The Scleroderma Home Treatment Guide of Naturopathic Remedies

William Bodri
The Skeptical Nutritionist
Naturopathic Educator
Health Disclaimer

This information should not be construed as medical advice or instruction, and is not intended to replace the attention or advice of a physician or other health care professional.

No actions should be taken based solely on the contents of this book. The information within is for education purposes only, and should not be interpreted as a recommendation for a specific treatment plan, nor should this information be used in place of the medical opinion of a qualified health care professional.

Anyone who wishes to embark on any dietary, drug, exercise, or other lifestyle change intended to treat or prevent a specific condition should first consult with and seek clearance from their doctor; readers who fail to consult appropriate health authorities assume the risk of any injuries.

The author and publisher are not responsible for any errors or omissions in this book. Please call a health professional immediately if you think you may be ill.
## Table of Contents

- Introduction ................................................................................................................ 5
- Low Hormone Levels Need Boosting ................................................................. 21
- Para-aminobenzoate, or PABA ........................................................................ 24
- DMSO and Thacker’s Formula ........................................................................ 28
- Vitamin E ................................................................................................................. 39
- Nattokinase to Improve Microcirculation ......................................................... 54
- Serrapeptase, “The Second Gift from Silkworms,” that Dissolves Fibrin ............. 65
- The ION Blood Panel and Optimal Blood Chemistries ........................................ 85
- Alter Your Diet by Avoiding Your “Food Offenders” ........................................... 100
- Colloidal Copper Spray for Scar Tissue ............................................................... 121
- Special Herbs of Interest ..................................................................................... 126
- Treating Raynaud’s Syndrome ............................................................................ 129
- Acupuncture, Biofeedback, Breathing Exercises, Visualization and Meditation . 133
- Exercise and Therapeutic Massage .................................................................... 151
- Summary ............................................................................................................... 158
Introduction

Scleroderma, which literally means “hard skin,” is a chronic autoimmune disease in which the body’s immune system attacks its own tissues. The tissues, particularly the skin, begin to thicken and tighten because of increased deposits of collagen, the primary connective tissue protein of the body.

The disease, also known as systemic sclerosis since other body parts become affected as well, was first described in the 18th century and can cause serious damage to internal organs.

The symptoms of scleroderma can be quite varied as it manifests in a highly individualized fashion. Individuals who suffer from scleroderma may experience very mild symptoms localized in the skin or more serious symptoms involving the lungs, heart, kidneys, esophagus, and GI tract that can lead to life-threatening complications. Many people suffering from scleroderma also develop decreased hand function because of joint disfigurement or finger ulcers.

The early diagnosis of scleroderma may be difficult as each case presents different symptoms and follows a different progression. The wide variety of possible symptoms and complications includes:

- Swelling of the fingers, hands, forearms, feet, lower legs, and face
- Thickening, hardening, tightening and discoloration of the skin
- Ulcers or lesions on fingers, face, tongue, and inner lining of the cheek; Skin ulcerations are usually fingers or knuckles, but can also be on feet, toes, ears, or elbows
- Oral, facial or dental problems
- Joint damage, pain, swelling, stiffness, decreased range of motion and contractures (especially in the fingers and knees)
- Carpal tunnel syndrome
- Tingling, pins and needles in fingers and toes
- Kidney damage and/or failure; heart and lung involvements
- Shortness of breath, cough
- Dry eyes
- Hair loss
- Weight loss
- Sexual dysfunction
The Naturopathic Approaches to Scleroderma

- Diarrhea, constipation
- Shortness of breath, decreased lung capacity
- Sjogren's Syndrome (dry mucus membranes)
- Raynaud's Phenomenon (abnormal sensitivity to cold in the hands and feet, discoloration (blue, red, white), pain, numbness in extremities)
- Telangiectasia - small red spots (dilated blood vessels) on face, tongue, lips, hands, arms
- Sclerodactyl - curling of fingers and toes
- Calcinosis - calcium deposits in skin: starts as a small, hard lumps, becoming increasingly painful as it works its way to the surface and out; easily infected
- Non-specific symptoms such as extreme fatigue, generalized weakness, dizziness, weight loss and vague aching of muscles, joints and bones
- Formation of fibrous tissue in the thyroid gland or heart
- Digestive and gastrointestinal problems including difficulty swallowing, bloating, heartburn, nausea, and abdominal pain due GI tract muscle damage
- Malnutrition

It’s estimated that nearly fourteen million people worldwide -- with 300,000 in the United States -- suffer from scleroderma, which is not contagious. It affects three to four times more women than men, and the symptoms of the disease usually occur between the ages of 35-65, meaning that it affects adults more often than children. The 5-year survival rate is between 80-85%.

The causes of scleroderma are unknown in most instances, but scientists believe that the body’s immune system mistakenly initiates a damaging inflammatory response that leads to cellular overgrowth and the overproduction of collagen, primarily in the skin. Basically, the body's immune system – whose job is to fight off germs and illness -- stops working properly and the immune system attacks healthy tissues. When attacked, the healthy tissues then become inflamed and the body produces excess collagen.

Researchers are not clear why this autoimmune response occurs – they don’t know for sure what triggers it -- but scleroderma has been associated with complications from bone marrow transplants and exposure to a number of industrial and pharmaceutical chemicals including:

- Silica dust
- Some plastic materials, such as epoxy resins and vinyl chloride
- Organic solvents such as trichloroethane, benzene, and carbon tetrachloride
The Naturopathic Approaches to Scleroderma

- Silicone prostheses
- L-tryptophan (synthetic supplement)
- Rapeseed oil
- Various drugs such as bleomycin, amphetamine, cocaine, amfepramone, docetaxel, pentazocine, and penicillamine

Regardless of the ultimate cause, scleroderma always involves an overproduction of collagen in various tissues of the body and excess collagen is like scar tissue that stiffens the parts of the body it affects. Collagen is the tissue that helps build tendons, ligaments and bones, as well as scar tissue. Eventually this stiffening can harden or strangle the body’s internal organs and make them unable to perform their jobs.

There are two types of scleroderma: "localised scleroderma" wherein the problems are confined largely to the skin and "systemic sclerosis" wherein the internal organs are involved as well.

Localized scleroderma usually affects the skin only on the hands and face. The disease progression is very slow and the condition rarely becomes systemic or causes severe complications. There are two primary forms of localized scleroderma: morphea and linear scleroderma:

In morphea scleroderma, patches of skin harden and discolor, and the condition can persist for several years. It rarely becomes systemic. Eventually the patches may improve or even disappear.

Linear scleroderma causes bands of hardened skin to form across the face or on an arm or leg. The condition may also involve muscle or bone and is disfiguring but not life-threatening.

The second form of scleroderma, systemic scleroderma (also called “systemic sclerosis”), affects the internal organs of the body with the excessive collagen production. There are two variants of this type of scleroderma, which is slowly progressive: limited (also called “CREST” syndrome) and diffuse scleroderma.
The term CREST, which is a systemic form of scleroderma since its results are widespread, stands for five particular symptoms of scleroderma that occasionally occur together:

- **Calcinosis** (painful calcium deposits form under the skin)
- **Raynaud's phenomenon** (abnormal sensitivity to cold in the hands and feet due to interrupted circulation) Although between 60% and 70% of patients experience Raynaud's phenomenon, it often occurs by itself; in fact, only about 10% of those who have this syndrome develop scleroderma or other connective tissue diseases. This syndrome also accompanies a number of other disorders, especially other connective tissue diseases
- **Esophageal dysfunction** (problems with swallowing caused by internal scarring muscles in the esophagus that become scarred by scleroderma and do not contract normally)
- **Sclerodactyly** (tightening of the skin on the fingers or toes) and
- **Telangiectasia** (dilation of small vessels and capillaries, which can cause numerous flat red marks on the hands, face, and tongue lesions on the hands, palms, forearms, face, and lips).

Diffuse scleroderma, the other systemic sclerosis, can affect wide areas of the skin, connective tissue and other organs. It may progress very slowly or rapidly and because it affects internal organs, may become life-threatening. Its manifestation can also overlap with other autoimmune diseases such as systemic lupus erythematosus and polymyositis, and in this case the disorder is referred to as “mixed connective disease.”

The prognosis for those with scleroderma is highly variable and depends primarily on the form of the disease. For example:

- Localized scleroderma patients have a 10-year survival rate of 75%.
- Systemic scleroderma tends to progress faster in men and in those who are older at the onset of the disease. The 10-year survival rate is 55% and if the damage spreads to the heart, lung, or kidneys during the course of the disease, the prognosis is generally poor.
- The CREST syndrome tends to progress slowly and remains relatively benign for decades. The 10-year survival rate for those with CREST is 75%.
- Spontaneous remissions of scleroderma have also been reported, with symptoms of the disease resolving in the reverse order that they appeared.
In the diffuse or systematic scleroderma, which often involves organs, disfigurement and fatality, the condition usually progresses through three phases:

- Phase 1: an edema phase with stiff, puffy fingers and hands
- Phase 2: a hardening phase of spreading sclerodermas and classic expressionless, mask-like face
- Phase 3: an atrophic phase when then skin may eventually soften

Patients who experience patches on their trunk when first diagnosed are more likely to develop a more severe form of the disease than those whose involvement is limited to the extremities.

There is no known medical cure for scleroderma, although an antibiotic protocol developed by Dr. Thomas Brown has shown much hope, and will be covered. In general, however, no treatment has been scientifically proven to alter the overall course of the disease, although d-penicillamine is commonly used for this purpose. Nevertheless, there are a number of effective organ-specific treatments for scleroderma, but since this is a manual on holistic, naturopathic therapies, we won’t go into them. We will, however, go into a highly effective antibiotic therapy that your doctor probably doesn’t know about, yet which has 50 years of development behind it.

Basically, ordinary medicine finds the condition particularly difficult to treat, and the purpose of this book is to review the literature on naturopathic approaches to scleroderma, as well as nutritional findings.

In particular, we will discuss:

- An antibiotic protocol that has proved useful in many cases of sclerosis to eliminate an infectious cause of the condition
- A topical DMSO based protocol to help with scleroderma
- A particular form of vitamin E that should be taken for the disease, and in a particular way, and a particular B-vitamin that can be used as well
- Two fibrin-busting substances -- nattokinase and lumbrokinase -- that are known to increase blood flow to organs and tissues and eat away at fibrotic tissue
- A yet more powerful anti-fibrotic enzyme -- serrapeptase -- in an enzyme cocktail that may prove useful in helping eliminate fibrosis, eating away at excess fibrin and cleaning the blood of floating immune complexes
The Naturopathic Approaches to Scleroderma

- Bloodwork tests you can order to determine your own personal nutritional and biochemical status, and from the findings thus proceed with guidance for naturopathic, biochemical modulation of the disease
- Dietary advice on the specific foods to eliminate from your diet in order to minimize inflammatory responses, and permit your body’s full energies to be devoted to internal healing rather than fighting off other subclinical allergic reactions
- A metal spray that softens scar tissue
- And more…

All together you’ll have over 20 different things you can do for scleroderma that can be used together to help maximize your chances for managing or even eliminating the condition.

Whenever I create a book for the public, I usually restrict it to things people can do at home on their own. It makes no sense to talk endlessly about drugs and medications in a naturopathic manual.

First, you can’t prescribe them yourself, secondly it’s your doctor’s responsibility to tell you about them and lastly, you can find loads of information on the internet about drugs, but rarely about the naturopathic protocols that really work.

As a medical journalist, I usually restrict myself to holistic naturopathic remedies and since most pharmaceuticals are not usually part of a holistic protocol, I leave them out …

… except when something truly extraordinary comes along that involves a pharmaceutical approach that can resolve your condition and save your life.

That exception for scleroderma is the original Dr. Thomas McPherson Brown protocol for rheumatoid arthritis that works extremely well for scleroderma. Most doctors have never heard about this antibiotic protocol, but it works in resolving scleroderma in many cases and has been adapted and improved by the famous alternative medical physician, Dr. Joseph Mercola.

As stated, this protocol may save your life, and it’s one of the most important things I can introduce you to. Your doctor has to put you on this therapy, so pay attention and get as much information as possible before you try to get him to do it, otherwise he’s just going to refuse, forcing you to perhaps travel hundreds of miles to find an open-minded physician.

The original Brown treatment protocol was described in the book, The Road Back that Dr. Brown wrote in association with Henry Scammel. The newest version of his protocol is in the book, The New Arthritis Breakthrough by Henry Scammel, which includes the original book written by Dr. Brown as well as updated information that has been created since Dr. Brown’s death in 1989.
Even more specific is the latest book in this series: Scleroderma: The New Boston Study and the Therapy that Can Save Your Life, by Scammel, which I advise you to pick up through amazon.com.

For more immediate information, I suggest you right now go and print out the Dr. Joseph Mercola adaptation of the original Brown protocol since it explains everything in layman’s terms and also includes dietary information that is essential for the protocol’s success. The Mercola version can be found at:


This is the protocol that we will be discussing. I want you to print it out, read it, take it to your doctor and insist that this be done.

Your life is at stake, so do it!

I want you to know that Dr. Mercola is a well-known alternative doctor … and Dr. Brown himself was no “quack” either. Here’s his background or “pedigree” so that you have some faith in this protocol:

Dr. Brown was a Phi Beta Kappa graduate of Swarthmore College as well as a graduate of Johns Hopkins Medical School in Baltimore. He served as an assistant professor of medicine at John Hopkins School of Medicine and Director of Arthritis Research at the Veterans Administration Hospital in Washington, DC. Dr. Brown was also department chairman at the George Washington School of Medicine in Washington, one of the founders of the American College of Rheumatology, a Trustee for the Arthritis Foundation, and founder of the Arthritis Institute of the National Hospital for Orthopedics and Rehabilitation.

He spent nearly 50 years studying rheumatoid disease, published approximately 100 papers in medical journals during his career on the mechanism of rheumatic disease. While Brown died awhile ago, his microbiologist co-worker Harold W. Clark, Ph.D., is currently the Director of the Mycoplasma Research Institute of Beverly Hills, Florida.

In reviewing this record, don’t let anyone say that Brown had no credentials or that the following protocol is nonsense. His research and results merit your careful consideration. Neither of these outstanding professionals can be considered “quack pots,” as people like to say when they want to attack someone whose medical advances threaten the established paradigm. With scleroderma I would personally
follow this paradigm myself, with nutritional modifications, and add in the other things I'll shortly mention.

But what is the protocol and what's the story behind it?

Years ago in the 1930s, when Dr. Brown was working with Albert Sabin (the famous name behind the polio vaccine) at Rockefeller Institute, he was the first to ever isolate a bacteria-like agent from the joint fluid of an arthritic patient and hypothesized that this microbe (a mycoplasma) might be the infectious agent actually triggering her disease.

Dr. Brown himself was a rheumatologist and as his research deepened on the matter, he eventually became convinced that rheumatoid arthritis -- and many other rheumatic diseases -- were caused by this infectious mycoplasma that he had isolated. Accordingly, he devised a treatment to kill the organism that involved megadoses of antibiotics, believing this was the cure.

In brief, he came up with a very practical working definition of the cause and the treatment of rheumatoid disorders, such as scleroderma. He felt an infectious agent was responsible for causing the disease, and that it should also be treated with anti-infectious agents, namely tetracycline antibiotics.

He worked on this theory over many decades and had thousands of successes. Dr. Brown not only came to believe that most rheumatoid arthritis but most rheumatic illnesses had a similar cause and would respond to this treatment.

As you probably know, scleroderma, Raynaud's disease and syndrome, Sjogren's syndrome, lupus (systemic lupus erythematosus), mixed connective tissue disease (MCTD), and polyarteritis nodosa are all diseases that are part of the rheumatoid disease, collagen vascular disease or autoimmune disease family. When we’re discussing naturopathic cures in this manual, we’re looking for anything that helps in these directions.

Although the following protocol is as of yet non-mainstream, Dr. Brown and others, such as Dr. Mercola, have successfully used this therapy for scleroderma, dermatomyositis and polymyositis, lupus, ankylosing spondylitis and other conditions.
You can find the report of one such doctor, who has successfully used the Brown protocol, at [http://implants.clic.net/tony/Corner3/063.htm](http://implants.clic.net/tony/Corner3/063.htm):

"We have found that minocycline [a tetracycline antibiotic] is effective for many patients with scleroderma," says Dr. Robert Franco, a rheumatologist in private practice in Riverside, Calif., who subscribes to Browns findings.

"I believe that mycoplasma can trigger the disease or be co-factors in this disease," Franco says. "A hypothesis that is quite possible is that this is not just the body turning against the body, but another insult - in this case a microbe that is initiating that cascade. If we go after the insult early enough, then maybe we can abort, interrupt, or change the progression of illness."

In the last decade, Franco has treated about 70 scleroderma patients. "Our observations show that we can help two-thirds of our scleroderma patients, with one-third becoming stable and not getting worse, and the other third improving, sometimes in a dramatic and significant way." The other third, says Franco, are too far progressed in their disease by the time he sees them to derive much help from the treatment. ...Despite a small Harvard study published in the British journal The Lancet (1998) that showed supportive results, there has been little else in the literature about the approach.

**Mycoplasma**

The basic belief behind the Brown protocol is that there is an infectious organism called the mycoplasma that’s responsible for the disease, so what is it?

Mycoplasmas (also known as “cell-wall deficient bacteria”) are derived from bacteria that have shed part of their cellular walls. In other words, they differ from classical bacteria in that they lack a rigid cell wall.

Mycoplasmas are the smallest known organisms capable of extracellular existence, and are considered parasites of humans and animals, and plants as well. In recent years, they have been discovered in conditions as diverse as rheumatoid arthritis, scleroderma, Gulf War Illness, ALS, AIDS, and cancer. It’s theorized that many chronic diseases may actually have a component that’s due to bacteria that eventually transform into the mycoplasma cell wall-free state in order to better adapt to the body.
Mycoplasmas are extremely difficult to detect and culture. They can invade cells and even the cell nucleus, thereby producing chronic infections that are extremely difficult to eradicate. Thus, their contribution to illness frequently remains unrecognized in many diseases.

They are also difficult to identify because they all look alike and act similar when they are found in the cell-wall deficient phase, and if a particular mycoplasma does not revert back to its original "parent" bacterial form from this phase, then it is impossible to determine the exact bacterial species of the mycoplasma in question.

These factors explain why many investigators fail to isolate them or “appreciate them,” especially as mycoplasma research is still in its infancy and the techniques to deal with them are still being developed. Nevertheless, there is a wealth of research implicating mycoplasmas in human disease.

The best book on this subject is *Cell Wall Deficient Forms: Stealth Pathogens*, by mycoplasma expert and Professor Emeritus Lida Holmes Mattman (of the Department of Biology at Wayne State University in Detroit). Although we’ve spoken, she’s now retired from active teaching and lecturing.

The scientific evidence linking mycoplasma to scleroderma is explained in Henry Scammell’s *The New Arthritis Breakthrough* and *Scleroderma: The Proven Therapy That Can Save Your Life*. Harold Clark's *Why Arthritis?: Searching for the Cause and the Cure of Rheumatoid Disease* also talks of mycoplasmas.

## Tetracycline or Minocin Antibiotics

The big question is how to get rid of a mycoplasma infection in order to help clear and reverse scleroderma?

If mycoplasma were actually a causative factor in scleroderma, one would expect tetracycline type antibiotics to provide some sort of improvement in the disease, which is exactly what doctors have seen. The reasons why the scleroderma protocol favors Minocin, a tetracycline type antibiotic, can be found in the books just mentioned or on Mercola’s website. Other protocols can be found:

- The Dr. Charles Malis protocol: [http://www.rheumatic.org/malis.htm](http://www.rheumatic.org/malis.htm)
There are three different tetracycline antibiotics available: simple tetracycline, doxycycline, or Minocin (minocycline). Minocin has a distinct and clear advantage over tetracycline and doxycycline because of its greater tissue penetrability, higher and more sustained serum levels and extended spectrum of activity, yet many people also do well on these other antibiotics. For scleroderma patients, an IV drip of clindamycin therapy, rather than Minocin, is recommended in the treatment protocol, whether the condition is mild or severe, but let's review what we know about Minocin so that you can understand the general therapy.

The preference for Minocin lies in the fact that bacterial cell membranes are composed of a lipid layer and one of the mechanisms for building up antibiotic resistance is to thicken this lipid layer. Minocin's chemical structure therefore makes it particularly suitable for attacking mycoplasmas as it is the most lipid soluble of all the tetracyclines, so it has the greatest chances to penetrate through the lipid membrane layer.

Minocin also tends not to cause yeast infections, which is uncharacteristic of the tetracyclines. Amazingly, women can be on this medication for several years and not have any vaginal yeast infections, and the ratio of women to men suffering from scleroderma is 4:1. Nevertheless, a prudent measure for patients on Minocin mycoplasma therapy is to take probiotic preparations to help replace the normal intestinal flora that are lost with the antibiotic.

Clinically it has been documented that it is important not to use generic minocycline replacements, but to take the Lederle brand Minocin. A large proportion of patients will not respond at all or not do as well with generic non-Lederle minocycline. The only generic brand that is acceptable and is the brand actually made by Lederle, the only difference between Lederle generic Minocin and brand name version being the label and price.

The selection of antibiotics and treatment is best left to your doctor who will review the relevant protocols. What's important, however, is to use the IV form of treatment when patients have scleroderma rather than rheumatoid arthritis since scleroderma is potentially fatal and should receive aggressive intervention.
How do people fare with this therapy for scleroderma? Does it give hope? Doctors using the protocol have successfully treated thousands of patients. Two sample stories can be found at the following links to tell you what you can expect:

- [http://www.rheumatic.org/linda2.htm](http://www.rheumatic.org/linda2.htm)
- [http://implants.clic.net/tony/Corner3/063.htm](http://implants.clic.net/tony/Corner3/063.htm)

Once again, your doctor has to administer this protocol, so I can only introduce it to you. It’s up to you to convince your doctor to start you on it, or find a new doctor (rheumatologist) who will. I am confident that this is one of the primary things you should consider when you have scleroderma as it may be going to the root of the problem.

Later we'll talk about all sorts of other natural protocols and holistic therapies that have proven helpful to scleroderma sufferers, but I wanted to start with this one first. Most of the information on this protocol can be found at the Mercola website ([www.Mercola.com](http://www.Mercola.com)) and the website of the Roadback Foundation which carries on this work.

**The Roadback Foundation**

As stated, the master source of background information for this therapy can be found at the Roadback Foundation, at [www.roadback.com](http://www.roadback.com), which was founded in honor of Dr. Thomas Brown’s work, and of course the case studies can be found in the books mentioned.

The Roadback Foundation offers the following insights (contributing factors) if you undertake the modified Brown protocol and see little improvement on antibiotic therapy. Many of these points, as you shall see, are handled elsewhere in this book:

1. The longer the duration of your disease, the longer the time before improvement will be noted.

2. If there were other pre-existing conditions before the commencement of the antibiotic treatments (ex. Yeast, diabetes, allergies, etc.) they have to be addressed.

3. Other drugs you take may counteract the antibiotics being used, so check on this possibility. (For instance, don’t take antibiotics at the same time as iron supplements, or vitamins that contain iron).
4. A variety of tetracycline antibiotics might have to be tried – Minocin (minocycline), Vibramycin (doxycycline) or Sumycin (tetracycline), higher or lower dosages might have to be tried, or IV injections might be tried. **Generic versions of antibiotics, while cheaper, do not work in these protocols.**

5. Low doses of the antibiotic must be used for a long period of time.

6. Your blood tests (SED rate, rheumatoid factor, hemoglobin, hematocrit, gamma globulin, liver function, MCF, ANA, CRP and ASO) that monitor your condition will improve before you feel better yourself. Later I’ll be teaching you how to read your blood work.

7. Treating hormone imbalances or a depressed immune system can significantly increase treatment response. Secondary infections (strep, sinus, yeast, etc.) should be addressed before the disease will improve significantly.

- Purest Colloids 2-atom wide colloidal silver (www.Purestcolloids.com) can be used in conjunction with long term antibiotic therapy to help increase its effectiveness. This colloidal silver is effective against mycoplasma and has helped many people rheumatoid and immunological conditions. It’s safe for long term use and can help decrease your viral and bacterial load while on antibiotic therapy.
- Immune enhancing mushrooms from JHS naturals (www.jhsnp.com) can also be used in a rotating fashion to slowly boost up the immune system as well.
- Practitioners of bio-electric therapies, such as Vega equipment users, might be able to identify particular substances you can use to combat these underlying secondary infections.

8. Stress plays a factor in the disease. You need a way to break the cycle of stress in order to get better treatment results.

- The meditation teachings at www.meditationexpert.com, including the Holosync method or video meditation lessons, teach you how to eliminate stress and actually transform your physical body so that it becomes healthier. Highly recommended.
- The EFT method, at www.emofree.com, should be investigated for helping to break mental pre-programming.
9. Adjunct therapies such as exercise, massage, proper nutrition and supplementation to support the immune system may help. We'll cover many of these in the course of this manual.

**Recommendation:**

- Print out the information on the Thomas Brown and modified Mercola Minocin antibiotic therapy, study it, and then find a doctor who will evaluate you for its appropriateness. When following it, don’t forget to change the diet and add in appropriate nutritional supplementation.

References:


Cell Wall Deficient Forms: Stealth Pathogens, Lida Holmes Mattman


Scleroderma: The Proven Therapy That Can Save Your Life, Henry Scammell.

The New Arthritis Breakthrough, Henry Scammell.

Why Arthritis?: Searching for the Cause and the Cure of Rheumatoid Disease, Harold Clark .


www.Mercola.com

www.roadback.org
The Naturopathic Approaches to Scleroderma

Low Hormone Levels Need Boosting

The Brown protocol, or modified Brown protocol, has done wonders for many scleroderma patients.

Further large improvements are still possible. As Dr. Mercola points out, when matched with nutritional supplement and dietary recommendations, the results are even better. The basic dietary and supplement recommendations for scleroderma, which we’ll later go over, include the following:

- First discover and then avoid your own particular food allergens
- Avoid aspartame (a phenylalanine derivative)
- Avoid eating sugar and grains
- Use Metabolic Typing to determine your optimum diet type
- Supplement with zinc, vitamin E, HCL, PABA and the B-vitamins

Dr. David Brownstein, who is author of The Miracle of Natural Hormones (Medical Alternative Press) and also skilled in treating scleroderma patients, adds a third element to this picture that should be taken into account, namely hormones.

Hormones are essential to the body and are directly involved in a healthy immune system. When the hormonal (endocrine) system is not functioning properly, naturally this sets the stage for the onset of disease or poor health. Part of the way to get well from scleroderma is to check the body’s hormone levels, paying particular attention to thyroid hormones, adrenal hormones (DHEA) and testosterone.

Brownstein says, “I have yet to see a patient with rheumatoid arthritis or scleroderma (or other autoimmune disorders) who has normal hormone levels. … In my clinical experience, those with autoimmune disorders such as rheumatoid arthritis or scleroderma consistently have signs and symptoms of hypothyroidism (low thyroid hormone). … In addition, I have observed that another adrenal hormone, DHEA, is often sub optimally produced in those with autoimmune disorders such as rheumatoid arthritis, scleroderma and others. Adequate DHEA levels are important for tissue repair and the proper functioning of immune system cells.”

The symptoms of hypothyroidism, which result from a lowered basal metabolic rate, include intolerance to the cold, cold hands and feet, fatigue, hair loss, dry skin,
eczema and many others symptoms, some of which are similar to Raynaud’s syndrome.

Doctors who rely solely on conventional blood tests, without referencing the following “optimal” ranges and failing to take into account basal body temperature and symptoms, typically miss this particular diagnosis. The optimal ranges for thyroid hormones, following the work of Dr. Harry Eidinier, are as follows:

- T-3 Uptake: 27-37
- T-4 Thyroxine: 6.0-12.0
- TSH: 2.0-4.4
- Thyroxine binding globulin (TBG): 21-52

If someone shows signs of hypothyroidism with their scleroderma, rather than monkey around with all sorts of natural therapies, I would immediately recommend natural thyroid hormone (Armour Thyroid) supplementation by the physician and then later, after the condition improves, work to get off this supplement. I would not work for weeks trying to figure out how to do without it, but just short-circuit this problem for the time-being and focus on what's potentially fatal.

While I usually recommend holistic options, there comes a time when you don’t monkey around with things but use what works immediately so that you don’t have to be fighting too many conditions at once, and can hit a potentially life threatening condition hard. Any other considerations, such as insisting on a “pure holistic therapy” when death can be staring you in the face if you don’t act quickly, is just utter nonsense.

With chronic disease, hypoadrenalism is also a possibility responsible for fatigue, low blood pressure and the increased susceptibility to infections. In a hypoadrenal state, the adrenal glands produce insufficient amounts of their hormones (e.g. hydrocortisone, DHEA), and DHEA supplementation may be warranted as well.

Dr. Jonathan Wright, another famous alternative physician, like Brownstein also recommends DHEA and/or testosterone supplementation for scleroderma sufferers if the levels are low. Typical doses of DHEA are 10-25 mg/day for women and 15-50 mg/day for men, whereas typical testosterone supplementation is 5-10 mg/day for females and 50-100 mg/day for males when levels are low. However, remember that hormone supplementation is not something you want to trifle with and self-administer
without a physician because your hormone levels must be tested to know the proper levels of supplementation. Otherwise you can really hurt yourself.

