

PATH  
**Wellness**  
MANUAL



Eric R. Braverman, MD

PATH  
**Wellness**  
MANUAL

Published by  
Bookmark Publishing  
Dallas, Texas

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ISBN: 1-59024-338-2

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

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Dear friends on the PATH to Wellness:

It is with great pleasure we bring you this second edition of the PATH Wellness Manual, which I believe is the most comprehensive wellness medical book available today. We believe that you will find more information from this one source related to your total wellbeing than anywhere else.

Sincerely,



Eric R. Braverman, M.D.

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Helene Fuld Hosp/Robt. Wood Johnson Medical School

Dept of Psychiatry, NYU Medical School

Fellow -- American College of Nutrition

Diplomat -- American Board of Chelation

## ***Approbations***

I like the format and the emphasis on upon "Healing comes from the Most High." It is mysterious that for disease there is healing by faith and physical means. We have, and are, the means of responding to God and our various environments. Well done!

Rev. Ernest Gordon, Ph.D, Princeton NJ.

It combines three essential elements of your professional and intellectual world: sophisticated modern medicine, creative utilization of alternative medical options including traditional remedies, et al., and spiritual fusion of mind and body. It is an impressive and elegant book and I hope it has great success both in the number of people who use it and in delivering to each of them a better physical, emotional, and spiritual life.

David J. Steinberg, President, Long Island University

. . . a terrific manual for anyone's home medical library. Here we discover the holistic way to health seldom followed by the majority of health practitioners today. Beginning with "Allergies," their symptoms and preventative measures the manual goes through the alphabet discussing treatments for a majority of the ailments that cause modern man to weaken and become victims of ill health. The section on "Dieting and Eating Disorders" is a most useful help to anyone on the search for new energy and vitality. Your family will certainly benefit from this book affirming the transitional period through which medicine is traveling and championing the combination of high technology and the naturalistic manner of healing.

*Total Health*, June 1994.

We welcome a new book of practical information from the author of the outstanding *The Healing Nutrients Within*. The author uses advanced neuroelectronic diagnostic techniques that we didn't think existed outside of university research laboratories.

Durk Pearson, author of *Life Extension*.



## *The PATH Concept in Health Care*

The Place for Achieving Total Health – PATH Medical – is a family center for complete health care devoted to body and mind wellness. We offer complete primary care, and treat neurological, psychiatric, cardiovascular, gastroenterological, nutritional, pediatric infectious, pulmonary, gynecological, oncological, and hematological disorders.

PATH Medical offers a unique approach to both the treatment of existing illness and the prevention of degenerative disease. PATH combines the best of both orthodox and alternative medicine. Hence, our acronym P.A.T.H. -- the true path to wellness must incorporate the best that all fields of medicine has to offer.

The PATH philosophy is to address the body and mind as an integrated system, not as two isolated entities. We rely on both conventional and alternative medical approaches, including nutritional and life-style counseling, and state-of-the-art technology to evaluate and treat patients.

We prevent and treat illness aggressively. All of our patients are evaluated for the nutritional content of their diet, corrections and fine tuning are suggested accordingly. We offer vitamin, mineral, and amino acid supplementation to ensure that all methods of optimal nutrition are met in both the prevention and treatment of illness. We seek to correct biochemical or metabolic malfunctioning that may be contributing to the disease process. PATH Medical has pioneered the use of natural estrogen and natural testosterone for female and male menopause as well as DHEA for adrenopause.

We, at PATH, use medications when necessary, while striving to use the smallest dosages possible for the shortest practical periods of time. Medication can provide quick relief for the individual suffering from emotional symptoms or drastic reduction in blood pressure in the dangerously hypertensive individual. Thanks to the interludes of relief provided by the prudent use of medicine, we are able to achieve prompt symptomatic relief while attacking the cause of disease on other levels.

"We believe that wellness is best achieved through preventive and diagnostic medicine, discovering and treating the underlying basis of illness," explains Eric R. Braverman, M.D., medical director of PATH. "Too often a medicine is prescribed as a quick, short-term solution to symptoms. Instead, we seek long-term answers through identifying and eliminating, if possible, the cause of the illness."

### *General Medical Services*

PATH is a general medical and nutritional practice, offering comprehensive diagnostic and therapeutic services for children and adults.

"We begin by giving each patient a complete physical examination so we are familiar with his or her overall health," explains Dr. Braverman. "We often recommend that patients undergo a psychological screening -- many patients have psychological and emotional needs which their physicians should be aware of before evaluating medical symptoms."

### *Diagnostic Services*

Comprehensive understanding of a patient's condition is fundamental to well being. PATH offers an extensive array of diagnostic and treatment services, from spirometry and nutritional blood analysis to innovative techniques such as 24-hour blood pressure monitoring, neuropsychological testing, and Brain Electrical Activity Mapping (BEAM). PATH has now expanded its services to include Positron Emission Tomography (PET) scanning of the heart and whole body cancer screening, stress testing, biofeedback, and computerized personality profiles (Millon), etc.

The center also has comprehensive (live again) substance abuse prevention, treatment, and counseling programs.

"Because we have a wide variety of diagnostic techniques available, we can better identify the underlying cause of a

patient's illness," states Dr. Braverman.

