

# HSI HEALTH SCIENCES INSTITUTE

Vol. 3, No. 11

MEMBERS ALERT

MAY 1999

*Private access to hidden cures...powerful discoveries...breakthrough treatments...  
and urgent advances in modern, underground medicine*

## Health Sciences Institute Editorial Panel

The Health Sciences Institute network of medical experts stretches from New York, New York to Petaling Jaya, Malaysia; from Portland, Oregon to Wiesbaden, Germany. Our editorial panel members are practicing physicians and health professionals who offer the revolutionary treatments of tomorrow...today.

### Medical Editor

**Martin Milner, N.D.**

Associate Professor of Cardiovascular Pulmonary Medicine  
Environmental Medicine and  
Cancer, NCNM. Co-Founder of  
the Center for Natural Medicine,  
Portland Oregon

### Howard Bezoza, M.D.

President and Medical Director  
Physicians for Complementary  
Medicine, New York, New York

### Hyla Cass, M.D.

Orthomolecular physician and  
psychiatrist, author of *St. John's  
Wort: Nature's Blues Buster* and  
*Kava: Nature's Answer to Stress*.  
Los Angeles, California  
<http://www.doctorcass.com>

### Dr. M.M. Sree Ganesh

Family practice in occupational health,  
holistic and natural medicine.  
Petaling Jaya, Malaysia

### Ann Lonise Gittleman, M.S.

Certified nutrition specialist author  
of over 10 books, including *Your  
Body Knows Best* and *Get the Sugar  
Out!* Bozeman Montana

### Elson Hass, M.D.

Author of *The Detox Diet, A Diet  
for All Seasons*, and *Staying  
Healthy with Nutrition*; Medical  
Director, Preventive Medical Center  
of Marin, Inc.  
San Rafael California

(continued on page 8)

## South African breakthrough may change the way we treat cancer, HIV, arthritis, and other killer diseases 20 years of research leads to a new paradigm in immune enhancement

A new discovery in natural immunology may change much of what we thought we knew about how the human immune system can be enhanced for maximum disease resistance and longevity. This exciting breakthrough has just reached North America from the laboratories of South Africa, where scientists have been collecting biochemical and clinical data on a unique plant-extract formula for more than 20 years.

Rarely does a natural product come onto the market with this kind of research—including numerous large-scale, double-blind, placebo-controlled human trials—behind it. The clinical results to date have been extraordinary, and the trials continue at an accelerating pace. Here are just some of the conditions that have shown dramatic results using this unique formula:

- cancer
- HIV/AIDS
- hepatitis C
- rheumatoid arthritis
- lupus
- type I diabetes
- benign prostatic hyperplasia
- tuberculosis
- fibromyalgia
- chronic fatigue syndrome

The most striking thing about this list is that it includes both classic hypimmune conditions like cancer and AIDS, in which an under-functioning immune system fails to destroy pathogenic invaders, and autoimmune conditions like rheumatoid arthritis and diabetes, in which an overactive immune system attacks healthy tissue. Herein lies the secret of this product (called Moducare Sterinol™) as well as an important breakthrough in understanding the science of immune enhancement.

### Immune booster...or busters?

In this time of widespread immune-system dysfunction, as seen in the rising incidence of cancer, infectious disease, allergies, and autoimmune disorders, enhancing the immune response seems critical. Over the last decade, scores of natural substances have been discovered and developed, each promising to

(continued on page 3)



Dear Member,

As is appropriate to the spring season, the Health Sciences Institute is undergoing some new growth and expansion. First, we have added several new faces to the staff at our headquarters here in Baltimore. Assuming the Directorship of the Institute is Jennifer Thompson, whom many of you met in January at the 3rd HSI Symposium in Palm Springs. In addition to having nearly a decade of experience working in membership organizations, Jenny brings enormous energy and enthusiasm for the HSI mission to her new role and has already set into action some very exciting plans for the continuing development of the Institute.

As part of her desire to expand the scope and quality of our member services, Jenny has appointed Risa Fordi to serve as the new Associate Director for Conferences and Ancillary Services. Risa is already hard at work, putting together an extraordinary program of speakers and workshops for the 4th HSI Symposium, to be held June 24-27, 1999, at Sanibel Harbour Resort and Spa, Fort Myers, Florida. I hope you will be able to join us for what promises to be our best symposium ever. For more information on the upcoming symposium, see page 7.