Basically, what I’m saying is that your physician or rheumatologist should not only put you on the Brown protocol if necessary, but supplement your levels of thyroid hormone, DHEA and testosterone if needed, but they have to test those levels first to know what to do. Only then is hormone supplementation safe.

Speaking of hormones, you should probably **avoid the supplement 5-HTP** (and carbidopa, used to treat Parkinson’s disease), a precursor of the hormone serotonin, as it has reportedly caused skin changes similar to those that occur in scleroderma. The amino-acid L-tryptophan, which is closely related to 5-HTP, was taken off the market because a contaminate production batch caused cases of eosinophilia-myalgia syndrome, a close relative of scleroderma. (Sternberg EM, Van Woert MH, Young SN, et al. “Development of a scleroderma-like illness during therapy with L-5-hydroxytryptophan and carbidopa.” *N Engl J Med.* 1980;303:782–787.)

All together we want to do everything possible to help the body get well, and supplementing low hormone levels that may tie-into the resolution of the condition is part of the plan.

**Recommendation:**

- Check the body’s hormone levels and consider supplementation with Armour thyroid, DHEA and testosterone if necessary
- Avoid 5-HTP and tryptophan supplements

**References:**

- [www.roadback.org](http://www.roadback.org)
Para-aminobenzoate, or PABA

Now we’re moving on to nutritional supplements you might take to help resolve scleroderma and soften the skin.

One of the nutritional substances that has been studied for its possible beneficial effect on scleroderma is POTABA, or potassium aminobenzoate which is a derivative of PABA. Although studied, the beneficial effects have yet to be positively proven, but here’s the story in case you want to try it.

PABA is a member of the B-vitamin family. The idea behind taking it is that it has anti-fibrotic activity due to its help in increasing oxygen uptake at the cell membrane. That, in turn, enhances the cellular activity of oxygen-dependent monoamine oxidase which, in turn, prevents or causes regression of tissue fibrosis.

Thus the idea behind PABA supplementation is that it may prevent or even reverse the accumulation of abnormal fibrous tissue .. something our other enzyme combinations can also do. Unfortunately, it’s rapidly excreted through the urine, so dosages are taken every 3 hours when someone is trying PABA for some health protocol.

The standard dosage for potassium aminobenzoate, or POTABA, is 12 grams daily, divided into 6 doses of four 500-mg tablets (24 tablets). That’s a huge number of pills to be taken during the course of treatment, so compliance with the protocol becomes an issue.

One study on the use of POTABA for treating scleroderma studied 224 patients with the condition. Ninety percent of 224 patients treated with the 12 gram/day regime of POTABA experienced moderate or marked skin softening if they continued for 3 months or longer. Among a comparable group of 96 patients who did not take POTABA, less than 20% had mild or moderate improvement to skin softening and the end of follow-up.

These findings were significant, but nonconclusive. Preliminary studies have reported that treatment with PABA was helpful, yet a double blind study found that supplementation will PABA did not lead to improvement. A 4-month double-blind study of 146 people with longstanding scleroderma failed to find any evidence of the
benefits of PABA, but since half of the participants in this trial dropped out before the end, making this result unreliable. Details can be found in:


The use of PABA in the related condition of Peyronie’s disease, which is related to scleroderma because of scarring plaques on a man’s penis, suggest a different story. Zarafonetis and Horrax were the first ones to report on the treatment of Peyronie’s with PABA.

Twenty-one patients were treated with POTABA for period ranging from 3 months to two years. In 18% of those patients, the Peyronie’s deformities resolved themselves completely in 18 months time. All together, there were reductions in plaque size for 76% of the study group and the pain of the condition went away for all patients.

Another review study by Carson of 32 Peyronie’s patients, treated for a minimum of 3 months with 12 grams daily of POTABA, and followed for 8-24 months, found that there was a decrease in plaque size for 18 of 32 patients, and an improvement in penile angulation in 18 of 31 patients … all following the same 12 grams/day protocol for 3 months. Eight of those 31 patients reported complete resolution of penile angulation due to the dissolution of fibrotic scarring, and no one reported any adverse effects.

While these numbers sound impressive, we are talking about only a few people. What we really need is a well controlled, double blind study with an adequate number of subjects. Only then will we be able to differentiate between whether POTABA is really helping or not with scleroderma.

PABA is readily available in health food stores, but POTABA, the potassium salt version used in these studies, is only available by prescription. Typically in medical studies the researchers want a very pure pharmaceutical extract, so that’s probably why they used prescription grade POTABA rather than just the PABA you can buy from a vitamin manufacturer.
The two branded versions for POTABA (potassium para-aminobenzoate) that I know of are M2 Potassium (Miller Pharmacal) and Potaba (Glenwood, Englewood, NJ). However, if your doctor wishes to put you on a protocol, a high quality PABA manufacturer is just as good. While researchers originally tried POTABA doses at 6 times per day, this is such a problem with long term compliance that a 4 times per day supplementation scheme is probably better, and in fact is one that Dr. Jonathan Wright recommends in his own clinic.

Recommendation:

• Consider the PABA oral protocol, 2-3 grams, 4 times day

REFERENCES:


Kierkegaard E, Nielsen B. Peyronie’s diseases treated with K-para-aminobenzoate and vitamin E. Ugeskr Laeger. 1979; 141:2052-2053.


DMSO and Thacker’s Formula

Of all the naturopathic things you can possibly do for scleroderma, the following protocol will seem the most suspicious to people, and yet it’s probably the most powerful thing you can do for advanced cases of scleroderma.

Like most remedies, there’s a story behind it.

When I was first researching protocols for scleroderma, I said to myself, “Hey, castor oil will probably work for this. After all, I’ve seen castor oil packs dissolve all sort of hard cysts and lumps in the body. I even had one patient with a 2 inch by 4 inch hard lump inside her abdomen practically shrink by two-thirds in only four days using a castor oil pack. It probably works on scleroderma.”

When I started doing research on scleroderma I found a Peyronie’s disease discussion board (http://www.biospecifics.com/forum/listThreads.asp?forumID=14) where the Thacker’s Formula, involving DMSO and castor oil application to the skin, was one of the most discussed remedies ... with the most reported positive responses ... and yet it was deemed the most skeptical remedy even though all these others were reporting positive results where everything else had failed them.

You would think the opposite, but I’ve seen this sort of reaction time and again in this field where the one thing most likely to help is the one thing most often turned down or neglected. For instance, Dr. Thomas Brown was extremely disappointed that with fifty years of positive research results, rheumatologists still failed to fully embrace his techniques.

To me it was obvious that the problem in rejecting DMSO therapy lie in the fact that the discussion board participants didn’t know how the formula was derived, or why, and were just hoping for some miracle other than this topical application. But the logic behind Thacker’s formula -- once you know the sources -- is so strong that I would advise anyone with scleroderma to try it or some version of it.

In fact, a protocol using just the DMSO portion of the formula for scleroderma, without the rest of the Thacker’s ingredients, has already been proven to help
scleroderma significantly! So you can use that by itself, while I give the rest of the formula for experimentation sake.

So let’s go into the components of Thacker’s formula bit by bit and then draw together those components to tell you what it is and how to use it directly to soften scleroderma.

The first component of Thacker’s formula is pure DMSO, one of the most studied and least understood pharmaceutical compounds of our time (40,000 articles have been written on its chemistry and over 11,000 on its medical applications).

DMSO, or dimethyl sulfoxide, is a chemical compound containing sulfur that has an extremely high ability to pass through tissue membranes, and carry other drugs with it! You can use it by itself on your skin as an analgesic (though it smells like rotten eggs), or use it to ferry other materials much deeper into your body.

This stuff is amazing because if you have a sprained ankle, just put DMSO on it -- and nothing else -- and in an hour you’ll see the swelling go down. It has pain-relieving, collagen-softening, and anti-inflammatory characteristics. That’s what makes it useful for scleroderma. It’s been used by various Olympic and sports teams to reduce painful muscle inflammations, and it’s one of the main non-steroidal anti-inflammatory agents they give to racing horses.

Remember, they are not going to put it on million dollar racing horses if it weren’t safe.

In the medical condition of scleroderma -- where excess collagen builds up in the body and the skin becomes dense, leathery, hardened and fibrous (just like the Peyronie’s plaques) -- it’s been applied just by itself to successfully soften the skin and found to be the only treatment that does anything to help relieve the condition in terms of topical application.

Arthur Scherbel, MD, of the department of rheumatic diseases and pathology at the Cleveland Clinic Foundation, ran a DMSO study on 42 scleroderma patients who had varying degrees of systemic scleroderma and had already exhausted all other possible therapies without seeing relief. He and his colleagues concluded that 26 of the 42 patients showed good or excellent improvement of their scleroderma.
The DMSO was applied to the affected areas of the skin, with initial concentrations ranging from 30-60% solutions and increased to 70-100% solutions as tolerated. The DMSO was allowed to penetrate the skin completely, which took about 30 minutes.

A regimen of 3 DMSO treatments daily was continued for about 3 months until skin softness was returned to normal, after which the treatments were reduced to two and then only one per day.

As stated, excellent or good results were seen in 26 patients --16 had mild scleroderma, 8 had moderate scleroderma and 2 had a severe condition. Three patients went into remission, and two patients showed decreased calcinosis. Ten of the patients who did not respond to the topical application were treated with immersion of their hands in a 50% DMSO solution for 1 minute per day, and the sessions were later increased to 5-10 minutes twice a day.

**All the patients responded satisfactorily, all ischemic ulcers on fingertips healed within one week’s time, there was relief from pain, stiffness and an increase in strength.** As to side effects, the only major effects were a lingering redness and a slight burning, prickly sensation that subsided within about a week’s time after which the intensity of the treatment could be increased without further side effects.

In short, the researchers concluded that DMSO treatment slowly alleviated systemic scleroderma. The investigators noted, "It should be emphasized that these have never been observed with any other mode of therapy." [Ann NY Acad Sci 141: pp.613-629, 1967]

DMSO is readily used as a pharmaceutical agent in Russia (and far too many other countries to mention as well), and another double-blind study on 20 patients at the Institute of Rheumatology AMS USSR found that scleroderma treatment with 50% DMSO led to decreases in skin density and edema as well as increased blood flow to the skin and muscles. (Scherbel et al. 1967)

Yet another study (Murav’ev et al 1989) showed that DMSO’s therapeutic effect in Raynaud’s, rheumatoid arthritis and scleroderma was linked to its normalizing action on fibrin and micro-circulation. Later we’ll talk about the use of nattokinase to help with microcirculation, but for now we’ll just stick with DMSO.
Published articles have shown DMSO beneficial in all sorts of conditions -- Raynaud's syndrome, lupus, rheumatoid arthritis, degenerative arthritis, interstitial cystitis, ulcerative colitis, diabetic ulcerations, burns, scar tissue and as an adjunct to plastic surgery. It's considered a therapy for many conditions where there is no other therapy. Its abilities to soften scar tissues are well documented and noted.

In short, it's safe to apply it to your skin … but you want the purest quality possible,

By itself it has tremendous membrane penetrative abilities that can lead to skin softening and when combined with other agents, it helps “transport” or “carries” them to penetrate deeper into the skin.

So there you have it. You now have a ready topical protocol to help with the scleroderma hardening of the skin and fingertip ulcerations, though we'll discuss how it might be improved in a moment.

What's the DMSO protocol?

DMSO (50-70%) topically applied twice daily. Clean the area of application thoroughly before applying the DMSO as DMSO can carry dirt and microorganisms through the skin into the bloodstream.

There is actually a similar DMSO protocol by Dr. Alan Gaby and Dr. Jonathan Wright for Peyronie’s disease that uses DMSO to carry vitamin E and potassium iodide into the skin patches to soften them, although the Thacker’s formula recommends castor oil for various reasons. That particular Peyronie’s protocol also recommends using PABA, 1-2 g, 4X along with 800-1600 IU of oral vitamin E daily for Peyronie’s as well. Later we'll see why vitamin E is recommended, as you can also take it for scleroderma.

The second ingredient of Thacker’s formula is castor oil, made from the castor bean. Now the use of castor oil on the skin was first popularized by the American clairvoyant Edgar Cayce, who during trance readings, would tell people to take pure unbleached wool cloth, soak it in warm castor oil, place the soaking wool on top of a hardened cyst or other condition, and wrap it with a heating pad to keep it warm.
After a few hours you could take it off, wash the area, and then repeat it when necessary to break up tissue congestion.

Today you can wrap the soaking flannel with a sheet of plastic, so that the whole process is less messy, and place a hot water bottle on top of it to help the oil soak in and penetrate the body’s tissues. The heat helps with the oil’s transdermal absorption.

The castor oil pack was prescribed for all sorts of situations involving inflammation, congestion, blocked lymph flow and eliminations such as gall bladder inflammation, appendicitis, cirrhosis, scleroderma, colitis, colon impaction, cysts and other conditions that needed to be “broken up.” The sticky oil was always washed away using a baking soda and water wash.

I have seen it countless times dissolve cysts and other hard lumps in the body where I did not think such a thing was possible, so I never cease to be amazed at the dissolving or softening powers of castor oil.

There are entire books on this special oil (see Dr. William McGarey’s The Oil That Heals) and how it’s used as a naturopathic treatment for all sorts of congestive conditions.

No one really know why castor oil does what it does while other oils do not … penetrating deeply into tissues and breaking up areas of congestion. If you want to find out more you can read McGarey’s book, which might be a smart thing to do if you are worried because as part of Thacker’s Formula, you’re going to be applying it to your skin.

I personally believe its ability to break up tissue congestion is because of the particular chemical composition of castor oil, for it is the only oil known that contains ricinoleic acid. Somehow the ricinoleic component must be doing the trick.

Historically, castor oil has been tremendously successful as a topical treatment for all sorts of skin conditions including ringworm, keratoses (wart-like, noncancerous skin growths), skin inflammation, abrasions, acne, warts, calluses, muscle sprains, ligament sprains, ringworm and cysts. It’s quite safe as a topical application, just sticky or messy.

It’s also particularly useful for encouraging increased lymph channel drainage around the cells to which it is applied, which promotes the drainage of toxins … and
it also tends to increase the lymphocyte count of the blood. Usually when it’s applied it’s done in conjunction with heat because it needs help for penetrating into the body.

Generally, for these conditions the affected area is wrapped each night in a castor oil-soaked cloth, kept warm so the oil can penetrate deeply into the tissues, and over time the congestion diminishes.

Amazing as it sounds, hardened areas usually become progressively softer with daily use. Yes, I’ve seen this dozens of times and use it on myself.

After DMSO, castor oil is the second component of Thacker’s formula but to make Thacker’s formula, you need the purest, highest quality of castor oil available. The place to get it is through the Heritage Store in Virginia Beach, Virginia (800-862-2923) which offers 100% organic, pesticide free, cold pressed without hexane castor oil.

Don’t buy your castor oil elsewhere.

Now for the third (and perhaps optional) component of Thacker’s formula -- apple cider vinegar. I actually think this should be an optional part of the formula, but Thacker who invented it insisted that it was critical for Peyronie’s patches and for scleroderma.

Perhaps for scleroderma the castor oil and DMSO are enough, as the DMSO has already proven enough by itself. The Wright and Gaby protocol using DMSO and potassium iodide and vitamin E suggest that lots of experimentation is possible for scleroderma researchers to find the best ultimate combination of softening ingredients to “pull” into the skin through the DMSO.

The reasoning behind the apple cider vinegar component of the formula has honestly got me stumped, but I have a suspicion that it also came from the famous Edgar Cayce remedies as well.

Usually people drink apple cider vinegar to help with arthritis and joint stiffness, but in the Thacker’s formula it’s applied directly to the skin as part of the mixture.

Edgar Cayce once developed a formula for a sprained tendon and in his instructions he advised people to “Make a saturated solution of apple cider vinegar and salt. Then soak a white cloth in this solution and wrap it around the affected area, above
and below. Put a piece of plastic around this and a heating pad on top. Leave it on for 1 1/2 hours and then massage the area with Egyptian Oil, which is a combination of five different oils. Do this four nights in a row, leave it off two nights and then repeat until you are healed."

Perhaps the Thacker’s formula was originally developed out of the logic of castor oil and apple cider vinegar, with DMSO added in to “carry” the ingredients further into the skin.

Regardless, postings indicate that the formula takes time but it does work, yet like most of the Edgar Cayce remedies, the key to its effectiveness is consistence and persistence … and compliance may be an issue with putting this messy and smelly concoction on the skin.

With that ingredient list behind us, here’s the story of the Thacker’s formula along with how to make it and apply it.

From what I understand -- and I hope I’m transmitting this story correctly -- a doctor named Thacker developed this formula years ago because he and members of his family suffered from Peyronie’s disease, perhaps because of a genetic predisposition. It’s said that the original formula was also used on men with Dupuytren’s contracture, which is a related hardening condition.

The formula was made by combining high quality DMSO with castor oil and apple cider vinegar in a 70-20-10 proportion (for instance, using a 10 ml syringe you would mix 7 ml DMSO + 2 ml apple cider vinegar + 1 ml castor oil), which was not to be compromised.

Just as with a castor oil pack, you would first warm the formulas, take this combination and soak uncolored flannel with it (just as described in the Edgar Cayce readings for all castor oil applications), and then wrap it around the skin.

Also, just as with a castor oil pack, you had to keep the flannel soaked during application because you wanted enough of the material to penetrate the skin as much as possible.

You would apply it to the skin for 2-3 hours (no more) so the mixture could soak in. You’d do this once daily (probably before bedtime if that’s most convenient) and consistently -- and then you would wipe off the excess after you removed the cloth.
The only problem .. other than the smell of the DMSO and bit of messiness …is that you have to do this religiously, and most people will not want to follow those particular instructions yet they are part of the protocol.

As with most naturopathic protocols, you cannot just do it whenever you like and hope it works (and then complain when it doesn’t) but have to keep up with the schedule.

If the DMSO is initially too strong, you can cut its concentration and slowly work up to using a stronger solution, just as was done in the studies with DMSO and scleroderma.

Also, you can premix the formula for several days but it must be kept sealed and you cannot refrigerate premixed batches of the formula.

Thacker is also reported to have stated that if you get redness or blistering on sensitive skin from using the formula -- which usually happens as an initial reaction to the DMSO until you get used to it -- diaper rash medicine can be used to ease the problem and correct it.

It may take several months to start seeing results, and then once the skin starts getting softer and the scars start breaking up the progress starts to proceed quickly. The skin is reported to slowly return to normal as the DMSO is used.

Frankly, if you have scleroderma skin problems, I really feel this is one of your best shots at a topical application for softening the skin because other oral therapies (PABA, vitamin E, nattokinase etc.) will spend a lot of their energies working elsewhere in your body, and not necessarily on your fibrotic tissues.

This formula -- of proven softening agents -- is applied directly to the scleroderma patches and so it will be directly administered to the skin. If it can soften the tissues, you’ll find out in several months time during which period you should be working on your scleroderma from the inside as well … using high dosage vitamin E, fibrinolytic agents, POTABA and various other agents we’ll mention.

The idea is to work on both inside and outside to pursue the disease, and this formula gives you a good shot at it. Because of the proven effects of DMSO to soften tissue and carry other substances with it, and the abilities of castor oil to
break up all sorts of tissue congestion, putting these two together is, in my view, a stroke of genius.

Like all things you won’t know if it works unless you try it, but when you read Peyronie’s discussion boards you’ll find that this therapy -- out of all of them -- has the best response of any listed. Scleroderma is just as difficult to treat, so there is great hope in using a topical DMSO formula, or modified DMSO formula as per various Wright and Gaby or Thacker alternatives. Your doctor can probably guide you through the proper options.

When you combine this approach together with the other options we'll get into … the right type of vitamin E, using enzyme cocktails to eat at scleroderma from the inside, blood clot and fibrin busting agents, an elimination diet … you are maximizing your chances of beating the disease and getting cured despite what conventional medicine says. This may take 3-4 months time, but in my view the formula is a very good recommendation.

Possible Protocol:

- DMSO application as per the pure Scherbel protocol, or modified with the addition of castor oil as per the Thacker formula

REFERENCES:


Vitamin E

Let’s say you just discovered you have scleroderma, which is a hardening of the skin. It’s logical to ask what you can take that might soften the skin.

If your scleroderma is due to some biochemical abnormality in the body that could be modulated through nutritional vitamin and mineral supplementation -- just as high cholesterol is now being modulated with folic acid, vitamins B-12 and B-6 due to the biochemical tie-in with “homocysteine” -- you’d want that biochemical abnormality found and corrected.

I’ll tell you how to find out if there is any APPARENT abnormality in your blood work that your doctor might miss, but not in this chapter.

If the condition that’s starting is due to some diet tie-in -- because of what you eat – later I’ll tell you how to find that out, too. Right now I just want to start focusing in on nutritional supplements to help counter the disease.

People always think that if they have an underlying genetic condition that a particular disease outcome is fated, but actually your genes are “triggered” or “express” themselves based on what you wash over them, namely what you eat.

In other words, change your diet and you can correct or prevent the expression of certain genes as well as many health conditions. For example, if you have poor genes for heart health but you watch your diet, heart problems may never ever materialize.

Now pharmaceutical companies don’t want people to become too knowledgeable about this -- about the fact that what you “wash over your genes” because of diet (the foods you eat) can control gene expression, but that’s the truth of the matter and what the modulation of medical conditions through diet and supplements is all about.

When you take vitamin E or C or B-6 or whatever, you are actually flooding your blood stream with these nutrients, which will activate certain biochemical reactions that are controlled by genes.
In other words, you modulate or control gene expression by what you eat. The cellular receptor sites on the surface of cells are actually activated by these substances, and they, in turn, are what trigger gene expression and biochemical reactions.

In essence, what you eat becomes your destiny.

The same logic of a diet tie-in may hold for scleroderma, but no one knows for sure except for some preliminary indications to avoid the amino acids phenylalanine and tyrosine …which means avoiding aspartame. There are also suggestions to avoid tryptophan as well, though I’m not positive it plays any role in the condition. In fact, none of these findings have been duplicated, so they are suspect. Regardless, you need to know about them because they’re not on websites.

I don’t know about any exact diet tie-in to scleroderma and cannot say one is there. However, I can talk about what YOU, because of your own biochemical individuality, specifically should not eat when you have scleroderma because that food may be contributing to your ill health in general, and thus perhaps exacerbating this condition through the indirect mechanism in that the food offender helps prevent healing. All scleroderma patients should avoid sugar, for instance, and the reasoning behind this will be discussed later.

Somehow, in some way what you eat may tie-in to the expression of scleroderma and later we’ll talk about how to identify those SPECIFIC foods that are bad for you based on your own biochemical individuality. I’ve seen cases where changing the diet reverses arthritis, allergies, headaches, MS, cancer, … and I’ve even been told of cases where diet alterations even stopped epileptic seizures.

Changing your diet can affect what happens to your skin!

So while no one has done extensive research on this yet as regards scleroderma, I’m going to tell you how you can find out any foods bad for you FOR CERTAIN. Whether it contributes to scleroderma or not, at least you’ll have the information and staying away from those foods will do wonders for your health and immune system, which needs all the help it can get when you have this condition.

If your scleroderma is due to a circulatory mishap that will eventually resolve itself, as in many cases it does, you’d want to know how to maximize your chances of helping the condition go away naturally, too.
That’s where our first recommendation to take vitamin E comes in.

**Lundberg** reports that patients with systemic sclerosis may have reduced blood concentrations of vitamin E (Lundberg AC et al, Dietary intake and nutritional status in patients with systemic sclerosis, *Ann Rhem Dis* 51(10):1143-8, 1992) and while controlled clinical trials of vitamin E supplementation have yet to be reported, **Ayers** reported that patients with either systemic sclerosis or localized scleroderma (morphea) **appeared to respond to vitamin E supplementation**.

These clinicians suggest that since vitamin E physiologically stabilizes cellular and lysozome membranes … and since some autoimmune diseases also typically respond to vitamin E… that a relative deficiency of vitamin E damages lysosomal membranes and initiates the autoimmune process.

The remedy?

Supplementing with vitamin E to help prevent the tissue hardening typical of this illness. Vitamin E at 1,000-1,600 IU/day.

There’s more to the story than just this reasoning alone, so hold on.

One current view is that scleroderma starts with an immune attack and then inflammation occurs in response to that attack. The progression of the disease then depends on how much inflammation continues to occur in the body.

When patients suffer any sort of inflammatory disease – whether it be lupus, rheumatoid arthritis, or scleroderma -- doctors typically recommend that patients get optimum amounts of vitamin E because it’s an antioxidant that helps to dampen inflammation.

Like essential fatty acids, it helps with vascular conditions as well (which takes into account the Raynaud’s symptoms that often accompany the disease) and helps neutralize some of the biochemicals (free radicals) associated with inflammation, thus saving cells from harm.

No one can say that vitamin E does not help with micro-circulation, and that’s the reason researchers have found DMSO to be effective with the condition. So we want supplements that will help increase circulation to the skin AND internal organs if they are affected by the disease, as is the case with systemic scleroderma. If we want to
heal the body, we also need lots of the right foods and supplements that can help turn hardened tissues back into pliable tissues.

So far there hasn’t been much actual scientific study on using antioxidants to treat scleroderma. In one laboratory animal study, however, vitamin E did help prevent calcium deposits in soft tissues, which is one type of problem often found with scleroderma sufferers. That’s yet another reason to consider the extra supplementation.

In another study reported, three people with scleroderma took 800-1,200 international units of vitamin E daily. They experienced reductions in the stiffness and hardness of their hands, reductions in soft tissue calcium deposits and some healing of ulcerated fingertips.

Animal studies with a related inflammatory disease, lupus, have also shown that these nutrients can help stop damage from inflammation.

To get some more suggestive evidence we can turn to Peyronie’s disease once again, a related condition wherein harden scar tissue forms on the penis, in effect bending it out of shape and making intercourse painful or not possible.

In most cases, if a Peyronie’s sufferer is seeing their doctor for the first time with a mild case of Peyronie’s that’s just started, the doctor will tell them, “Take 400 IU of vitamin E three times a day, and let’s see what happens.” Often the condition will resolve itself, and Peyronie’s is also considered to have an autoimmune, inflammatory and vascular component in causation and progression, just like scleroderma.

Vitamin E is cheap, it won’t hurt you, it may help your heart and has all sorts of other positive circulatory system effects including the fact that it helps dissolve circulatory blockages. Quite a few studies suggest that taking vitamin E above the RDA will provide beneficial effects in preventing a number of degenerative conditions, especially those related to vascular and circulatory problems.

Peyronie’s disease falls into this category of having circulatory and inflammatory problems, as does scleroderma and Raynaud’s syndrome, which often affects scleroderma. Part of treating scleroderma is treating Raynaud’s syndrome and dealing with it.
Many men have reported that using vitamin E alone has helped them resolve their Peyronie’s disease when they were using 1,000-1,500 IU of vitamin E, in divided doses throughout the day. However, no one yet has actually proved that these reversals were due to the vitamin E. Also, no one has tested whether taking the vitamin E in one mega-dose is a better protocol.

A variety of Peyronie’s disease studies, from analogy, therefore suggest that vitamin E may be helpful for scleroderma sufferers but larger controlled studies have not been completed to substantiate the effectiveness of this treatment. Nevertheless, because it’s so cheap, so easy, the side effects are virtually nonexistent, **it’s the first thing you should try**. Taking vitamin E doesn’t rule out trying other things at the same time, and this is the first, easiest, simplest thing to try.

But keep reading, because there is a special type of vitamin E that I suggest you use and without it, your chances of making this therapy work are rather slim. This is information you doctor cannot tell you.

**Before we go further, there are some other tie-ins you should know about that provide some logic to the vitamin E therapy.**

In treating fibrocystic breast disease -- which involves cysts, tissue thickening and fibrosis (scar like connective tissue) – complementary physician and educator Dr. Jonathan Wright has long used vitamin E (along with selenium and either evening primrose or black currant oil, in addition to iodine and magnesium) supplementation.

I’m not saying there is a tie-in between fibrocysts and scleroderma but pointing out the use of vitamin E once again on another fibrocystic, hardening disease other than Peyronie’s disease.

That’s the point. We’re seeing the effectiveness of vitamin E over and over again in these related, analogous conditions and since no one has done the studies, it’s these analogies and logic on which we have to rely on, especially when there is a preponderance of effectiveness on related conditions.

As you know, scleroderma sufferers often succumb to a condition called Raynaud’s syndrome -- where the small arteries, especially in fingers and toes, spasm with possible blood vessel scarring. **Vitamin E has been found to have a direct therapeutic effect in Raynaud's disease** (Matoba 1977), and for that alone its
usage is warranted. In this study, however, vitamin E was combined with vitamin C, and that’s where the problem arises.

Some individuals worry that since scleroderma is a collagen disease that vitamin C should not be supplemented since it helps increase the production of collagen, but most scleroderma sufferers suffer from low plasma levels of vitamin C and its supplementation may help fight any infectious agents that may be sub-clinically contributing to the disease. There is no evidence, as of yet, that vitamin C supplementation helps or hurts scleroderma in any way, but here’s what we do know.

We do know that that vitamin E should normally be taken with vitamin C in order to help recycle the vitamin. Your doctor is unlikely to tell you this, but the fact that vitamin C helps regenerate the effectiveness of vitamin E in the body is just a basic biochemistry fact. The two vitamins recycle each other, which is one reason for the combo suggestion. When vitamin E is supplemented with vitamin C, it means that the vitamin E may stay active longer.