Our most innovative work lies in the area of Brain Electrical Activity Mapping. BEAM testing provides us with the most sophisticated look at brain functioning available today. This completely non invasive procedure, developed at Harvard Medical School, allows us to see what areas of the brain may be contributing to or causing an individual's difficulties. It can be likened in a way to computerized electroencephalography, and as such, probably makes current EEG testing obsolete.

One of the interesting new therapies that we employ, based on BEAM results, is Cranial Electrical Stimulation. Known as CES, this treatment involves the introduction of a gentle, healing electrical current that stimulates the brain into a more normalized and ultimately more optimized functioning. This treatment is not to be confused with electroconvulsive therapy, known as ECT. ECT is probably damaging to the brain while CES is healing. The current is delivered via two electrodes. One is placed on the forehead just above the bridge of the nose centered between the eyebrows. The second electrode is placed on the left wrist over the radial artery. This is the area one locates to take his/her pulse. This placement of electrodes is an improvement over the original electrode position which dictated that the electrodes be placed on the mastoid areas behind the ears. CES is a self applied prescription treatment F.D.A. approved for anxiety, depression, and insomnia. That is, patients take the units home with them and apply the therapy for one hour each evening. This may be continued for a period from three to nine months and then applied at intervals of perhaps two to three times weekly to maintain the achieved improvements. We at PATH know that virtually any stress related illness is likely to respond favorably to CES (anxiety relief). Another exciting application lies in the area of substance abuse. CES has a normalizing effect on the brain's addiction areas and may offer the key to unlocking the mystery of craving and addiction to food and drugs.

PET Scan is another great innovation at PATH Medical. Positron Emission Tomography can show the amazing break through in cardiovascular reversal. We are able to provide for PET Scanning which we believe replaces cardiac catheterization and stress thallium testing virtually completely. We have been able to achieve cardiovascular reversal using this non-invasive, nontoxic technique. The PET scanner is capable of diagnosing cancer malignancies and may obviate the need for much of today's cancer biopsy and staging techniques.

Another PATH innovation is Doppler non-invasive intravascular ultrasound screening of blood vessels. Stroke is all too common in our society, especially in people in their sixth and seventh decade. Risk factors for a stroke include: diabetes, being overweight, having high cholesterol, high blood pressure, being inactive or bed ridden, and having a family history of heart attack and peripheral vascular disease. Deposits build up in the walls of our arteries and veins decreasing blood flow to our toes, fingers, and brain. Vascular blockage can be diagnosed early in the course of the disease. It probably occurs in at least one of four Americans and can be reversed with the PATH program of exercise, chelation, diet, special vascular stockings, medications, nutrients, and methods of ceasing smoking. It is very simple to test for both peripheral and carotid vascular disease with the new Doppler equipment. Get your circulatory "pipes" checked at PATH Medical and prevent the disease that once acquired is often irreversible, except at PATH.

PATH Medical has extensive neurological and psychometric computerized techniques which provides state of the art diagnosis and may help to reveal the biochemical basis of the disease process. New attention deficit testing called the TOVA (test of variables of attention), is a test that detects variations in attention. Neuro-psych evaluation tests for learning educational evaluation and prediction of dimension with memory testing. Testing includes cognitive rehabilitation, personality testing (Myers-Briggs), career testing, and behavior testing. Today PATH Medical can tell you more about your long term behavior than ever before and how that interrelates to your total health and physical well being. Take care of your mental, emotional, and neurological health and you are taking care of your total health and your life.

## ***Nutritional Services***

A well-balanced diet is a primary factor in maintaining a healthy body and mind. Our team of dieticians and nutritionists work with a computerized analytical system to interpret each patient's diet and target nutritional deficits. Often a controlled, individualized diet is prescribed to address a specific medical problem, but diets are also available for those who want to lose weight and increase vitality.

"We can design a diet for every disease and every need," states Dr. Braverman.

PATH offers specialized testing to detect nutritional imbalances, allergens, amino acids, vitamins, fatty acids, trace metals, pesticides, and other pollutants.

### ***Educational and Research Services***

An extensive medical library and more than 100 informational handouts are available to our patients. To stay at the forefront of medical sciences PATH professionals are involved in ongoing research (the PATH Foundation is nonprofit) studying natural electrical therapy -- exploring the role of brain chemistry in overall wellness -- and maintain staff privileges at an area hospital.

Clearly, PATH Medical offers the cutting edge approach to both the prevention and treatment of the diseases which are eliminating our families and loved ones. We resolve to continue our endeavors in these areas and invite inquiries from both the lay and professional communities. Our commitment to health and the public is alive and growing.

### ***Note to Patients***

We recommend to our patients that each time you come to the office, you bring your *PATH Wellness Manual* with you so that Dr. Braverman or his colleagues may point out other articles pertinent to your health education and understanding. Dr. Braverman has written extensively on the subjects dealt with in this manual. Anyone wanting more scientific description and treatment of these matters, rather than the simple lay style employed in the manual, will find such articles listed in Appendix 1 of his Curriculum Vitae.

### ***P. A. T. H. Services***

**Audiometry:** Basic screening for hearing loss.

**Biofeedback:** Alpha-theta relaxation training and attention deficit recovery training. This is a good technique for achieving reduction of drugs for many conditions.