We're also very fortunate and honored to welcome Dr. Stephen Morrissey as our newest HSI panelist. A doctor of Oriental Medicine (O.M.D.), Dr. Morrissey specializes in the traditional arts of Chinese herbology and energetic medicine and served as chairman of the Oriental Medicine department at Bastyr University, the renowned naturopathic medical school. Equally at home with both the more esoteric aspects of Eastern medicine and Western scientific methods, Dr. Morrissey has found a way to translate the ancient healing wisdom of the East into techniques that can be understood and embraced by Western medical scientists and lay people.

Dr. Morrissey will be joining us at our upcoming meeting at Sanibel Harbour, where he will teach members his proven method of increasing the body's vital energy. Our symposium program also includes a seminar by Dr. Ron Hoffman on how to reverse aging with hormone replacement therapy, Dr. Martin Milner's three-part workshop on achieving optimal wellness with test-directed nutrition, a demonstration of the amazing capability of high-resolution blood imaging by Dr. Marcial-Vega, and a keynote address by alternative-medicine maverick Dr. I. William Lane, author of *Sharks Don't Get Cancer*.

Finally, we want to bid a fond farewell to our former Associate Director Amy Entwisle, with thanks for her hard work and dedication over the past year and a half and our best wishes for her continued success.

Until next month,



Monica Reinagel  
Editorial Director

**P.S.** If you missed our previous symposia but would like to hear the audiotapes of the lectures, please see the source directory on page 8. Tapes are still available from the January '99 symposium and the May '98 symposium.



**Director**  
Jenny Thompson

**Editorial Director**  
Monica Reinagel

**Publisher**  
Karen M. Reddel

**Editorial Associate**  
Jennifer Cruse

**Copy Editor**  
Ken Danz

#### Our Mission

**The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine. Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.**

#### How to contact the Health Sciences Institute

To contact the Health Sciences Institute members services hotline, please call (410)895-7904 or write to Health Sciences Institute, 105 W. Monument Street, Baltimore, MD 21201. International subscribers, please call (410)783-8440 or fax (410)783-8438.

Your private Members Alert is a monthly publication of the Health Sciences Institute. © Copyright 1999 Institute for Health Sciences L.L.C., 105 W. Monument St., Baltimore, MD 21201. Published monthly for \$74 per year. Second class postage paid at Baltimore, Maryland and additional mailing offices. POSTMASTER: Send address changes to Health Sciences Institute, 819 N. Charles St., Baltimore, MD 21201. All rights reserved. No part of this report may be reproduced by any means or for any reason without the consent of the publisher.

This information is provided for information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this publication. Readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, and readers who fail to consult appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.

**Statements made in this issue have not been evaluated by the Food and Drug Administration. Products discussed are not intended to diagnose, treat, cure, or prevent any disease.**



(continued from page 1)

strengthen the body's resistance to disease by increasing immune function.

Echinacea is a good example. Only a few years ago, this medicinal herb was known only to botanists and students of herbal medicine. Now, it is one of the best-known and best-selling dietary supplements in North America, readily available in an ever-increasing selection of lozenges, vitamin formulas, and cold remedies. However, you may have begun to see warnings about long-term use of echinacea or use by those with autoimmune disorders.

As scientists begin to understand more about the delicate regulating mechanisms of the human immune system, the importance of maintaining immune-system balance has taken center stage. While natural immune boosters like echinacea have a significant place in holistic medicine, we are now seeing that substances that boost the immune system in a lopsided manner can actually fuel inflammation, allergies and even autoimmune disease.

We sometimes think of the immune system as being similar to the volume on a stereo system. If you want more sound, you simply "turn it up." In reality, however, the immune system has many different "volume" controls, regulating dozens of interrelated immune responses. If one isolated aspect of our immune response is amplified too much, the "sound," or, in this case, our immune function, can be distorted, transforming a well-balanced orchestration into cacophony.

