changes and illness, how you deal with it is up to you. A normal stress reaction is a kind of automatic alarm reaction - it's your body's way of getting ready for a defensive or aggressive action. A stressor can be short-term and predictable such as tax time or longer term such as a chronic illness. Either way your automatic reaction is the same. Stress creates a state of physiological and psychological arousal characterized by muscle tension, strong emotions, fright, anxiety, and anger. This "fight or flight" reaction involves a rapid cascade of nervous system activation and the release of stress hormones that mobilize fuel for action. In addition, our eyes dilate to let in more light, our digestive system shuts down, and the hair on the body stands erect so that we are more sensitive to vibrations. We become very alert and our heart rate and blood pressure increase. These changes provide more blood and energy for our large muscles so that we may fight or run. This activation is helpful when you find yourself in life-threatening situations. On the other hand, chronic fight or flight activation, caused by situations that are not life-threat-

ening, can suppress your immune system and damage your health.

Unfortunately, this state of being hyper-aroused can become a permanent way of life. Many people feel tense and anxious all the time, resulting in chronic muscle tension, usually in the shoulders, the face, the forehead, jaw and hands. One common way people attempt to deal with stress is to suppress the body's need to fight-or-flee, thus inhibiting outward signs of stress and internalizing them. If this happens, one doesn't get the physical release and recovery needed and the stress is carried around inside. Mounting evidence indicates that this elevated internal stress will lead to longer term physiological problems such as increased blood pressure, cardiac arrhythmias, digestive problems, chronic headaches, backaches and sleep disorders. Jon Kabat-Zinn, PhD writes that a healthy alternative to "reacting" to stress is to "respond" instead. "You can choose to not react but to use mindfulness instead to become aware of what is going on in a stressful situation to change that situation dramatically. If you are fully present while the stressful event is happening you are an integral part of the situation and you increase your level of awareness - you



actually change the entire situation even before you do anything". He uses this example:

*"If you remain centered in that moment of stress and recognize both the stressfulness of the situation AND our impulses to react, you have already introduced a new dimension into the situation. Because of this, you don't have to suppress all your thoughts and feelings associated to a heightened arousal and you can actually allow yourself to feel fearful or angry or hurt and the tension in the body at this time. This simple shift can reduce the power the stress reaction has over you and you have a very real choice to still go down the route of a stress reaction or not. You can respond instead of react".* (1)

There are many other creative way to deal with stress. Patients and their families find volunteering in illness-related organizations very meaningful. We all need to feel needed, and organizations are positive places that can use your help in many ways. Support groups that enlist experienced patients and caregivers can be very helpful to newly diagnosed patients and families.

A renewal of spiritual thinking is common, and often people take a renewed interest in religion. This can be very supportive since the religious community usually addresses the suffering of the ill and many religious organizations such as churches, synagogues, and others are great at offering support in practical matters like transportation to treatment, companionship, and a support groups.

Working together as a family is paramount. Below are some additional suggestions and techniques on how people with chronic illness and their family members can more effectively manage stress and emotions as part of an overall effort for enhanced wellness.

- ❖ Communication is key - the ability to be more open about what one can and can not do will often make a big difference in living with a chronic disease.
- ❖ Give your family the facts about the challenges they will face. Then create a family action plan specifying who is willing to take responsibility for what.
- ❖ It is often easier to write things to one another first rather than trying to talk when people are raw with emotions.
- ❖ Say to yourself, "I will let myself worry about this problem for ten minutes, after that time no more worry time for today". Just say "STOP" after this!
- ❖ Picture a big "STOP" sign and yell "STOP" out loud if you can. As you use the technique more and more, it will probably work to just yell it inside of your head or to just picture the stop sign. After you've stopped, replace the negative thought with something positive. Or, visualize a comforting place (a beach, a special room) to get your mind thinking more positive thoughts.
- ❖ Change your home by **"Stress" ...cont'd pg 4**



**5th Annual**

**Medical-Scientific Conference on Morgellons**

**Austin, Texas March 24 & 25, 2012**

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The Charles E. Holman Foundation will host their 5th Annual Medical-Scientific Conference on Morgellons on March 24-25, 2012 in Austin TX. Patients, doctors, researchers, nurses, and any interested persons are invited. Registration is \$40 before March 10, \$50 after that and at the door. Special Room Rates for The Charles E. Holman Foundation! \$109.00 + tax per night (March 23 & 24, 2012) Wyndham Garden Hotel 512-448-2444

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## “Stress” ...cont'd from pg 3

putting up visual reminders: pictures from vacation spots, friends, dreams, or any thing that sparks a visual positive mood around the house.