The other big reason you should probably be taking vitamin E and vitamin C together is because of a famous landmark study published by JAMA - the Journal of the American Medical Association -- in 1997.

What they did in this study was take 20 people and randomly divide them into three groups. One group was given a high fat content breakfast to eat. A second group was given a low fat content breakfast. A third group was fed a high fat content breakfast, but were pre-treated with 1000 mg of vitamin C and 800 units of vitamin E. At the end of the meal, the blood flow through the brachial artery in the arm of each participant was measured.

Now, scleroderma is not a disease that is directly related to cholesterol, but it is related to vascular issues, fibrotic tissue, blood flow, and inflammation so I want you to consider the analogies here. Nothing can be said definitively because practically nothing has been studied with scleroderma, but there are already good reasons for taking vitamin C and E together and you should consider this study as well. Think about your problem, the following results and ponder its implications.

After eating the high fat meal, the first group experienced a reduction in blood flow in the arm of 28% and significant restriction of blood flow for the next 4 hours. The low fat meal group experienced no change in blood flow whatsoever, but those who ate
the high fat meal AND took the vitamin E and C supplements did not experience any reduction of blood flow in the arm either.

Get it?

Maybe taking vitamin E will not help clear up the condition, but if there some relationship to blood flow, which is a problem with Raynaud’s syndrome, this study also suggests that it’s probably wise to be taking the vitamin E with vitamin C together. We get the same conclusion but from an entirely different angle.

There’s yet another thing you should know about vitamin E and C that your doctor is not likely to tell you, which is why you’re buying this book.

You’re not going to find this tip in some website article or discussion board because those folks are not nutritionally trained and do not know how everything links together. You see, the power of nutritional and naturopathic remedies is in the details and if you don’t know the following facts, you may be putting yourself at risk for the progression of scleroderma when vitamin E could actually help you.

Here’s the tip.

You should only buy full spectrum natural vitamin E, not synthetic vitamin E, and only one specific brand of vitamin E.

GNC and other companies manufacture those cheap brands of vitamin E by going out to the lowest bidder to fulfill their supplement requirements, and instruct them to fill their capsules at the lowest possible cost, which means they contain the lowest quality ingredients. That means little or no biological activity at all .. that might even be the type they used in those studies.

People buy this cheap stuff and wonder why nutritional supplements don’t work, and complain when they simply get what they pay for. You should know from buying shoes that you can buy expensive shoes that are comfortable and will last for years, and cheap ones that may look good but have holes in them in months.

Vitamins are no different -- you get what you pay for. As to any vitamin or supplement I recommend, you have to buy the good stuff. Later we’ll even discuss an antibiotic protocol and it’s been proven, beyond the shadow of a doubt, that
generic versions of the antibiotic don’t work whereas the brand name does. So there you have it, even for antibiotics …

I can tell you loads of stories of buying nutritional products (remember, this is my field) where the capsules do not contain any of the active ingredients on the bottle labels … or the quality of those ingredients are so low while fulfilling the label claim of being present … so there’s absolutely no therapeutic effect to the bottle at all. That’s why nutritionists prefer certain brands of products over others, and I’ve spent years collecting the inside information from my peers on which ones work and which ones don’t.

I’m called “The Skeptical Nutritionist” because I doubt everything, but am willing to try anything logical. You have to distrust manufacturer claims because they are trying to sell you something, and yet be open to everything but test everything, and remember that not everything works for everybody. Always use logic, and try to tie the pieces together because your doctor isn’t trained to do so nor has the time to do so.

Sometimes things only work under certain conditions and when it comes to a relatively unstudied condition like scleroderma, you have to be willing and open to test and try everything … but do it logically, safely and without jumping to conclusions.

Always use your head and remember that none of the information in this book is to be considered medical advice, so before trying anything you should always check with your doctor … even supplementation with vitamin C and E. But in the end, you have to take responsibility for your own health so what you ultimately do is up to you.

The point is, you’re going to have to take responsibility and do some work yourself because no one is going to save you but yourself. You have a good brain, logic, common sense and the internet, so hop to it. Reading this manual is just the start.

I always have to tell people that nutritional supplements might be the answer to their specific health condition, and yet a “correct” supplement may fail at producing therapeutic results -- whereas it normally would work -- if any of the following conditions happen … some of which constitute “self-sabotage.”
Believe me, I’ve seen enough cases of self-sabotage -- taking the right supplement in the wrong way to totally destroy any possibility it could help you -- to know I should pass along these warnings.

Reading these you can see how some apply to taking vitamin E for scleroderma:

- A supplement can work, but if the patient uses a lower quality brand other than the quality level recommended, the supplement might show no effectiveness whatsoever even though the protocol may be correct and work (as an example, this especially applies to saw palmetto for the prostate since if you buy the cheap berries you’ll get no therapeutic result whatsoever)
- A supplement may work, but if the patient doesn’t follow the protocol you give them and refuses to take the supplement or doesn’t take things on schedule (one day on, another day off, etc.), they won’t get well either; they’ll never get well by what they don’t do … and consistency in taking supplements is part of the game plan
- A supplement/protocol may work, but if a patient does not give it enough time to kick in then they won’t experience the therapeutic results yet, and they may therefore lose patience and give up on the protocol (saying it doesn’t work) before it’s proper to make such a conclusion; you have to give up impatience and give every protocol “time enough” to work
- A supplement might work, but the typical potency/dosage recommended might not be strong enough for this person (dosages are usually adjusted by weight) and therefore it may fail to produce a response simply because you didn’t take enough
- The supplement might work, but another necessary co-factor for its effectiveness might be missing in this person’s biochemistry (due to an underlying nutritional deficiency) preventing its effectiveness
- The supplement might work, but it could be that it’s not being absorbed by the patient due to their own peculiar digestive deficiencies (which create more and more problems as people get older)
- The supplement might work, but its effectiveness might be being counteracted by another substance or medicine taken at the same time

The point is that you’re probably getting little or no therapeutic result at all when you buy a cheapie brand of vitamins at a health food store, and in terms of countering scleroderma, I’m telling you now not to buy a cheap brand of vitamin E.

You might as well be throwing your money down the toilet if you do that and since this is your skin and ultimately your life at stake, pay top dollar and buy the best
natural vitamin E and C on the market and give it a try. Don’t be penny pinching when it comes to this but give this remedy every chance possible to work.

What is the brand I prefer? A.C. Grace brand vitamin E (“Unique E”). You can find it on the web.

Why am I so insistent on this point that your doctor won’t even mention?

Because he doesn’t know that the natural vitamin E works, whereas the synthetic cheapy brands have less biochemical activity, and this brand in particular will work if vitamin E is going to work at all.

If you want therapeutic results, get the natural stuff and get this brand.

Synthetic vitamin E has lower biological activity than natural vitamin E and is less bioavailable. That’s been proven in several studies (see VERIS Research studies if you’re interested) which suggest that the bioavailability of natural vitamin E is over twice that of synthetic compounds.

In fact, a recent review of over 30 studies by Robert Acuff, professor and Director for Nutrition Research at East Tennessee State University, found that natural vitamin E delivers at least twice as much impact as synthetic E, and the natural one is clearly the one our bodies are meant to use.

Other studies by Maret Traber, at the Linus Pauling Institute (Oregon State University), found that synthetic E does not stay in the body nearly as long as natural vitamin E, making it a much less effective protector … and not as likely to do you good if there is good to be had from vitamin E for scleroderma. The body seems to preferentially excrete the synthetic form, which is just another example proving that the natural form is the one our bodies are designed to use.

But guess what?

When you buy vitamin E at the drug store or health food store, you’re probably buying the synthetic one without knowing it.

Furthermore, vitamin E is actually a complex of molecules. So far they’ve found eight fractions of vitamin E, called tocotrienols and tocopherols, in the vitamin E complex.
I’ve been in his field for a quite awhile and every few years they find a new fraction and new therapeutic use for it.

You’re not going to get all these fractions (alpha, beta, gamma and delta tocopherols and tocotrienols) with the synthetic vitamin E, because the synthetic type you usually buy in stores, called dl-alpha-tocopherol, isn’t exactly the same thing. So if you are looking for a therapeutic result and want to maximize your chances of vitamin E doing something for you, then by all means buy natural and buy the best one on the market -- A.C. Grace’s “Unique E.”

I could go into the difference between the types of vitamin E you’re going to find on the market -- synthetic (dl-alpha tocopherol), esterified (d-alpha-tocopherol), and mixed tocopherols -- but this isn’t important. What you want is my recommendation that gives you the best shot at resolving your situation and helping your scleroderma go away.

Absolutely the best vitamin E on the market, without argument -- and I mean THE BEST -- is the AC Grace “Unique E” brand because it is the only pure form vitamin E available.

A.C. Grace, in Big Sandy, Texas only makes vitamin E and they’ve been doing that since 1962, so they have lots of therapeutic results with this supplement. They produce, through a distillation process, the natural form as found in nature and used by your body, and it provides the synergistic benefits of the entire E complex.

I sound like a commercial, but you got to use this one for maximum results -- I don’t make money out of it but just tell you what works.

Unique E is a triple distilled, high concentrate formula (no fillers, oils, colors, additives), that provides high anti-thrombotic (anti clotting) activity -- which is what you want for Peyronie’s disease -- and full antioxidant protection. Because of its purity, it’s up to 275% more expensive than cheapo brand vitamin E but if vitamin E is going to work, this one will do it.

Get this one!

If vitamin E is going to work for any sort of heart or circulatory condition, help your friends and tell them to get THIS BRAND, too.
Doctors who use about one Unique E capsule per 40 pounds of body weight (men over 50 should take one extra capsule), with the whole dosage taken at one time that the A.C. Grace brand has been reported to dissolve fibrocystic breast tumors within 10-14 days, and scar tissue (from prior surgery and even heart attack) within 6 months to a year and a half. Incredible, it can even get rid of heart tissue scars after 6 months or more of the right dosage, and if that isn’t beneficial for scleroderma, I don’t know what is.

Your doctor will know the maximum dosage of Unique E that’s safe for you.

There’s a reason that you should take your capsules of A.C. Grace Unique E vitamin E all at once (ingest them all together at the same time). From practical experience, they’ve found it’s sort of an “all or nothing” supplement in that half a dose does not produce half the result you want.

You need to take enough of a dosage to “spill over the top of the dam” to get the result you’re after, because it’s that extra that spills over the top that produces the extra therapeutic result you are seeking.

What this means -- that your doctor won’t tell you -- is that you can go wrong three ways with vitamin E. If (1) you don’t take a high enough dose you don’t get the spillover effect, (2) if you split the dose you never get to the top of the dam, and (3) if you take the wrong form it’s just useless.

Vitamin E does not stay in the body and in as little as 3-5 days it’s gone from your bloodstream. The protective and preventative effects then disappear as well, so you need to keep taking it as along as you desire its benefits, especially since the average American diet provides only about 7-10 IU of vitamin E daily.

Also, you should know that vitamin E won’t make you feel sick, but those who report that it does are actually getting sick from rancid vegetable oil in cheapo vitamin E capsules. Synthetic doses of vitamin E can cause palpitations and upset stomach but not the natural form of Unique E.

In short, I want you to use nothing but the A.C. Grace Unique E, which is a nutritionist’s open secret. If vitamin E is going to do anything for you with scleroderma, it’s THIS BRAND that will.
The Naturopathic Approaches to Scleroderma

I hope I’ve done my best to convince you to spend the money and get the “Unique E” brand.

Now about the vitamin C …

People also always ask me which vitamin C brand to take. Don’t go cheapy on yourself with vitamin C as well. It’s the same old story, you pay for what you get, so get a good one.

I always recommend Rainbow Light Ultra Gram C because it’s a full spectrum product (like the A.C. Grace E) that comes with essential mineral chelates (calcium, magnesium, zinc, copper, manganese, potassium) that provide nutritional support, citrus bioflavonoids, and rutin, hesperidin co-factors necessary for absorption. It’s a really good combo product. The bioflavonoid co-factors are responsible for helping with vascular health and microcirculation, which is why vitamin C is teamed with vitamin E for Raynaud’s.

The other vitamin C I recommend to a lesser extent is Supergram III Vitamin C, “the real vitamin C.” This one also delivers vitamin C as a complex of ascorbates so it can be taken in megadoses without side effects.

Remember the logic here: you want to give yourself every chance possible to make the nutritional, therapeutic work for you, and this brand of vitamin C will do that for you. Vitamin C recycles vitamin E, so it keeps your vitamin E active longer and both, together, help the circulatory problem of Raynaud’s syndrome.

So for now, the conclusion is the following.

When your doctor tells you to take vitamin E, take natural vitamin E, not synthetic, and hopefully the A.C. Grace form, “Unique E.” In addition to that, take the Rainbow Light Ultra Gram C. If the vitamin E therapy can actually help eliminate scleroderma symptoms -- you know, the old “spontaneous remission” sort of thing likely to happen in the first year or so -- this will maximize your chances of that happening.

That’s your first bit of inside information on how to naturopathically attack scleroderma, using what research has already provided but going further to maximize your chances for a favorable response.
As stated, it’s been reported to help with related condition such as Raynaud’s, fibrocystic breast disease and Peyronie’s disease, and now you’re stacking the odds in your favor with this extra info that a doctor couldn’t tell you.

If you take this form of vitamin E, probably together with a little vitamin C, you’re going yourself your best chances.

**Possible Protocol:**

- Use AC Grace “Unique E” along with Rainbow Light vitamin C (500 mg)

**REFERENCES:**

www.ACGraceco.com

Boonmark NW; Lou XJ; Yang ZJ; Schwartz K; Zhang JL; Rubin EM; Lawn RM. Modification of apolipoprotein(a) lysine binding site reduces atherosclerosis in transgenic mice. *J Clin Invest* 1997 Aug 1;100(3):558-64.


Klezovitch O; Edelstein C; Scanu AM. Evidence that the fibrinogen binding domain of Apo(a) is outside the lysine binding site of kringle IV-10: a study involving naturally occurring lysine binding defective lipoprotein(a) phenotypes. *J Clin Invest* 1996 Jul 1;98(1):185-91.

www.TheSkepticalNutritionist.com
Marcoux C; Lussier-Cacan S; Davignon J; Cohn JS. Association of Lp(a) rather than integrally-bound apo(a) with triglyceride-rich lipoproteins of human subjects. *Biochim Biophys Acta* 1997 Jun 23;1346(3):261-74.


Phillips J; Roberts G; Bolger C; el Baghdady A; Bouchier-Hayes D; Farrell M; Collins P. Lipoprotein (a): a potential biological marker for unruptured intracranial aneurysms. *Neurosurgery* 1997 May;40(5):1112-5; discussion 1115-7.


www.RainbowLight.com


Shinozaki K; Kambayashi J; Kawasaki T; Uemura Y; Sakon M; Shiba E; Shibuya T; Nakamura T; Mori T. The long-term effect of eicosapentaenoic acid on serum levels of lipoprotein (a) and lipids in patients with vascular disease. *J Atheroscler Thromb* 1996;2(2):107-9.


Stubbs P; Seed M; Moseley D; O’Connor B; Collinson P; Noble M. A prospective study of the role of lipoprotein(a) in the pathogenesis of unstable angina. *Eur Heart J* 1997 Apr;18(4):603-7.

Nattokinase to Improve Microcirculation

Maybe at one time or another you’ve watched the popular Japanese cooking show on TV called Iron Chef.

In this show the Japanese host unveils a secret ingredient to two chefs, who are then usually given about one hour of cooking time to come up with a series of dishes containing that ingredient and accent its flavor. The inventive dishes are then judged for their flavor and presentation after the cooking time is up.

Iron Chef is an absolutely wonderful show to get your mouth watering, and there’s one particular cooking battle that for some reason has always stuck in my mind. That was the cooking battle involving a special Japanese ingredient called "natto."

Maybe I always liked that particular show because the word “natto” is so easy to remember. Anyway, that show always struck me and it turns out that natto is one of the keys to our objective of cleaning our arteries.

Natto is a traditional Japanese food made from soybeans that is often referred to as "vegetable cheese" because it actually takes like cheese. It’s been used for over 1,000 years in Japan (maybe even 2,000 years) and is made from boiling soybeans and fermenting them with special bacteria—Bacillus natto.

Natto is important to us, in our first step for cleaning our arteries, because it turns out that natto contains a natural blood clot busting agent. Dr. Hiroyuki Sumi of the Department of Chemical Technology at Kurashiki University of Science and Arts in Japan examined nearly 200 different foods and found that natto contained the highest fibrinolytic activity.

Japanese and Western researchers have found that natto contains a proven fibrinolytic clot busting enzyme, called nattokinase, that not only prevents blood clots from forming inside our veins and arteries, but actually dissolves fibrous clots that have already formed to help with macro and microcirculation.

If scleroderma is actually caused by an injury involving the immune system gone haywire, along with vascular injury and inflammation leading to the accumulation and growth of fibrotic tissue, nattokinase is a very easy and smart natural remedy to try.
I’ve had good success with it for all sorts of other vascular problems and for increasing blood circulation/flow to all the extremities, which makes it a prime candidate for helping beat Raynaud’s syndrome and for softening the scleroderma areas.

Presumably vitamin E works because it helps with blood flow to the region and dissolving fibrotic accumulations, and if that’s the case, nattokinase will works wonders too because it both dissolves internal fibrin and restores blood flow to all the internal organs. Scleroderma is basically a hardening disease and nattokinase will help open up blocked capillaries that will feed softening blood to areas to help keep them alive.

I have plenty of feedback on this account and plenty of personal experience. I’ve had people telling me that their face became flush after a few weeks of use since there was more blood getting to all sorts of areas. After a few days use, I’ve even had men call me up telling of stronger erections due to better blood flow to the penis, which is particularly hard to help since the capillaries tend to become blocked in that region as men get older. You see, nattokinase will help open up all the tiny capillaries that even close up due to smoking or clogging due to diabetes.

Only one substance in our bodies dissolves clots – plasmin – but nattokinase works even better than plasmin and it turns out we can actually eat it to reverse atherosclerosis. So the hope for it helping scleroderma – in softening tissues and improving blood flow through hardened tissues -- is not unfounded.

Studies show that nattokinase can successfully dissolve blood clots associated with heart attack and stroke, and so it promises a great impact on increasing the blood flow throughout your body, particularly to the skin. Whenever I put someone on nattokinase, after about a month they can feel the blood circulation everywhere -- and their face even becomes little red due to the increased circulation.

Nattokinase also enhances the body’s production of both plasmin and other clot dissolving agents in addition to directly dissolving blood clots and fibrin accumulations on arterial walls. Therefore it works in two ways: (1) by dissolving clots directly and (2) enhancing the body’s own clot-dissolving capabilities.

By the way, nattokinase is also one of the few possible natural agents for countering aging, memory loss, senility and dementia caused by poor blood flow to the brain. It
also addresses the causal factor of poor blood flow to the extremities that can cause pain and related difficulties.

If you are biochemically prone to scleroderma or Raynaud’s due to some blood clotting mis-function that (for some reason) closes up tiny capillaries to the skin, a therapeutic protocol on nattokinase may actually help to clean up the damage already done.

All throughout this book we will be talking about the possible biochemical basis or causes behind scleroderma, but since there are few studies in this area we have to go by common sense. By clearing the fibrin accumulation that collects on the endothelial cells of arterial walls, nattokinase helps restore normal oxygen and nutrient transfer to our body’s cells and helps in the removal of cellular waste products. That makes it one heck of a potential helpful substance.

Now remember that when the blood flow to our tissues becomes blocked, the oxygen supply to that region gets cut off … and the tissues die or harden or balloon out due to the obstruction. By working to reopen arterial blockages that inhibit blood flow to body tissues, nattokinase holds the exciting promise of possibly restoring lost function and even lowering blood pressure.

One study that administered nattokinase to high blood pressure patients -- for only 4 days – found that 80% of the volunteers experienced approximately a 10% drop in both systolic and diastolic blood pressure.

Scleroderma is known to cause blood vessels to narrow and become irritated; the repeated slowing, stopping and restarting of blood flow produces toxic oxygen products that damage tissues. If nattokinase helps open any arterial blockages, it can mitigate some of these harmful effects to some extent.

In scleroderma, the hardening or scarring can also extend to all areas of the body and actually chokes off organs. This is one way to keep those organs fresh with blood flow and as healthy for as long as possible.

Is nattokinase safe?

Well, natto itself has been eaten in Japan for well over a thousand years and there are no studies showing it harmful in any way.
Natto isn’t readily available in this country, however, and you would need about 100 grams (3.5 ounces) a day to get enough nattokinase to clean your arteries and improve your general blood circulation.

What you can do, however, is buy **Allergy Research Group** Nattokinase capsules or **Nutricology** Nattozyme and, with your doctor’s permission, give the product a go. You only need about 4 capsules a day to start cleaning your body of clots to increase blood flow everywhere, including to the skin, and most people report that they can feel the results in less than one month.

I’ve tried nattokinase myself and could actually feel my fingers and toes get slightly warmer due to new blood flow in less than a week’s time, so I know from personal experience that it works … and I don’t have any major circulatory problems like Raynaud’s syndrome. I also felt my legs get sore inside after the second or third day of use, and the soreness went away after a few more days.

I believe this soreness happened because blood clots in my legs were dissolving (one of the most frequent area for clots), and the arteries and veins weren’t used to the extra blood flow. Therefore they needed a few days to adjust to the new rush of blood volume, at which point the soreness went away.

I have a particularly sensitive body to nutritional substances, which is why I always test them on myself and why I can sense these things. I am also in pretty good shape to begin with, which means that I don’t always get any major results from the nutritional products I test. So I love it when I get dramatic results on myself like this.

It’s even better when I get favorable reports from friends, such as when I tell folks who’ve suffered congestive heart failure to get on CoQ10 immediately, or diabetics to start taking alpha lipoic acid to get rid of their neuropathy. One nattokinase manufacturer reported to me that people less sensitive than myself, and who have **major** circulatory problems, are generally getting very good results in less than one month’s time.

That’s fantastic, especially when you consider that it only involves swallowing a few capsules every day (a painless solution) and that relatively long lasting change is the possible result.

Trying nattokinase is your first possible step to dissolving fibrotic tissue and increasing the blood flow to your skin and the general blood flow throughout your body.
There is another natural clot busting product available other than nattokinase called lumbrokinase from China. "Boluke" is one registered name for the product, and you can buy it from Allergy Research as well though it is NOT my top recommendation. If you want to try this strategy at all, stick to the natto but here’s the background information.

This enzyme product is also reported to help improve blood circulation in the extremities, and is made from earthworms. According to an ancient Chinese medical publication, Ben Cao Gang Ma, the earthworm was traditionally used to improve patient blood circulation because it could unblock the body’s meridians and channels.

Charles Darwin, of all people, even observed that earthworm digestive fluids could dissolve fibrotic tissue, which plays a role in the progression of scleroderma. In the 1980’s, Japanese researchers (once again) extracted a fibrin dissolving enzyme from earthworms containing six proteolytic (protein cleaving) enzymes, which they collectively named "lumbrokinase," and since 1992 it has been extensively studied in China.

When I lived in Hong Kong some years ago I was an advisor to a venture capital group that funded the professors in China who were developing this product, which is now being used in a number of Chinese hospitals.

While at times lumbrokinase worked miracles in helping restore the blood flow through blocked arteries for stroke victims, the batch quality for lumbrokinase was hard to maintain. Some batches of product showed very little therapeutic effect, and sometimes none at all, because they lacked sufficient quantities of the active ingredient (the polypeptide chains) that must be extracted from the earthworms.

The Chinese joked that the earthworms “didn't want to cooperate” in producing the enzyme all the time! Hence the product quality varied dramatically from batch to batch and could not be consistently maintained.

That’s the inside story from years ago … of course things now could be different because with time always comes progress. So maybe the lumbrokinase product has improved since that time, but based on my initial experiences with the Chinese inventors and having spent several years working in China and sorting through various claims for all sorts of Chinese businesses, I would rather put my own money
on the nattokinase made from soybeans rather than as yet trust in this product and product claims.

You see, the “Skeptical Nutritionist” (me) is still … skeptical.

Anyway, that was several years ago … and now is now. Since then there have been four phases of clinical studies at hospitals in Beijing, with very positive results. I don’t doubt these positive results, but just wonder if they are able to consistently produce the same product quality. With nattokinase, coming from a vegetable product, I have no doubts but then again there is need and use for lumbrokinase because it works by a different mechanism.

Lumbrokinase’s method of action is that it activates fibrinolysis (dissolving of fibrotic tissue, which is what you want in scleroderma) by increasing t-PA activity. It contains a plasminogen activator (e-PA) which is similar to actual plasminogen activator (t-PA) so it activates plasminogen and dissolves fibrin directly. Lumbrokinase even decreases your plasma fibrinogen levels, and you can expect a 10-20% drop in those levels in 4 weeks time when you are on a full dose of 2 capsules three times daily, but that’s expensive!

Of interest to us is that there’s evidence showing that lumbrokinase has a synergistic effect when combined with antibiotics in the killing of bacteria with a protective biofilm (e.g. nanobacteria) which may play a role in the atherosclerotic process. Since mycoplasma may play a role in scleroderma, perhaps this tie-in can prove useful. Perhaps nattokinase actually does the same thing but I have not read any reports to this effect, probably because it simply hasn’t been studied.

Lumbrokinase is far more expensive than the nattokinase and I’ve actually seen positive nattokinase results whereas with lumbrokinase I haven’t seen too much. In talking to the large manufacturers, they themselves tell me they don’t get very many comments about lumbrokinase but tons of good results from nattokinase.

However, I’m not ruling lumbrokinase out. In fact, it is reported to be similar to nattokinase in breaking up and dissolving unhealthy coagulation of the blood and in enhancing fibrinolytic activity. It primarily dissolves fibrin and fibrinogen. Some think that it is even more powerful than nattokinase, despite reports to the contrary, so it’s my duty to report this option to you. It’s possible for it to be cleaved and rendered inert when you use it with other enzyme products, so try to keep some time spacing between taking it and other enzyme products.
Over 60,000 people have used lumbrokinase to date (mainly in China) without any hemorrhage or side effects, so it is known to be non-toxic and it is safe. It’s stable against heat and works in a wide range of pH.

Since nattokinase is a vegetarian product made from soybeans, the product quality is far easier to maintain and positive results are something I can actually attest to myself. I’m not writing off lumbrokinase for good – mind you -- but since you purchased this ebook I consider you my client, and it’s my job to protect you.

If you take a look at the definition of the word “client” you’ll see it refers to “a person who is under the protection of another,” so it’s my job to help protect you. That’s also why I keep telling you to check everything for yourself on the internet and run it past your doctor.

Well, I hate people spending money on things that don’t work or buying things when they don’t have to -- though in the case of scleroderma (a potentially fatal condition) unfortunately we simply have to buy and try what’s logical since virtually nothing has been ruled out yet, so I’m trying to help guide you through this fray. Lumbrokinase is much more expensive than nattokinase so I’d say try the natto first.

I’ve tried nattokinase and personally found it to be a stronger supplement for me, based on my own biochemical individuality, but I have seen lumbrokinase do wonders for stroke victims. Naturally stroke is different than scleroderma but this stuff does slowly dissolve fibrotic tissue. What we’d need is a good study with a protocol of vitamin E, PABA and nattokinase (or lumbrokinase).

The reason you would want to try either of these two clot busting, fibrin dissolving enzymes is precisely because they would help increase blood flow to the skin and help dissolve any micro-blood clots and fibrin related accumulations that may be playing a role in scleroderma.

No one has done any studies on these two substances and a scleroderma protocol, but combined with vitamin E, they are a quite logical avenue to pursue.

**Possible Protocol:**

- **Allergy Research nattokinase**
NATTOKINASE:


LUMBROKINASE:


Serrapeptase, “The Second Gift from Silkworms,” that Dissolves Fibrin

The following supplement has an exciting story and I’ve just started testing it, but have to let you know everything about it.

Everyone knows about silkworms, in that the caterpillar spins a cocoon of silk that is harvested, washed and turned into silk.

I lived in Asia for awhile and visited China extensively, including getting to see parades of thousands of silkworm growing women who would travel to certain shrines in China offering their thanks for a good silkworm harvest. It’s an amazing site to see thousands -- yes, thousands -- of women lined up for miles marching to a temple, having traveled from all over China.

That’s fine and dandy, but what does the silkworm have to do with scleroderma?

It has to do with the fact that silk is incredible tough substance. It’s hard to break silk, so how does the silkworm eat through its cocoon to emerge as a moth?

It does it by secreting an enzyme from its intestine called “serrapeptase.” Silk is stronger than any scar tissue or mammalian tissue so anything that dissolves away silk is a super strong fibrinolytic agent. That’s why we have interest with it for scleroderma.

Serrapeptase can be produced via a bacterial organism (Serratia E15), and clinical studies have found that it is fibrinolytic, anti-edemic and anti-inflammatory properties. In Germany (Anaflazyme) it’s used to remove arterial plaque and in Japan (Danzen) it’s used as an anti-inflammatory. In Europe, it’s a common treatment for inflammatory and traumatic swellings, and for post-operative pain … it is an anti-inflammatory pain-killer.