The specific formula of plant extracts found in Sterinol appears to have the unique ability to significantly enhance immune function and, at the same time, promote balance and equilibrium of the immune system.

### **How your inner defenses work together against invaders**

Although the intricacies of the immune system could easily fill several books, a brief summary of immune function will help to clarify the unique properties of the Sterinol formula.

The immune system's mission is to protect us from things that threaten our bodies. The threat may come from foreign pathogens like bacteria, viruses, and parasites; abnormal or diseased cells like cancer cells; or toxins that we breathe or eat. Anything that the immune system doesn't recognize as either "self" (the body's own tissue) or "friend" (nutrients or friendly bacteria, for example) is tagged for removal.

There are many different types of white blood cells that work together to patrol and dispose of unwanted trespassers. Among them are the Natural Killer (NK) cells and various types of phagocytes, including macrophages. These types of cells are often referred to as the "front-line defense." They are constantly on patrol throughout the body, looking for unfamiliar and suspicious particles. When they encounter a bacterium, virus, or cancer cell, they simply engulf and digest it.

Another branch of the immune system involves the lymphocytes, chiefly the T-cells and B-cells. This arm of the immune system functions like an intelligence agency. If an intruder (or antigen) is found in the body, the T-cells take a "fingerprint" of the enemy, which the B-cells use to create a specific antidote, or antibody. The fingerprint of the antigen and the recipe for the antibody are both kept "on file" in the immune system's memory and used to identify and quickly destroy known offenders if they should penetrate the body's defenses a second time.

In addition to using these cellular defenses, the immune system fights intruders with a variety of other weapons, such as inflammation, fever, and a host of antimicrobial chemicals.

However, this search-and-destroy capacity of the immune system must be very carefully regulated to prevent damage from "friendly fire." An out-of-control immune system that attacks healthy tissue of the body poses as much of a threat as an underfunctioning immune system that allows cancer cells to multiply unchallenged.

In order to orchestrate this complex system, all the different types of immune cells "talk" to one another, mainly through the release of immune chemicals known as cytokines. These chemical messengers tell the various immune cells when to step up the attack and when to back off, regulating the various arms of the system as circumstances dictate on a moment-to-moment basis. Layer upon layer of backup systems and feedback mechanisms keep this powerful system on alert and under control.

For example, a specific T-cell known as Th 1 produces an immune chemical called interleukin-2, which enhances the immune response against viruses, bacteria, and cancer cells. It also tells the body to stop producing antibodies when an infectious agent has been defeated. If Th1 cells are too low, there is a reduction in the body's ability to produce Natural Killer cells and

(continued on next page)



(continued from page 3)

macrophages, and resistance to disease is compromised.

Counterbalancing the action of Th1 cells is another type of T-cell called Th2. These cells produce different chemicals called interleukin 4, 6, and 10, which tend to stimulate inflammatory reactions and allergic responses. If Th2 activity is too strong, an overabundance of antibodies is produced, causing inflammation and exacerbating allergy and autoimmune disorders. In a healthy immune system, Th1 and Th2 cells communicate with each other in order to keep the release of the various interleukins in a carefully controlled balance.

### **How did such a well-designed system fail?**

Although the immune system was ingeniously designed to maintain balance even under adverse circumstances, our modern lifestyle has taken its toll. Most of us are the victims of chronic stress, a nutrient-deficient diet, and daily exposure to chemical and electromagnetic toxins. It's no wonder our society is exhibiting signs of widespread immune failure. Infectious diseases are on the rise for the first time since the discovery of antibiotics; we continue to die in unprecedented numbers of cancer; viruses like HIV, hepatitis, and herpes appear unstoppable; and devastating autoimmune diseases like rheumatoid arthritis, multiple sclerosis, and lupus have become commonplace.

### **How stress knocks out your immune system**

Stress is just one of the many threats to our immunity, but it is a good example of how the immune system can become dangerously unbalanced. Stress, both physical and emotional, causes the adrenal gland to release cortisol, a hormone that down-regulates the production of Th1 and NK cells. At the same time, it up-regulates the activity of Th2 cells and the release of inflammatory interleukins. Cortisol is an "emergency" hormone, intended to shift the body's biochemical processes into survival mode for short periods of time. But our stressful lives can cause permanently elevated cortisol levels, which eventually impair the ability of Th1 and Th2 cells to maintain a healthy balance and immune response.