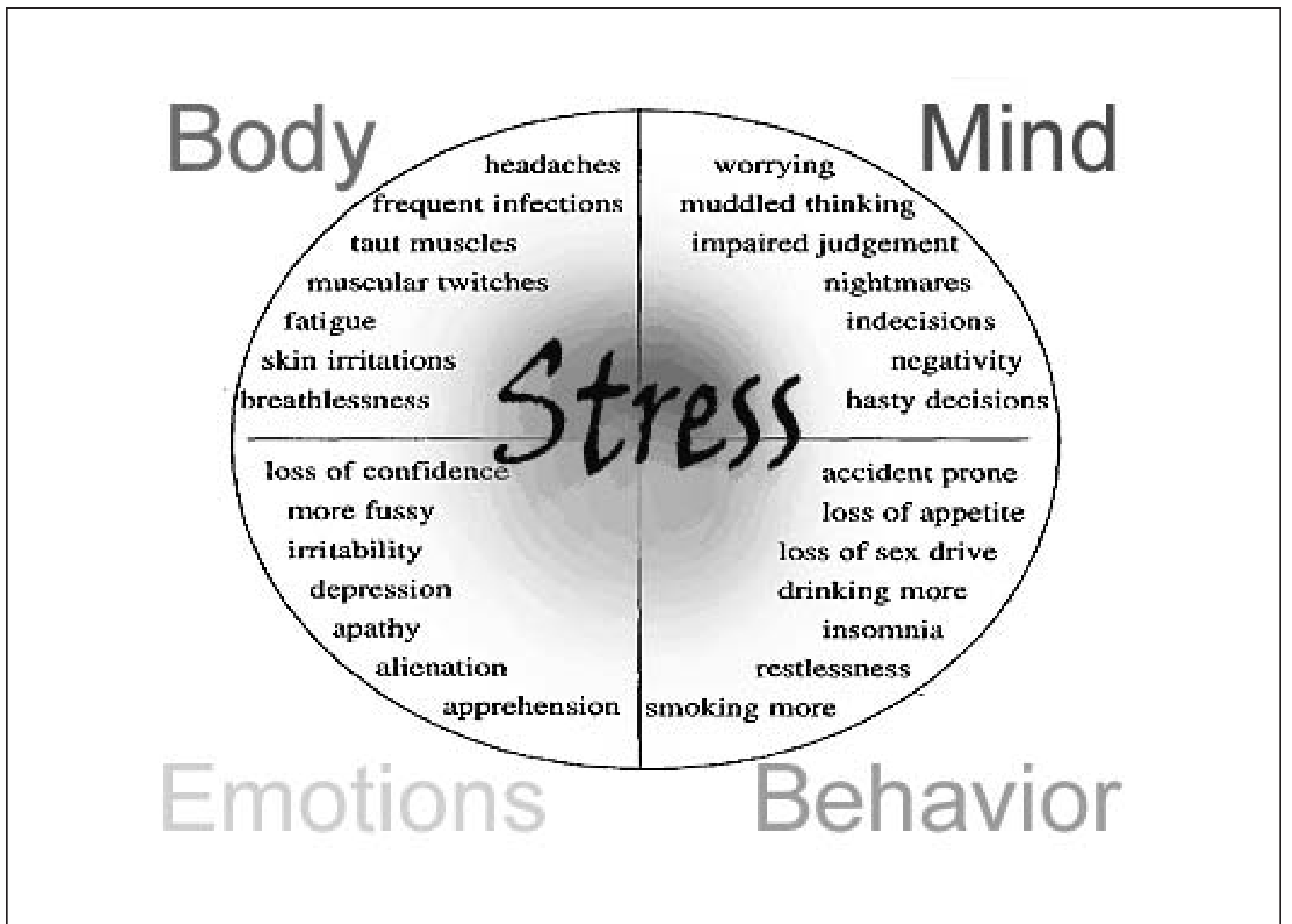
- ❖ Sit quietly in a comfortable position, close your eyes. Imagine you are in a place that you love (e.g., a hike, at the ocean). You can feel the warmth of the sun shining down on you. A cool breeze is blowing as you sit in the soft grass or on the sandy beach. As you sit there quietly, enjoy the sounds that are around you: the wind blowing through the trees, the surf, the birds, etc. Become aware of all the fragrances that are around. Attempt to experience all of your senses while you are on your vacation: sight, sound, touch, taste, and smell.