**Body Fat Composition:** Analyzed percentage of body fat and muscle. Analyzes conditioning and shows redistribution of body fat with weight loss.

**Brain Electrical Activity Mapping (BEAM):** BEAM<sup>®</sup> is a technique to visualize the brain and how it functions. It is useful in all psychiatric and neurological conditions, particularly to determine which medication or treatment to utilize. It is helpful in following the state of recovery of the brain's health or a patient's level of anxiety.

**Chelation:** A controversial technique thought to help remove toxic metals like lead, clean out plaques in the blood, open clogged vessels, and possibly prevent Alzheimer's disease.

**Computerized Nutritional Evaluation:** Computerized program analyzing your diet over the past month to show strengths and weaknesses in your dietary nutrient selection.

**Cranial Electrical Stimulation (CES):** A technique which is FDA-approved for anxiety, depression, and insomnia. It provides mild, gentle electrical stimulation that is also helpful in reducing drug use.

<sup>®</sup> Nicolet Instrument Corp.

**Doppler:** Safe ultrasound studies of circulation of the blood vessels of the neck (carotids), legs, hands, feet, and male genitals.

**EKG:** Electrocardiogram -- an ultrasound study of the ejection function of the heart, its valve function and its chamber size.

**Fasting:** Supervised distilled water fasting.

**Holter Monitoring:** Used to analyze a person's cardiac arrhythmia over the course of an entire day or a 24/12-hour period. It is the test of choice for evaluating heart palpitations, etc.

**Medifast, High Protein Diet:** These techniques are used for weight loss, and can be combined with other techniques such as medications and Fast Path.

**Neuropsychological Evaluation:** Comprehensive examination of neurobehavioral/neurocognitive functions and overall assessment of brain integrity.

**Nutritional Blood Analysis:** Comprehensive testing for nutrients, vitamins, amino acids, trace metals, toxins, etc.

**Physical Examination:** A complete physical exam is an essential part of PATH services because it rules out basic diseases and identifies the early signs of medical disease.

**Positron Emission Tomography (PET):** PET scanning is available at a site in New York City and is the best breakthrough in stress testing ever devised. It is probably more accurate than cardiac catheterization for evaluating the heart, and has no significant side effects.

**Proctosigmoidoscopies:** Done by flexible sigmoidoscopes which are useful for identifying colon cancer, monitoring individuals at high risk for colon cancer, and monitoring internal hemorrhoids, polyps, inflammatory bowel disease, etc.

**Psychodiagnostic Evaluation:** A comprehensive analysis of current cognitive and psychological functioning which provides information regarding contribution of psychological and physiological factors in a patient's presenting problems.

**Psychological Screening:** Clinical assessment using personality inventories and clinical interview.

**Psychotherapy:** A range of treatment services are provided, including individual, marital, family, and group therapy.

**Spirometry:** Spirometry, or pulmonary function test, is used to identify early lung disease, damage from smoking, problems related to allergies, asthma, etc. (It may be a predictor of longevity.)

**24-Hour Blood Pressure Monitor:** The tool of choice for accurately analyzing a person's blood pressure. It is a computerized instrument which provides up to 40 blood pressure readings in one day.

**Ultrasound Testing:** Used for evaluating heart murmurs and other organs of the body.

## *Materials Available from Path*

1. Video Tapes on PATH and Special Topics; Brain Electrical Activity Mapping (BEAM<sup>®</sup>) and Cranial Electrical Stimulation (CES)

- "Late Night with David Letterman" -- BEAM
- "Prime Time" -- BEAM/CES for Drug Addiction
- "BEAM" -- by Nicolet
- "Houston TV News" Crack/Cocaine Conference, Houston -- BEAM/CES
- "CNBC" -- BEAM/CES
- "Good Morning" -- BEAM/CES

2. Cassette tapes of the Total Health Show from WTTM and WMCA

3. All articles listed in Appendix 1: Curriculum Vitae

4. Nutrients

5. Books:

*A Remarkable Medicine Has Been Overlooked* by Jack Dreyfus

*Alcohol and the Addictive Brain* by Kenneth Blum, Ph.D.

*Cancer and Nutrition* by Charles Simone, M.D.

*Healing Nutrients Within: Facts, Findings and New Research on Amino Acids* by Eric Braverman, M.D.

*How to Lower Your Blood Pressure and Reverse Heart Disease Naturally*, by Eric R. Braverman, M.D.

*New Hope for Binge Eaters* by Harrison B. Pope, Jr., M.D., and James I. Hudson, M.D.

*The Broad Range of Clinical Use of Phenytoin* by Barry Smith, M.D., Ph.D., and Jack Dreyfus

*The Princeton Plan* by Edwin Heleniak, M.D.

*What Your Doctor Won't Tell You* by Jane Heimlich

*Nutritional Influences on Disease* by Melvyn Werback, M.D.

<sup>®</sup> Nicolet Instrument Corp.

## ***Directions to PATH Patient Care Centers***

### ***Driving Directions***

For the most up-to-date directions please call the office which you will visit.  
You may also check the PATH Medical website at <http://www.pathmed.com> to obtain a map (courtesy of Yahoo!®).

### ***New York City Office***

**274 Madison Avenue, Suite 402  
New York, NY 10016  
tel: (212) 213-6155**

The New York City office is located between the New York Public Library and Grand Central Terminal  
Parking garages are plentiful in the vicinity.