### **The problem with some immune boosters**

As you can see, stress directly impairs the immune response and makes us more vulnerable to infection and disease. But before you reach for a natural immune

booster, it's important to understand exactly how that substance will affect the various aspects of your immune system and how it functions.

Echinacea, for example, directly and powerfully increases the number and activity of NK cells and macrophages. In the treatment of acute infection or exposure to microbes (during the height of flu season, for example), echinacea is a powerful natural ally. However, by stimulating an increase in NK cells and macrophages, echinacea also indirectly increases the activity of Th2 cells and the secretion of inflammatory and antibody-stimulating interleukins, which can heighten allergic sensitivity or even fuel autoimmune disorders. While echinacea has a stimulating effect on Th2 activity, it has no proven effect on the Th1 side of the equation. In this way, it can promote a dangerous imbalance of the immune-system response and should not be used as a long-term daily supplement for immune support.

Most of the immune-boosting supplements on the market today claim or have been proven to increase the activity of macrophage and NK cells—some quite dramatically. Unfortunately, there is not yet enough research on most of them to determine whether there are effects on other aspects of the immune system, such as Th1 and Th2 balance. That's what makes this South African research so groundbreaking. Sterinol is one of the few natural substances that has been documented to increase both NK cell activity and Th1 activity, while hindering the undesirable actions of Th2.

### **The secret to super immunity was right under our noses**

The source of this natural plant-based healer is not as exotic as you might imagine—it is made from soy and pine. However, 20 years of sophisticated biochemical research has revealed the secret to activating and increasing the potency of certain immune-regulating compounds in these plants called sterols and sterolins.

Scientists first isolated fat molecules called sterols from plants in the early 20th century. These plant fats are very similar in structure to the animal fat known as cholesterol and are found in small amounts in almost every plant. Rich dietary sources of sterols include seeds and nuts, soy, and some grains and vegetables.

Sterols are also found in many healing plants, such as echinacea, devil's claw, and saw palmetto and are thought to contribute to their medicinal qualities. Early research on the healing potential of sterols was encouraging, and one particular sterol called beta-



sitosterol was investigated as a promising anticancer agent. When researchers failed to reproduce positive test-tube results in human subjects, however, the research was abandoned.

Still convinced of the potential, researchers in South Africa, led by Dr. Karl H. Pegel, eventually decoded the healing secret of sterols. In nature, sterols are always accompanied by molecules called sterolins. Subsequent research has shown that both sterols and sterolins must be present in sufficient quantities and in an optimal ratio in order to have an immune-enhancing effect. While sterols are fairly sturdy, sterolins are easily destroyed in processing, especially via the freeze-drying process with which many herbs are preserved. The key to harnessing the power of sterols has been in developing an extraction process that preserves the delicate sterolin molecules.

Sterinol has been formulated to deliver both sterols and sterolins in the optimal ratio and potency for immune enhancement, without causing an immune imbalance. Widely used as a nutritional supplement in South Africa (under the trade name Moducare) and as a pharmaceutical in Germany (under the trade name Harzol), this product has produced favorable results in the treatment of a wide variety of immune-related dysfunctions. These results have, in fact, been nothing less than astonishing.

### The results speak for themselves

Dr. Patrick Bouic has been a lead researcher in the clinical application of Sterinol in South Africa. In addition to publishing many medical research papers, he has recently completed a book, with co-author Lorna Vanderhaeghe, detailing the wide-ranging successes of Sterinol and its use in a comprehensive immune-enhancement program. (Dr. Bouic's book *The Immune System Cure* is available as listed on page 8.) Following is a brief summary of the research to date.

**Rheumatoid arthritis.** Research has shown that rheumatoid arthritis is characterized by overactivity of the Th2 cells, which triggers the production of antibodies that attack the body's own joints, and a deficiency of Th1 activity, which ordinarily down-regulates inflammation and antibody response. Steroid medications can decrease inflammation but at the expense of suppressing the entire immune response, making the patient more vulnerable to infection and/or malignancy.