- ❖ Create a positive mood with music and flowers
- ❖ Play some soothing music and focus on a positive thing in your life for ten minutes.

- ❖ Find a spot to meditate and breathe - don't forget to breathe!

- ❖ Stand or sit in a comfortable position. Take a deep breath in and let it slowly out. As you exhale, relax from the top of your head to the bottom of your toes. Focus separately on each area of your body as you move from head to toe. Relax your head, neck, shoulders, abdomen, legs, and feet. This is a quick and easy activity that can be done anywhere.

- ❖ When you notice that you are feeling stressed or uptight, try the following:



Blink your eyes once or twice. Then take deep, calming breaths. Repeat this exercise several times. As you do so, repeat to yourself, "I feel (as you inhale) relaxed (as you exhale)."

- ❖ Cup your hands together and blow deep breaths into them. As you do this, count to 10 and allow your hands to expand like a balloon. Keep blowing and counting until your balloon has gotten as large as it can and explodes.

- ❖ Consider different healing options such as massage,

acupuncture, and kinsei therapy (a Japanese form of body-balancing.)

- ❖ If you want to pursue therapy, find someone with whom you or your family members are comfortable. You should be the one in charge of this.

- ❖ Keep a journal for your feelings and your progress.

- ❖ Organize medications and keep a calendar of appointments.

- ❖ Home Muscle Tensing and Relaxing - NOTE: If you have diabetes, high or low blood pressure, a hypo-

glycemic condition, or a heart condition, check with your doctor before you do this type of exercise.

Alternate between tensing the muscles and relaxing them--squeeze your hands into tight fists. Then release and relax your fingers.

Repeat 5 times. Tense your arms and release. Tense your leg muscles and release.

Repeat the activity with different muscle groups in your body.

### References

1) Andrea Maloney-

Schara, LCSWA <http://thyroid.about.com/cs/mind-bodyhelp/a/emotions.htm>

2) Dennis Botts, LCSW, ACSW <http://www.helpstartshere.org/health-wellness/living-with-a-chronic-illness.html>

3) Involving Family in Psychosocial Interventions for Chronic Illness: Lynn M. Martire and Richard Schulz

4) Full Catastrophe Living: Jon Kabat-Zinn, Ph.D.

pha

## “Oxidation” ...cont'd from pg 1

cleaning up diet. Why? Because I consider the failure of the body to heal and repair itself to have 3 fundamental causes: malnutrition, toxins and stress. These lead to immune impairment, which creates the fertility for disease. Oxidation, in my opinion, can help lower pathogen burden, while it turns on the immune system, and stimulates greater oxygen consumption. The latter is most critical for the body to heal. I won't tell you that this approach cures anyone or everyone. I can say that the overwhelming majority of my patients with symptoms that match those of Lyme, or CFS, or CFIDS, do much better, often within a few weeks, and do much better in the long term as well. They need to keep up with maintaining a healthy "terrain" and often will do home oxidation therapy to keep up their immune systems.

In the modern computer age, I have finally been able to capture some cases of infection treated and dramatically improved with oxidation. I'm actively posting these now on YouTube. If I were to tell the stories, few would believe me, so I'm letting my patients do it. These are anecdotal cases, of course, so no "peer review" biased mainstream journal

would want to touch this information. But that doesn't make it any less relevant/pertinent/true. I encourage you to visit [www.youtube.com/user/RobertRowenMD](http://www.youtube.com/user/RobertRowenMD) and view my patients telling you their stories of how oxidation fixed problems ranging from horrible pain to infection. Please see <http://doctor-rowen.com/docs/ubi.pdf> for an article I published many years ago in a peer reviewed journal summarizing the American literature on UBI therapy. I think you'll be pleasantly shocked at what the "old time" physicians were doing.

Finally, a word about blood thickness. One reason for a fertile terrain for infection is thick blood. I wrote about this problem in Second Opinion years ago and I invite you to visit my Second Opinion website [www.secondopinionnewsletter.com](http://www.secondopinionnewsletter.com). There you can search for "coagulopathy" and read in depth about the condition. Briefly, about 25% of the American population have a genetic anomaly (not abnormality) that leads them to have thicker or stickier blood. It's not abnormal, since these people will be able to quickly clot from a penetrating wound to their bodies. In the time when arrows were flying, they had

a distinct advantage, so the "anomaly" persisted in the population.