### ***Metro-Philadelphia Pennel, Pennsylvania Office***

**142 Bellevue Avenue  
Pennel, PA 19047  
tel: (215) 702-1344**

The Pennel office is located approximately 20 miles north from downtown Philadelphia.  
It is easily accessed from Interstate I-95.

### ***Gulf Coast Florida Naples, Florida Office***

**219 South Airport Road  
Naples, FL 34102  
tel: (941) 513-1661**

Consultations at the Naples office are by appointment only. Please call in advance to make arrangements.

*Notes*

## *Acknowledgments*

The *P.A.T.H. Wellness Manual* would not have been possible without the inspiration, assistance, and brilliant ideas of my mentor Carl C. Pfeiffer, Ph.D., M.D. I am indebted also to:

- APA (American Psychiatric Association) for permission to print DSM-III-R criteria;
- Kenneth Blum, Ph.D., for amino acid references and permission to use the SAVE formula;
- Allison Braverman, M.A., for her contribution to the article entitled, "Biblical or PATH Therapy Versus Conventional or Freudian Psychotherapy: Their Differences and Similarities, Their Strengths and Weaknesses"; and for her input to the biofeedback articles, "Biofeedback from the Living God" and "Biofeedback Imagery for Christians";
- Fred Elbrecht for showing the amplitude and frequency of CES units;
- Kathleen Esposito, M.S., for recipes and for dietary information for meats and salad dressings;
- Joel Fuhrman, M.D., for helping us design a strict vegetarian diet;
- Frances Goulart for her assistance in preparing some recipes in this manual;
- Randy Gungel for help in organizing the teaching material and for irreplaceable help;
- Martin Haydon, Ph.D., for his contribution to the article entitled, "The Neuropsychological Examination";
- Marty Hayt, for proofreading;
- Susan Laird, M.A., for organizational help;
- Janet Lupa, R.N., for her article on chelation, and for recipes and general assistance;
- Madison Pharmacy for the Daily Activity Planner;
- Robert Moss, C.A.D.C., M.A., for general wisdom and substance abuse related materials;
- Nicolet Instrument Corp for permission to use various BEAM maps. BEAM is a registered trademark of the Nicolet Instrument Corp.;
- Annie Schade, certified EEG technician, for help with the doppler and BEAM material;
- Richard Smayda for his contribution to the article entitled "Chronic Lead Poisoning as a Cause of Bulimia: Hair Test and Brain Electrical Activity Mapping as a Diagnostic Aid";
- Enid Sterling, Esq., for editing and proofreading this book;
- Karen Swansboro for help with the doppler and biofeedback material;
- Kristin Swartz for her contribution to the article, "Cranial Electrotherapy Stimulation";
- Matthew Taub, M.D., for editing this second edition;
- The entire staff at PATH for their help and support in the creation of this work.



## *Introduction to the PATH Wellness Manual*

### **MEDICINE IN RELATIONSHIP WITH THIS OFFICE**

The dosing of medication is very individual. One patient should start at one pill while another needs four pills. This will require constant communication with the office. Do not hesitate to call with any reactions, fears, and concerns. Sometimes medicine has to be started slowly and reactions will disappear and the medication can be gradually increased. Other times it just isn't the right medication despite the best of testing. Don't let this disappoint you.

### **COST OF TESTING**

We were first able to do blood levels of calcium and phosphorus in the 1920's and 1930's, protein bound iodine and thyroid testing in the 1950's, and EKG's about 1915. Tests that were too expensive and not available for everybody, eventually became available. So we do our best to offer these tests as well as those that are currently available. What PATH testing includes and seeks to do today will be utilized by the rest of medicine in the future.

### **THE BEST WAYS TO GET HELP FROM YOUR DOCTOR**

- Be as familiar as possible with your own medical history.
- Try to keep a list of your medications in your purse or wallet to review at each visit with your doctor.
- Jot down specific questions you have for the doctor to bring to each visit.
- If you have a new health concern, be as specific as possible. Bring in related articles you have found, write down your symptoms and the dates and times of each problem.
- Be certain you understand any new medical prescriptions. Ask for information and get prescription summaries from your pharmacist if possible. Remember that doctors prescribe most medications for reasons other than the typical indication of the drug.
- Find out what other resources are available to help you understand your condition. Ask your doctor about other associations where you can get information.
- Get copies of your test results, speak to the nurses, make sure you understand the results of your tests.
- Adopt a schedule for routine preventive health care. Follow your doctor's advice on routine preventive care.
- Get suggested second opinions from the doctor.
- Try to build a long-term relationship with the doctor so he can continue to benefit you.



# ***1. Allergic Disorders***

## ***How to Discover a Food Allergy or Food Addiction***

Many people are unaware that they have a food allergy or what may be termed a food addiction. A person may be eating a certain food several times a day not realizing that he is "addicted" to the food. It gives an increase in energy or a sense of well-being; and when the energy dwindles, he once again reaches for the food to boost his energy level.

Or, one may be presently experiencing ill health due to intolerance to certain foods. If one eliminates this particular food from the diet for several hours he would begin to experience withdrawal symptoms such as fatigue, irritability, anxiety, headache, upset stomach, muscle cramps, or almost any other ill feeling. These symptoms can be more acute after a shock to the system such as surgery, illness, pregnancy, accident, or some other form of stress.