Sterinol has been shown to alleviate symptoms of rheumatoid arthritis without compromising the immune system. Following is one patient's incredible success story:

"At age 32, I contracted RA...I was put on a cortisone-based medication, which I continued to use for two years. During that period, I developed lumps on my elbows the size of golf balls and most of my finger joints were inflamed and painful. My wrists, knees, and ankles were so badly affected that I could hardly walk. The doctors told me that they would keep me out of a wheelchair as long as possible.

"By chance, I heard about a natural product containing sterols and sterolins. I swallowed those capsules faithfully, six to eight times per day. After about four months, the pain eased. I decided to gradually phase out the cortisone. To my absolute delight, the pain, swelling, and inflammation had started to clear up...

"I have just enjoyed my 63rd birthday and have used no medication whatsoever for the past 25 years...I was told by my doctors that there was no cure for rheumatoid arthritis. This statement is no longer true."

**Type I diabetes.** This form of the disease is usually diagnosed during puberty and is often referred to as insulin-dependent, or juvenile, diabetes. Although it can sometimes be caused by an infection or trauma, it is in the vast majority of cases caused by an autoimmune disorder that causes people to form antibodies to their own pancreatic cells. These antibodies attack and destroy the pancreas, and the patient must rely on insulin injections to live. Sterinol decreases the production of antibodies that attack the pancreas, and many diabetics find that they require less insulin as a result of supplementation with sterols and sterolins. In both Type I and Type II (adult onset) diabetes, Sterinol decreases the secretion of inflammatory interleukins, which helps to reduce nerve damage, kidney failure, and infections.

**Note:** Type I diabetics taking Sterinol need to be carefully monitored for changing insulin requirements as the condition improves.

**HIV/AIDS.** In this deadly immune disorder, the T-cells themselves are targeted by the virus, making it impossible for the immune system to eradicate the

(continued on next page)



(continued from page 5)

invader. In the course of the disease, HIV infection causes a dominance of Th2 cells and the eventual destruction of the helper T-cells. As researchers writing on AIDS for *Clinical Immunology* state, "The search is on for therapies that may selectively enhance Th1 and dampen Th2 responses." Sterinol does exactly that. In a double-blind, placebo-controlled study of 323 HIV-infected patients, subjects were given either Sterinol or a placebo. In the group receiving the placebo, the number of helper T-cells declined steadily, but in those receiving Sterinol, helper T-cell levels held steady. When helper T-cells decline to a certain level, death almost inevitably follows, and so all of the members of the control group were eventually invited into the Sterinol part of the study for ethical reasons. As soon as they began taking Sterinol, the helper T-cell counts of the control group stabilized and in some cases improved. French researchers have expressed interest in conducting a trial of Sterinol in combination with antiviral medications for the treatment of AIDS.

**Hepatitis C.** In the United States, more than 4 million people suffer from chronic hepatitis C infections, mostly the result of tainted blood transfusions prior to 1992. The virus infects the liver cells, and the immune system begins to attack the liver tissue in an attempt to eradicate the virus. Hepatitis C is the leading cause of liver transplants and causes liver cancer in about 5 percent of those infected. So far, there is no vaccine for hepatitis C, and the available drug therapies, such as synthetic interferon, which are only effective in about 35 percent of those treated, cause severe side effects. Sterinol reduces the destruction of the liver

by decreasing the damaging activity of Th2 cells while stimulating the proliferation of immune-enhancing Th1 cells. Patients supplementing with Sterinol usually experience a rapid return of liver enzymes to normal levels. (If you have already had a liver transplant, Sterinol is not recommended.)

**Cancer.** The body has many natural cancer-killing mechanisms, including natural killer cells and macrophages, which voraciously attack cancer cells. Not surprisingly, these cells tend to be deficient and underactive in cancer patients. Many natural cancer therapies have as their goal increasing the ability of NK cells and macrophages to kill tumor cells, but, as we have seen above, this can sometimes lead to an imbalance or reduction in other key immune responses. Sterinol not only enhances the activity of these cancer-killing cells but also encourages the proliferation of T-cells. Increased T-cell activity ensures a healthy balance of immune factors, allowing the body to mount a stronger defense against cancer. Although Sterinol has been shown to have direct antitumor properties, its true promise is as an adjunct therapy, helping to offset the immunosuppressive effects of conventional chemotherapy and radiation and reducing associated side effects like nausea, hair loss and mouth sores.