But in today's world, that anomaly leads to greater activation of the coagulation system in infection. Contract Lyme, or other infection, the coagulation system turns on and doesn't turn off like in those without the anomaly. The increased thickness/stickiness of the blood provides a nice hiding place for organisms and significantly reduced delivery of life-sustaining oxygen. Fortunately, this problem can be easily and safely treated if your doctor is trained to recognize it.

There are scores of doctors in the USA doing oxidation. There'd be many more were it not for the authorities persecuting them for helping you. You can visit the sites of the American College for Advancement in Medicine and the International College of Integrative Medicine. Locate a doctor in your area and call to find out if he/she does oxidation. If he/she doesn't, chances are good that you will be able to get the name of one who does. I take telephone consultations at 707-578-7787 and am physically located in Santa Rosa, California.

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### About the Author:

Dr. Robert Jay Rowen, a Phi Beta Kappa graduate of Johns Hopkins University and graduate of the University of California, San Francisco School of Medicine is internationally known for his work in the field of complementary/alternative/integrative medicine. He is affectionately known as the "Father of Medical Freedom" for pioneering the nation's first statutory protection for alternative medicine in 1990 in Alaska, against a concerted opposition from the organized medical community and an imported "quackbuster". A few years later, the Alaska governor appointed him to a term on the state medical board against overwhelming opposition from the medical establishment. His appointment was ultimately confirmed by the legislature with overwhelming public support. The rare medical freedom he enjoyed in Alaska enabled him to greatly expand knowledge and experience in a multitude of disciplines and therapies not normally found in medicine. Jumping into alternative medicine in 1983 through a practice in acupuncture, he quickly expanded to nutri-

tional medicine, chelation therapy, oxidation therapy, homeopathy and herbal medicine, and took intensive training in neural therapy and prolotherapy to help treat and eliminate acute and chronic pain. Alaska's laws enabled him to work extensively with innovative cancer therapies, ozone, and ultraviolet blood irradiation therapy. He is internationally known and respected for training hundreds of open-minded physicians in these techniques from around the world. He has been board certified in both Family Practice and Emergency Medicine.

In 2001, he became editor in chief of Second Opinion Newsletter, one of the nation's leading monthly publications revealing the frontiers of medicine. Thus, he reduced his practice load considerably to write and teach, and relocated from Alaska to North Bay area, California where he provides part time consultation with his like minded talented partner and wife, Terri Su, MD.

# Tears to Triumph



by Joan Vetter

Over forty years ago, Ellen Hart cried at the overwhelming news of an unplanned pregnancy. Over two years ago, Ellen and her newly found daughter Michelle Hibler cried tears of joy when they met each other for the first time. In 1970, when Ellen was 25, she faced the uncertainty of an unplanned pregnancy. In those days the shame and reproach of a baby born without marriage was very strong. Plus, the father of the baby had no desire to be involved. Ellen knew the importance of having both a father and mother involved, so feeling she could not provide what her child needed, she sacrificially chose to move from Iowa to Indiana to live with her brother during her pregnancy.

Ellen placed her baby for adoption, never knowing if it was a boy or a girl. Then she met and married Lou Hart. They had three beauti-

ful daughters. For all these years the only people who knew Ellen's secret were her husband and her brother. That secret weighed heavily on her heart.

It wasn't until her single daughter Renee also found out she was pregnant in February 2009 that Ellen chose to reveal her hidden story. This allowed Renee to experience relief about her parents' reaction, and Ellen to emerge from the shadows of her past. Ellen bravely took the next step to share with her women's Bible study group. Their acceptance enabled her to shed the shame, the fear and her insecurity.

With the fear of rejection behind her, she and her three daughters set out on a mission to uncover any information on the closed adoption. At the time they started it was still closed on the other end. That child, now almost forty, would have to request it be opened. Amazingly, that took place quickly, with Ellen and her daughter Michelle Hibler receiving their letters from the state officials on the same day.