People who use serrapeptase after operations tend to be more rapidly pain-free.

Various tests have shown that it can help dissolve blood clots, scars and fibrin accumulations, and even cause varicose veins to shrink. Testimonials of people using various serrapeptase formulations talk of amazing results, even for things such as fibrocystic breast disease, sinusitis, cosmetic scars, and infections.
Of particular interest to us is that serrapeptase has been used to successfully treat fibrocystic breast disease. In one double-blind study published in the *Singapore Medical Journal*, 70 patients were divided into two groups, one of which was given serrapeptase. Over 85% of those receiving the enzyme reported a moderate or marked improvement in their condition.

No trials have been done with this substance for scleroderma, but this suggests its usefulness.

Dr. Hans Nieper, MD a famous internist and medical research from Germany, studied the effects of serrapeptase on plaque accumulations in the arteries, and found that over time it will break down atherosclerotic plaque. If it can dissolve away silk, which is an incredibly tough substance that’s promising. The enzyme digests non-living tissue, clots, cysts, arterial plaque and inflammation.

As you know, part of the scleroderma presentation are these sorts of problems, and even if the scleroderma composition is different, this is relevant and of interest to us, especially as it also helps fibrocystic breast disease.

You see what I’m doing here? Even though we already have an antibiotic protocol, when there is little direct other information available on scleroderma cures, we have to turn to logic and the best analogous conditions out there that HAVE been studied, and learn or adapt from them to increase our helpful options.

The evidence to suggest serrapeptase’s role in preventing and reversing fibrotic buildup is not extensive yet, but I have to report it because this is one of the most exciting findings I have for naturopathic protocols.

Right now I’m trying various serrapeptase formulations on myself to see the results, and because I’m a nutritionist and author I’m given access to the most powerful formulations available. As of yet I have nothing personal to report though I have read Dr. Ward Dean’s report of a person who cured themselves of a Peyronie’s condition at 3 capsules a day for three months.

Further studies should be done on protein dissolving action of serrapeptase on breaking down scleroderma patches. Here’s the full story on the enzyme and my recommendation.
There are various pure formulations of serrapeptase you can easily buy on the web, though not all products have the same therapeutic effect. The enzyme activity of serrapeptase is measured in units and clinical studies are based on the ratio of 10 mg of serrapeptase equaling 20,000 units of activity, so when you are purchasing the product you want to be sure that the ratio of mg to units is 10 mg for every 20,000 units, or 5 mg for 10,000 units and so on. The average dose, therefore, is 20 mg—or 40,000 units.

The recommended dosage is 10-30 mg per day. For prevention you want to take 10 mg, but for actual fibrocystic breasts and cardiovascular problems, the recommended dosage is 20 mg daily. You have to take Serrapeptase on an empty stomach, which means at least two hours after eating, and no food should be consumed for a half hour after taking Serrapeptase.

You can get various pure formulations out there, but I would recommend getting an enzyme complex formulation that contains serrapeptase and other factors, such as Vitalzym. They also have a new one called Vitalzym-X with the only difference being a more stable form of serrapeptase within it.

But let’s take a moment to talk about why it might be more favorable to take a complete enzyme formulation for scleroderma that contains serrapeptase as just one of the ingredients. Remember, we want the highest chances that doing something will help us, so let’s reason out what an enzymatic combination can do for us and scleroderma.

Remember that no one knows about all the underlying biochemical pathways that have gone awry in scleroderma. We know that the skin starts to harden, the area gets bigger and bigger and bigger without getting dissolved. It hardens further and then we have scar tissue, ulcerations, and deformity that can even extend into the internal organs.

Whether it’s this type of excess collagen or that type, this type of scar tissue or another, this type of fibrotic accumulation or another, something goes wrong that involves inflammation, the healing response, blockage, fibrotic tissue, the vascular system, immune response and blood. So let us investigate those mechanisms, already known for other vascular problems, that may play a role in the disease.
It turns out that Vitalzym is very much related to a product I know extremely well – Wobenzyme which has been used for several decades by athletes and has hundreds of scientific studies proving its effectiveness in cleaning the blood and promoting healing from within.

Wobenzyme, which contains a cocktail of enzymes, has been hands-down proven to reduce inflammation, speed wound healing (including fractures and bruises), bruising and stiffness.

We are going to discuss this product Wobenzyme – which I am NOT recommending you necessarily take – in order to gain insight on complex formulations like Vitalzym that contain serrapeptase, only because there is far more research evidence on this older product. When there’s not much research out there on something new then you have to be logical, and borrow from what’s relevant.

Why discuss Wobenzyme if I’m not recommending it for scleroderma? Because I want to borrow from the scientific proof of this product’s effectiveness – due to hundreds of scientific studies that have been performed on Wobenzyme over the years -- to introduce the logic behind the Vitalzym formulation containing serrapeptase.

I want to reference the preponderance of data available on an old product to explain the reasoning behind the new product, though of course in a few years enough new studies will come out that I won’t have to do that any longer. Yet if we wait … what does that do for your scleroderma condition right now … especially when this approach is safe, logical, and offers a good potential when you are running out of time?

To understand either Wobenzyme or Vitalzym, and how they lead to greater health, we must first go over a very useful short refresher course in biology. This lesson will also help us in later chapters.

As you well know from high school biology, our blood circulates throughout our body via a complex system of blood vessels called veins, arteries and capillaries. Red blood cells in the blood, called erythrocytes, carry and deliver oxygen to all the body tissues and cells through arteries, while our veins collect and return the oxygen-depleted blood back to our heart.
Circulatory problems in the body can appear when either our veins or our arteries somehow become blocked or overly constricted. Tiny capillaries get blocked off as well if they get filled with cholesterol, plaque, blood clots, fibrotic tissue and other junk such as floating immune complexes.

There are lots of possible causes behind these obstructions and restrictions, but the point that is key to health and rejuvenation is better blood flow circulation along with cleaner blood free of all sorts of garbage, and anything we do that increases blood flow and elimination from our organs and tissues is helpful.

That’s why people often look better when they take a product such as nattokinase, that natural blood clot buster enzyme made from soybeans, that dissolves all the blood clots in the body that accumulate over time that interfere with macro and micro-circulation. But if we could also find substances that could help “clean” the blood of floating autoimmune complexes that might lay down in fibrotic accumulations, that would be excellent.

We also want substances or procedures that will produce systemic results and improve the circulation to tissues, as well as healing and the ability to cart away wastes (fibrotic accumulations). We want better blood flow everywhere, not just to our skin, because if something is happening to the skin there is a good chance the biochemistry is off that could be producing unfavorable, but unseen results elsewhere as well.

Yet if we are doing something to increase blood flow to the skin so that it brings in more nutrients, washes out more wastes and helps with the dissolution of obstructions, it would be nice if those same results were being experienced by our other internal tissues.

Remember to think systemically rather than just locally when it comes to health because that’s where we’re going to get the best response for overall general health improvement.

"Kill two or three birds with one stone," is my preferred approach whenever possible.

By addressing a systemic problem, it’s possible that we might start addressing various physical problems that seem to have an unknown origin, though of course we’re concentrating on scleroderma here.
So what we should be looking for is a substance or combination of substances that can scrub all our arterial walls clean from the inside, sort of like the popular drain cleaner, “Roto-Rooter,” in order to help improve our blood circulation … and substances that can break apart all the dirty junk floating around in our blood so that the liver and kidneys can more easily capture it, detoxify it, process it and excrete it … and so that fibrin doesn’t accumulate in any particular places (namely the skin, and elsewhere) and fibrinolytic factors can actually reach accumulation sites and be encouraged to break them down.

Clean pipes, clean water and a cleaning agent is what we’re asking for.

Nattokinase is one of those natural substances you can try that helps get rid of internal blood clots in the veins and arteries, as mentioned, but what about various other complexes that are contaminating your arterial walls and floating around in your blood?

They might not be contributing to scleroderma, because they certainly contribute to atherosclerosis.

Hence we move on to the topic of enzymes … and then serrapeptase again.

**Enzymes** are biocatalysts. They are compounds within our bodies that help other chemical reactions take place. In our bodies there are roughly about 3,000 known enzymes involved in over 7,000 biochemical reactions that regulate our physiology, including those involved with digestion.

Vitamins and minerals are co-enzymes, which means they help enzymes to work. Also, without the enzymes they can’t do anything either, because it’s the enzymes that do the job of speeding up the chemical reactions. You need magnesium to activate 2,600 enzymatic pathways in the body, and zinc activates about 600 of them. In time we’ll discover more. You need the enzymes to make these reactions work and you need minerals to empower the enzymes.

There are many different types of enzymes in our bodies but probably the most important category of enzymes are the protein eating, or “proteolytic” enzymes that **cleave proteins apart**. Breaking fibrin deposits apart is a proteolytic, or fibrinolytic reaction.
A few major proteolytic enzymes get turned into the 3,000 other enzymes through chemical reactions in the body, so the proteolytic enzymes are “mother” enzymes at the top of the enzyme production chain.

When various proteolytic enzymes get into the bloodstream, they can actually help clean the blood by cleaving apart foreign proteins that don’t belong there that they come into contact with. Afterwards those residues, when they reach the liver, are much more easily excreted by the body.

In basic research from dozens of clinical studies carried out over the years, products (i.e. Wobenzyme) that supply a cocktail of mixed proteolytic enzymes to the bloodstream have been found to degrade harmful, abnormal immune complexes circulating in the blood that actually precipitate autoimmune diseases.

In other words, they have been positively proven to help clean your blood, and if scleroderma has an autoimmune component, this may help.

Enzymes are part of the body’s defense mechanism against inflammation because they eat away at circulating immune complexes (CIC) in the blood called prostaglandins. The body produces these circulating immune complexes in response to harm or injury, and they cause inflammation.

When large numbers of CICs enter the blood stream, their sheer quantity (or abrasive bulk) may overwhelm the body’s clearing mechanism. The body’s immune system and detoxification mechanism can only take so much and when the body can no longer purge large numbers of CICs from the system, they eventually penetrate the walls of capillaries and settle in tissue causing inflammation wherever they rest and nest.

When large numbers localize in certain locations, you get pain, stiffness, swelling, loss of mobility, the destruction of collagen, and even bone demineralization. The location of CIC deposits help determine the type of autoimmune disease involved, such as collagen damage characteristic of rheumatoid arthritis or CIC deposits in the salivary glands typical of Sjogren’s disease.

See the connection?

Some of these CIC’s are necessary for life, such as those involved in maintaining your kidneys, liver and lining of your intestines, but enzymes are smart enough to
eat away at the ones that don’t belong in the blood and in that way they lower pain and inflammation. In particular, pancreatic enzymes assist in breaking up CICs and reducing CIC-induced damage.

There’s something else that’s interesting.

Recently, Results by Casciola-Rosen and Wigley were published in the Jan. 6, 1997, issue of *The Journal of Experimental Medicine* (“Scleroderma autoantigens are uniquely fragmented by metal-catalyzed oxidation reactions: implications for pathogenesis,” *J Exp Med.* 1997 Jan 6;185(1):71-9) that showed that exposure to toxic oxygen products causes certain molecules in tissues to break down, but only in the presence of abnormal amounts of iron, copper, zinc and other metals in the body.

When these molecules fragment, the breaking apart exposes hidden parts of the molecules that the body’s immune system has never seen before. When the immune system then “sees” these unrecognizable molecules for the first time, it tags them as foreign invaders and produces antibodies against them, which produces some of the symptoms of scleroderma.

Now it’s far too early to say anything, but perhaps these molecules can be cleaved apart by pancreatic enzymes just as CICs are, which are also responsible for immunological responses. In any case, this hypothesis would tend to favor a trial of enzymes as well.

Of course the big benefit of enzymes for sclerosis is that they also eat away at fibrosis, which is internal scar tissue your body forms as part of the body’s repair mechanism. Your body gets rid of these internal scars using enzymes to cleave them apart but as you get older, it stops making the quantity of enzymes you had when you were younger.

In fact, somewhere between 27-35 your body’s enzyme levels start dropping precipitously, and that’s the age bracket I’ve always seen health crises first appear in people. It’s an age bracket that seems to match well with the initial manifestations of scleroderma.
A variety of reasons contribute to a decline in health around this time -- toxic buildup in your body, lack of good nutrition, your hormone production drops and your enzyme levels fall off. They all start kicking in around that age bracket.

Remember when you were young and cut yourself on some sharp object and the scar healed almost invisibly?

As you get older, however, scars that form become thicker, harder, much less pliable, much more visible and unsightly than those formed in our youth. In fact, autopsies of our internal organs will show tremendous fibrotic tissue accumulations strangling the organs of seniors. It’s a product of aging -- the fibrotic tissue accumulates internally.

When the body experiences cuts or damage, it packs the wound with fibrin to give the tissues something to grow on. Enzymes then eat or chip away at any excess fibrin and the tissue grows on what’s remaining.

As we get older, because we have less enzymes in our system the second step of chipping away excess fibrin deposits is not as efficient and so scar tissue tends to builds up … especially after surgery.

You can even strangle organs with surgical scars and while bodywork may help break them up, it’s difficult to find a good one and you have to turn to enzymes as a way of eating away fibrin.

As you get older, it’s a well known fact that some of your internal organs, such as the thymus gland, also tend to shrink and even harden due to a decrease in blood flow and due to the build up of fibrotic tissue. As they shrink and “dry up” like raisins, their ability to function optimally decreases dramatically.

Women see this aging -- caused by a buildup of fibrous tissue -- via the fact that they develop conditions like fibrocystic breast disease, fibroids and endometriosis -- perhaps this pretendency (though hormones are probably involved) explains why many more women get scleroderma than men -- but it also happens for our blood vessels which build up atherosclerotic plaque.

That’s why we’ve been discussing protocols for these conditions, as they have some relevance to scleroderma, which involves a hardening of tissues that extends to other areas of the body.
The good news is that this fibrotic tissue can be eaten away by enzymes even years after it first forms – whether it's in the tissues or skin.

Doctors in Europe and Asia have known this for years and extensively used enzymes in their healing protocols to do this. That’s why we find nattokinase, lumbrokinase and serrapeptase being used everywhere else other than in the US, because US physicians aren’t taught about these things and tend to depend on pharmaceuticals.

One of the reasons raw food diets work for a lot of diseases is also because they supply abundant measures of these enzymes for the body.

Your blood is the piping system that delivers nutrients and oxygen to cells and the sewage system that the cells use to wash away their metabolic wastes and dead debris. Enzymes run around in the blood destroying immune complexes that shouldn’t be there and getting rid of excess fibrin that builds up with age.

If your body’s quantity of enzymes drops, or your liver is overwhelmed so that it cannot clean out the blood completely, the blood gets filled with these extra things floating around until it gets a chance to detoxify them and excrete them. That’s what Chinese medicine calls dirty blood that’s responsible for rashes, blemishes and all sorts of skin conditions and inflammatory responses.

But if you can clean the liver, get rid of the backlog, clean the excretion channels of elimination and supply the enzymes, you can alleviate part of this problem.

Here’s another benefit of enzymes.

They help render inert viruses in your body, which bolsters your immune system. When your body is relieved of viral load, the immune system can devote its energies into all sorts of other avenues that help with healing, and can experience rejuvenation. If infection is playing a role in localized inflammation -- as doctors are beginning to suspect for heart disease and atherosclerosis -- enzymes can help.

Here’s how it works.

Viruses replicate in our cells by latching onto them through a protein-coated cell wall. If you don’t stop the replication process, soon all your blood and cells will be filled with viruses and that’s what kills you. For instance, imagine that viruses are particles
of sand which replicate and create more and more sand in your body, filling up everything with sand until nothing else will work.

That’s how viruses will kill you.

Here’s how to stop viruses.

Simply destroy that exterior protein coating of the virus that lets it attach itself to cell walls and you will render it inert. Proteolytic, fibrinolytic enzymes will do that and because they can tell which substances are supposed to be in your body and which are not, an abundance of enzymes in the bloodstream will help destroy these pathogenic invaders. They might also work on dissolving the cell walls of mycoplasmas as well, though I have no research to support this speculation yet.

When you consume a lot of these enzymes you will eventually lower your viral load so you don’t get sick because what’s left of your immune system can deal with the load that’s left.

You know that in scleroderma some researchers think the condition is caused by bacteria-like organism called mycoplasmas, and if the enzymes can strip away the membranes of these critters than that’s a step in the right direction, and another reason to warrant a long term trial of the enzymes.

With that our basic science lesson is finally finished, but how is that going to help us? Sorry but we needed this background so you can appreciate the logic behind the approach we’re discussing, and for further chapters down the line. Without double blind studies to depend on, that’s all we can rely on so it’s time to talk about some specific enzymes that may help with scleroderma.

One of the other natural substances that can produce systemic results by helping to clean all our arteries and veins from the inside is bromelain, which is an enzyme extracted from pineapples.

Pineapples have been used for centuries as a digestive aid, for improving the texture of the skin and for promoting the healing of wounds. Bromelain itself is used in exactly the same ways—it is commercially used as a component of many cosmetics, it’s used as a meat tenderizer, and it’s used as a dietary supplement to help with digestion.
Bromelain has strong anti-inflammatory properties, which is why my dentist in Hong Kong prescribed it for me to treat the swelling he caused when he removed my wisdom teeth. Because of these anti-inflammatory properties, it’s very helpful in healing minor injuries, in particular muscle sprains and the pain, swelling and tenderness that accompanies injuries.

Here’s the neat thing that’s helpful to us …

Bromelain is a natural blood thinner that counteracts excessive platelet stickiness, which in effect means it’s a kind of natural blood thinner. In addition to keeping blood platelets from sticking, it has also been found to break down arterial clots and plaque and to help clots from forming in the first place!

Chinese researchers at the University of Iowa have found that bromelain mobilizes deposits in our blood vessels and carries them off. This means that any intensive, long-term therapy with bromelain can help "clean out" our coronary arteries from the inside, which certainly seems like a much more intelligent approach than undergoing a bypass operation.

After all, why fix just one artery if you have a chance to naturally clean them all?

Continuous large doses of bromelain can help dissolve obstructive deposits in the aorta and in leg arteries, which tend to cause pain, as well as blood clot residues, thus saving many a leg from amputation and even restoring them to normal functioning. It can therefore help in restoring the microcirculation affected by Raynaud’s. Perhaps it will or will not help destroy the fibrin accumulations involved with scleroderma, but stay patient, as we’re not done yet.

Bromelain works in much the same way as the pharmaceutical drugs streptokinase and urokinase which dissolve clots in heart patients by breaking down fibrin protein. Bromelain stimulates the production of more of the body’s plasmin, which in turn helps break down clots. It’s also such a great help with inflammation that arthritis sufferers tend to use it instead of aspirin and NSAID medications. In Europe it’s readily used to decrease symptoms of angina and thrombophlebitis.

Does all this information mean I want you to run out and start consuming bromelain?

No!
The Naturopathic Approaches to Scleroderma

My rule for health and beautification is avoid taking a single substance when helpful combinations of synergistic substances are available. If you’re going to spend your money and take anything for your health or beauty, you should consider taking a mixture of similar substances that act in the same way bromelain does in cleansing your arteries.

Bromelain is just the start.

Remember that in the health field it pays to always think systemically, and to always think about taking a combination of cooperative substances for problems instead of single ingredients … that is, whenever you can find those combinations. To get rid of scleroderma you want to put all the cards in your favor as much as possible, and a synergistic enzyme cocktail for breaking up fibrotic tissue is the way to go … if you can find an appropriate one.

So remember the rule: **Always look for combinations of substances that work together.**

So for this task we come to **Wobenzyme** (or Woebenzym) which contains various combinations of enzymes, including bromelain, that work together to clean our arteries and blood of debris.

Without a doubt the most popular of these combo products -- having the longest history of usage, dozens and dozens of scientific studies attesting to its effectiveness, and extremely wide usage in Europe by professional athletes – is the German product Wobenzyme.

Wobenzyme is composed of a variety of enzymes that have been shown to act like a biological "vacuum cleaner" to rid the blood of circulating immune complexes (CICS involved in autoimmune diseases like scleroderma) and other harmful proteins. Its enzymes have been shown to reduce internal inflammation, break down aberrant proteins (circulating immune complexes that cause inflammation) that may arise during various diseases, and partly dissolve thrombi.

It’s proven … it works. That’s the point -- enzyme cocktails WORK!

Here’s a list of the ingredients that Wobenzyme contains and what they actually do:
Bromelain – strengthens the human immune system, supports anti-inflammatory activity, reduces joint swelling and inhibits excessive blood clotting
Pancreatin – helps reduce joint discomfort and swelling
Chymotrypsin - helps enhance blood circulation by keeping blood flowing freely
Papain - exhibits strong anti-inflammatory activity
Trypsin - boosts immune system activity, accelerates repair of injuries and helps maintain healthy circulation
Rutin - scavenges free radicals and acts as an anti-inflammatory by inhibiting the enzymes that produce inflammation

Because it contains all these various proteolytic enzymes, which act to cleave other proteins apart and clean the blood in that manner, Wobenzyme has STRONG fibrinolytic power.

In basic research and dozens of clinical studies carried out over the years, Wobenzyme has also been found to degrade harmful and abnormal immune complexes circulating in the blood that actually precipitate autoimmune diseases. These circulating immune complexes also thicken the blood, and overly thick blood is a potential trigger for an array of diseases.

Wobenzyme has also been shown to lower C-reactive protein levels in the blood (C-reactive protein measures the body’s overall level of inflammation) and we’ll discuss this in a later chapter. It definitely helps blood circulation and the fact that it’s used all over Europe attests to its proven abilities as well.

Wobenzyme proves that enzyme cocktails work ... don’t let your doctors po-pooh them or the following approach. All those Germans and Europeans cannot be wrong!

Hundreds of published scientific studies and clinical experience have therefore shown that an enzymatic cocktail combination can help quickly reduce inflammation, swelling, and internal bleeding. They can help clean your arteries of debris and your blood of circulating immune complexes that cause autoimmune reactions.

They support healthy blood flow by breaking down the necrotic matter that accumulates in the blood and blood vessels. They support the body’s natural blood thinning process. They even mobilize the immune system and speed up the body’s recovery and repair process, especially when it comes to sprains and strains.
So much for the most studied enzyme combination available on the market. It works, it’s effective but it’s not the one we want. We want one with even SUPERIOR fibrinolytic properties. We want one that has **serrapeptase** in the mixture, and so we come to Vitalzym.

Vitalzym is a readily available nutritional supplement containing a combination of various enzymes, including bromelain, that work together to clean our arteries and tissues and blood of debris.

Like Wobenzyme, Vitalzym’s mixture has also been shown to act like a biological "vacuum cleaner" to rid the blood of circulating immune complexes and other harmful proteins, and more importantly … **to eat away at fibrotic scar tissue!** Plastic surgeons who perform cosmetic surgery even prescribe it after operations to help prevent scar tissue from forming!

The enzymes in Vitalzym have been shown to reduce internal inflammation, break down aberrant proteins (circulating immune complexes that cause inflammation) that may arise during various diseases, and party dissolve thrombi. The enzymes in Vitalzym include:

- **Bromelain** – an enzyme that digest protein that helps reduce harmful prostaglandins that cause pain and inflammation and block the absorption of nutrient through body tissues strengthens the human immune system, supports anti-inflammatory activity, reduces joint swelling and inhibits excessive blood clotting
- **Rutin** – a bioflavonoid (nature’s super anti-oxidant) that strengthens and improves blood vessel permeability, used to treat hemorrhoids and varicose veins scavenges free radicals and acts as an anti-inflammatory by inhibiting the enzymes that produce inflammation
- **Papain** – an enzyme made from papayas that has a soothing effect on the stomach, speeds wound healing, and reduces swelling and scarring exhibits strong anti-inflammatory activity
- **Protease** – an enzyme that digests proteins, helps reduce pain, inflammation and the symptoms of food allergies or autoimmune diseases
- **Amylase** – an enzyme that ensures carbohydrates are broken down before absorbed as fat
- **Lipase** – an enzyme that helps break down fat and controls cholesterol and triglyceride levels
The Naturopathic Approaches to Scleroderma

- **Amla** – a rich source of vitamin C found naturally in the gooseberry that’s useful for stomach problems, anemia, gynecological problems, and nose bleeds
- **Serrapeptase** – a protein digesting enzyme that helps reduce pain and inflammation, digests dead tissues, blood clots, cysts, and arterial plaque; used to treat fibrocystic breast disease, bronchitis, arterial blockage and is used as an alternative to aspirin and ibuprofen. It’s a peptidase anti-inflammatory agent that replaces trypsin and chymotrypsin derived from bovine sources

Basically, the combination of enzymes within Vitalzym is just the sort of natural cocktail that we’re seeking to clean our blood and arteries and tissues and attack the scleroderma formations, if it can.

Enzymes will eat away fibrin from post operative scar tissue, fibromyalgia, atherosclerotic plaque in the arteries so there is hope. **Serrapeptase**, the ingredient we’re especially counting on, has even been called “the poor man’s chelation therapy” because of what it does for eating away at plaque, and in Vitalzym we’ve bundled it with other such agents to maximize our chances of a therapeutic effect.

Do you see the logic now?

Together they constitute a collection of “broad-spectrum biological response modifiers” that act in large number of beneficial ways, and we’re hoping that some of those ways are involved in the reversal of the disease. We don’t know that for sure, but there’s hope and logic here, and logic is all we can proceed on.

**Now** the recommended dosage for Vitalzym is 3 capsules, 1-3 times daily on an empty stomach, 30 to 45 minutes before a meal or 60 minutes after a meal, with water. You can take it safely with other nutritional supplements, but not with blood thinning drugs like Warfarin or Coumadin.

Those are the standard dosage recommendations for maintenance, meaning for those who don’t have any complaints. For Vitalzym, there is an initial “activation dose” -- an initial high level starting dosage to prove to you the product is working. A doctor can help you determine that dosage, but basically, you start taking 3 capsules, 3 times a day, between meals. If in 3 days you don’t feel any benefits, you increase the dose to 4 capsules, 3 times a day for 3 days. You keep increasing the number of capsules until a benefit is felt, usually between 3-5 capsules. With a
condition like scleroderma, I’d increase the number of capsules consumed even further after the initial introduction is done.

I don’t have much experience with the product yet, but really felt a big lift in my entire system at just 3 capsules … and the “lift” was not slight but EXTREMELY notable. Now I’m just waiting to see if it improves my skin or dissolves away scar tissues as many people mention.

The enzymes within Vitalzym are extremely safe, so it’s another product I would put in your arsenal.

That makes it the Brown protocol, PABA, DMSO, vitamin E, nattokinase, and the serrapeptase found in Vitalzym because we’re going for a cocktail formulation that might have all sorts of related, contributory effects for scleroderma.

That’s the ideal situation, and now we have a number of different ways to approach scleroderma.

At least now you have something you can do that makes sense and can possibly help eliminate the problem and pain … and in a subsequent chapter we’ll uncover a way to determine an approach that is even more targeted based on your own body and biochemistry.

Because it’s specific to your own personal biochemical individuality we cannot go into any one protocol, however, we can uncover the way to determine which products or substances you might want to pursue to maximize your chances of favoring dealing with the disease.

**Recommendation:**

- Vitalzym (or Wobenzyme), an enzyme cocktail to help eliminate CICs, eat away at scleroderma fibrotic accumulations, and dissolve the coatings of immune antagonists (viruses and mycoplasma) that may be contributing to immune overload

**REFERENCES:**


The Naturopathic Approaches to Scleroderma


Panagariya A, Sharma AK. A preliminary trial of serratiopeptidase in patients with carpal tunnel syndrome. J Assoc Physicians India; 1999; 47 (12); 1170-1172.


The Naturopathic Approaches to Scleroderma

The ION Blood Panel and Optimal Blood Chemistries

We’ve covered vitamin E, PABA and other nutritional supplements to counter scleroderma. Is there a way we can be even more specific with suggestions on nutritional supplementation?

Yes, there is.

The number of medical conditions managed by, and even reversed by nutritional substances is astronomical. There are so many conditions that have an underlying cause based on biochemistry … and that biochemistry can be altered, modulated, even “fixed” through nutritional supplementation. Sometimes a medical condition simply needs more of a particular vitamin or mineral to stabilize because the conditions “burns” it up, and supplying more of the missing nutrient returns things to normal. “Genetic predispositions” are commonly managed through nutritional substances, too.

Now, scleroderma may indeed be one of these conditions, but no one has done the extensive nutritional and blood work studies necessary to find out for sure. So there’s nothing I can say on this account EXCEPT … I can teach you how to see for yourself and intervene specifically for any of your own nutritional stores that are deficient and any biochemistry that has gone awry which can be modulated.

If through an RBC blood analysis you find that your body is lacking sufficient stores of some particularly level of vitamin or mineral, perhaps THAT is contributing to scleroderma … and supplementing with that missing factor may help reverse the condition.

When you think about it, that’s what vitamin E supplementation is all about. It’s about insufficient vitamin E to dissolve scleroderma, and with the really high powered vitamin E that I’ve recommended you consume, you’ve upped your chances considerably of dissolving or softening scleroderma fibrosis.

But there are other factors to consider as well that tie-in with fibrin and calcium deposits, so let’s look for some analogies.
When people have high cholesterol -- they take steps to reduce the chances of cardiac events by supplementing with high doses of folic acid, vitamin B-6 and vitamin B-12 to modulate homocysteine, the "glue" that binds cholesterol plaque to the walls of arteries. If you reduce levels of homocysteine, then less plaque forms.