**Benign prostatic hyperplasia.** In a double-blind, placebo-controlled trial, 200 patients with benign prostatic hyperplasia (noncancerous enlargement of the prostate gland) were treated with Sterinol (three capsules per day). Subjects experienced a decrease in symptoms (painful and frequent urination) and an increase in peak urinary flow. Sterinol was tested against Prosc

### **Using Sterinol for maximum results**

Your body will absorb Sterinol best on an empty stomach. Cholesterol molecules compete with sterol molecules for absorption in the gut, and, all things being equal, cholesterol will usually win. To ensure maximum absorption, take Sterinol on an empty stomach, or at least not in the presence of any animal fats (including dairy products).

Sterinol is one of the best researched and documented of the immune-enhancing products available. There has been extensive toxicology and drug-interaction research on Sterinol, and it has not been shown to interact with any known medication or to cause adverse reactions, even at extremely high doses or with long-term use. However, please consult your health professional about adding Sterinol to your daily regimen. The immune modulation often leads to a reduced requirement for other medications. (See especially the note about insulin requirements for diabetics, above.) Many people taking pain

and/or steroid medications find that Sterinol allows them to discontinue those drugs, but it is important to reduce steroid medications gradually. As always, please do not reduce or discontinue any medication except under a doctor's supervision.

The generally recommended dosage is one capsule three times a day, which provides 60 mg of a proprietary blend of sterols and sterolins. (You may wish to take a "loading dose" of two capsules three times a day for the first week.) The product has been shown to be safe for pregnant and nursing mothers, as well as for children and infants. Children under 5 should be given one capsule daily and children 5-12 should take two per day. Many people see improvement (reduced pain, increased energy, etc.) after only one or two weeks, but it generally takes four to six weeks to evaluate the full effect.

(See page 8 for purchasing information.)



(finasteride) and was found to be even more effective than the prescription drug in increasing urine flow. There were no side effects reported.

Unfortunately, there isn't room here to include all the research and many case studies that have been recorded. In addition to the above, positive results have been seen in lupus, multiple sclerosis, Parkinson's disease, Crohn's disease, celiac disease, psoriasis, scleroderma, asthma, hives, eczema, herpes, shingles, tuberculosis, chronic fatigue syndrome, ulcerative colitis, fibromyalgia, rheumatic fever, and irritable bowel syndrome. (More details on all of these can be found in *The Immune System Cure*. Sterinol is available from the source listed on page c.) **HSI**

#### References

- Bouc, P.J.D., "Immunomodulation in HIV/AIDS," *AIDS Bulletin*, vol. 6, no. 3, pp. 1 S-20, 1997
- Bouc, P.J.D., "Sterols/Sterolins, the natural, nontoxic immunomodulators and their role in the control of rheumatoid arthritis," *Arthritis Trust of America newsletter*, Summer 1998
- Bouc, P.J.D., et al., "Beta-sitosterol and beta-sitosterol glucoside stimulate human peripheral blood lymphocyte proliferation," *International Journal of Immunopharmacology*, vol. 18, no. 12, pp. 693-700, 1996
- Clerici, M. et al., "An immunoendocrinological hypothesis of HIV infection," *Lancet*, vol. 343, pp. 1552-1553, 1994
- Donald, P.R., "A randomized placebo-controlled trial of the efficacy of beta-sitosterol and its glucoside as adjuvants in the treatment of pulmonary tuberculosis," *International Journal of Tuberculosis and Lung Disease*, vol. 1, no. 5, pp. 518-522, 1997
- Gupta, M.B. et al., "Anti-inflammatory and antipyretic activities of b-sitosterol," *Planta medica*, vol. 39, pp. 157-163, 1980
- Ivorra, M.D., et al., "Antihyperglycemic and insulin-releasing effects of b-sitosterol D3-B-D-glucoside and its aglycone, b-sitosterol," *Archives of the International Pharmacodyn*, vol. 296, pp. 224-231, 1988
- Klippel K.F., "A multicentric, placebo-controlled double-blind clinical trial of beta-sitosterol for the treatment of benign prostatic hyperplasia," *British Journal of Urology*, no. 80, no. 3, pp. 427-32, 1997
- O'Garra, A., "Interleukins and the Immune System," *Lancet*, vol. 1, no. 8644, pp. 943-946, 1989
- Pegel, K.H., "The importance of sitosterol and sitosterolin in human and animal nutrition," *South African Journal of Science*, vol. 93, pp. 263-268, 1997