Ellen took the first step and sent a letter to Michelle. Michelle carried the letter around for an entire day before she could bring herself to read the news that would so change her life. Then the tears of joy flowed - the missing piece of her life was emerg-



Michelle Hibler, center, with her adoptive mom, Phyllis Hamilton, left, and biological mom, Ellen Hart, right. (Contributed photo)

ing like a photograph lifted out of the developing fluid. The following are some of the comments from Michelle's first letter to Ellen.

*Dear Ellen, I have been waiting my whole life for this moment. It is hard to believe it has arrived. It really has been a black hole of emptiness not knowing about you. It has taken this long to get up enough courage to pursue this. I am so glad I finally did. It was very scary to think of meeting you. I guess it was the "unknown". Reading your letter put me at ease. You seem like a very caring and lovely person, and you have a wonderful family. First of all, I want to thank you for mak-*

*ing the choice that you did. I wouldn't be who I am today without it. I am grateful for that. I truly believe that everything happens for a reason. It was meant to be. I am ready to move forward and enjoy getting to know you now and hopefully your family too. Your daughters are very beautiful, as well as your grandchildren. A little about me. I was raised on a farm growing up and I always knew I was adopted. My mom and dad made me feel very special about it. My parents also fed my passion for horses. I have been married 13 years, my husband's name is Greg. I have two children, Alisha Terese, she is 12 years old (she has my love for horses) and Lance Austin, he is 7*

*years old (has love for heavy equipment, like dad, but he loves horses too) There are sooo many things I want to talk to you about. I feel I don't know where to begin. I am just thankful we have finally reached each other. Love, Your daughter Michelle*

On the day when Michelle flew to Dallas to meet her Mom, they fell into each other's arms, opening their hearts immediately to each other. Then they exchanged gifts - almost identical heart necklaces! Ellen shares, "We both felt that God had brought us together in an amazing way, so now we have the rest of our lives to spend together."

pha

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## National Multiple Sclerosis Association:

www.nmss.org

### Alabama

3840 Ridgeway Drive  
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Phone: 1-800-FIGHT-MS  
Email: alc@nmss.org  
www.nationalmssociety.org/alc

### Northern California

150 Grand, Oakland, CA 94612  
Phone: 510-268-0572  
toll-free: 1-800-FIGHT MS  
Email:  
info@msconnection.org  
http://www.msconnection.org

### Colorado

700 Broadway, Suite 808  
Denver, CO 80203-3442  
Phone: 303.831.0700  
1.800.FIGHT.MS

### Georgia

455 Abernathy Rd. NE, Suite 210  
Atlanta, GA 30328  
Phone: 404-256-9700  
Phone: 1-800-FIGHT-MS  
mailbox@nmssga.org

### Florida

2701 Maitland Center Pkwy, Suite 100  
Maitland, FL 32751  
Phone: (407) 478-8880  
Email: info@fl.nmss.org  
www.nationalmssociety.org/flc

### Texas

8111 N. Stadium Drive, Suite 100  
Houston, TX 77054  
Phone: 713-526-8967

## ALS Association DC / MD / VA

http://www.alsinfo.org/  
7507 Standish Place  
Rockville, MD 20855  
(301) 978-9855  
toll free: (866) 348-3257  
fax: (301) 978-9854

### Great Philadelphia ALS Chapter

321 Norristown Road, Suite 260  
Ambler, PA 19002  
Phone: 215-643-5434  
Toll Free: 1-877-GEHRIG-1 (1-877-434-7441)  
Fax: 215-643-9307  
alsassoc@alsphiladelphia.org

### Lyme Disease Support Arizona

**Southern Arizona** - Donna Hoch: nanandbo@cox.net  
520-393-1452

### L.E.A.P. Arizona

Tina J. Garcia  
Lyme Education Awareness  
http://www.leaparizona.com  
480-219-6869 Phone

### Arkansas

Mary Alice Beer  
(501) 884-3502  
abeer@artelco.com

### California

Dorothy Leland  
website:  
www.lymedisease.org  
contact@lymedisease.org

### Mid-Peninsula Lyme Disease Support Group

Mountain View, CA  
2nd Tuesday each month:  
6:30-8:30 PM  
ldsg\_scott@hotmail.com

## Lyme Disease Support

### Colorado

Mary Parker  
303-447-1602  
milehightick@yahoo.com

### Connecticut

www.timeforlyme.org  
914-738-2358  
Meetings: first Thursday of every month from 7-8:30 p.m. at the Greenwich Town Hall

### National Support:

truthaboutlymedisease.com/  
Dana Floyd, director

### LDA of Iowa

PO Box 86, Story City, IA  
515-432-3628  
ticktalk2@mchsi.com

### Kansas

913-438-LYME  
Lymefight@aol.com

### Montana

bepickthorn@earthlink.com

### Minnesota

Duluth/Superior Lyme Support Group. Meets first Tues. each month at 7pm, St. Lukes Hospital, 1000 East 1st Street, Duluth, Mn. For more information call Tom Grier at 218-728-3914 or Tom Kurhajetz 218-372-3744.