This same type of biochemical detective work -- with remedy -- is what YOU can do hand-in-hand with a nutritional doctor (or on your own if you’re smart enough) once you have information on the levels of various enzyme, mineral, amino acid, and fatty acid are in your blood, and know how they play a role in various biochemical pathways.

What we’re looking for is some deviation in your status of minerals and vitamins and other factors that might tie in to scleroderma, so here’s how you do it: You get a blood test … but not just any old blood test.

You ask your doctor to help you get a specific blood test.

You need to get your doctor to order an ION panel, which is the least expensive, most comprehensive, and most technically accurate laboratory test I know of to assay your vitamins, minerals, fatty acids, amino acids, organic acids, heavy metals and more.

If you’ve got a disease then something is off, and this panel will tell you about your underlying biochemistry. Then you can go about nutritional modulation of your condition (remember, you also need your hormone levels measured, too).

A full ION (individual optimal nutrition) panel includes:

- Functional deficiency markers for Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
- Vitamins A, E, B-Carotene and Coenzyme Q-10 (serum)
- Essential elements (plasma)
- Amino acids (fasting plasma)
- Fatty acids (plasma)
- Organic acids (overnight urine)
- Lipid peroxides (TBARS) (serum)
- Homocysteine (serum)
How do you order the ION Panel? Through MetaMetrix Labs at 800-221-4640. It’s a $1200 value which costs about $600. This is what will tell you how your body is doing.

Let me give you an idea of how this might work using vascular disease as an example because no one has done any such study for scleroderma yet to know the exact blood levels of substances we should be interested in ... at least none that I know of. We’re at the stage with this disease where we can only start to do the detective work, so I’m going to tell you how with your results in hand.

Let’s say you have heart disease or vascular disease.

With heart disease, the lab tests will probably show deficiencies of the mineral magnesium, the amino acids carnitine and taurine, and fatty acids and other important substances commonly associated with heart disease.

Pick up any nutritional medicine book and you’ll find that these substances, including COQ10, are used to modulate cardiovascular conditions so that they do not express itself ... and that’s what you do!

Here’s the procedure: Test the blood and urine ... note the excesses and deficiencies ... examine the biochemistry ... and then logically intervene with nutritional modulation.

Let’s say you have an immune disorder, as another example.

From this blood panel, you’d probably find lots of deficiencies, including the mineral zinc which, as you know, plays a role in over 600 enzyme reactions in the body. Zinc plays a BIG role in immune regulation.

So what do you do? Supplement with zinc! Opti-zinc, in particular.

Now it doesn’t make sense to throw supplements at a condition unless you already know what level of those substances your body already has in its stores, or suspect particular biochemical pathways that might be involved in the expression of that disease, or without knowing they would indeed work for that condition.
Only this type of approach can help you go through this maze and find something the scleroderma doctors have not, as I’m sure they are NOT used to this type of analysis. Rheumatologists are NOT trained in nutritional thinking.

Only top nutritionists, naturopaths and experts in “functional medicine” do this sort of thing. Your ordinary rheumatologist isn’t going to have a clue about this.

Make the mental leap … if there is an underlying biochemical condition contributing to scleroderma that’s tied into the over expression of certain substances found in the blood, or requires the presence of extra substances in order to be resolved, this may be the only way to find out, and thus finding out, you can learn how to modulate things to halt, slow or help reverse the progression of the disease.

I’m making a leap here, so if you don’t want to read anymore of this chapter then just skip it and proceed to the next, but I believe this digression on vascular disease will help.

Frankly, no one knows for sure why scleroderma progresses or resolves itself, but I personally suspect it is partially due to vascular and inflammatory healing mechanisms along with an immune system component.

I am particularly interested in seeing any involvement with copper levels, along with proline and lysine levels (amino acids) because proline, lysine, copper and vitamin C are building blocks for healthy collagen.

Because researchers have found that a low phenylalanine, low tyrosine diet was helpful, I’m also interested in the levels of these amino acids as well. Tyrosine is used to make thyroid hormone, and the levels of your hormones …in particular DHEA, thyroid hormone and testosterone, are also of interest.

Scleroderma is essentially an overgrowth of collagen in the body, so let's review what we know about this process, and then see what we know about any micronutrient abnormalities found in scleroderma patients.

Collagen is a major constituent of our body’s connective tissue, skin, cartilage, tendon and bone and comprises approximately 30% of all the protein in the human body. There are actually 14 types of collagen in the body, and collagen proteins are fibrous and responsible for the "toughness" of tissues … without collagen, tissue would have the consistency of Jell-O.
My interest in copper will be understood in a later chapter but my preliminary interest can be understood by the fact that copper is essential for healthy collagen production, which we know plays a role in scleroderma.

Two researchers (Akimov and Jayson) have already found that both serum copper and ceruloplasmin, a copper-protein, may be elevated in cases of scleroderma and there is evidence of a positive correlation between elevated copper levels in the blood and the manifestation of the disease. In particular, Akimov (“The copper content of the blood and skin in children with circumscribed scleroderma,” Vestn Dermatol Venerol (10):9-11, 1990) has found that the copper concentration for scleroderma sufferers can be 7 times the normal values!

While there is currently no evidence that decreasing the body’s copper burden is beneficial, which you can do by supplementing with nutritional zinc, this is probably a wise thing to do. Zinc supplementation is quite safe, and it tends to lower copper levels in the body since the two minerals compete for absorption.

Studies on scleroderma patients have found that zinc levels are markedly reduced in red blood cells, platelets and granulocytes. Svenson has found that the higher the degree of inflammation, the more zinc levels were depressed (“Reduced zinc in peripheral blood cells from patients with inflammatory connective tissue diseases,” Inflammation, 9(2):189-99, 1985). Whether zinc supplementation has a positive effect on the clinical course of the disease is unknown, but now there’s evidence suggesting the zinc supplementation from two different angles.

Penicillamine is the drug normally used to treat rheumatoid arthritis and scleroderma, as well as Wilson's disease, to promote copper excretion from the body where it has deposited in the tissues. Wilson’s disease, which is due to an overabundance of copper in body tissues, provides us another analogous role model as it is treatable with zinc. To fight infection, such as mycoplasma, you need zinc as well so its supplementation is probably warranted.

In a series of studies at the University of Michigan, researchers also found that zinc induces formation of metallothionein, a substance that grabs on to any copper it can find which it then holds in intestinal cells until they are sloughed off (intestinal cells have about a six day life span, so they turnover quite rapidly) and excreted with other wastes into the stool. So once again, zinc supplementation in cases of scleroderma may be warranted, and an ION panel will tell you the level of zinc in your cells and tissues.
As to collagen, when the level of copper inside skin cells increases, healthy collagen production usually goes up. I have actually seen micro-fine copper sprays, applied to scar tissues, soften the tissues until their texture was like that of normal skin, which I’ll introduce later. One of the world’s leading copper experts I corresponded with mentioned that copper peptides both stimulated collagen synthesis and breakdown at the same time, which perhaps explains the results. They theorized that the body seems to end up adding new protein and skin in the presence of certain copper peptides but that it may be possible to switch the balance to more breakdown.

In other words, some researchers think copper may play a role in the manifestation of the disease, but you might also be able to use copper in its treatment!

Collagen synthesis is complicated but vitamin C, along with copper, work together to create strong collagen. The production process is that collagen is initially made as a preprocollagen, which is converted to procollagen and then hydroxylated, glycosylated, wound into a helix then clipped into collagen molecules, assembled into collagen fibers and cross-linked into final form.

The hydroxylation of collagen is dependent on vitamin C, and the final cross-linking of collagen depends on the enzyme lysyl oxidase, which uses copper as a cofactor. That’s the copper involvement.

Copper peptides applied to the skin have also been shown to promote collagen synthesis and also may prove effective in smoothing wrinkles. Smoothing wrinkles, eh? Along with vitamins B-5, C, zinc, magnesium, and manganese, copper is a principle agent involved in wound repair and repairing damaged tissue, which may (or may not) play a role in scleroderma.

As stated, copper is very important in wound repair because it creates cross-links in collagen and elastin that give the proteins strength. Remember, collagen and elastin are parts of the elements that give the body structure, such as tendons and the skin. Without these proteins, the human body would disintegrate into a puddle like Jell-O.

If there is a copper imbalance involved with scleroderma, the ION panel will find it, and that may be part of the cure.
But copper is not whole story here. The whole point of this chapter is to tell you that there might be a biological relationship between scleroderma and biological components such as this, which then can be modulated through appropriate supplementation.

We don't know that for sure, but the purpose of this detour has been to show you how it’s done for vascular disease, and propose this step-by-step model of intervention as something that can be followed for scleroderma.

Whether or not it's possible, that’s more than what the doctors are doing.

With blood test results in your hand, you can then consider the need for appropriate supplementation to help your condition.

The supplementation might be a substance like Wobenzyme, a strong multivitamin, or a targeted multivitamin/multimineral supplement or specific nutrients so the point is to be in the know and identify your risk rather than spend your money uselessly.

As a “naturopathic educator” concerned about a condition for which we know little, this is the best thing I can do for you.

Doctors are notoriously behind-the-times when it comes to applying the results of the latest research in the nutritional or complementary health field, but if you insist on taking these tests you’ll be sure that you are doing the best you can for your condition.

You’re the one who has to pay for any mistakes of omission in the end, so trust to your own wisdom to decide whether you are doing everything you can do.

Proceed with wisdom, common sense and caution. Try to get to the root of the problem to solve the situation.

**BLOOD EXAMS**

The last thing I want to teach in this very long chapter -- which you'll probably be using for life even after your scleroderma goes away (an unexpected gift to you) -- is how nutritionists are taught to read a regular blood exam because this might be helpful.
On this, ordinary physicians also haven’t a clue.

It turns out that a number of doctors and universities have developed "optimal" ranges for your blood work numbers.

I've studied everything available on this material over the years -- spending thousands of dollars in the process -- and have written a book on these ranges and what they suggest you need to take when things are "off."

If you want to study this field, I suggest the work of Dr. Harry Eidinier, Abrishamian, Jack Tipps, Cessna and others, which all support the fact that the "optimal ranges" can be used to spot subclinical conditions that stump the doctors. In other words, regular blood work figures can be "off" and knowledge of what's behind those figures can gives clues to the underlying cause of the condition, and how to treat it.

That's what I taught you how to do with a ION panel, but now I want to just give you this information for a regular blood panel … what they call a SMAC panel or blood chemistry.

For instance, did you know that when your blood work shows that uric acid levels are less than 1.8, cholesterol is less than 140, triglycerides are less than 40 and lymphocytes are less than 20 simultaneously, you better ask your physician for an AMAS test for cancer!

High uric acid levels naturally correspond to gout, high chlorides and low CO2 levels simultaneously can indicate "chemical sciatica" (back pain that stumps the doctors since MRI, CATSCAN, and MEGs will be normal), high creatinine levels often tell you that you have prostate problems, and BUN can be used to tell if you are gluten sensitive.

Knowing this information, you also know how to nutritionally intervene for the disease. Let's take gout as an example.

For instance, gout can be helped with a variety of nutrients. The amino acids alanine, aspartic acid, glutamic acid and glycine which constitute protein, have been shown to lower uric acid levels. Folic acid inhibits xanthene oxidase, the enzyme responsible for producing uric acid.
An ION panel would give you guidance as to whether you should follow these approaches.

While drugs such as the anti-inflammatory colchicine are standard treatment for gout, they also do nothing to lower the uric acid levels that cause it in the first place. Rather, they just block the inflammatory process of the condition whereas various nutriceutical agents can also attack the inflammatory condition as well as lower uric acid levels in the first place.

For instance, EPA, an omega-3 EPA fatty acid, helps limit the production of leukotrienes that cause inflammation ... as does our friend, vitamin E. Bromelain, another friend, is also an effective anti-inflammatory agent as well as quercetin, which inhibits inflammatory production and uric acid production as well. In fact, quercetin acts in similar fashion to the gout drug allopurinol.

Since uric acid is the by-product of high purine diets, gout patients are also advised to avoid high purine foods such as organ meats, meat in general, shellfish, yeast, poultry, herring, sardines, mackerel, anchovies, beans, peas and spinach.

Anyway, that’s how it’s done.

That’s how to use knowledge of the condition, along with blood work and ION panel figures, to determine how to nutritionally intervene for scleroderma. So let’s turn back to an ordinary blood test.

Want to know some of the “optimal ranges” for blood chemistry figures ... the figures you should look at whenever you are sick with ANY condition?

The “optimal figures” are a bit more complicated than the following listing since the numbers change based on your age and weight and sex, but here’s a good set of optimal reference ranges to keep handy.

Knowing something is "off" will tell you what to look up on the internet, and knowing this you may be able to spot something the doctors miss:

<table>
<thead>
<tr>
<th>Chemistry Panel</th>
<th>Optimal Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucose</td>
<td>80 - 100</td>
</tr>
<tr>
<td>Carbon Dioxide</td>
<td>26 - 31</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>135 - 142</td>
</tr>
<tr>
<td>-------------</td>
<td>-----------</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>4.0 - 4.5</td>
</tr>
<tr>
<td><strong>Chloride</strong></td>
<td>100 - 106</td>
</tr>
<tr>
<td><strong>Phosphate</strong></td>
<td>3.4 - 4.0</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>9.4 - 10.0</td>
</tr>
<tr>
<td><strong>Magnesium</strong></td>
<td>&gt; 2.0</td>
</tr>
<tr>
<td><strong>Serum iron</strong></td>
<td>80 - 100</td>
</tr>
<tr>
<td><strong>BUN</strong></td>
<td>10 - 18</td>
</tr>
<tr>
<td><strong>Creatinine</strong></td>
<td>.8/.9 - 1.1</td>
</tr>
<tr>
<td><strong>Uric Acid</strong></td>
<td>females 3.0 - 5.5, males 3.0 - 5.9</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>150-220</td>
</tr>
<tr>
<td><strong>HDL</strong></td>
<td>&gt; 55</td>
</tr>
<tr>
<td><strong>LDL</strong></td>
<td>&lt; 120</td>
</tr>
<tr>
<td><strong>Triglycerides</strong></td>
<td>70 - 110</td>
</tr>
<tr>
<td><strong>Total Protein</strong></td>
<td>6.9 - 7.4</td>
</tr>
<tr>
<td><strong>Albumin</strong></td>
<td>4.0 - 5.0</td>
</tr>
<tr>
<td><strong>Globulin</strong></td>
<td>2.4 - 2.9</td>
</tr>
<tr>
<td><strong>Total Bilirubin</strong></td>
<td>.1 - 1.2</td>
</tr>
<tr>
<td><strong>Alkaline Phosphatase</strong></td>
<td>70 - 100</td>
</tr>
<tr>
<td><strong>AST (SGOT)</strong></td>
<td>10 - 30</td>
</tr>
<tr>
<td><strong>ALT (SGPT)</strong></td>
<td>10 - 30</td>
</tr>
<tr>
<td><strong>LDH</strong></td>
<td>140 - 200</td>
</tr>
<tr>
<td><strong>GGTP</strong></td>
<td>10 - 30</td>
</tr>
<tr>
<td><strong>WBC</strong></td>
<td>6.0 - 7.5 (5.0 - 8.0)</td>
</tr>
<tr>
<td><strong>RBC</strong></td>
<td>4.0 - 4.9 (3.9 - 4.5 females; 4.2 - 4.9 males)</td>
</tr>
<tr>
<td><strong>HGB</strong></td>
<td>13.8 - 14.9 (13.5 - 14.5 females; 14.0 - 5.0 males)</td>
</tr>
<tr>
<td><strong>HCT</strong></td>
<td>37 - 45 (37 - 44 females; 40 - 48 males)</td>
</tr>
<tr>
<td><strong>MCV</strong></td>
<td>82.0 - 89.9</td>
</tr>
<tr>
<td><strong>MCH</strong></td>
<td>27.0 - 31.9</td>
</tr>
<tr>
<td><strong>RDW</strong></td>
<td>&lt;= 13.0</td>
</tr>
<tr>
<td><strong>Platelets</strong></td>
<td>150,000-450,000</td>
</tr>
<tr>
<td><strong>Basophils</strong></td>
<td>0 - 1%</td>
</tr>
</tbody>
</table>
Here’s how nutritionists use this sort of information to intervene in conditions.

When glucose is high, they often suggest the need for extra thiamin, and sometimes B-12, for an individual. When the anion gap is high (>12), that’s another call for thiamin as well.

High uric acid levels suggest vitamin B-12 is needed and molybdenum. A high MCV (mean corpuscular volume level) suggests B-12 is warranted as well, as does RDW above 13. If you have multiple factors suggesting a B-12 deficiency, including nervous disorders, well then you look into B-12!

Low albumin levels suggest vitamin C is needed.

Low alkaline phosphatase suggests a zinc deficiency.

High calcium levels suggest excessive intake of vitamin D.

When SGOT/AST is low, vitamin B-6 is warranted. The same goes for low SGPT/ALT or GGTP -- they suggest vitamin B-6 supplementation as does a high homocysteine score. A low MCV also says investigate the need for vitamin B-6.

Naturally, it’s always more complicated than this.

Nutritionists take those general possibilities and filter the (combine them) together with other information on the presentation of the condition to come up with diet and supplement recommendations.

At least, that’s what they do if they don’t have direct ION panel information.

An ION panel will tell you exactly what’s off with your body’s blood levels of substances and biochemistry, but the point is that an ordinary blood test, if read in the right way, and taken in combination with knowledge of the condition, can also suggest some basic nutritional factors to look into, too.
Be careful jumping to conclusions -- by no means am I saying that “low alkaline phosphatase definitively means a zinc deficiency,” as an example, but that does become one of the first things to consider when you see a low ALK PHOS score on a blood chemistry … especially if it ties in with other conditions such as spots on the fingernails (a typical sign of zinc deficiency), immune dysfunction and so forth.

See how it works?

Nutritionists and naturopaths are taught to read things this way, but doctors are not. It’s not that it doesn’t work … they just haven’t had the training. Medical schools teach them what drugs to use whereas this is more like detective work … and it’s actually the reason why they went to school to become a doctor in the first place, but they aren’t taught this and doctors rarely learn it on their own. Like me, they’d have to spend thousands of dollars to do so.

If all doctors learned how to do this, however, and figure out the underlying biochemistry (ex. Zinc is needed for ALK PHOS, and ALK PHOS does this and that in the body, and therefore XXX and YYY and ZZ should be off if it’s missing, and therefore supplementation should restore QQQ and KKK, etc.), we’d have a medical system that’s far more effective.

I want you to get an ION panel done so you can find out exactly what’s off inside you -- if there is anything -- and then take the results to a sharp-eyed, nutritionally trained biochemical doctor who might be able to spot why your scleroderma is progressing.

But my purpose in giving you all this information is for a number of reasons besides that.

First, it’s a present. It’s a favor to you.

You can use it throughout your life, even when your scleroderma is resolved, to help you know something else is off. The list of ranges is invaluable, so you’re getting more than a book on scleroderma.

Second, I want to help you spot something that may be impacting your scleroderma NOW, and if this list can help in that direction I’ve done my share to help. I don’t know if it can help but you’ll have it anyway, which is why I’ve made the long effort. If it doesn’t help then simply ignore it or don’t use it -- no harm done. So don’t complain … it’s EXTRA.
Doctors don’t know about these “optimal” numbers but use the blood chemistry ranges of high and low that are particular to each laboratory’s exam, which are so broad that they don’t tip you off about any subclinical indications that are linked to an underlying biochemical pathology.

**Scleroderma disease progression, which no one has figured out, might be due to something subclinical like this.** For instance, one clinician reported that ALL his scleroderma patients were found to have inadequate levels of hydrochloric acid (HCL) in the stomach as well as that of B vitamins, which would show through an ION panel and which could be confirmed by this information. Following the supplementation of both, he found that they quickly improved their condition. (Gaier H, Alternatives: Scleroderma. What Doctors Don’t Tell You 9(11):6, 1999).

This suggests that **B-vitamin supplementation (in particular B-12), and betaine-HCL supplementation** (digestive enzymes) are worthwhile for scleroderma!

Another doctor has found that most scleroderma sufferers suffer from malabsorption because their intestines eventually stop absorbing the normal amount of nutrients from food because of scarring and bacterial overgrowth. Softened bones are one such development due to a lack of vitamin D and hemorrhaging from a lack of vitamin K. Of course these symptoms can be prevented with proper nutrition, and **vitamin D supplementation is warranted in many cases of systemic scleroderma.**

Hundreds of disease conditions are due to subclinical factors and can be helped when appropriate nutritional modulation comes into play. But first you have to find the deficiencies and the ION panel along with these “optimal” reference ranges and some detective work will help.

Once again you have to figure out if the information is relevant because, for instance, a “high” or “low protein” level in your blood may tell you nothing about the disease at all. So don’t overreact just because something is out of optimal range. Without the specific, exact information of the ION panel, there’s just a slim chance that the ordinary blood chemistry info of a SMAC is of any help.
Third and last, I want you to have another way of confirming the results from an ION panel. For instance, if the ION panel shows you low on zinc and your blood test ALK PHOS reading is off, too, now you know why … because you are low on zinc.

Remedy? Correct the condition.

The solution in that case is to supplement with zinc, of course, and probably a cocktail of zinc compounds to maximize your chances of absorption. If the person has trouble with wound healing, or fingernail problems, or immune problems, the zinc tie-in has now been confirmed and can be alleviated.

Presumably, we’re looking for something “odd” about your biochemistry that ties in to scleroderma, and so the ALK PHOS example and all these other examples is just illustrative of how doctors make findings and then write papers, come up with protocols, and thus help lots more people.

Though nobody has published extensive testings like this on the topic, this is how you do it for your own individual case, and doctors reading this will now have a roadmap as to what they can do to help get to the heart of the problem with scleroderma … and eventually help more people.

You start with one patient, learn something, and then another and another and another until you know a lot. When they publish more along these lines, I’ll simply go back and rewrite this chapter.

Plenty of people with scleroderma argue that more money should be spent on research for the disease, but no one talks about research directions. This is one of the avenues they should pursue. I’ve practically given it to you.

Presumably, if a nutritionally oriented doctor starts doing this and works with lots of scleroderma patients they’ll eventually find some correlations between some blood work figures, figure out some biochemistry that might have gone haywire, publish the information, test it, and if successful it will become part of the standard protocol for scleroderma, just as vitamin E has become.

All it needs is a few patients.

I don’t see clients anymore so my job is to publish information like this that might help you out, and show you how it works in order to “force the market” into catching
up with what’s available out there in testing, and thereby help more people in the process.

I haven’t seen any scleroderma blood work or full spectrum ION panels myself to come to any conclusions, but it’s my job to let you know of this tool, tell you how it can be used and possibly prove helpful in your condition.

The point is, if there is an underlying biochemical abnormality or nutritional deficiencies that are inhibiting biochemical pathways and are involved with this disease, and if those markers are ones typically measured, you’ll find whether their levels are off through the ION panel.

You’ll need to go to a nutritionally oriented (alternative, complementary, comprehensive, naturopathic, functional medicine) doctor to interpret this if you go this route -- remember that the best doctors have usually been trained in biochemistry -- because they’ll know what to do.

**Recommendation:**

- Get a full blood work up and ION panel
- Supplement yourself with zinc, HCL (digestive enzymes), B-vitamins and the fat soluble vitamins when necessary, in particular vitamin D

**REFERENCES:**

MetaMetrix Labs [www.metametrix.com](http://www.metametrix.com)

Great Smokies Laboratory [www.gsdl.com](http://www.gsdl.com)
The full etiology of scleroderma is still a mystery to researchers.

No one knows for sure how and why it occurs, why it progresses, and why for some people it resolves itself while for others it does not.

All along I’ve felt there must be immune and inflammatory component behind the disease. In recommending the ION panel, I’ve also provided a way to gain insight into nutritional deficiencies or excess along with possible biochemical mechanisms, and how to modulate them through various supplements. In fact, I’ve gone out of my way to discuss similar problems, as well as related collagen and connective tissue issues, in hopes of giving clues to physicians and researchers.

I hope that by examining your own ION panel in light of this knowledge, you might see something “off” and create an intervention scheme through nutritional modulation that will -- when done in conjunction with the other steps mentioned -- maximize your chances of seeing a reversal of your scleroderma.

This, in fact, is how functional or complementary medicine is practiced to help people.

When you are trying to help someone beat some illness, you don’t just throw supplements (vitamins and minerals and herbs) at them but first try to determine the individual’s’ nutritional status, and from there then supplement accordingly while taking into account their condition.

For many diseases we know the exact biochemistry involved in the disease expression, but in this case we do not. However, with this knowledge and knowledge of typical immune, inflammatory, vascular and other diseases, we can make some reasonable guesses and use them to help guide our supplementation efforts.

No doctor can say more or promise more, as this is entirely uncharted territory. I certainly cannot either … therefore we must proceed by logic and analogies. Whatever approach you choose to take, my advice holds to always check things with your doctor and ask for their approval. Remember that none of this is to be
considered medical advice -- the good old legal disclaimer -- and that ultimately you have to take responsibility for your own health. You can read the research and suppositions, but you’re the one totally responsible for your condition and what you try to manage it.

Also remember that whenever a disease has no known good protocol, you must rely on logic, common sense, and biochemical understanding to do what you can … but to do that you need information, which is what the ION panel supplies.

Only with information can you intervene intelligently … which is the nutritional, naturopathic, practical approach to health. Presumably that’s why you bought this manual.

The only other alternative is to do nothing, so in reading this don’t complain that “nothing is proven” because you already knew that in the first place when it comes to holistic therapies … it will take years before double-blind studies and repeat studies are done again and again just to prove one tiny item in a protocol, so you ARE already doing everything you can do by reading this information and being willing to do your own research. I congratulate you, because that’s how I licked many of my own health problems in the past when doctors could do nothing. It’s just too bad that scientists, doctors and medical researchers haven’t found out more.

Getting this book and reading it and making the connections shows you’re doing what you should be doing, and are trying to go beyond our current state of knowledge. That’s how the frontier pushes forward. Hopefully you’ll share your results with others.

And … you already have your Brown’s tetracycline therapy, vitamin E, nattokinase, Vitalzym with fibrin eating serrapeptase, PABA, DMSO … plus more is coming!

Now when a nutritionist I used hundreds of herbs and supplements over the years to help people with their various health conditions, but my attitude on these “green pharmaceuticals” is that you should use them when you need them, but try to use as few as possible, and strive as much as possible to cure your health conditions through your diet.

Your diet usually contributes to your underlying pathological condition because what you digest becomes nutrients in your bloodstream, and it’s what you wash over your cells through your blood that tells your cells what biochemical reactions to trigger,
through the mechanism of genes which control all that information, so what you eat affects the expression on any hereditary factors that are lying latent.

That’s heresy to doctors, but it’s the view of functional medicine experts (Jeffrey, *Genetic Nutritioneering*) and researchers such as Bruce Lipton … use nutritional supplements to wash over cells and cause them to over- or under-express certain biochemical reactions.

What you wash over your cells also triggers, or makes possible, normal biochemical reactions. Dietary deficiencies impair those reactions from taking place, such as not getting enough magnesium or zinc in the diet. So watching your diet is a crucial key to many health conditions.

Fine and dandy, so how does that relate to scleroderma?

In other words, what is the proper diet for a scleroderma?

Here’s what we know.

There is very little published research relating a diet specifically for scleroderma. However, there is a report from 1959 which described a treatment of 4 hospitalized patients with a low phenylalanine, low tyrosine diet. While on this diet, treatment with steroids and ACTH was avoided.

All four of these patients improved, usually within 30 days, and there were no noticeable side effects. However, once they went of the diet, their symptoms reappeared.

The way the researchers came up with this diet is that they noticed 2,5-dihydroxyphenylpyruvic (DHPP) in the urine of patients with generalized autoimmune diseases. By the way, this is the type of information you pick up from the ION panel, and hence my insistence on data and a good rheumatologist to drive your treatments. DHPP is an intermediary metabolite of tyrosine and phenylalanine.

Next they tried supplementing these patients with tyrosine, and found it aggravated the symptoms of their disease, so this caused them to come up with this diet. The results of these studies can be found in:


These are not the only considerations we have with scleroderma patients.

Since the kidneys often become damaged in scleroderma sufferers, some health professionals advise avoiding high-protein diets because they are hard on the kidneys. Whenever someone has kidney problems I usually recommend three herbal products to keep them from damage:

- The American Botanical Formula kidney flush package (800-437-2362)
- Renelix by Pekana (which could arguably be the best kidney product in the world, orderable through DRNature.com 800-877-0414), and
- Kidney by Apex Energetics, a homeopathic formulation (800-736-4381)

As to the Raynaud’s symptoms or heartburn that often strikes scleroderma sufferers, they’re typically advised to avoid the following four foods:

- Caffeine (can trigger Raynaud’s and heartburn)
- Chocolate (can trigger Raynaud’s and heartburn)
- Peppermint (can trigger heartburn)
- Ginger (can trigger heartburn)

The dietary suggestions are not restricted to this, but to go further we have to provide a little extra background and then go step-by-step.

