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### IT'S ALL BECOMING CLEARER -I hope !

Since I have become quite busy again in supporting patients, especially internationally, a number have things have become clearer in my mind. **This is a narrative** - It is one personal view of events. It has built up a consistent story of one person's involvement in providing support for prospective patients. It seems to me that the first thing that sceptical people look for when they stumble across Dr. Petrovic's website is a continuity that provides evidence that he is not a 'here to-day and gone to-morrow phenomenon'. For precisely this reason I decided to make my newsletters, and associated documents, available from my personal folder on my ISP's site. I have kept having to re-invent the wheel by continually losing material with computer crashes, and doing things different ways. I believe that it is unrealistic to expect the website to be updated because I have produced another newsletter. The first twelve are on the site. I have now made arrangements so that newsletters from fifteen onward can be downloaded from my folder. All that has to be done is for you to right click on the file you want and 'Save Target' to a folder on your computer. If you OPEN the following address in your browser ( Internet Explorer or Netscape ) you will see the material stored there: >>>> [www.albury.net.au/~rcollins](http://www.albury.net.au/~rcollins)

I have started turning all material I consider to be important, such as 'Profile of a Cfids Patient', and 'A layman's guide to the immune system' into pdf files and placing them into the folder too. All these files may be read with Acrobat Reader if you have it on your computer. The file ar405ceng.exe is there for you to download too if you do not have Acrobat Reader. Double-clicking the file will install it for you. Sorry for all these cyberspace directions, but that is how most prospective patients find me nowadays. Recent research has shown that 50% of ALL FAMILIES in Australia have Internet access. This is double the 25% of two years ago. We are fifth in the world in this category. As usual Australians absolutely lap up new technology.

Of course I will send hard copies of all material to people who do not have computers. Dr Petrovic is in the throes of having his website brought up to date, with many new testimonials and Professor Kilroe-Smith's U.K. Survey. It may be found at [www.cfidshealth.com](http://www.cfidshealth.com)

A 'mirror' site MAY be established in Australia soon also.



**300 plus** patients cured since Mrs E.Meyer in 1994.

**Does NATURE have the answer ?** ( Reporter Peter Morley ) Here's one medical breakthrough that really is the bee's knees - antibacterial honey so strong it attacks superbugs such as golden staph. The honey has been approved for use in Queensland's public hospitals. From May the 1st, doctors can prescribe Medihoney, approved by the Therapeutical Goods Administration. This follows trials at several Brisbane hospitals on leg ulcers and bedsores. Wounds that had previously not healed closed after two or three months. And there is evidence that the product attacks golden staph - a major problem in hospitals - and other antibiotic-resistant bugs. Medihoney, which is smeared on to wounds, is produced by the Queensland company Capiliano Honey. Its blend of nectar of the Australian leptospermum tree and New Zealand's mauka was identified after scientists screened more than 1,000 honey samples. A dietary Medihoney Active, is also about to be launched to treat sore throats. It will kill most harmful bacteria, including that responsible for 'strep' throat. It also may kill the bugs that cause gastritis, stomach ulcers and dyspepsia. It will be available initially from health food sections of Woolworths supermarkets. Medihoney general manager said there was increasing scientific and clinical evidence to support the use of therapeutic honey. Queensland Primary Industries Minister Henry Palaszczuk said the product was a world first, underpinned by world-class science. Capiliano is an unlisted public company owned by 780 beekeeper shareholders.

## Meet my mate - Perky, plucky PETE

I have mentioned a few times how encouraging it is to find that seriously ill patients can still have a lively sense of humour. This can be said of Pete in trumps. I have been corresponding with him for eighteen months now. He followed our fortunes as we crossed Australia by land last year, through e-mails from Internet Cafes. I used my digital camera to take 400 photos, and e-mailed most of them to Pete as attachments. I first came across Pete as he was

taking his first lot of treatment. It was obvious that, although he was vastly improved from the state he had been in, he still had a long way to go to a condition that could be thought of as recovered. As you can see from the map he comes from the midlands of England. In fact he isn't too far away from Gary

Winn, the English architect, who I have often mentioned. Recently Pete was able to undertake another course of treatment. Because he had taken such a lively interest in the cause and treatment of his condition I think that he was actually **looking forward** to being ill when the 'interleukin' periods were encountered. Interleukin is the name given to a series of cytokines which are different types of cell produced by the immune system. When the protocol has stimulated the body's defences enough to activate an attack on the viruses which triggered CFIDS the patient comes down with all the typical 'flu' type symptoms. Here is an extract from a recent e-mail.