### North Carolina

Stephanie Tyndall  
sdyndall@yahoo.com

### South Carolina

Contact Kathleen at (864) 704-2522  
greenvillelyme@bellsouth.net

## Lyme Disease Support

### Illinois Lyme Disease Network

http://www.illinoislyme.com  
Contact: 618-204-8084

### New Mexico

Veronica Medina  
(505)459-9858  
vrmedina@comcast.net

### Oklahoma

Janet Segraves 405-359-9401  
Janet@LDSG.org  
www.LDSG.org

### Portland, Oregon

Meets 2nd Sunday of each month 2010 NW 22nd Street Second Floor from 1-3 PM.  
503-590-2528

### TEXAS :

**Greater Austin Area Lyme Council.** Teresa Jones  
tmomintexas2@yahoo.com

### Dallas/Ft Worth

John Quinn  
Jquinn@dart.org  
214-749-2845

### Houston

Contact: Teresa Lucher  
lucher@sbcglobal.net

### League City/ ClearLake & NASA Area

Sandra Mannelli  
smannelli@comcast.net

### Washington State

Alexis Benkowski  
WA-Lyme-owner@yahoogroups.com

### Western Wisconsin Lyme Action Group

Marina Andrews  
715-857-5953



## Military Lyme Disease Support

Military Lyme Support is an online source of information and emotional support. This site is for Military Members, Veterans, and their family members who suffer from Lyme and other vector-borne diseases. Members are stationed in the United States and abroad.

http://health.groups.yahoo.com/group/MilitaryLyme/

## Texas Lyme Disease Association



www.txlda.org

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# SunLight Yoga's Chair Yoga Home Practice



## SunLight Chair Yoga

by **Stacie-Saraswati Dooreck**

*\*Please consult your doctor for any medical concerns. Modify or rest if you need.*

**Centering** Sit in a comfortable position with the spine tall yet relaxed. Take a few deep sighs. Inhale and exhale for 3 counts each for 5 rounds.

**Wrist & Ankle Rotations** Rotate the wrists then the ankles. 5x each.

**Neck Rolls** Circle the nose in the air 5x in each direction, slowly. Inhale when the head is up and exhale when the head is down. Shoulders relaxed.

**Alternate Leg Lifts** Inhale lift one leg up (from the knee down) and exhale as you lower. Switch sides. Repeat 2-5x.

**Alternate Arm Lifts** Inhale as you lift the right arm up. Exhale as you lower

the arm. Switch sides. Repeat 5x each.

**Combine Arm and Leg Lifts** Inhale as you lift the right arm and left leg. Exhale as you lower. Switch. Diagonal movements. Keep the spine tall.

**Mountain Pose** Sit tall in chair. Lift from base of spine through the crown (top) of head. Feel the back muscles strong and the side body lifting. The feet are on the floor.

**Side Stretch (Crescent Moon)** Inhale, sitting tall as you lengthen the spine skywards. Exhale, as you lean gently to the right, placing right hand by right hip or hang at side of chair and left hand up and over the left ear. Switch sides. Repeat 3x on each side.

**Cat to Cobra Pose/Spinal Flex** Inhale to cobra (lift the heart as the hands slide to the hips on the thigh.) Bring the elbows towards each other. Exhale to Cat (belly towards spine as you round the back with the arm stretched- hands to knee.) Repeat 5-10 X.

**Spinal Twist** The feet are on the floor, hip- width apart. Inhale as you sit tall. Lengthen the spine skywards. Exhale as you twist gentle to the right, placing your right hand behind you or on side of chair and left hand to right knee area.

Switch sides. Only twist as far as comfortable with no strain. You can repeat this posture again, once on each side.