**A person may experience relief of symptoms when food is eliminated.**

The problem is to discover what food (if any) is causing symptoms of ill health. The foods that usually cause the most problems are: 1) wheat, 2) dairy products, 3) corn, 4) sugar, 5) caffeine (coffee, tea, and cola drinks),

and 6) proteins (meat, fish, eggs, etc.); also citrus fruits, yeast, or any food in a daily diet. In order to determine if any of the above foods are causing problems you must go on an elimination diet. This means taking one food at a time, for example, wheat, out of your diet completely for four full days. (When omitting a particular food, be sure to omit all forms of that food.) On the fifth day starting with the noon meal, eat all you can eat of the particular food you have previously eliminated from your diet for the preceding four days. Eat the food by itself in its whole, natural form (organic if possible -- free from preservatives). Observe for any symptoms (untoward reaction). If no symptoms occur after one hour, eat more of the same food -- this time, one-half of the previous amount. If still no ill effects occur after a one-half hour period, eat a third feeding. If still no symptoms, wait until evening to eat the next normal meal. If one is allergic to a food, symptoms can occur anywhere from the moment the food is swallowed and up to 12 hours thereafter (although a rare possibility). The degree of reaction may vary from a mild discomfort or irritation to a severe discomfort. Keep a written record of what symptoms you experience on the day of testing.

## ***Allergy Tests***

Some allergy tests are: IgE, a general screen for inhalants and, to some degree, foods; IgE-RAST testing, which deals with immediate reactions to inhalants and foods, by which specific things are tested and identified; IgE-chicken or IgE-wheat. IGG, in general, deals with immune deficiencies, but also identifies food-delayed reactions if certain foods are chosen, such as chicken or wheat. Other allergy tests include IGA Gliadin or IGG, which relate to celiac disease, sprue, and wheat sensitivity. Allergy testing is thought to be approximately 60 to 70 percent accurate. PATH has new IgE food and allergy testing which may be more accurate.

## *Allergies and Treatment*

Most people suffer from some allergies throughout the year due to mold, cat dander, rag weed, pollen, and house dust. Some ways to avoid allergies are to cover mattresses and box springs with dust proof covers, avoid upholstered head boards and feather pillows, avoid woolen blankets and down comforters, replace heavy draperies and slatted blinds, use mothproof paint, dust books, knick-knacks, and toys frequently, close forced air heating and air conditioning outlets covering them with double density air filters, keep bedroom doors shut to prevent dust and pets from entering, keep windows closed to prevent dust and pollen from entering, replace shower curtains and liners frequently to avoid mold growth.

If allergies are seasonal they are called Seasonal Allergic Rhinitis. Eight out of ten individuals have hay fever and itchy, scratchy eyes. For many with Allergic Rhinitis, indoor irritants are feathers, mold spores, animal dander, and minute insects that thrive on dust. Treatment is typically with natural antihistamines, e.g., vitamin C, methionine and quercetin. Using antihistamines to treat patients with high blood pressure can be very dangerous.

In patients with heart disease, they can cause worsening of angina, and in patients who have diabetes or thyroid problems, antihistamines may interfere to some degree with medication or give false signs suggesting the need for different medication dosages.

Light, wind-born pollens from trees, grasses, and weeds are the main causes of allergies. Colorful, scented flowers, like the goldenrod, have too heavy a pollen to be carried by the wind. Ragweed pollen may cause the most allergies, followed by various grass and tree pollens. Trees pollinate in the spring, grass in the summer, and ragweed from August to October. Pollen counts are highest on warm sunny days, and lowest on cool cloudy days or after a rainfall. Most radio stations warn of high pollen count days. Pollen counts are highest in the morning and gradually decrease throughout the day. Frost kills outdoor pollen-producing plants but allergies continue to be triggered by indoor allergens such as molds, animal dander, and dust. See Allergy or Low Histamine Diet, p. 132.

### *Allergy: Low Histamine Diet*

#### *Diet for elimination of additives and foods high in histamines which may provoke flushing and allergies*

##### *Permitted*

Cereals:	Fresh-baked breads and cereals (not packaged).
Fats:	Butter, olive oil.
Fruits:	Any in moderate quantities (many contain natural salicylates).
Meats:	Fresh meat, eggs, and fish only, in small quantities (no luncheon meats).
Vegetables:	Any in fresh state except cabbage (including sauerkraut), beans, and spinach. Tomatoes permitted in moderation.
Condiments:	Salt, pepper; other condiments to be taken only as dried leaves; vinegar only if label indicates no additives.
Sweets:	Homemade only, without additives.
Beverages:	Fresh milk, tea, homemade fruit juice, mineral water.

### *Avoid*

- Food items: Colored beverages, wines and other alcoholic beverages, artificial sweeteners, ice cream, sweets, and ready-made, commercially available desserts.
- Other items: Colored toothpaste, colored cosmetics.

## *Asthma*

There are increasing numbers of asthma cases documented in the United States because of indoor and environmental pollution, outdoor pollution, molds, cat danders, house dust, mites, and multiple other factors. If it can make you allergic, you can get asthma from it.