Medical history is rich with descriptions of how foods or drinks contribute to the onset and perpetuation of disease. Gout, for instance, is a disease often triggered by the diet. Certain foods, such as wheat, dairy, citrus and members of the nightshade family, are also linked to triggering arthritis flare ups. When people avoid these foods, which seem to trigger allergic reactions, their problems often go away.
All this serves to show that **diet can play a role in the expression of a disease, and hence in its modulation.** The idea is extremely simple: the key is not just what you should eat, but **what you should avoid** to help control scleroderma.

The most extreme thing you can do, of course, is not eat at all.

I’m not recommending fasting but strange enough, in a Scandinavian study by Sköldstam and colleagues, rheumatoid arthritis patients who fasted for 7-10 days appeared to have less pain, stiffness, evidence of inflammation on physical examination and laboratory testing, and required fewer medication requirements than control subjects. The mechanism is unclear, but **researchers believe that it’s related to reduced immunologic activity -- the less food ingested, the less challenge to the immune system.**

That’s one of the keys … provoking less of an immune response!

I brought up this interesting case – from a related autoimmune disorder – in order to introduce this idea once again that **you want less challenges to your immune system through the diet.** How? By avoiding those foods (“food offenders” or allergens) that provoke an allergic response!

Generally for the diet, I usually tell people three general, golden rules that are good for everyone no matter who you are. In fact, these three simple rules encompass most of the recommendations you’ll find among top nutritionists -- especially for losing weight – for most conditions:

1. **Dramatically reduce your consumption of SUGAR.** This means to reduce your consumption of sweet tasting foods (sodas, sugar, ketchup, milk … anything that tastes sweet except for fresh fruits and stevia) and
2. **Dramatically reduce your consumption of processed grain products,** especially, but not limited to, those made of wheat flour (pasta, bread, crackers, bagels, etc.) because these are foods that quickly turn into sugar in your body (they’re “high glycemic” foods). Even better … a “No Grain” diet as recommended by Dr. Mercola.
3. **Substitute good fats for bad fats in your diet** (like using butter instead of margarine and olive oil or coconut oil instead of soybean, corn, sunflower, safflower and other oils)

However, as nice sounding as that is, it’s too general for scleroderma. You’ll lose weight on it, and it will help probably help your scleroderma and a number of health conditions such as arthritis, but that’s not enough.
What I think we must do is identify the foods that may be specifically contributing to your problem, as those food offenders may be affecting your underlying biochemistry (that may be contributing to an expression or progression of the disease) and may explain why some people experience a resolution of the problem while others do not.

That was the idea of a tyrosine free, phenylalanine free diet.

I think that part of the problem may have to do with avoiding food allergies and sensitivities, as this normally plays a big role in the expression of many diseases, and may play a role here just through the angle of general health and its inability to resolve the situation.

What really tips me in this direction is that scleroderma sometimes clears up all by itself, and for some people it does not. I also suspect a number of biological pathways are involved, as I mentioned, and I know that the efficiency of many of these are affected by the diet.

Hence my suspicions.

Yet even if I’m wrong, the following recommendations on diet are not likely to hurt you, and will probably help you for all sorts of other areas of your health. The only thing it will set you back is some money for the testing.

As stated, there’s no basis for saying diet plays a role in the expression or resolution of scleroderma except for the one study I’ve noted, but we cannot rule it out either. Most of all, this suspicion just makes sense … especially as the condition often resolves itself … the idea that eating better may help in overall health to the extent that it can get a handle on and lick the condition. Understand?

So this approach will not hurt and it certainly will alleviate other conditions you might have that are not scleroderma. It is the one secret rule doctors rarely mention even though it can solve a bundle of seemingly unrelated health conditions. It can succeed in producing “cures” where everything else fails … hence my preoccupation with this recommendation.

Let’s explore this but before I begin, let me ask you a quick question to set the stage. In fact two questions.
Do you know of someone who is allergic to alcohol or shellfish or some other food to the extent that eating just one bite … one tiny bite … can send them to the hospital? (I do … I’ve seen a friend sent to the hospital three times, and get the adrenaline spike to the heart, because people slipped shrimp into her food and she’s deadly allergic.)

… Or, is there any food that you loved when you were younger but which you cannot eat now because it gives you perhaps a stomach ache, headache, makes you itch, causes pimples or hives or produces some other type of reaction? (Pizza anyone?)

If so, that’s because you probably suffer from some sort of food intolerance -- perhaps due to your genetics or a weakened immune system and digestion – and you’re probably slightly allergic to the substance. Now you’re older and your vitality, digestive capabilities, immune system, hormones and enzyme levels have declined, so the food sensitivity shows. You immune system throws up a reaction to the food and you just cannot handle it.

In fact, you might have been sensitive to that food when you were younger without knowing it because you were young and healthy and that overflow of robustness helped mask the reaction. Or maybe it’s just that your internal biochemistry has indeed changed with age …

You see… biochemistry once again!

Regardless of the reasons, now that you’re older and your immune system, digestive capabilities, enzyme levels and vitality are declining, your body is broadcasting a highly recognizable lesson that can no longer be masked … “Stay away!”, it’s saying. “That food is no good for you! Don’t eat it.”

Once you know of this “food offender,” does that mean you should eat less of that particular food until you reach the point where it seems like you no longer experience the reaction and can still enjoy it?

No!

It means you should avoid that food entirely, and not eat it at all!

That’s the nutritional rule -- not less, but ZERO consumption. You don’t eat less of something that’s hurting you, but stop eating it entirely. Just because it is destroying
you “under the radar” where you don’t notice it doesn’t mean you should eat it. Who knows what undeciphered problems it is causing to be expressed!

What this scenario tells us is that some foods are bad for you and if they are bad for you, then no amount of those foods are good.

Furthermore, if you can identify the particular foods that cause unfavorable reactions in your body due to your unique biochemistry, then avoiding them … by eliminating those foods from your diet … will often produce a tremendous improvement in your health condition.

That’s a noted nutritional finding.

… You might even turn around a condition that no doctor has been able to help you with.

Whether it’s a “food allergy,” “food intolerance,” “food offender” or “food sensitivity” or “digestive difficulty” for some food … the rule is to just avoid that particular food!

The existence of “food offenders” may sound like science fiction … and certain doctors may snicker at this … and scleroderma aside as well … but correcting your diet and avoiding food offenders is often the biggest single thing you can do to optimize your health, especially when you realize all the junk we eat today, how it is loaded with chemicals we cannot detoxify or eliminate from our systems, and how nutritionally deprived it is.

In short, scleroderma or not, you must identify and then stop eating those foods to which you are innately sensitive because that sensitivity inflames your immune system, which is already overburdened, and produces all sorts of unfavorable results. Scleroderma may, or may not, be one of those consequences in some way or another.

Foods may be contributing to your scleroderma in the sense that they are contributing to your inability to naturally reverse the condition.

If you follow this rule of eliminating food offenders, you’ll usually lose start to lose weight almost instantly since most people are actually intolerant of the very foods
which cause them to gain weight. The weight gain is often a reaction to eating the wrong foods, so you can convince yourself there’s something to this.

That’s also a great side benefit of this approach I’m going to be teaching you.

Eliminating these foods, once they are identified, has also been known to totally eliminate high blood pressure, depression, arthritis, headaches, depression, even epileptic fits … and none of this is science fiction.

The results seen are often miraculous, but they are real and true and existent. They are well documented. Furthermore, we can discover those offenders by identifying your food allergies or sensitivities through testing.

Please remember the logic here -- you’re trying not to spread your soldiers too thin, but limiting the number of wars they are fighting and fronts they are fighting on so that they can attack one particular position en masse.

In so many medical conditions, science knows that what you eat can contribute to a worsening of your condition. By removing those food offenders, the underlying condition often goes away. If it doesn’t go away, a good diet will usually produce benefits in other areas of life anyway because you’re then eating what you should be eating and avoiding what you should be avoiding. Also, while removing food offenders from your diet will not necessarily stop the progression of a disease, it will not lead to the progression of the disease either.

So if there is a specific diet wrong for you (biochemically) that is contributing to your scleroderma in some indirect way -- because there’s no direct way I can possibly think of -- here’s the way to possibly find it … which is through a lab test that checks your blood for an immune response to foods.

There’s only one blood test I recommend in America for finding your food allergies (I don’t recommend skin testing) and there’s only one laboratory I recommend you do it through to test for food intolerances.

As an expert in the nutrition field, I recommend only this one particular lab because it’s the only one in the entire United States whose quality control measures insure consistent lab results from test to test.
No other lab in America has such high quality standards and documented reproducibility like this one, so you can really trust the results it produces. In addition, the test is so effective in over 95% of cases that they even offer a guarantee!

If you want to find out the foods you should be avoiding, I strongly recommend you have your doctor order a special **ELISA IgG antibodies blood test** from Immuno Laboratories and they will arrange to test your reaction to 115 different foods and scientifically identify the food intolerances you may have. You can contact Immuno Labs at 1-954-486-4500 or search [www.betterhealthusa.com](http://www.betterhealthusa.com) for more information.

This is the one dietary investigation you should really perform in your life because eliminating identifiable food offenders will relieve such a big burden on your digestive and immune system, and once that burden is lifted it can often produce dramatic changes in your health. **Scleroderma sufferers are already noted to have low HCL levels, so eliminating food offenders will help with the digestive processes in the stomach AND intestines, which often decline with the disease.**

That’s my recommendation … contact ImmunoLabs at once and order this test. Then, avoid those foods it’s saying your system doesn’t like, and eliminate that possible immunological burden that may, or may not, be contributing to scleroderma.

Perhaps scleroderma is one of the underlying conditions that diet changes can help, and perhaps not. The 1958 evidence suggests so. Mercola’s results say so, too. If we logically use vitamin E therapy, nattokinase and streptokinase, and remove food offenders from the diet that are wacking up our immune and digestive systems … and messing with our biochemistry by throwing substances into our blood stream that our bodies don’t want there … then we’re probably doing everything logical we possibly can to help our condition resolve itself.

We should perform this last step for our general health anyway.

If we furthermore find, through an ION panel, that we seem to be missing vital nutrients that are at deficient levels … or over abundant … or biochemical reactions are astray … that gives us a chance at proper supplementation or figuring out the biomechanism that may be playing a part in expressing scleroderma.
No matter what you eat, you should be avoiding the food allergens that cause trouble for your immune system anyway … with or without a scleroderma tie-in. Food can be a medicine or a toxin, a poison or a cure, and this TEST is the one sure way to discover which foods are toxic to your system.

The beauty of discovering what foods aren’t good for you is that it will help you with all sorts of other conditions such as unexplainable headaches, irritable bowel syndrome, skin problems, hyperactivity, depression, tiredness, sinus problems, problems with focus and attention, and being overweight. Even if your scleroderma isn’t helped, you’ll know which food you should avoid to help clear up these conditions.

Once people discover the foods they should avoid and then avoid them, time and again I’ve found these and other unexplainable conditions disappear.

That’s right. Disappear … gone … forever.

I’m hoping there is a similar component to your general health that explains why some people have scleroderma resolve itself and others do not, which is why I’m not talking about any specific diet but just talking about removing YOUR personal food offenders for your own particular individual biochemistry and heredity.

What you must avoid eating is different than what I must avoid eating -- because our biochemistry and genes are different -- so this is how to approach the problem.

Think of the desired healing outcome in this way.

If you stop taxing your body with immunological responses to foods it doesn’t like, your immune system will finally be freed up enough to go after and then repair a whole host of other long standing health conditions.

Perhaps scleroderma is one of those situations that is malfunctioning but if not, there’s nothing lost. However, if your immune system is constantly engaged in producing reactions to foods it doesn’t like, it’ll get stretched thin and you’ll experience a whole host of conditions that just shouldn’t appear.

If your doctor orders the Immuno Laboratories test for you, you can discover and then eliminate those foods that are provoking unhealthy reactions within your body.
Maybe that will put you in the category of people whose scleroderma resolves by itself, and maybe not, but since your life may be at stake you should want to do as many things as possible, and stack as many chips as possible in your favor.

At least, that’s my thinking.

So when you take the supplements we’ve discussed as well, then you’re following this route and doing the best you can.

Getting the Immuno Lab test is a powerful thing you can do.

Honestly, the power of this test is hard to believe.

The **Immuno Lab test** is such a powerful factor for your overall health that I begged and pleaded with the owners of this famous lab to do something to help you afford to get tested, and what a deal they are going to give you.

I had to chase these guys for months to get them to agree to something … that’s how much I like this test as a nutritionist and believe it will help you. It can do miracles for you if you indeed have a hidden food sensitivity that you’re not aware of.

Unfortunately, a food tolerance test like this can cost six, seven, eight or even nine hundred dollars in a doctor’s office. However, if you use the coupon provided at the back of this book when you call in, the firm will test you for their absolute rock bottom physician’s price of $546 (which is what physicians are charged before they add on their own fees), they will provide you with FREE nutritional counseling support for an entire year.

Here’s the cool part. They will even send someone to your own home or office to draw your blood for the test and they’ve agreed to waive the normal $55 fee for this service.

For something like this that can radically affect your health, this is a great deal. In fact, it’s a fantastic deal and I encourage you to take advantage of it for yourself and your family because **food is your best medicine** … or worst poison … and finding out “which is which” and acting accordingly is the best thing you can do to avoid or eliminate all sorts of illnesses.
This test can be the equivalent of a “miracle drug,” and you should think of the test and the counseling as an investment that’s going to keep paying you back over a 20, 30, or even 40-year period! Rarely will you find something as powerful as this for the potential good it can do for your health.

This could be the one solution you’ve been looking for that none of the traditional doctors are going to tell you about, so I cannot keep recommending it enough. I don’t know if it will help your scleroderma, but here’s the reasoning from another angle as well.

When I originally got into the field of nutritional consulting, I was surprised when medical doctors would tell me that their pharmaceutical cures would not completely work, and in fact would fail, if the individuals seeking treatment did not change their diets. Even famous Chinese doctors trained in acupuncture and herbal medicine have told me that their natural herbal remedies would fail if the diet wasn’t changed as well.

This was a shocking admission as I used to think their herbal concoctions would cure people just by themselves.

“No,” they would tell me, “for this stuff to work, 80% of the time you have to alter the diet. That’s when you’ll get the true cures.”

Hence here’s the big secret to the field of alternative, complementary or naturopathic medicine: You can take every supplement, herb, homeopathic remedy or medicine that’s appropriate to your condition, but 70 to 80 percent of the time the “cure” will not work – it won’t really take hold -- unless you change your diet!

Hence my emphasis on a possible scleroderma disease tie-in, and if it’s not there, a change in diet to help you get better in other ways, anyway.

Your diet is the major factor affecting your body’s biochemistry because it affects the nutrients you provide your cells, the materials running through your blood stream cause cellular reactions to take place, it all affects the underlying acid-base balance of your blood that regulates enzymatic responses, and so forth.

In other words, if you want to change the underlying physiological condition of your body, you must change your diet … which is what diet modification for certain disease conditions is all about anyway.
There is no other way around this.

Whether it’s herbal medicine, vitamins or minerals, homeopathic medicines and so forth, changing your diet is **basic** because food is your strongest and best medicine, or worst poison … and you’re throwing it at yourself every day.

Get this …

The following information is also another mind-blower, as I’ve often stated.

You are not so much a product of your genes as you are a product of your diet -- your genes are not your destiny. You can have lousy genes for cancer or heart disease or whatever … and never see those conditions appear.

Why?

Because it’s the chemicals that you wash over your cells (which have receptors sticking out that activate the genes internally) due to your diet that will activate your genes to express themselves … for better or worse.

That may explain part of the etiology of the disease, and since we can partially control gene expression through diet, I’m saying "**avoid the food factors that are bad for you**" because they may, in some unknown way, be contributing to the disease **directly or indirectly**.

Even if doctors were to start studying this today as regards scleroderma (which they are unlikely to do), it would take 10-20 years for them to make very solid connections between these possibilities, so just put on your thinking cap, do what’s logical, take the **Immuno Labs** test, avoid your food sensitivities, do everything else possible, and see what happens.

It won’t hurt (except for the money) and certainly will help improve your areas of health, so why not do it, especially if you are over 40 years old when all those other factors of decline start kicking in? Your life is at stake for a $500 test, so I certainly would do it instead of spending time and money hopping from doctor to doctor, I’d want some definitive information **IN MY HANDS** on at least something that is biologically tuned to me and my condition.
This is it!

Sickness often comes down to diet — the components of your diet are what you wash over the receptors of your cells that cause your genes to activate in the first place. If you flood your blood stream with trash, your cells will pick that up and express themselves in negative ways, but if you wash your receptors with wonderful life-giving nutrients, you can stem off disease and decline.

Moral?

Stay away from the trash. Stay away from the food offenders. Use the Immuno Labs test -- the most powerful, consistent, dependable one I know -- to find them and avoid them like the plague.

To beat the genetics of any potential hereditary illness, you should therefore make sure your genes are exposed to good supplements and good foods that are broken down by your digestive system and delivered throughout your body to all your cells via the blood.

Part of this equation means avoiding the bad stuff. I have absolutely no way to determine the good stuff for scleroderma, so that’s why I’m emphasizing this approach to stay away from the bad stuff.

Let me say it again. Your food can be a cure or a poison. Let’s take the approach of staying away from the poisons just in case they may be helping the expression of scleroderma or delaying our ability to beat it in some direct or roundabout way.

If you eat the right stuff it’ll be a blessing to your health whereas eating the wrong stuff will be a curse, so the big task is to identify what you should and shouldn’t be eating.

I can only surmise what’s BAD for you … and therefore possibly for scleroderma disease, so that’s our approach by taking the Immuno Labs blood test. You can use the results for other areas of your health as well.

The Immuno Labs deal is so fantastic that I even encourage you to take advantage of it for yourself and your family because food is your best medicine … or a poison … and finding out which is which and acting accordingly is the best thing you can do.
to avoid or eliminate all sorts of illnesses. This knowledge can radically affect your health.

Do it for your whole family if you can afford it, especially for children. As a side issue, you’d be surprised how much hyperactivity or ADHD is really just a function of the diet, and how many illnesses or strange conditions just disappear when the food offenders are removed from the diet.

Why wouldn’t you want to know which foods are secretly making you sick and contributing to low immunity, unexplainable aches and pains, and embarrassing weight gain that requires a whole new wardrobe and keeps you from the beach?

If you’ve ever wondered about what diet is right for you, please take my advice, do this one test and save yourself years of tears, grief and hassle. Just decide for yourself you’re going to do something about this.

I cannot promise you this will help with scleroderma. In fact, I have no information either way except my own nutritional and naturopathic counseling experience. However, this could be the one solution you’ve been looking for that none of the traditional doctors is going to tell you about, so I cannot keep recommending it enough.

Your Own Biochemistry Tells You What You Should Eat

There’s yet another thing you can do to determine the right type of diet for yourself when you have scleroderma, other than to eat more naturally, avoid sweet tasting foods and grains that quickly turn into sugars, and replace bad fats with good fats. It’s called Metabolic Typing that was mentioned by Dr. Mercola and his antibiotic protocol, and the Bible on the topic is the book The Metabolic Typing Diet, by William Wolcott.

Many people have heard of Peter D’Adamo’s book, Eat Right for Your Type, which suggests a link between blood types, and the foods you should eat. The premise sounds attractive, but it’s a little too simplistic. Nevertheless, that attractiveness has swayed people to really fall for D’Adamo’s conclusions without investigating them too closely and looking for the hard evidence that supports them, which really isn’t there.
What you end up doing by following the set of instructions in *Eat Right for Your Type* is eliminate a large proportion of foods likely to be allergens. For instance, several blood types are told to cut out grains and wheat. You already know this is probably going to help your health *regardless* of your blood type. So telling people to reduce their grain consumption is right no matter what blood type you have.

Most people are also slightly allergic to milk because it produces mucus, and milk is also a simple sugar, so once again it doesn't matter what blood type you pick … eliminating milk consumption will usually help with one's health as well. As to whether blood type O, AB, A or B should really avoid milk, no one has done any studies on the matter. We do know that there is a tie-in to multiple sclerosis and dairy consumption, but it took years for researchers to make the linkage.

As for scleroderma, take a look at this.

You already know of Dr. Joseph Mercola’s modified antibiotic protocol that works for scleroderma. In the early 90s, Mercola *started to introduce a nutritional component into his treatment program and noticed a significant improvement in the treatment response* for those with arthritis and scleroderma … *significant* improvement. He’s written that he cannot possibly overemphasize the importance of the nutritional aspect of the program and it is an absolutely essential component of the revised Dr. Brown protocol.

Remember the comments I received that even Chinese medicine would not work as well without a change in the diet? Now you see the same thing again!

The dietary changes that Mercola instituted were based on the Metabolic Typing just mentioned (you can go to his site at [www.Mercola.com](http://www.Mercola.com) and find out your own metabolic type through a self-test administered via the internet), though he also used energy techniques called EFT (Emotional Freedom Technique). Metabolic Typing basically allows each patient to get a unique diet that is right for their body, and that’s what assists in the healing.

Typically, a physician who successfully treats one patient with a particular diet naturally comes to the conclusion that the diet he used was the “cure” for the condition, whereas another person with the same disease could quite possibly need an entirely different diet to receive any benefits.

That’s what happens with cancer patients, rheumatoid arthritis sufferers, and possibly with those suffering from scleroderma.
How do you find that diet? By eliminating food allergies and using Metabolic Typing.

The book The Metabolic Typing Diet reviews these topics extensively, but here are some general principles that seem to hold true for all Metabolic Types, most of which I went over previously, and these include:

- Eliminating sugar and grains (which I mentioned previously)
- Eating unprocessed, high-quality foods, organic if possible (as close to nature as possible)
- Eating your food as close to raw as possible
- Consuming high quality omega-3 fish oils (replace bad fats with good fats)

Eliminating sugar is one of the key cornerstones of this program as it has major negative biological effects. It suppresses your immune system and impairs your intestinal microflora which you need for biotin production and all sorts of other reactions in your body.

If you cannot cut down on sugar consumption (and grains since they rapidly turn into sugar once inside your body), you will affect your insulin biochemistry and are unlikely to improve your condition no matter how many of these protocols you stack together. In short, help your immune system and eliminate sugar from your diet as much as possible.

The Metabolic Typing Diet is different than a blood typing diet, but follows the same underlying idea that you should differentiate your diet according to some underlying biochemical principles. In this case the underlying factor is your metabolism or metabolic type.

The idea of metabolic typing is that everyone has a different metabolism because we are all biochemically unique, and so the foods you eat should be geared to that metabolism.

Nutrients optimal for one person of one metabolic type can therefore be undesirable for those of another metabolic type; one’ man’s food can indeed be another man’s poison.

Let me explain.
In general, you can classify people as being one of three metabolic types: “protein,” “carbohydrate,” or “mixed.” Let’s say your biochemistry does not classify you as a carbohydrate type diet person and yet you follow a vegetarian diet heavy on grains. The end result is that you will get sick because you need to focus on consuming more protein.

Everyone is genetically and biochemically unique so the same diet does not work on everyone. For some people a low-fat, vegetarian Pritikin-type diet might clear up all of their health problems and yet for other people that very same diet might end up destroying their health, and they might do better on an Atkins-type or Protein-power type diet. You see, it’s all based on your metabolism.

The whole premise of metabolic typing is that if you eat the right type of food for your body, determined according to your metabolic type, it should produce a noticeable and lasting improvement in your energy and well being and keep you satisfied without hunger for hours.

The underlying concept of metabolic typing is based on the premise of a balanced blood pH, which is the acidity or alkalinity of your blood. The normal pH of blood is around 7.46 (a higher number is more alkaline and a lower number is more acidic). The further one’s blood pH deviates from this ideal – which is where the optimal absorption and utilization of nutrients is designed to take place in the body – the less efficient will be the absorption and utilization of food and its constituent nutrients. Therefore sickness tends to result when you eat a diet that causes internal pH imbalances and a set of cascading effects from those imbalances.

Those imbalances, because of an abnormally high or low pH, set the stage for fatigue, headaches, allergies, digestive problems, … all sorts of conditions including cancer. So how do you avoid these imbalances? By eating the foods best for your metabolic type that help balance your pH.

Metabolic typing categorizes individuals according to their dominant metabolic category. First there are the oxidative metabolic types, where the term “oxidation” refers to the rate at which nutrients are converted into energy:

- Fast oxidizers (who have an acidic blood pH)
- Slow oxidizers (who have an alkaline blood pH)
- Balanced oxidizers (who have a balanced blood pH)
Next we have the autonomic metabolic types, where autonomic types are defined by the relative prominence of the autonomic nervous system and its function as the master regulator of metabolism:

- Sympathetic (who have an acid blood)
- Parasympathetic (who have an alkaline blood)
- Balanced types (who have a balanced blood pH)

Without going into the specifics, the goal of metabolic typing is to discover which type you are, and then select your nutrition according to the foods most favorable to that type in order to restore your body’s pH levels to a more normal condition.

That restoration will set the background for normal health.

After you discover your metabolic type, you might be prescribed a high protein, high carbohydrate or balanced diet. For instance, you have protein types that do better on a low-carb (10-30%), high-fat (30-50%), high-protein diet (about 40% protein). You also have carbohydrate types that do better on a high protein (about 65%), low-protein (about 25%) and low-fat diet (15%). The recommendation that comes your way is based on your biochemistry.

What you ultimately need all depends upon your genetics and metabolism, which professionals discover through testing, and you should not get too particular about the percentages I’ve just mentioned as these are just the general indications for how you should slant your diet one way or another.

Even then, you should still follow the injunction to avoid sugars, grain products, and food allergens. If you follow those rules, you’ll eliminate most of your problems anyway.

Whether you have slightly acidic or alkaline blood, I want you to know that the premise of metabolic typing is that the underlying cause of imbalance is due to your body’s energy conversion system or its autonomic nervous system. The idea is that you have to adjust your standard diet of proteins, fats and carbs according to these systems and your individual biochemistry.

A certain food can have different effects on people depending upon which control system is more dominant in the individual. Actually, that’s also the idea behind
eliminating food allergens in that you might be reactive to a food while others are not, so you also have to adjust your diet according to your own specific biochemistry.

You can investigate a bit more about metabolic typing by going to www.bloodph.com. In the meantime, your primary approach to follow should be to combine the principles of Getoff eating plan with eliminating food allergies and then add in the Metabolic Typing. After all, you should not be eating food offenders in any case, even if they are "permitted" via Metabolic Typing, and grains and sugars and bad fats are “out.”

A perfect diet alone will rarely cause scleroderma to go into remission because it is an autoimmune illness. The central issue is what caused a disruption in their bioelectrical circuits, which causes an impairment in their immune system, so that the disease develops and people lose their ability to effectively defeat the condition.

- Eliminating sugar and grains (which I told you before)
- Eating unprocessed, high-quality foods, organic if possible (as close to nature as possible)
- Eating your food as close to raw as possible
- Consuming high quality omega-3 fish oils (replace bad fats with good fats)

REFERENCES:

www.betterhealthusa.com
Colloidal Copper Spray for Scar Tissue

Time for copper.

We previously went over the relationship between copper and collagen formation, and discussed the fact that unusual collagen formation is seen in scleroderma patients.

Now there’s a company in New Jersey -- Purest Colloids -- that produces a revolutionary form of copper, namely colloidal copper particles in liquid spray form that are only two atoms wide! This spray … of what feels and tastes like water … contains copper particles so tiny – just a few atoms wide -- that they slide right into skin cells without any need of active transport.

When a copper particle is only one or two atoms wide they can do this, and only one company in the world makes a product with this capability – Purest Colloids of New Jersey.

Search the internet for articles on copper and you’ll see how important copper is to the skin. Copper, plus vitamin C and proline, help form the collagen base that keeps your skin firm. Many cosmetics use copper for just this reason but the type of copper they use is very inefficient at entering your skin cells and being used by those cells to build healthy collagen.

Topical application of colloidal copper helps to stimulate growth of the underlying collagen layer which produces smoother, firmer, and younger looking skin. Copper helps smooth fine lines and wrinkles and can be used on dry and normal skin. Repeated topical application will even out skin pigmentation and help age spots to fade.

Copper has all sorts of other uses in the body, such as softening your arteries, but we’re just interested in its effects on your appearance. Nonetheless you should know that lysyl oxidase, which contains copper, is required for the cross-linking of collagen and elastin, which are essential for the formation of strong and flexible connective tissues.

Some of this information we already covered, and now you’ll see why again.

www.TheSkepticalNutritionist.com
A number of reactions essential to normal function of the brain and nervous system are catalyzed by copper containing enzymes. Copper is involved in respiration and the synthesis of hemoglobin. It is essential in the production of collagen and the neurotransmitter noradrenalin. It is an important blood antioxidant and prevents the rancidity of polyunsaturated fats.

Copper is involved in numerous enzyme systems that break down or build up body tissues. It plays a role in the production of the skin pigment melanin by converting the amino acid tyrosine. The mineral is essential for the synthesis of phospholipids, which are a component of the myelin sheath that surrounds nerves.

Copper may provide benefit against pollution exposure and possibly protect against carcinogenesis and tumor growth. While this action is unproven in humans, animal studies have shown that copper may protect against chemically induced cancers and some RNA viruses (Kirschmann, 1996).

There’s a RDA (recommended daily allowance) of 2 mg per day for ingested copper, and that one day's requirement of 2 mg is more than you'll find in an entire bottle of Purest Colloids copper spray for the skin.