### Final Relaxation

Rest your back against the chair with the legs 1-2 ft. apart. Allow the legs to roll outwards. Relax the arms with the palms facing the sky, resting on thighs. Observe the breath and body. Relax for 5-10 minutes. Relax the nerves and calm the mind. Slowly move the hands and feet to come out and sit tall.

### Questions? Contact Stacie:

info@sunlightyoga.com  
www.sunlightchairyoga.com  
More Chair Yoga exercises and postures are in the book



**Stacie-Saraswati Dooreck**  
Owner/Instructor/Teacher

Trainer for SunLight Chair Yoga

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Due to the efficacy and the science behind the products, these are my favorites  
- Joseph J. Burrascano Jr. M.D.

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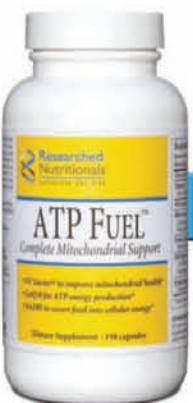
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Product	Features/Benefits*	Who Benefits?*
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<b>Prescript-Assist Pro™</b>	Clinically researched probiotic** Soil-based probiotic, providing beneficial flora the way nature intended – not from milk Contains no antibiotic or hormone residues No potential for lactose-intolerance side-effects Does not need to be refrigerated 100% vegetarian	Individuals searching for a clinically proven probiotic Anyone concerned with milk allergies or hormone-fed cows as the source of dairy sourced probiotics Patients on antibiotic treatment, which destroys both beneficial and harmful gut flora Travelers who want to maintain health while traveling
<b>Transfer Factor Multi-Immune™</b>	Potent, front-line immune system support Formulated with pure transfer factor and the most researched immune nutrients to promote healthy natural killer cell levels, fortify macrophage activity and healthy cell replication Clinically researched**	Those looking for the doctor's favorite immune support formulation Promotes healthy immune system for those dealing with ongoing health challenges, as well as individuals striving to maintain overall good health Travelers who want to maintain health while traveling
<b>Tri-Fortify™</b>	Preferred reduced L-glutathione, the major intracellular antioxidant essential for detoxification Offered in an absorbable liposomal delivery system (liquid) Bolsters antioxidant action Promotes detoxification Fortifies immune system	Doctors often prescribe to promote healthy detoxification among those with impacted detoxification systems Any individual seeking to supplement the body's detoxification process

\*\*Research Available Online

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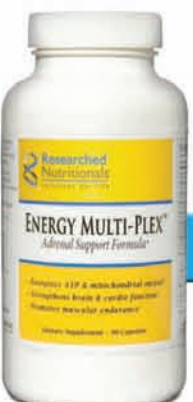
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Product	Features/Benefits*	Who Benefits?*
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<b>CoQ10 Power™ 400mg</b>	Recharges the energy system in the heart and the mitochondria Potent antioxidant which promotes healthy cardiovascular and dental health Highest grade and strength in one absorbable softgel	Those with low CoQ10 levels Patients on statins (cholesterol lowering medications), because statins deplete the body's supply of CoQ10, leading to a reduction in energy levels
<b>Energy Multi-Plex™</b>	Non-glandular adrenal support formula, developed to support (but not to over stimulate) adrenals 14 researched nutrients synergistically combined into one formulation	Those needing to nutritionally support adrenals, a condition common among patients facing long-term health challenges
<b>RibosCardio™</b>	Opens ATP pathways to speed up energy production	Favorite of athletes who add it to their water bottles before and during exercise Patients seeking healthy energy levels and who prefer a powder to capsules

\*\*Research Available Online



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#### ABOUT THE PRODUCTS

NutraMedix has made a significant investment to develop a novel, proprietary extraction and enhancement process used to manufacture its liquid extracts. The result is a highly bio-available whole plant, broad-spectrum extract that is also very cost effective. We were the first to introduce Samento, a rare chemo-type of Cat's Claw, which has remained one of our signature products. We have since developed a full line of liquid extracts utilizing the same proprietary extraction and enhancement process.

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#### ABOUT THE FOUNDATION

The owners of NutraMedix have been involved in international Christian ministry since the 1980s. Prior to starting the company in 1993, our Founder and President was a missionary pilot serving tribal groups in Peru. The Kairos Foundation was created in 1995 to fund projects that address both the physical and spiritual needs of people in some of the most disadvantaged areas of the world. The foundation provides ongoing financial support for organizations operating in Africa, Asia, Eastern Europe, North America and South America.



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