Asthma is associated with sinusitis, hypertension, emphysema, heart failure, eczema, and respiratory failure. Asthma can occur in patients with pneumonia, fractured ribs, tuberculosis, and arthritis. All these conditions can interplay with asthma.

Asthmatic patients are frequently allergic to cockroaches, house dust, ragweed, rats, mice, etc.

Asthma is well known to be a brain disorder. If you deplete certain neurotransmitters in the brain, tyrosine, phenylalanine, dopamine, and noracetylmethadol, you can have a dramatic increase in asthma.

Asthma occurs during periods of stress and can be successfully treated by antidepressants. Medications like Dilantin and anticonvulsants can be dramatically helpful.

Yogurt has been shown to be helpful for bronchial asthma, as well as any relaxation technique, biofeedback, CES, prayer, etc.

Brain norepinephrine has been shown to be depleted in asthmatics, again pointing out the benefits of various asthmatic treatments. Antiasthmatic effects have been shown with onion extracts, as well as mustard oils. Acupuncture has been recommended for asthma. Vitamin C has been shown to reduce some of the lung hyper-responsiveness of asthmatics. Intravenous magnesium has been shown to be useful in asthmatics. Diets high in sodium are dangerous for asthmatics. Inhalants are used by doctors, but certain inhalants will actually result in rebound wheezing, palpitations, and serious side effects due to the drugs.

Avoidance of allergic foods can dramatically help asthmatics. As many as 93 percent are dramatically helped who have bronchial asthma. This can be tested through IGG testing.

Snow crab processing workers have a high rate of asthma. We recommend shell fishing be avoided by asthmatics. (Shell fish are essentially rodents.) Occupational hazard asthma occurs with exposure to nickel and other irritants.

White wine can sometimes help asthmatics and sometimes may harm asthmatics. Sulfites have been linked to worsening asthma. Sulfites are found in fruit juices, soft drinks, wines, beers, cider vinegar, potato chips, dried fruits, and various vegetables. There is no doubt that one of the few benefits of coffee is that it can help asthma.

Vitamin B-6 has been thought to be helpful for asthma. Low selenium levels have been linked to asthma. Bronchitis has been a cause of asthma and has been treated with N-acetylcystine. Asthma frequently goes undiagnosed and has been associated with depression. It is sometimes related to sleep disorder.

Allergic rhinitis can be relieved by aspirin and Motrin. It is important to treat asthma since you can have more permanent loss of pulmonary function.

There has been one study which has shown that fish oil can help relieve asthma. Calcium channel blockers have been used in asthma. Their action is like magnesium. Theophylline is still used in asthma, but it may be obsolete. Beta agonist drugs can sometimes worsen your overall mortality and risk from asthma. The reason is that inhaled beta agonists have been linked to deaths (fenoterol and albuterol). This is why we don't use albuterol. We will use a little bit of Proventil and asthma Cort.

Smoking has been linked to childhood asthma. Quinoline antibiotics, norfloxacin may be helpful in acute exacerbation of asthma. The CES device (see section 10) is an important dimension in asthma. Methotrexate has been used with severe pediatric asthma when it is being treated like an autoimmune disease. Low glutathione has been associated with asthma. Antioxidants have been shown to be imbalanced in asthmatics.

Seventy-four percent of asthmatics that were elite swimmers were diagnosed after swimming and chlorine was associated with the asthma. There is also evidence of exercise-induced asthma. Asthma has been shown to be relieved by aspirin in some cases. Physical exercise training can be very important in asthmatics.

Bacteria has been associated with the cause of asthma. Food sensitivities must be carefully evaluated. All antioxidants such as Vitamin E can be beneficial in asthmatics. Lithium has been used effectively to treat asthma.

The causes of occupational asthma are quite extensive. Sensitizing agents have been rats, mice, rabbits, guinea pigs, pigeons, chickens, grain, mites, moths, butterflies, crabs, prawns, wheat flour, rye flour, coffee beans, tea leaves, tobacco leaves, wood dust, biological enzyme, isothiocyanates which are in automobile spray paint, epoxy resins, plastics, metals, tanners, platinum refiners, metal platers, aluminum solderers, pharmaceutical workers, refrigeration workers, hairdressers, plastics and rubber workers, insulators and multiple chemicals of all types have been associated with asthma.

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Asthma, of course can be very much linked to biological rhythms and therefore Melatonin which helps sleep can be useful in asthma.

Asthma is caused by spasm and narrowing of the airway in the lungs due to allergy. This spasm makes it hard to move air through the air passages out of the lungs.

Causes - cold, dust, pollen, chlorine, exercise, etc.

Symptoms - coughing, dry throat, trouble breathing.

Treatment includes:

- 1 - Shots (hyposensitization)
- 2 - Antihistamines
- 3 - Bronchodilators
- 4 - Avoiding the cause of the allergy.
- 5 - Fluids (medications do not work well during an attack complicated by dehydration) - and/or nasal douching with saline alkalor.
- 6 - Prophylaxis with the nutrients magnesium, vitamin C, bioflavonoids, and antioxidants.
- 7 - Trials of atypical medicine, e.g., Dilantin, Wellbutrin, and Prozac.