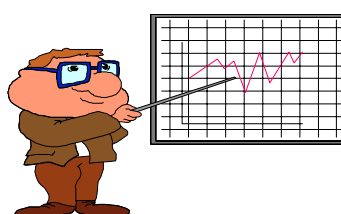


If this is just the protocol and not a virus then its certainly potent stuff this time, its mugged me, kicked my butt then those blasted little protocol soldiers have been ambushing me all week, I decided to wear camouflage to avoid detection but they got me, they now seem to be gathering for the final assault, its seems like a pincer movement. I should emerge from this looking like I have done 15 rounds with Mike Tyson on steroids :))



I hate mediocrity and boredom, and this week has not had the slightest tinge of either the week has flown by in a whirl incredible physical sensations which do not seem to be losing their impetus yet!!! aren't I the lucky one ha-ha, why people need to do Bungy Jumps, Hang Gliding, or Free Fall parachute jumps, when they could take Nash's [Dr Petrovic] protocol and experience the lot in one go. If its excitement, adrenaline pumping sheer terror then I recommend the protocol ha ha.

Its okay Roy I haven't gone mad or lost the plot just having a laugh and turning this week into something to chuckle about, rather than moan or whinge about, if it sets me on the road to a full recovery its worth every second, it would still be worth it, if it was 10 times worse.

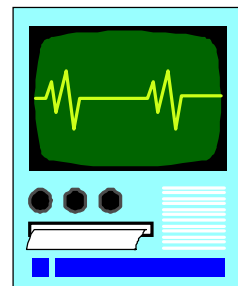




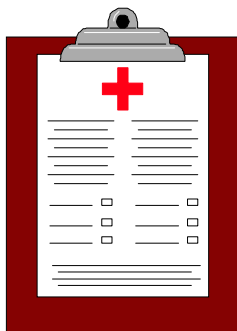


## A CASE STUDY OF A KOREAN PATIENT ! I think that he is really a DINKUM AUSSIE.

In June I was surprised to see some very different symbols appearing in my mailer. When I opened the message, I found that Inku from Seoul in Korea had contacted me, asking all the usual questions about Dr Petrovic.



Apparently the situation medically in South Korea is even more chaotic than it is in many other countries. It is quite amazing that Inku has a great command of English ( Australian ). He had spent six years in Perth studying. I can never believe that I am actually corresponding with a Korean. For instance this morning he asked me what 'genre' of Australian writing I was interested in ! Pete, in England, Tom, in

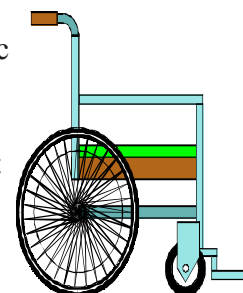


America, and myself have been corresponding for ages and consider ourselves a re-incarnation of The Goons. Anybody reading our e-mails would be convinced that we need to be certified. Inku has readily adopted our crazy mannerisms so that we have to regard ourselves as a quartet now, not a trio. In trying to present information in new and interesting ways I have taken the daring step of trying to introduce the concept of a 'Case Study' where, instead of producing a testimonial when the protocol has been successful, we follow the progress of a patient through from the beginning. Inku was very hesitant at first and understandably reluctant to fully believe the things that I was telling him - after all they were in direct contradiction to all the other information on the internet. Inku asked numerous questions of course.

After being introduced to the others I have mentioned, and stimulating me to produce more documents explaining how the treatment works, I think that he is almost getting to Pete's stage ( see previous page ) whereby he is looking forward to getting sick with his first 'Interleukin period'. Inku is in his mid-thirties and he has been suffering for sixteen years. It is very unusual to find someone who is so committed to helping others whilst he is suffering so much himself. In reading, and helping to edit the documents, he has said that he would like to translate them for a Korean audience if he recovers enough. In learning all the things that I have suggested would help with the treatment he has decided to adopt the Excel spreadsheet format for producing his weekly symptom assessments ( 1 to 5 on a frequency of symptoms basis ). This style was invented by Laura Mowell when she was successfully cured. I fully expect the total to exceed a hundred in the beginning. I am actually writing this on the 20th of July. The protocol is at present in the customs in Korea. Goodness knows what they are going to make of it. If he receives it in less than a week, his first interleukin period should appear about the end of August. Naturally Inku was feeling pretty depressed when we first made contact. It is a great reward to helpers when you receive messages like this >>>> What should I say about this feeling, Roy ? To get mails from Susan and Pete, Tom and you works better than taking a mixture of all anti-depressants (plus a capuccino with a well made action movie video AND a pack of sweet biskets with a lot of fats). I mean I feel good.<<<<<<<< This has been written with the intention of publishing it in the September newsletter ( Number 18 ). If all goes well there should be good news for the Christmas edition ( number 19 ) when I really intend to splash out again.. My printing costs used to be pretty large for one person to sustain, but now that I am writing pdf files for **targeted** International readers I can go crazy with the clipart and it doesn't cost a cent !