## We're Bringing Together the Greatest Minds in Alternative Health...And We Hope You'll Join Us!

### HSI's 4th Symposium and Wellness Retreat

Please join us at beautiful Sanibel Harbour Resort & Spa, Fort Myers, Florida for 4 days of discovery and rejuvenation.

• **Keynote Speaker I. William Lane, Ph.D.**, the maverick who discovered the benefits of using shark cartilage to fight cancer, will discuss his latest cancer-beating discoveries as well as present his findings on a new possible treatment for a dread disease that causes over 185,000 deaths each year...he'll reveal information that won't be made public for several months!

• **Ronald Hoffman, M.D.** will discuss hormone imbalances in men and women and will recommend the most effective ways to balance them. You'll learn how this process can reduce body fat...and actually defy aging. Pre-symposium hormone testing will be available upon reservation.

• **Martin Milner, N.D.** will present a three-part workshop on test-guided nutrition. You'll learn how to evaluate and correct problems that other practitioners are unable to diagnose...and how to catch illnesses in their latent stages. He will show you how to obtain optimal health in 7 steps by personalizing your health program. Pre-symposium testing is available.

• **Stephen Morrissey, O.M.D.** will share his latest insights on the factors that affect human energy. He will also demonstrate a new way to "bridge the gap between diagnosis and treatment" with a proven form of muscle testing you'll be able to use in your everyday life...immediately.

• **Victor Marcial-Vega, M.D.** will demonstrate the benefits of high-resolution blood imaging. He'll explain how, by using a high-powered microscope and small blood sample, he can identify a variety of health concerns like nutritional deficiencies, mineral imbalances, even parasites hiding in your blood...and show you how to correct them.

This entire 4-day program, including lodging at the spa, use of spa amenities, 3 gourmet meals a day, and the latest information from the greatest minds in alternative medicine is yours for just US\$1299.

**Call our reservation desk today  
at 1-800-926-6575, 561-243-6276,  
fax 561-278-8765, or e-mail [tours@gate.net](mailto:tours@gate.net).**

#### HSI RESEARCH UPDATE... HSI RESEARCH UPDATE... HSI RESEARCH UPDATE

### Aluminum levels tied to decreased sperm activity

In recent issues of our *Members Alert*, we have highlighted the value of hair analysis as a non-invasive and inexpensive screening tool for mineral and metal imbalances that can threaten your health. As we reported in the February 1999 issue, hair analysis can reveal unhealthy accumulations of aluminum in your body, which have been linked to Alzheimer's disease as well as an increased risk of bone fracture.<sup>1</sup>

Now, a new study points to aluminum toxicity as a previously unsuspected cause of infertility. In a study of 72 Finnish men, researchers found that high

concentrations of aluminum (as measured in semen samples) were correlated with decreased sperm activity, or motility. As the study authors note, "This is a new finding suggesting that aluminum is one of the environmental factors affecting sperm quality."<sup>2</sup>

In the July 1998 Members Alert, we outlined the details of a new aluminum-detoxification protocol, first presented by Dr. Martin Milner at the second HSI Symposium in Tampa Bay, Florida. The protocol calls for 500 mg of malic acid (magnesium malate)

(continued on next page)

<sup>1</sup> *Acta Orthop Scand*, vol. 68, no. 6, pp. 511-14, 1997

<sup>2</sup> *Human Reproduction*, vol. 13, no. 1, pp. 115-19, 1998



(continued from page 1)

**Ronald L. Hoffman, M.D.**  
Medical Director of the Hoffman Center, author of *Intelligent Medicine*, and host of *Health Talk*.  
New York, New York