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## *Dust Precautions for Allergy*

1. Vacuum sleeping quarters daily.
2. Zippered plastic mattress and box spring covers.
3. Dacron, fluff-filled pillow, dry cleaned every 3 months.
4. Bedspread, removed from bed at night.
5. Washable mattress cover, washed monthly.
6. Washable curtains or drapes, washed monthly.
7. Bare floors or washable area rug.
8. Walls and wall hangings, books and bookcases, vacuum-dusted weekly.
9. Cold-steam vaporizer at night.
10. Electrostatic precipitator or filters.

## *Methods for Treating Cat Allergy*

There is hope for teary-eyed cat lovers. If you are allergic to your cat, do not despair. A monthly rinse in distilled water may help rid your cat of the substance that causes allergic reactions. The cats bathed in one liter of distilled water once a month for 10 minutes demonstrated a substantial reduction in the amount of milliunits of cat allergen. Nine rinses of a cat resulted in the reduction of 3,000 milliunits of cat allergen to 400 milliunits. In addition, if the house is kept clean, this may result in a significant toleration of the cat.

## *How to Avoid a Mold Allergy*

To avoid a mold allergy, first obtain a gauge to measure relative humidity. Keep humidity low, 35 percent, if possible. In addition, use dehumidifiers and empty the water regularly. Air conditioners can be sprayed at the air intake with mold killing spray if they develop a musty odor. Use a humidifier in winter, avoid over-humidification, and wash the humidifier and change the water frequently to prevent mold growth.

A very tightly insulated house will prevent the escape of moisture, thus encouraging mold growth. Allow adequate ventilation. In the kitchen, use an exhaust fan to remove water vapor when cooking. Mold grows in refrigerators and around door gaskets and garbage containers; these should be kept clean.

Use exhaust fans in the bathrooms, wash or replace shower curtains, and clean bathroom tiles and shower stalls. Repair any damage to caulking or grout. Do not carpet bathrooms.

In the laundry room, vent the clothes dryer to the outdoors. Dry clothing immediately after washing. In the basement, use a dehumidifier. Correct seepage or flooding problems. Keep the basement free of dust. Remove moldy stored items. Avoid storage of any unnecessary items in the house. Allergic individuals should avoid living in basement apartments or dormitories. Avoid

window condensation. Mold grows well in closets, which are damp and dark. Dry shoes and boots thoroughly before storing. A low watt light bulb or chemical moisture remover can prevent mold growth in closets.

Indoor plants are not a major source of mold spores, but it is prudent to limit the number of house plants. Spores can be airborne when plants are watered. Molds are present in wood used in fireplaces. Good quality HEPA air cleaners can remove mold spores in the air. Inexpensive table top air cleaners are not effective.

Outdoors, avoid cutting grass and raking leaves, and correct drainage problems near the house. Pool water increases mold formation. When camping or walking in the woods, exposure to mold spores is increased. They are also increased on dry and windy days. Greenhouses are loaded with mold, as are summer cottages. Hotel rooms are sources of increased mold. Automobile air conditioners harbor mold. Gardeners, bakers, brewers, carpenters, mill workers, upholsterers, and paperhangers are all exposed to molds.

Products that kill mold: household bleach and water; commercially available products such as Exportine contain a similar solution combined with cleaning agents and a spray dispenser; Mildew Stop spray is also available.

## ***Food Allergy: Concomitant and Synergistic Foods***

It has been suggested that there are some concomitant and synergistic foods that cause allergy, as listed in the following two tables. It will take some time to discover whether this is true or not.

### **CONCOMITANT FOODS**

Pork, black pepper	Rhus allergy (poison ivy, oak, sumac)
Egg	Ragweed, short
Wheat	Ragweed, giant
Potato, tomato, tobacco (Chewing or snuff)	Iva Ciliata
Pork, black pepper	Sage
Legumes: beans, peas, soybean, cottonseed (cooking fats)	Pigweed
Beef, yeasts (baker's, brewer's, malt)	Cedar
Milk, mint	Elm
Lettuce	Cottonwood
Egg, apple	Oak
Corn, banana	Pecan
Cane sugar, orange	Mesquite
Oysters (seafood)	Dust
Cheese mushrooms, truffles	Molds

### **SYNERGISTIC FOODS**

Banana	Corn
Baker's yeast, brewer's yeast	Beef
Orange	Cane sugar
Mint	Milk
Apple	Egg
Black Pepper	Pork

#### **Reference:**

King, W. P., Food Hypersensitivity in Otolaryngology, Manifestations, Diagnosis, and Treatment, *Otolaryngic Allergy* 25(1):163-179, 1992.



## ***Classification of Allergic Reactions and Spectrum of Antihistamines***

Studies now show that food allergy is common and can occur by either IgG or IgE response. Most food allergy is not type 1 but actually type 4, delayed hypersensitivity (see Table 1). Food allergy has been implicated in numerous diseases: dermatitis, herpetiformis, celiac disease, arthritis, short stature. Asthma in particular has been thought to be an IgE-related problem. Sixty percent of the population has known food intolerance. A surprising allergy is fruit juice intolerance. It has been shown that the elevated serum IgE levels in chronic alcoholics have been associated with food allergies. Mild allergies can be provoked even by nondairy foods that are parv (dairy free). Hot dogs, bologna, tuna, tofu, and rice-based ice cream substitutes all seem to have some mild proteins and can worsen milk allergy. Atopic, urticaria, and allergic rhinitis have all been linked to food allergy.