In short, copper is necessary for your body and you’d have to use several bottles of copper spray just to get the one day RDA minimum requirement of copper. The question is whether, since copper is over-accumulated in scleroderma, spraying it on the skin would make the condition even worse?

You would think so, but there’s two reasons I have my doubts...

When I put together a book like this one I usually spend thousands of dollars in research costs, and hundreds of hours in research and personal experience. Just to visit my office would cost $175/hour, and you get several hours worth of information for a fraction of that cost which touches so many different areas -- more than you paid for -- which is why I’ve switched to this direction.

Anyway, I want you to know that I am one of the few visitors who has personally seen the production facility where this high tech colloidal solution is manufactured and it’s amazing. Purest Colloids has perfected a process where copper particles just 1-2 atoms wide are produced and available in a liquid spray that for pennies, you simply spray on your skin.
Perfectly safe – an entire bottle is less than 1 day’s RDA for copper, you can even eat it to help rejuvenate the cells of arterial walls, which are similar to skin cells. It makes arteries and veins more flexible, too.

The important thing is what I’ve seen it do for hardened scars and fibrotic tissue. I have seen hard, angry red scars from surgery … nearly 3/8ths of an inch thick … soften and lose all their “fire” in just two to three applications where everything else I’ve tried for months has failed.

This was an unbelievable result for my own eyes but on top of it, over time I’ve seen those same tough and fibrous scars -- even several years old -- actually become as soft as the surrounding tissue!

Unbelievable … the fibrotic scars, as tough as scleroderma, became as soft as the surrounding tissue when sprayed with this special colloidal copper, and it happened over just a few days! With such quick results, to me that’s certainly seems to be a short enough time for doctors to test this for scleroderma without worrying about extra damage it might cause over the long run.

When I saw this for myself, it got me to thinking that there might be some tie-in for copper and the hardening or scarring in scleroderma. Perhaps using the spray on the hardened, scar tissue will soften it. You would normally think that since copper increases collagen formation, perhaps it would make the situation worse. However, perhaps this particular form of copper would, for some reason, normalize the skin and soften it.

Why even think about anything as preposterous as this?

In correspondence with Loren Pickart PhD – a skin, scar, copper peptide and collagen expert -- I received the response that,

In our studies, we found that GHK-Cu [human copper peptide complex, namely glycyl-l-histidyl-l-lysine:copper(II)] both stimulated collagen synthesis and breakdown at the same time. This may be the way that remodeling works - kind of a sloppy system that is removing protein and adding protein simultaneously. Generally, the system seems to end up adding new protein and skin but it may be possible to switch the balance to more breakdown.
In other words, the presence of copper can be used to increase or reduce collagen production! What I actually saw was that this form of copper did tip the balance into breaking down fibrous scar tissue, which is what we want.

The latest thinking on this issue of copper peptides for the skin can be found in an article, “Skin remodeling with copper peptides,” found at http://www.skinbiology.com/2004RussiaSkinRemodeling.html (see the English version below the Russian literature).

Anyway, perhaps this explanation accounts for why the colloidal copper spray on scars can break the scars down and remodels the tissues because the studies with GHK-Cu, a more complicated molecule, found that when applied to the skin’s surface, it removed scar and damaged tissue, stimulated the degradation of existing collagen and creation of new collagen, and acted as a non-steroidal anti-inflammatory.

That’s exactly what I personally observed with the colloidal copper spray!

Those are all the things we want, so for more information, see www.scar-reduction.com.

I was not going to list this information -- the potential use of colloidal copper spray on scleroderma lesions if it tests out -- but once again decided that it might prove useful to doctors and researchers who might in the future recommend it.

If I’m ever proved correct, my simple observation may be one of the best discoveries for scleroderma ever, but once again I would only use this under the advisement of a physician as I’m always cautious. I have not tested it on scleroderma patients myself as I’ve just discovered it and have no idea if it will work, but it’s just a $20 test that can be made in days.

Anyway, all we need is a smart doctor to do this sort of test and make the proper conclusions.

You now have Vitalzym to do its job from the inside along with vitamin E, PABA, nattokinase, and DMSO to do its job from the outside as well as other approaches.

That’s really as much as anyone can give you, but it’s a lot … and simply more than a rheumatologist saying, “Just go home and take some vitamin E.”
REFERENCES:


Special Herbs of Interest

While we’ve gone over a number of naturopathic approaches to scleroderma, there are also a number of unproven but interesting herbs you should pay attention to as well. In Chinese medicine, the disease is treated with herbal combinations tuned to each patient, but it’s hard to find a skilled Chinese herbalist to help determine the correct herbal compound as an adjunct therapies for your disease.

Having lived in Asia and seen many Chinese doctors, I can verify that a good Chinese doctor is worth their weight in gold, but it’s hard to find a truly good one.

In Traditional Chinese Medicine (TCM), scleroderma is considered to be caused by “Yang deficiency and chi stagnation.” The Chinese herbs typically used in scleroderma formulas therefore include ginger (which dispells chills), baked licorice (a chi tonic), ginseng (chi tonic), cinnamon (dispells chills), astragalus (chi tonic), morinda (yang tonic), Epimedium (yang tonic), bupleurum (an herb that regulates chi), rehmannia (a blood tonic), tang-kuei (blood tonic), peony (blood tonic), cnidium (blood tonic), carthamus (a blood invigorating herb), persica (blood invigorating), and salvia (blood invigorating). For more information on Chinese medicine and scleroderma, please see [linkspider.co.uk/go.php/http://www.tcmtreatment.com/images/diseases/scleroderma.htm](http://linkspider.co.uk/go.php/http://www.tcmtreatment.com/images/diseases/scleroderma.htm).

Picking the right herbs and combining them properly in the right proportions for an effective formulation for Raynaud’s or scleroderma takes years of training and practice, and is very difficult to do properly.

Since this whole field of Chinese medicine is outside the scope of this manual, instead let’s restrict ourselves to review some of the herbs individually cited in studies as possibly helpful for scleroderma.

Our first candidate is Gotu Kola, or Centella asiatica (6-120 mg/day), which has been tried as a treatment for scleroderma (Kartnig T. Clinical applications of Centella asiatica (L.) Urb. Herbs Spices Med Plants. 1988;3:145–173.) The clinical trials suggest that low doses of Gotu Kola may decrease the hardening of the skin normally found with scleroderma, and may help reduce joint pain and improve finger mobility.
The problem with these studies is that they only involve small numbers of patients, so additional research to confirm their effectiveness is warranted as yet there is no substantial evidence behind their efficacy. However, as regards Gotu Kola, Michael Murray, ND, in *The Healing Power of Herbs* reports:

> The standardized extract of Centella asiatica (Gotu Kola) has been tested in several trials in the treatment of scleroderma (including systemic sclerosis). In addition to decreasing skin induration, patients have noticed a lessening of arthralgia and improved finger motility. Presumably the positive therapeutic response is a result of centella’s balancing effect on connective tissue, thereby preventing the excessive collagen synthesis observed in scleroderma. In one study of 13 female patients with scleroderma, oral administration of 20 milligrams of centella extract given three times weekly was very successful in 3 of 13, successful in 8 of 13, and unsuccessful in only 2 of 13. Improvement consisted of decreased skin hardening, reduced joint pain, and improved finger mobility. It has been more that 20 years since this study and other studies were performed. Given the positive results attained at an extremely low dose, it is unfortunate that more research has not been done.

**Danshen root** (*Salvia miltiorrhizae*) is another herb with possible treatment applications for scleroderma. It has a reputation for preventing the formation of fibrous tissue but only one study has been conducted so far that I know of.

In that study, 16 scleroderma patients were treated with an intravenous infusion of Dan Shen preparation for an average of 43 days. The study reported marked improvement in 37.6%, slight improvement in 31.2%, and no improvement in 31.2% of the patients [Xin Yi Yao Xue Za Zhi (New Journal of Medicine and Herbology), 1978; 8:48].

Danshen root is widely used in China to treat circulatory problems, and kidney failure which is a problem with advanced systemic scleroderma. As with Gotu Kola, however, we should consider it an unproven herb until further research is conducted on its effectiveness for scleroderma.

**Keishi-bukuryo-gan** (Cinnamon and Poria Formula, Gui zhi fu ling wan) is another interesting combination formula that may prove useful in scleroderma treatment. The
active ingredients in this herbal mixture naturally include cinnamon, cinnamon bark and peony root. One laboratory study (Sheng FY, Ohta A, Yamaguchi M, "Inhibition of collagen production by traditional Chinese herbal medicine in scleroderma fibroblast cultures," *Intern Med*. 1994 Aug;33(8):466-71) found that this Chinese herbal mixture may inhibit collagen synthesis:

The in vitro effect of one traditional Chinese herbal medicine (Japanese name: "Keishi-bukuryo-gan"), which has been empirically used in scleroderma patients in China and Japan, on collagen production in fibroblast cultures was studied. Fibroblasts from 3 scleroderma patients and 2 normal controls were incubated with various concentrations of "Keishi-bukuryo-gan" and collagen production was then determined by a radiochemical method. "Keishi-bukuryo-gan" significantly and selectively inhibited collagen synthesis in a dose-dependent manner, with a tendency of a stronger effect on scleroderma fibroblasts than control cells. The results may explain the clinical usefulness of this medicine, and it may become a promising new agent for the treatment of scleroderma.

Although none of these herbs or herbal mixtures have been rigorously tested for the treatment of scleroderma, you should keep your eyes out for any announcements of studies being done as more and more research is performed in this field as time goes by. Individuals have even suggested hawthorn berry, horse chestnut and other herbs as treatment aids for scleroderma but truth be told, I don’t feel the herbs as effective as many of the other treatments cited.

In the meantime, if you really wish to use for scleroderma, I would only do so as an adjunct to the overall Brown antibiotic therapy along with a change in diet and use of other nutritional supplements. What I would prefer
Treating Raynaud’s Syndrome

Raynaud’s syndrome commonly strikes scleroderma sufferers, and this single topic alone merits an entire book on naturopathic approaches which we cannot fully cover here. We can only cover a little here, and must restrict ourselves to just briefly mentioning the various naturopathic approaches one can employ.

Typically doctors use calcium channel blockers to treat the disease but the side effects of this are often severe. Reserpine, aspirin, nitroglycerine ointment and thyroid hormone are also often used to help combat Raynaud’s, but these are are doctor prescribed solutions.

 Nonetheless, there are also a variety of oral nutraceutical substances we can use to combat Raynaud’s syndrome, so let’s go into those first.

As mentioned previously, many scleroderma patients are hypothyroid and the administration of thyroid hormone is one way commonly used to treat Raynaud’s syndrome. Excess thyroid hormone will either restore depressed levels to a normal or a state of overabundance that will cause increased metabolism and a rise in body temperature that sometimes mitigates the effects of the disease.

Certain pro-hormones such as DHEA have also proven useful for Raynaud’s, according to some clinicians, and we’ve covered this previously as well along with the typical dosing recommendations. When dealing with hormones, however, you must always first measure the body’s hormone levels before you start tinkering with supplementation that upsets the body’s natural balance.

DMSO, which can soften collagen to relieve scleroderma symptoms, not only helps heal the skin ulcers caused by scleroderma but also helps relieve blood vessel constrictions common to Raynaud’s phenomenon. When using DMSO you need a medical-grade source because the industrial grade sold in health food stores and on the Internet may not be safe for medical use. As mentioned previously, you can soak you fingertips (or an entire hand) in DMSO to treat scleroderma ulcerations and also Raynaud’s syndrome.

Vitamin E, which improves the blood flow through capillaries by reducing the tendency for red blood cells to stick to blood vessel walls, is often used successfully for Raynaud’s sufferers. Some have questioned whether vitamin C supplementation
should go along with vitamin E, and there’s good reasons for it that we can now review in full scope.

First, **Vitamin C** is a crucial component in the walls of blood vessels and essential to ensure that the small arteries in the fingers do not become damaged during Raynaud's attacks. Vitamin C deficiency can be linked to increased permanent damage from a Raynaud’s attack, and we want to avoid that, so at least mild supplementation is warranted. Also, vitamin C plays an important role in the synthesis of prostaglandin El, which is a hormone-like substance that decreases platelet aggregation, which is now medically recognized as one of the most effective emergency treatments for Raynaud's. The research suggests that 500 mg of vitamin C a day is an effective dose for the purposes mentioned, and you already know my recommended manufacturer.

The mineral **magnesium** is also well known for its abilities to increase blood flow and microcirculation in the body by relaxing the smooth muscles which line the insides of blood vessels. 1,000 milligrams of magnesium a day is a common treatment for Raynaud’s.

**Nattokinase**, which dissolves blood clots also increases blood flow as does the amino acid **L-arginine**, which stimulates the body to produce nitric oxide that relaxes blood vessels thus increasing the blood flow to help the condition.

**Niacin** is well-known for its talents in dilating blood vessels and increasing blood flow, too. Inositol nicotinate, a form of slow release niacin, is used overseas as a drug (called “Hexopal”) for Raynaud's disease and in a number of studies, people who took this drug had fewer and shorter attacks. The protocol for inositol nicotinate is to take 500-1,000 milligrams three or four times a day.

Various herbs have been used to treat Raynaud's because of their pharmaceutical properties. **Ginko**, which is known to promote blood flow like magnesium, is commonly prescribed by European physicians for Raynaud’s. **Indian snakeroot** (Rauwolfia serpentina) contains the chemical **reserpine** (used by doctors) that dilates blood vessels and has also been commonly used to treat Raynaud’s disease. **Garlic**, which is known to improve intermittent claudication, helps blood circulation as well.

**As to** various topical creams that can help with Raynaud’s, **mustard palsters** are often used to increase the local blood supply to the skin. To make one yourself, just
mix about 3-4 ounces of freshly ground mustard seed with warm water and apply the paste to the fingers during an attack.

People commonly make plasters out of all sorts of other natural substances such as horseradish, stinging nettles, peppermint oil, rosemary oil, cloves, garlic, and rue. **Capsicum** (red pepper) is a common ingredient in many commercially produced creams designed to increase blood flow to a region when topically applied.

A medical gel -- made from **KY jelly, sodium nitrate, and ascorbic acid** – is used by doctors to increase blood flow to the forearms and fingers of people when patients suffer from Raynaud's syndrome but in the commercial marketplace there is now a very effective product, called “**Warm cream**” (www.warmcream.com), which contains L-Arginine and capsicum and which has been scientifically proven to help Raynaud’s. Independent tests of this product conclude that the warming reaction usually begins 10-30 minutes after application and can last for hours, raising finger temperature dramatically. The study also found that in persons with hands of normal temperatures, no warming effect occurs.

If we turn to mind-body methods, biofeedback can train people to increase their peripheral circulation to help them with Raynaud’s syndrome. Acupuncture has been found useful as well.

The military has also studied non-pharmaceutical training techniques to help soldiers increase their body temperature in cold environments. Dr. Murray Hamlet, of the US Army Research Institute of Environmental Medicine in Natick, Massachusetts, developed one such technique: To learn the technique, sit in a comfortable room and place your hands in a container of hot water heated to 104-107 degrees (hot water from the tap) for 2-5 minutes. Then go to a cold area (preferably outdoors) and once again place your hands in 104-107 degrees water, letting them remain in the hot water for about 10 minutes. Afterwards, repeat the 2-5 minute indoor hot soaking routine again.

While going to the cold environment normally constricts your peripheral blood vessels, feeling the warm water in a cold environment makes the blood vessels open and when you repeatedly get your blood vessels to open like this in spite of the cold, tricking them in this way, you are effectively "training" your hands to counter the constriction reflex.
Dr. Hamlet says that most people can go into the cold without losing circulation in their hands after about 50 training sessions, and this is a useful training technique for Raynaud’s.

All in all there are quite a few alternatives for dealing with Raynaud’s syndrome. There are pharmaceuticals, there are creams, there are home plasters, there are nutraceutical substances, there are even mind-body training methods such as biofeedback or energy methods such as acupuncture.

While I cannot go into all the popular methods for Raynaud’s syndrome, you now have enough material to initially rely on for handling this aspect of the scleroderma manifestation. Since the topic of mind-body medicine has also just been introduced, it’s now a good time to go into this larger set of techniques for scleroderma.
Acupuncture, Biofeedback, Breathing Exercises, Visualization and Meditation

In China, scleroderma is treated not only with herbs but with acupuncture.

Acupuncture, like meditation, is known to help unblock the body’s vital energies, called “chi” (qi) or prana, so that it can flow smoothly throughout the body, including to the fingertips, internal organs and extremities. Acupuncture clears the energy pathways called meridians that travel all throughout the physical body and when these pathways are unblocked, many physical states often report a "return to normal."

We cannot go into an entire explanation of acupuncture in this book. It’s difficult enough to find a skilled practitioner as many people have been trained in acupuncture, but not that many practitioners are truly good at it. Finding a skilled professional who can help you follows the old rule that about 80% of individuals in any type of profession are just so-so and only 20% really worthwhile, and only 1-3% “exceptional” or “fantastic,” so your chances of finding an excellent practitioner are not very high.

However, one modern study has shown that acupuncture may improve circulation in the hands and fingers, mend fingertip ulcers, and possibly reduce the formation of fibrous tissue, which suggests that it is something you may want to look into for this condition if you find a good practitioner:


Biofeedback

Thousands of cases of biofeedback training have also come to the same conclusion: people can learn how to control the temperature of their extremities, blood flow and the relaxation response.

In particular, biofeedback training can help you to learn how to successfully control the temperature in the hands and feet if you have Raynaud’s phenomenon, so in addition to the nattokinase and other remedies mentioned, this is something you might want to look into as well.
Acupuncture helps open up the energy meridians to the hands and fingers, but biofeedback helps you actually control those energies. To go even further than these approaches you have the third approach of meditation, which has its own benefits for scleroderma as well.

**Relaxation through Meditation and Deep Breathing**

Doctors also commonly mention that stress plays a role in the manifestation of scleroderma and in one’s abilities to handle the disease. They frequently recommend relaxation to help relieve the pain and stress.

There are all sorts of ways to help you learn how to relax. There are deep breathing exercises, meditation practices, and the habit of listening to soothing music. Another way to relax is to practice visualization exercises where you imagine or visualize a pleasant activity such as lying on a beach.

Actually, that’s one form of active meditation practice, so to me, relaxation comes down to breathing exercises and/or meditation to help you pacify your mind and balance the chi, or vital energies of your body. Most people, I’ve found, will take the time to practice meditation if they are taught how to do it correctly.

The ultimate reason meditation works is because of something doctors don’t know about: your chi and your consciousness are linked. If you can calm your chi your consciousness will calm and if you calm your consciousness then your chi will calm. The best way to learn this calming is through the practice of meditation.

Up to this point, if you’ve followed any protocols or recommendations you’ve done a lot and should see a measurable uplift in your state of health. You might have to wait for your body to respond to the protocols, but it will respond in time.

Sometimes you simply need a small spark to help the healing kick in and you can activate your vital energies with a “kick start” through the practice of meditation. Practiced correctly over time, it can be even more beneficial than acupuncture.

**Meditation**

I’ve written quite a few books on the benefits of meditation for health, and if you’re interested you can find most of these materials at the website [www.meditationexpert.com](http://www.meditationexpert.com). The topic of meditation for spiritual practice is actually
The Naturopathic Approaches to Scleroderma

one of my main areas of expertise and the benefits from meditation tie right in with the field of holistic medicine, anti-aging and how to get really healthy.

People never really realize the true power of meditation until they actually start meditating themselves and personally experience its benefits. So the important question is, how do you get started?

Well, you can always take some participative courses on meditation since they’re available in local communities everywhere. You can also buy some taped meditation courses through the internet.

If you don’t have a good teacher available, I often recommend the Holosync audio program to help people get started, which is described on the website. The website www.MeditationExpert.com also has excellent video meditation courses for the real type of meditations that help your health.

Holosync, on the other hand, is one of the best courses out there to get you started on the mental meditation trail and it’s packaged with a lot of good material on how to use meditation to lower stress levels and break old habits to change your life. Based in part on Nobel Prize-winning research, Holosync gives your brain a very specific audio stimulus that tends to create states of deep meditation.

If you want to understand meditation, here’s what I also suggest you also do.

Skip all the New Age junk on channeling, angels, crystals and so forth. That stuff is attractive nonsense, but nonsense nonetheless. It’s going to waste your time and money, and it’s not going to get you anywhere. Just start practicing meditation, and with experience you’ll understand the process. It’s not something you understand by reading but by doing.

If you want to start healing your body of internal hurts and harms, meditation is the world's best inner healer because it causes your vital energies, or life force, to circulate to where it needs to go. That’s what acupuncture helps you do, but whereas acupuncture targets certain energy meridians in the body to get them unstuck, meditation helps the chi flow of the entire body en masse.

Meditation never causes any illness or sickness in the human body to manifest. It just heals what’s already there by uncovering it. When your vital energies start to flow because of meditation practice, meditation does a fair job of helping to heal the
energetic imbalances underlying disease. If you want to learn how to calm your mind and get rid of anxiety or stress then I can also recommend no other better practice than meditation for that purpose as well.

This is what most people recognize that meditation is for anyway – to calm the mind.

The way meditation works is that it helps you calm your mind as well as the “chi” life force of your body. If your mind calms then your chi calms, and if your chi calms then your mind calms because the two are interlinked. Your chi and breathing are linked, so you can use this interlinkage to affect your mind, and vital energies, as well.

Did you ever notice that all those advanced martial artist movie stars seemed so calm and collected on TV? When you cultivate your chi, as they do, then your mind tends to become calm and gradually reaches a state where it can flow freely and smoothly.

Because chi is linked to our physical nature, when you cultivate your mind to a state of calm, your physical health will improve as a natural result as well. For example, if you’ve ever noticed that people look great after a vacation, you’ve also recognized the reason is because they gave up their cares and worries for awhile. To de-stress has a rejuvenating effect on the mind and body.

Here’s the esoteric biophysics of the matter in more detail: your thoughts and life force are interlinked so that if you affect one, you affect the other. Scare someone for instance, and their breathing speeds up. Cause someone’s breathing to speed up, and their mind gets excited or over-alert as well. Cause their breathing to calm or “become more efficient” and their mind calms, too.

That’s ultimately how meditation – the practice of detaching from your discriminative thoughts – will help you battle depression, anxiety and all sorts of other mental bothers. By detaching from thoughts you detach from the chi flows attached to those thoughts, and thereby balance your body’s vital energies.

The mental troubles of depression, stress, worry or anger aren’t just the product of thoughts, but are usually involved with habitual energy streams that are running errant within your body.

Errant energy patterns, and therefore errant patterns in consciousness, are always involved with chronic illnesses such as scleroderma, which calls even further for the need for meditation. If you can pacify those errant energy streams through
meditation, then you will go a long way to pacifying the mental and emotional part of those conditions.

If you want to increase your life span then meditation is also recognized in Asia as the premier way to do this. Why? Because meditation initiates the rise of vital energies within your body, and that’s what ultimately keeps you alive. The rising of your vital energy, or chi, will start to open the energy channels (acupuncture meridians) that run everywhere in your physical nature – just like your nerves, veins and arteries -- so that the life force which circulates through these channels can now do so without friction and obstruction. When you reduce friction you reduce the wear and tear of any mechanism, so clearing your body’s energy channels of obstructions through meditation will help your body (and life) to last longer.

Meditation is thus the way to health and longevity.

That’s how the Eastern medical schools of Chinese TCM and Indian ayurveda describe the process, and they are as empirical in their own right as we are in ours.

Modern western science has started to confirm that meditation helps lower your blood pressure, reduces stress and anxiety, can bolster your immune system, and produces all sorts of other health benefits. It seems that every month a new study comes out proving that meditation can do this or that to help you, so modern science is simply reproving the findings of the ancients.

It’s really beneficial … you should take it up as a daily practice, like brushing your teeth … especially if you have a systemwide illness like scleroderma.

There’s actually no need to go citing all these studies or all the books on this matter. It’s enough to know they simply reconfirm what the Eastern sages have been saying for centuries … meditation is a great thing to do – a must thing to do.

Now don’t go talking to an acupuncturist, martial artist or Chinese medical doctor and say that the “chi channels” cited by meditators and various spiritual traditions don’t exist. These folks know from lots of personal experience that they do exist because they work with them on a daily basis, and will just laugh at you if they hear this.

If you simply start meditating then in time you will start to feel your own chi and acupuncture meridians yourself, and that’s all the proof you’ll ever need. The proof is
in the personal experience rather than in books or government reports, just as it is with the actualities of spiritual attainment.

I remember the very first time my own father came to visit me in Asia and experienced acupuncture for the first time. He had no preconceptions of acupuncture because he didn’t know anything about it, but with only one needle inserted in his hand he was able to feel the entire acupuncture meridian running up and down his arm.

That’s rare, but the doctor explained it does happen to people who are really healthy, and through that one experience he verified for himself that these meridians (called “chi channels”) actually do exist. But not all people accept their existence. Some people are still vehemently opposed to acupuncture.

It’s interesting that when the Western world was first introduced to videotapes of acupuncturists treating surgery patients without pain, which came back from Richard Nixon’s trip to China, some doctors even walked out of the showing rooms claiming that what they were seeing was all nonsense and fabrication. Anger was flying in the air because people would not open up their closed knit worldviews to admit there was something they didn’t know about, and accept the two thousand-year-old findings of another culture.

Doctors have a tendency to adopt this “I know it all attitude,” which illustrates how open-mindedness often plays no role in the progress of modern science.

Even today acupuncture is still only slowly being accepted. Of course I’ve experienced acupuncture loads of times myself, have talked with and been treated by some of the best Chinese acupuncture doctors, and have seen “miracle cures” such as cripples being cured with a single needle.

None of this is “miracle stuff,” however. It’s just that the common man doesn’t know the principles of this sort of science, and therefore calls it a “miracle” or dismisses the results as “spontaneous remission.” Some scientists!

Not knowing the principles behind why something works doesn’t mean the practice isn’t effective ... it just means it’s not understood well. You could go so far as to say that much in modern medicine or even naturopathy is “unproven” from the same vantage point, so while these methods have been safely used for decades, for legal purposes I always ask you to run them past your doctor.
Yes, you should do that. Always run these various protocols past your personal physician.

On the other hand, what does it mean if something is “unproven” by today’s standards … that certainly doesn’t mean it doesn’t work, does it?

If I’m in need and something offers promise but we don’t understand why it works, and yet it’s safe and effective, then I’m personally going to use it. That’s how practical I am. There’s a saying that runs, “a wise healer uses what works regardless of what other authorities may say to the contrary.”

If I don’t try something safe and effective because I’m scared, then the eastern religions say it’s because I lack sufficient wisdom and merit for the cure. If that’s the case, then there’s probably nothing anyone can do to help me through holistic means because I probably wouldn’t listen to them either. So try things that are revered by other cultures as means of healing, whether they be herbs or whatever. You don’t have to have everything approved by modern medicine.

You always have to consider that there might be some validity to processes and procedures that have lasted several thousand years because if they weren’t effective, they would not have lasted so long. That’s what I always think to myself when I encounter something strange or unusual or unorthodox from another culture.

Anyway, the key to becoming really healthy according to Chinese and Indian medicine – and I mean really healthy – is (1) to clean out all the chi channels of your body so that your body and organ systems can function more optimally and (2) to cultivate your life force, or chi, to a state of purity. You do that through the use of acupuncture, breathing exercises and meditation.

If you buy the Holosync Technology, this is the first step in teaching you one way – an assisted means using sound -- to meditate. The Holosync technology is great because it encourages the brain to produce endorphins – the famous brain pleasure chemicals – and helps you synchronize both sides of your brain. Most people who use the program also report tremendous leaps in insight and self-awareness.

If you don’t need this outside help to get started at meditation, then don’t even bother with Holosync but just learn to meditate by letting go of your thoughts, which is actually a higher method. Go see meditationExpert.com to learn how to do this.
Meditation is the process of letting go of the thoughts that arise in your mind so that they eventually die down due to the lack of injected energy. When you watch them you can eventually separate from your thoughts so that they are just passing things, and you then you can remain watching them as an objective silent observer.

If you just watch your thoughts and let them go as they arise and depart, then slowly over time … with practice … your mind will tend to become more settled and will become open, free, cool, calm and clear. You’ll eventually develop the acuity and sharpness of a Zen master.

People call this resultant state selflessness, egolessness, emptiness, one-pointedness, calming, spiritual grace and all sorts of other terms because it’s a state without much mental chatter. Whatever you call it, it’s a healing state that normalizes the vital energies within your body and that, in turn, promotes healing and physical rejuvenation.

For instance, since you no longer identify with the thoughts that run in your head, and no longer identify with them as being the real you, that’s why we say you become selfless. Furthermore, rather than attach to thoughts that would formerly impel you, with meditation practice you can connect with your larger self, which is empty of thoughts and universal, and which is the ultimate source of healing.

Anyway, that’s the eastern explanation.

You can use all sorts of meditation methods to help you get to this quiet state, which is prized by all true religions. The website www.meditationexpert.com list many such methods including the practice of reciting mantras or the rosary, visualization practice to learn the inner quiet of one-pointed concentration, vipassana cessation-contemplation practice which is used by most religions, and even esoteric methods like kundalini cultivation, sexual cultivation and “inner watching.” In a short while you’ll learn just a few such techniques you can practice.