**Barbara Joseph, M.D.**  
Author of *My Healing From Breast Cancer* Stamford, Connecticut

**Tadahiro Makise, M.D.**  
Chief Shin-Yokohama Ekimae Clinic, Yokohama, Japan

**Victor Marcial-Vega, M.D.**  
Board-certified oncologist, Director of Health Horizons Rejuvenation Clinic.  
Coral Gables, Florida  
<http://healthchoice@worldnet.att.net>

**Claus D. Martin, M.D.**  
Founder and Medical Director Four Seasons Medical Center and Clinic, Rottach-Egern, German

**Stephen Morrissey, O.M.D.**  
Oriental Medicine. Chinese herbology; Founder, Center for Energetic Medicine, Bellevue, WA  
Ketchum, Idaho

**Michael E. Rosenbaum, M.D.**  
Allergy, Immunology, and Clinical Nutrition; Co-author of *Super Supplements* and *Solving the Puzzle of Chronic Fatigue*.  
Corte Madera, California

**Robert Sinnott, Ph.D.**  
Expert in biochemical technologies leading researcher of natural treatments incorporating herbal and plant medicines and modern biotechnology. Phoenix, Arizona

**Randall Wilkinson, M.D.**  
Board member, American Academy of Environmental Medicine; Specialist in anti-aging research and nutritional healing. Yakima, Washington

**Robert Yee, M.D.**  
Orthomolecular. Functional and Mind-body Medicine Health and Wellness Associates.  
Santa Rosa, California

The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

three times a day for no more than three weeks at a time. Malic acid, a widely available nutrient supplement, is an extremely effective oral chelator of aluminum (meaning that it binds to and removes aluminum from body tissues) and can be used to reduce dangerous levels of aluminum in your body.

Dr. Milner warns that aluminum chelation should only be done if you have established, through hair analysis, that your aluminum levels are high. Ideally, it should be done under the guidance of a health professional. The Center for Natural Medicine (listed below) can arrange consultations for HSI members with Dr. Milner on this and other health concerns. (Sources for hair analysis and malic acid are also listed below.) **HSI**

## MEMBERS SOURCE DIRECTORY

### Products and Services

**Moducare Sterinol™**, Advanced Nutritional Products, P.O. Box 1634, Rockville, MD 20850; tel. (888)436-7200 or (301)987-9000, fax (301)963 3886.

For additional information, research, or product availability, contact Essential Phytosterols Inc., 6 Commerce Crescent, Acton, Ontario, CANADA L7J 2X3, [www.moducare.com](http://www.moducare.com); tel. (800)833-8737; Canadian and international orders call (877)297-7332, fax (519)853-4660.

**Malic Acid**, Center for Natural Medicine Dispensary, 1330 S.E. 39<sup>th</sup> Ave., Portland, OR 97214, tel. (888)305-4288 or (503)232-0475; fax (503)232-7751.

**Multi-element Hair Analysis** by Doctor's Data is available to HSI members through the Institute. Each test costs \$69 plus \$5 shipping and handling in the U.S. To order, call (800)981-7157 or fax your credit card order to (410)223-2619 refer to order code 1042 (Canadian and international members, please call (410)783-8440 or fax (410)783-8438 and refer to order code 2092).

**HSI Symposium Tapes.** Members in the U.S., call (800)981-7157 for availability and pricing. For January '99, ask for order code 1104. For May'98 tapes, ask for order code 1105. Canadian and international members, call (410)783-8440 or fax (410)783-8438. The order code for January'99 tapes is 2091. For May'98 tapes, the order code is 2093.

### Books

**The Immune System Cure** (Prentice-Hall, 1999) is available in Canada in bookstores and health-food stores, and is scheduled for release in the United States through Kensington books later this year. A limited number of books may be available through Essential Phytosterols, listed above. The book also can be purchased on-line at [www.moducare.com](http://www.moducare.com).

### Consultations

**Martin Milner, N.D.**, Center for Natural Medicine, 1330 S.E. 39<sup>th</sup> Ave., Portland, OR 97214; tel. (888)305-4288 or (503)232-0475, fax (503)232-7751.

(We regret that not all products are available in all locations worldwide.)

**The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**