Pollens and apples can cross-react. Breast feeding may prevent food allergy from developing as frequently. Soy protein allergy is also common. IgE and IgG responses can identify even unusual allergies like watermelon, shellfish, etc. Tricyclic antidepressants, vitamin C, and calcium can help treat food allergies. Sodium cromolyn is also valuable. Allergies to fish can occur, and cow's milk and egg are the most common. Urticaria vasculitis can occur from food allergy. Antihistamines are common treatment. Phenothiazines (Prolixin, Mellaril, etc.) are available as antihistamines. Methdilazine, promethazine, and trimeprazine tartrate are phenothiazines (see Table 2). It is notable that ethanolamines are most related to choline, phenothiazines are antipsychotics, and alkylamines are probably more related to antidepressants.

**TABLE 1: GELL AND COOMBS CLASSIFICATION OF ALLERGIC REACTIONS <sup>1</sup>**

Reaction	Pathological Response
Type I: Anaphylactic	allergic rhinitis and conjunctivitis wheal and flare skin reactions anaphylaxis
Type II: Cytotoxic	blood transfusion reactions hemolytic disease of the newborn Coombs' positive hemolytic anemias drug-induced cytopenias
Type III: Immune complexes -- mediated	serum sickness hypersensitivity angitis hypersensitivity pneumonitis glomerulonephritis
Type IV: Delayed hypersensitivity	tuberculin-type hypersensitivity tissue transplantation rejection drug-induced reactions

1. Table 1 is from "Allergy Testing: From In Vivo to In Vitro," by Majid Ali, M.D., et al. Reprinted from *Diagnostic Medicine*, May/June 1982.

TABLE 2: SPECTRUM OF ANTIHISTAMINES <sup>1</sup>

Class	Generic name
Ethylenediamines	Methapyrilene Pyrilamine Tripeleennamine citrate
Ethanolamines	Bromodiphenhydramine Hcl Carbinoxamine maleate Clemastine fumarate Diphenhydramine Hcl Doxylamine succinate
Alkylamines	Brompheniramine maleate Chlorpheniramine maleate Dexchlorpheniramine maleate Triprolidine Hcl
Piperazines	Hydroxyzine Hcl pamoate
Phenothiazines	Methdilazine Promethazine Hcl Trimeprazine tartrate
Piperidines	Azatadine maleate Cyproheptadine

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1. Table 2 is from "Keep Allergic Rhinitis in Your Practice," by Donald J. Nalebuff, M.D. Reprinted from *Diagnosis*, March 1987.

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## ***2. Brain Diseases -- Drug Abuse and Others***

### ***Alcoholism***

Alcoholism is a drug addiction to a substance that is metabolized like sugar and has the antianxiety effect of Valium. Alcohol is also a mild depressant. Hence, alcoholics usually have hypoglycemia (low blood sugar) and brain biochemical imbalances. Addicts to Valium, Xanax, or Librium are often called "dry drunks."

Nutritionally, alcoholics are depleted in virtually all nutrients, especially magnesium, B-vitamins, zinc, and selenium. Decreases in thiamine are related to memory loss and increasing tolerance to alcohol. Alcoholics usually need antianxiety or anticonvulsant medication (e.g., Klonopin), antidepressants or lithium in order to taper off alcohol. Taurine, GABA, inositol, tryptophan, and niacin (possible antianxiety nutrients) may supplement medication. Tegretol is particularly effective for reducing cravings for alcohol in individuals with mood swings.

Several researchers have also suggested that primrose oil or borage oil and/or niacin can help to reduce cravings for alcohol. Disulfiram (Antabuse), a sulfur compound, seems to decrease appetite for alcohol, yet its side effects, especially when combined with alcohol, can be deadly. Vitamin B-6 prevents the side effect of raising the cholesterol. To discover an alcoholic, an alcoholic screening test has been used.

Alcoholics become addicted for biochemical, psychological, and spiritual reasons. We can now treat the biochemical causes. Spiritually, Alcoholics Anonymous teaches the knowledge of a higher power. Twelve-step programs have been used for effective treatment of alcoholics. Psychologically, alcoholics need training in coping mechanisms.

### ***The Amino Acid Blood Test***

For a discussion of testing for the blood levels of amino acids, the building blocks of brain neurotransmitters necessary to brain health, see Section 19, p. 301.

### ***Brain Fatigue***

Emphasis on the brain in total functioning has been documented in a recent study on chronic fatigue syndrome. Dr. J. Goldstein of Southern California identified damage to the brain in puberty. Dr. Goldstein identified up to 4,000 patients with damage to the limbic system, which is an area that governs energy, motions, memory, and sleep. The limbic system is in the temporal

region of the brain, deep within the temporal lobes. He was able to pick out scans that show abnormalities to the temporal lobe.

We have been showing this for years in the brain electrical activity map and are thankful to our patients who continue to alert us that the brain controls the body's energy level.

### ***DHEA -- Adrenopause -- Protecting Your Brain***

At the American Psychiatric Association, Biological Psychiatry Division, a new study was presented showing that low levels of DHEA correlate the cognitive deficit semantic and memory processes can be inhibited. Low levels of DHEA are associated with memory loss.

Low DHEA, like low thyroid, is a marker of aging and dying.