People always ask me what time of day is best to meditate. I always tell them that the best time to meditate is whenever you can, because the real issue is to do it rather than have a best time.

The same thing goes for exercise.
If I said that the best time is 2:00, you’d be surprised how many people would talk themselves out of meditation if that time wasn’t convenient, so the best time to practice is whenever you do practice. And the best type of practice is consistent practice because only consistency produces results.

However, there is a general rule to follow: try to practice meditation on an empty stomach so that you’re not drowsy. As to how long you should meditate, just start and see what happens.

Eventually 20 minutes of meditation turns into 40 minutes after several weeks of effort, and once you start tasting the benefits, you can decide whether or not once or twice a day is right for you. Shoot for at least twenty minutes a day when beginning, and try to extend it to at least 40 or 60 minutes a day if you can.

Over time the effects of meditation are like compound interest, so if you really stick with it you will definitely reap its fruits.

I’m not going to say anything that might possibly dissuade you in any way from starting to practice meditation. To further encourage you, I want you to know that most cultures and religions have meditative practice of some form or another embedded in their healing and self-improvement systems, but most people usually don’t realize it.

Once you sit down, meditation takes some time to begin to activate your life force energies so that they really start impacting your physical body, just as a car needs to warm up in the winter time before it gets started. Nevertheless this is the truest, highest and best way to health and physical rejuvenation.

To speed things up there are some extra things you can do, and that’s to start practicing breathing practices, called “pranayama,” that can help push your life force.

**Pranayama breathing exercises?**

Yes, breathing exercises … practices for holding your breath so that your capillaries become dilated and open up to allow more oxygenated blood flow to wash through the connective tissues. An increase in blood flow is always beneficial to your tissues because more blood brings more nutrients to the skin and carts away more cellular wastes.
That’s why we focused on nattokinase and Vitalzym.

In India these breathing techniques are called “pranayama” whereas Buddhism calls them “anapana” methods and Chinese Taoism calls them “qi-gong” techniques.

Some spiritual schools in the world just use mantra methods, which are also breath-related cultivation techniques, to quiet the mind and initiate vitality flows that can purify your body and rejuvenate your vitality and appearance. You keep reciting a mantra or prayer in the mind until it tires.

You listen within to the mantra or constant prayer repetitions until your other thoughts die away, and that underlying state of emptiness will finally be revealed that is characterized by no-thought and no breathing.

This is the same effect that happens when your chi “becomes full” due to other forms of meditation, and many spiritual schools, such as Taoism, talk about achieving this state of respiratory pausing or cessation in order to transform your physical body and push out illness and disease.

Why is this state important? When your external breathing stops, your internal breathing of vital energies (chi) will arise and start to open up your chi channels and transform your body. In the terminology of meditation, we say that your vital energy, or kundalini, becomes “ignited.”

Just try it for a while – try holding your breath several times in turn -- and see how the belly warms up after awhile.

With everything I say, don’t just take my word for it but prove the results of these practices yourself. You should definitely learn how to meditate if you have scleroderma, but which meditation you choose is up to you.

The important thing is to find some way to free yourself of thoughts so that your vital energies can arise and “become initiated.” That’s what will free you from stress and promote the internal healing that leads to the “spontaneous remission” of disease. That’s what essentially transforms your physical body because those energies initiate all sorts of transformative experiences. This warmth from breathing exercises has been know to reactivate your rejuvenating life force energies, which are always connected with warmth.
The purpose behind various breathing practices, known as “pranayama” in Hatha yoga, is to first open up your chi channels so that your chi can eventually flow smoothly throughout your body. When there are no obstructions in your chi channels … because you’ve cleaned them of obstructions through breath retention techniques … your chi can flow smoothly. That’s when you’ll start to transform your body and chase out the causes of many illnesses, even skin diseases.

The most important thing in breath retention practices is to learn how to hold your breath for as long as possible without overly stressing your “hold it in” muscles. Everyone should learn how to do breath retention exercises (called “kumbhaka” in yoga), for even teenagers can benefit from them.

What type of breathing practice should you personally follow?

There are all sorts of various techniques found in a book called the Hatha Yoga Pradipika, but the following practice is my favorite and it’s the one I recommend for you. Tradition says it was first taught by a female enlightened Buddha, the Diamond Vajrasattva, who once appeared in Tibet.

**9-Bottled Wind Practice**

Here are the steps to the actual practice technique, which is called the “9-bottled wind practice.”

In the nine-step bottled wind practice, there are four phases performed for each of the nine rounds of practice. These four phases are:

- Slowly drawing wind (air) into the lungs
- Fully filling the lungs as much as possible with air as if they were a bottle or vase
- Holding the air inside the lungs for as long as possible while remaining relaxed (not tensing the muscles to restrain the air, but keeping them as relaxed and non-stressed as possible)
- Quickly expelling the air from the lungs when you can hold it no longer, shooting it out like an arrow

In the nine-step bottled wind practice, you hold your breath three times while holding the left nostril shut, three times while holding the right nostril shut, and three times while holding both nostrils open. This makes a total of nine rounds of breath retention, hence the name "nine-step" vase breathing or “bottled wind” practice.
The exact steps of this breathing practice are as follows:

1. Sit in an upright position.
2. Visualize your body becoming as clear as crystal.
3. Close your mouth and using the index finger of your left hand to close your left nostril, press your finger against the left nostril and inhale the air into your lungs slowly through your right nostril. The inhalation should consist of a long, gentle, deep breath—*as long and deep as possible*. During your inhalation, contemplate that your body becomes filled with light and that this light dispels any internal poisons, darkness and obstructions. *Continue inhaling as slowly and deeply as possible until you are "full" of breath* and can inhale no longer.
4. When your lungs become full, relax the body as much as possible while holding your trapped breath within. *The breath must be compressed, or held inside for as long as possible without being allowed to leave the body, and yet you must use as few muscles as possible to retain it without leaking*. It is important while restraining your breath to maintain an upright position without tightening your body or any muscles so that your chi activates from the retention and starts opening up all the tiny channels in the body that might be compressed during muscular straining; if you tighten your body rather than relax it, then even if there is force behind your chi it will not be able to pass through certain chi channel pathways that are obstructed. Experienced breath retention (kumbhaka) practitioners can hold the breath for several minutes, even as the face turns red, which indicates that the wind element is opening up the body's tiny chi channels everywhere.
5. *When you can hold your breath no longer, exhale it as forcefully and as quickly as possible through the other open nostril*. You forcefully shoot your breath out of your body with the speed of an arrow and that exhalation completes one cycle or round of this exercise. You must repeat this exercise of slow inhalation, long retention, and forceful exhalation two more times, for a total of three times per nostril. All the while the left nostril is kept closed while the active nostril is the right nostril.
6. Switch hands, so that the right hand now pinches the right nostril closed, and the left nostril is left open. Inhale through the left nostril following the equivalent instructions as before. Repeat this exercise
three times for the new nostril. Thus, six repetitions of this exercise will now have been completed.

7. When the left and right nostril breathings are both done, extend both arms to push on your lap and lift your chest. Using neither of your hands since they are both pushing on your lap, inhale slowly through both open nostrils, hold your breath within for as long as possible, and then exhale quickly by shooting the stale air out through your open nostrils when you can't hold it any longer. Do this for a total of three times. Altogether nine inhalations and retentions are performed, which gives rise to the name of nine-step bottled wind practice.

The important point to this technique is to hold your breath, after drawing it in, for as long as possible, during which time you don't tighten your muscles. You should never employ too much force in restraining your body but simply hold your breath, with one nostril shut, using as few muscles and as little energy as possible.

You don't have to guide your breath or chi or do anything at all except RELAX while in the state of breath retention.

After some period of practice, people are generally surprised to discover how few muscles are needed to retain their breath under pressure. If you are straining your muscles to hold your breath, you are definitely practicing incorrectly. Suck in the breath, hold it as deeply as possible for as long as possible with as little force as possible, and then exhale like an arrow as quickly as possible.

That's the essence of this practice for opening up your chi channels, igniting your vital energies, and cleaning your physical body. This practice will help any sort of meditation you choose to practice.

Those are the rules for practicing breath retention to open up all the energy channels in the body, force the poisons out of your system, widen the tiny blood capillaries that supply oxygen to your skin and brain, and to start the process of physical rejuvenation. You can also imagine your body becoming like see-through crystal when you practice this method, or you can imagine that dirty sickness is shot out of your body when you practice this technique. There are all sorts of visualized variations you can perform to help with your scleroderma healing.

Is there any other meditation method that can help along with this?
Yes, there is a famous meditation method called the **So Cream meditation**.

### The “So Cream” Meditation to Soften Skin

The full story of the So Cream meditation can be found in one of my books, *How to Measure and Deepen Your Spiritual Realization*, which is found at [www.MeditationExpert.com](http://www.MeditationExpert.com). Here’s the story and the meditation in brief.

There was once a young Zen student, named Hakuin, who was just starting out upon his Zen career in Japan. Hakuin really put a lot of effort into his meditation and later became a famous Zen master. In fact, in his meditation practice he pushed the chi around in his body so that he totally screwed up all of his body’s chi channels and energy flows. As Hakuin said, he felt hotness in the lungs, icy coldness in his feet, and a constant roaring in his ears from having strenuously pushed his chi into his head. To try and cure his condition, he went from doctor to doctor without any results.

No one could help him.

Hakuin was finally directed to a Taoist sage in the mountains, Master Hakuyu, who scolded Hakuin for his wrong efforts in trying to manipulate his chi and move it with thoughts. Master Hakuyu then taught young master Hakuin the following meditation method to harmonize his body:

If the student finds in his meditation that the four great elements are out of harmony, and body and mind are fatigued, he should rouse himself and make this meditation. Let him visualize placed on the crown of his head that celestial So ointment, about as much as a duck’s egg, pure in color and fragrance. Let him feel its exquisite essence and flavor melting and filtering down through his head, its flow permeating downwards, slowly laving the shoulders and elbows, the sides of the breast and within the chest, the lungs, liver, stomach and internal organs, the back and spine and hip bones. All the old ailments and adhesions and pains in the five organs and six auxiliaries follow the mind downwards. There is a sound as of the trickling of water. Percolating through the whole body, the flow goes gently down the legs, stopping at the soles of the feet.

Then let him make this meditation: that the elixir having permeated and
filtered down through him, its abundance fills up the lower half of his body. It becomes warm, and he is saturated in it. Just as a skillful physician collects herbs of rare fragrance and puts them in a pan to boil, so the student feels that from the navel down he is simmering in the So elixir. When this meditation is being done there will be psychological experiences, of a sudden indescribable fragrance at the nose-tip, of a gentle and exquisite sensation in the body. Mind and body become harmonized and far surpass their condition at the peak of youth. Adhesions and obstructions are cleared away, the organs are tranquilized and insensibly the skin begins to glow. If the practice is carried on without relapse, what illness will not be healed, what power will not be acquired, what perfection will not be attained, what Way will not be fulfilled? The arrival of the result depends only on how the student performs the practices.¹

Zen master Hakuin used this meditation for the rest of his life to help harmonize the vital energies of his physical body and attributed his freedom from sickness and youthful vitality, even at a very advanced age, to its daily use.

Remember that this is not the highest method of meditation where you are resting your mind because the objective is different. The objective is to help balance the chi (vital energy) elements of your physical nature.

When you are first starting upon the road of cultivating your chi and vital energies, this meditation that proceeds from the top and goes downward is an excellent way to start cultivating the chi, hormones and energies of your body that will eventually be reflected in your skin.

**The White Skeleton Visualization Method**

There’s another meditation technique you can practice which cultivates your vital energies from your feet going upwards. This is the meditation method called the “White Skeleton Contemplation,” and is a visualization practice designed to help you let go of your thoughts, access that mental state of emptiness and initiate your vital energies.

The Naturopathic Approaches to Scleroderma

The meditation is performed as follows:

1. First assume a comfortable sitting meditation posture, and in front of you place a small model of a human skeleton, or a picture of a skeleton from a book for reference purposes.

2. Next close your eyes, and joyfully imagine that you are giving away your flesh and organs to other sentient beings that might want them. You visualize stripping them off your body and offering them away so as to repay any debt you may owe to them. This offering of all your flesh should not take minutes, but can be mentally imagined as happening instantly. It depends upon your needs whether you want to envision your flesh or dirty chi in particular regions being stripped away or not. After all your flesh is offered away and gone, imagine that you’re just a skeleton of white bones sitting there in your meditation posture.

3. Starting with your left big toe, imagine that you can see the toe bone clearly and that it’s shining brightly with a dazzling white light. When you do this meditation many times, that’s eventually what actually does happen because your chi will go to that point and the concentration will cause this light to shine. Next imagine the rest of your toes on your left foot shining with a white light as well. After visualizing all your left toes, visualize all your right toes. Next finish visualizing the rest of the bones of your left foot (referring to a picture or model when necessary), and then finish visualizing them in your right foot. Next the bones of your left leg, then right leg, then left calf and right calf, and slowly proceed upwards visualizing all your bones until you can visualize all the bones in the body clearly up to the top of your skull.

4. All these bones should be shining brightly with a white light. You can even do many tricks to help visualize the bones such as trying to feel them, rotating bright lights inside them, or caressing their external shapes with visualized light as well, but don’t concentrate on these tricks as you never play with your energies in any correct forms of meditation. The number of tricks available to help your visualization efforts are innumerable, but don’t fall into the trap of focusing on the tricks or becoming attached to them, otherwise you’ll fall into the common mistakes of qi-gong and the esoteric schools. You’re trying to generate a stable field of concentration, and smoothen the chi flows in the body by internally concentrating on your skeleton; where your mind goes your chi will follow, so this practice will help to even-out or “harmonize” the chi flows of your
body because the whole body is visualized at the same time. Whatever tricks you need to use to accomplish this should just be used as assists rather than the main part of the practice. Once you achieve that state of full body harmony, you let go of these tricks and throw them away.

5. Once the skeleton visualization is entirely (or even partially) completed, remain with that visualization, opening your eyes to glance at the skeleton model (or picture) in front of you every now and then when necessary, until the visualization is firm and secure. In time your body may actually become warm around certain bones that you visualize properly, and this can actually be used for self-healing purposes. When the whole body becomes full of chi, this actually helps all your tissues and skin.

6. When you can visualize your whole body in this way, and your chi will have become balanced and harmonized throughout your body, so you then imagine that the visualized bones that you are turn to dust, and then blow away leaving empty space. All that’s left is emptiness – no body whatsoever to cling to or hold onto.

7. Stay in that resulting mental realm of emptiness without opening your eyes, and try to forget any sensations or attachments to your physical body. Remain with that state for as long as possible—forgetting both your mind and body—and in time you’ll enter a deeply profound mental state of meditation called “Samadhi.” This meditation will help you achieve a stable mental state that’s empty of thoughts, and will help smoothen your chi flows throughout your physical nature. If done correctly, in time you’ll develop the deep spiritual state of samadhi through this practice and the transformative results will be reflected in a more perfect body. Once you attain this state of deep emptiness and freedom from thoughts, you must forget that you have any body at all, and let go of any attachments to body or mind to realize an even deeper true emptiness.²

All right, you now have a pranayama breathing method to help open up your chi channels and tiny capillaries.

You have a “So cream” or celestial duck egg visualization method to help harmonize your chi energies, especially the energies in the head and face as they descend down the body.

You have a white skeleton visualization technique to help cultivate your vital energies from below going upwards, and which also helps you achieve that state of mental emptiness which is real spiritual practice and which leads to true physical transformation of your flesh.

You also have video meditation instructions available at www.Meditationexpert.com and the Holosync program which can also be found through that website.

All in all, doctors keep recommending meditation as a form of stress relief when you have scleroderma, but it can do so much more, and that’s what this chapter is about.

Meditation can actually contribute to the healing process, and now you know several ways in which to practice meditation that, like acupuncture, will help you transform the energies of your body that are involved in healing.

No one can promise you any results from any particular herb, supplement or antibiotic or practice, but this is one more beneficial weapon to add to your arsenal of techniques to employ against scleroderma. If it can help you feel better in any way than it’s worthwhile, whether in terms of eliminating stress, igniting your vital energies, or helping in healing.
Exercise and Therapeutic Massage

Doctors maintain that an exercise program is one of the most important activities to engage in to minimize the effects of scleroderma.

Exercise will help keep your skin, muscles and connective tissues flexible, and keep the blood flowing freely in areas affected by scleroderma (which is why we mentioned nattokinase).

Exercise is also needed to keep the joints moving. Muscles, joints and other tissues weaken when they are not moved enough so exercise helps keep the joints strong and flexible.

The right type of exercise also increases your heart rate, which really gets your blood flowing through all your veins and arteries. The net result of exercise is that more life giving oxygen and nutrients are passed on through the blood to all your internal organs … and this increase in blood flow helps also cart away more cellular wastes and debris.

Exercise increases the blood circulation to your internal organs and skin, just as massage does as well. We all know that so there’s no lesson there. Better blood flow delivers yet more life giving oxygen and nutrients to feed your cells and helps your tissues get rid of metabolic wastes that tend to build up in your tissues. We know that, too.

The net result is that better circulation will naturally make your skin healthier in tone and appearance … and that’s the connection we’ve been seeking. That’s also why you want to be exercising when you have scleroderma.

The question is, which type of exercise is best for you?

I’m under the impression anymore that there is no such thing as the “best” exercise and that the one you bother to do is “best” compared to doing nothing at all. That is the key, as long as the exercise you choose is helpful and you don’t hurt yourself.
The Naturopathic Approaches to Scleroderma

The big hurdle is to get started on a beneficial exercise routine that’s going to help your health, increase blood circulation and that in turn will improve your health.

Now it makes sense that yoga (or Pilates) are just perfect for scleroderma because they will stretch your muscles in a gentle way. Yoga is a great form of exercise to satisfy this requirement of muscle stretching because yoga postures and positions train your muscles to become open and flexible.

Pilates, which is sort of an assisted yoga, does the same thing. Yoga is pretty self-explanatory today, so we don’t have to go much into that other than mention it. It’s pretty easy to find yoga lessons locally wherever you live in the world, or easy to buy yoga lesson tapes from amazon.com.

With yoga out of the way, what I want for you to consider are some exercises you have never ever considered before that will help all the cells of your body besides just the ones you might stretch through yoga.

What exercise methods will help you do that?

- Rebounders, and
- Powerplates.

**Rebounders**

On to mini-trampolines as a form of exercise, and what’s the scoop here?

You’ve probably seen these portable mini-trampolines that people have in their houses or carry on vacation that are called “rebounders.” I commonly recommend rebounders as a form of exercise, but only one -- the U.S. made Needak Rebounder, either the ½ fold or non-fold that you can find on the web.

If you just bounce up and down on an indoor rebounder it’s a great way to get a cardiovascular workout, and it’s great for your lymphatic system, too. Bouncing up and down will stimulate the detoxification of all your cells, which is something very few other forms of exercise can do.

Now you take herbs to detoxify your body but that’s a chemical detoxification process whereas now we’re into an actual physical detoxification – shaking free the poisons – because of shaking. Yoga accomplishes this through stretching, but now we’re into some fun shaking routines.
I’m not going to go into this further other than to say that to me, the rebounder is a better form of exercise. Of course, you have to be careful bouncing up and down on it so that you don’t jump off and hurt yourself.

A rebounder is also small enough that you can set it up and stick it in front of the TV and just bounce on it for a couple minutes a day to reap the benefits of shaking all the cells of your body. That will energize them and loosen your muscles as well. The benefits are amazing.

You can even buy videos with exercise routines for rebounders so that you can watch them while jumping up and down and it doesn’t seem so boring. Everyone remembers the time they were kids and wanted to bounce up and down, so here’s your chance to do it for fun and with purpose.

All forms of exercise have a specific purpose. Maybe the purpose of some specific exercise might be to increase your heart rate (cardiovascular routines), or build specific muscles (as in weight training), but the rebounder has the ability to work on all the muscles and cells in your body.

No other exercise can do that.

Using a mini-trampoline is only considered a low level of trauma to the musculoskeletal system as well, unlike running, so it’s not likely to hurt you at all.

At least that’s the word from research done by NASA.

Yep … NASA!

When you are bouncing up and down on a rebounder, that mini-trampoline exercise lets you exercise every cell of your body through the factor of whole body vibration … so it gets you activating and jostling muscle groups that would never get exercised otherwise.

That’s great exercise!

Swimming cannot even do that. In fact, NASA has determined that “the magnitude of the biomechanical stimuli is greater with jumping on a trampoline than with running.”
NASA also reported that oxygen intake while trampolining was about 68% greater than with running, too. Remember, you want your cells bathed in oxygen for healing, rejuvenation and anti-aging. Some people even sit inside oxygen chambers to get that refreshing feeling.

I don’t know if you are keen on trying something as non-traditional as the mini-trampoline (all this stuff is “unorthodox” until everyone starts doing it), but you should know that it’s one of the easiest and best ways to stay in shape that offers the most benefits for the least efforts or dollars, and this is one of the secrets to great health.

You simply bounce up and down and shake up all your cells!

Like I said, if you want to get one, the only rebounder I recommend is the U.S. made Needak Rebounder, either the ½ fold or non-fold.

**Powerplates**

There’s another piece of expensive equipment you’ve probably never heard of that can exercise all the cells of your body … a **Powerplate**.

Powerplates are mechanical vibrating plates you stand on (they look like a scale with a pole you hold onto) that vibrate your whole body extremely fast. They cause your body’s postural muscles to undergo a stretching reflex about 30-50 times per second, depending on the frequency setting.

That’s even more powerful than trampolines or yoga!

Basically you stand on the plates, hold a bar and do nothing except let the machine shake all the cells of your body. The vibration will then affect all your cells and connective tissues … and many people lose water weight just from this alone!

With power plates, muscle strength has been shown to increases 20-30% more than conventional strength training in much less time – a 85% shorter time period in fact. Using power plates improves blood circulation and lymph drainage, increases bone density (that’s right ladies), strengthens joints, speeds healing, alleviates acute and chronic pain ... and even helps with **weight loss** without causing you to break a sweat.

But that’s not all …
If you stand on a powerplate for 8-10 minutes just three times per week, this “passive, low impact exercise” will decrease your cortisol levels (the stress hormone that contributes to cellular aging) while increasing your body’s production of human growth hormone and testosterone that are used for cellular regeneration and repair process. The “happy hormones,” serotonin and neurotrophine will also increase, too.

People who use the plates feel that their circulation has improved and generally feel more energetic. One of my friends stood on one for just a few minutes and reported that he felt orgasmically fabulous … it was almost intoxicating.

Those are big benefits and the results are not hearsay but proven facts. That’s why athletes use these machines.

In a way, the Powerplate works like a rebounder only it vibrates your entire body rather than you jumping up and down to shake your body. Every cell undergoes vibration, which will really free up toxins and obstructions if you’re doing a detoxification routine, and It is a low impact option for exercise. The vibrational stretching loosens your tendons, fascia restrictions, and connective tissues so it even produces healing for arthritics.

Think of stepping on a powerplate as performing passive exercise, but you’re never going to obtain the full benefits unless you first clean out your arteries and blood so that while you’re shaking out toxic poisons from cells and stimulating hormone production, you have pathways opened up to carry these nutrients everywhere and cart away the cellular wastes.

That’s why I stress the nattokinase first. Clean out the old cells and build new cells is how you get great looking skin, but first you have to make sure the arteries and capillaries that feed your skin are clean and open to transport what must go in and out.

Imagine, just imagine how great you will look if you used nattokinase and Vitalzym to get rid of countless tiny blood clots and fibrin accumulations in the body so that your blood circulation increases everywhere. At the same time, stay away from the foods that hurt you and eat the ones that will help you build healthy cells. Then use yoga and massage to stretch your muscles … and rebounding or Powerplates to shake out the poisons.
That’s the physical way to better skin and beating disease, but don’t forget meditation.

**Therapeutic Massage**

Of course exercise such as yoga isn’t the only “physical therapy” you can do for scleroderma.

Research suggests that massage is excellent for improving circulation to the skin and tissues and for preventing muscle distortions.

More research is needed to determine whether massage is truly an effective therapy for scleroderma. However, from years of experience and hundreds of sessions myself, I’m so convinced that “therapeutic bodywork” can play a role in helping you that I want to recommend the premier organization in the world that trains top-notch bodywork professionals – the IMT organization.

To find a qualified practitioner in your area who can therapeutically stretch and unwind your connective tissues and possibly help with your scleroderma, you can contact the IMT headquarters office in the following location and ask for a referral:

CenterIMT at Regional Physical Therapy  
800 Cottage Grove Road  
Building 2  
Bloomfield, CT 06002  
860-243-6571 phone  
860-243-6579 fax  
RPTHEALTH@aol.com  
www.centerIMT.com

Another smart thing you can do -- to look for a qualified bodyworker or massage therapist -- is buy the IAHP International Association of Healthcare Practitioners Directory, which contains the addresses of over 50,000 qualified bodywork therapists along with their qualifications.

This inexpensive directory can be ordered online for just $7 at www.iahp.com/pages/order/index.php, and is a worthwhile reference to have in the home. You should use the directory to look for bodywork therapists in your area who have the most number of training certifications after their name. There are no
guarantees as to who is a good therapist from looking at a piece of paper, but common sense suggests that the individuals with the most training have a higher likelihood of being better prepared to do you some good.

So now that we’ve covered exercise and bodywork, we’ve pretty much exhausted all the known recommendations for scleroderma, and it’s time to summarize our findings.
Summary

You might have thought this was going to be a short ebook, but it’s longer than expected because I tried to give you much more than your dollar’s worth and help you in other health areas as well.

Remember, I’m not saying “these recommendations are correct,” but I have done all I can to make sense out of the naturopathic protocols reported scleroderma and done as much as possible (since scleroderma is relatively unstudied) to make the connection between scleroderma and the approaches used for related conditions.

Ultimately, since doctors can offer very little in terms of the standard medical OR naturopathic approach, you must take responsibility for your own health and approach scleroderma through logic, common sense and wisdom. Try to draw lessons from analogous conditions wherever possible, but do something and act quickly because if you develop systemic scleroderma, your life is ultimately at stake.

Don’t wait for doctors to find a cure, but use this information to forge one yourself. I’m confident it can be done. Don’t spare time or expense for treatments because like I said, you life is more valuable than a new car or computer.

As our knowledge base expands, we’ll eventually know which conditions offer true analogous insights to scleroderma, and which do not but until a lot of double blind studies come out – which may take years -- we have to go with what we’ve got.

Everything we’ve discussed can be further substantiated or dismissed, if you like, with a little bit of research on the internet and by running things past your doctor. I encourage you to do so. The colloidal copper, for instance, is not something I recommend but I have seen it do wonders for thick scars and suspect it might be useful to soften the hardened collagen scleroderma.

But that would not cure the disease, and you still have to get to the root source of the problem to eradicate it.
We’ve gone over the various naturopathic ways to approach scleroderma that seem to make sense. That’s what we started out to do, and I hope you’re satisfied but to go over it once again, I’m going provide you with another short recap as follows:

First, use the Mercola modified Brown protocol to eliminate mycoplasma as a source of scleroderma. Make sure you check your hormone levels and add a dietary and nutritional component to the protocol.

You also have the option of trying PABA, and then there’s the topical application of DMSO, or its combination with castor oil in the Thacker’s formula which has worked for quite a few people.

With the DMSO/Thacker’s formula working on scleroderma from the outside while you’re doing all this other stuff from the inside, WOW! you’re maximizing your chances to eradicate the skin hardening.

Next there’s all sorts of nutritional supplements. Remember there’s vitamin E with vitamin C, zinc, the B-vitamins, and HCL supplementation. Usually HCL is supplemented as Betaine-HCL with other digestive enzymes, and the topic of enzymes breaks up the options of nattokinase and serrapeptase.

Nattokinase can increase blood flow to the skin, and help dissolve away blood clots and fibrin accumulations. Serrapeptase enzyme, through the enzyme supplement cocktail, Vitalzym can also start eating away at fibrotic scars and clean up floating CIC immune complexes that might tie-in to any autoimmune condition.

A blood panel ION test, from MetaMetrix labs may identify any underlying vitamin-mineral-amino acid-fatty acid deficiency you have that is contributing to the disease and with our knowledge of biochemistry that’s related to immunological and connective tissue pathologies, this information may provide guidance to a skilled complementary physician who can help you choose appropriate supplements that may (or may not) help your scleroderma.

An Immuno labs ELISA food sensitivities test can also determine what foods to avoid that might, in some indirect or direct way, be contributing to the disease or the underlying biochemistry that’s affecting the expression of the disease. You’ll then have the option of targeted supplements, according to the findings of the ION panel, and just common sense to stay away from eating what’s hurting you.
What we’ve covered is already more than most doctors will or can ever tell you … but there’s more. **Special herbs, acupuncture, biofeedback, breathing exercises, meditation, exercise** and **massage** have all been covered.

If you pursue some of these strategies under the supervision of your doctor … which I always recommend because I am not rendering medical advice nor prescribing treatment nor diagnosing … I’m hopeful you’ll end up seeing a great improvement in your overall condition.

Everyone is looking for a cure for scleroderma ... and while science doesn’t have anything yet, this is the best naturopathic thinking we can presently offer. I sincerely hope it helps.

Best of luck to you and if something works, then let us know so we can add to the book and help others.

Yours,

**Bill Bodri**

*The Skeptical Nutritionist and Naturopathic Educator*