It is late August now. Inku's initial assessment was 84 and it improved ten percent in each of the first two weeks. On the twenty-first day he is having some strange feelings. I am pretty sure that this will turn out to be his first 'interleukin' period. It is typical of the odd relationships that we developed that he is now advising me on how to deal with a health problem that I have. As a sideline to the case study I have had to learn how to colour the individual cells. Laura coloured a number BLUE if the assessment was lower than the previous week's ( an improvement ) and RED if it was higher ( a deterioration ). This is an

outstanding help to reviewing how the patient is going. I would like to **emphasise** that I am in no way breaking patient confidentiality here. Dr Petrovic hasn't spoken to me about Inku. Everything I have said comes from direct communication with him. Inku is desperately keen to get well, and to learn how he can best help the many thousands of CFIDS sufferers in Korea. Please don't magnify the map ! Koreans find it highly offensive that the sea is called 'Japan Sea', when THEY named it 'Eastern Sea' \*\*\*

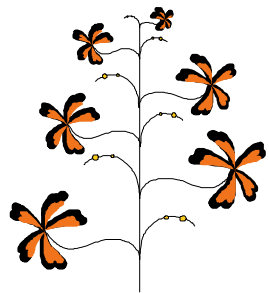


# Vegetable radium ?

## CANCER BREAKTHROUGH

**Trial's 90% success rate** A new treatment for skin cancer could be commercially available within two years after a research breakthrough that may bring advances in the treatment of other forms of cancer and HIV. Clinical trials of a plant extract at Brisbane's Mater Hospital have had a ninety percent success rate in curing advanced skin cancers that had proved resistant to all forms of conventional treatment. The new compound, developed by Brisbane Company Peplin Biotech, encourages the body's own immune system to attack the cancers. Initial testing of the compound has found it could also be used to treat breast, bowel and prostate cancer. Cancer experts have encouraged Peplin to examine its effectiveness in treating pre-malignant cervical cancer. Peplin Biotech yesterday said it had applied for three international patents to protect its research into the

compounds, which will be used to develop a new generation of cancer drugs. The patents cover new compounds discovered by Brisbane scientists, as well as their research into how the body's immune system works and the method of detecting new compounds in plants. Peplin



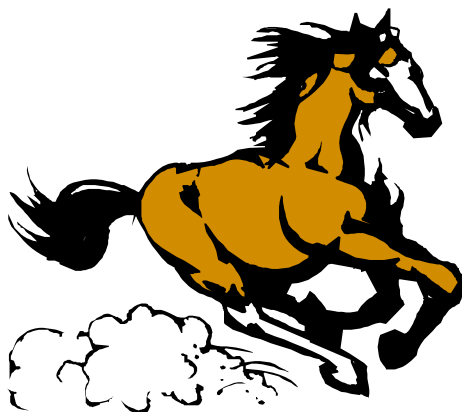
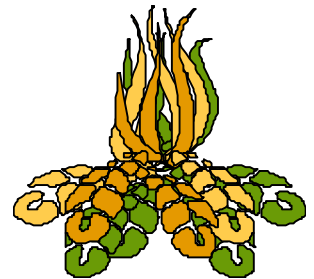
## Euphorbia Peplus



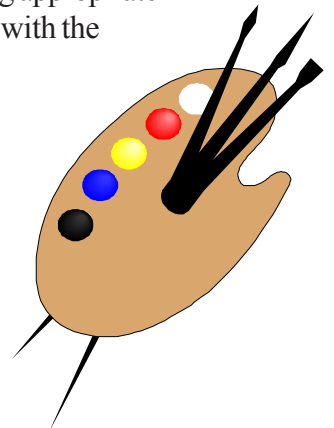
managing director Garry Redlich said advanced trials of new cancer drugs developed from the plant compound would begin within the next two months, with the expectation that that final trials would be under way by the middle of next year. Mr Redlich said that the expensive and rigorous drug registration process for a skin cancer cure was expected to be completed and the drugs "on the shelves" within two years. He said the scientists were also investigating the effectiveness of the new compound in treating range of viral and bacterial diseases and immune disorders. One prototype already developed from the compound has been successful in exposing latent forms of HIV. In the wake of the new research, Peplin Biotech is embarking on a push to attract Australian and international investors and research partners to help it further develop cancer treatments from the plant compound. The plant compound, which has already been discovered in more than two hundred varieties of plants including the common backyard weed petty spurge or **radium weed**, has historically been used for medical purposes. The compound is found in a variety of plants that grow all over the world and records indicate that some of the plants were used by the Ancient Greeks and a number of Asian cultures.

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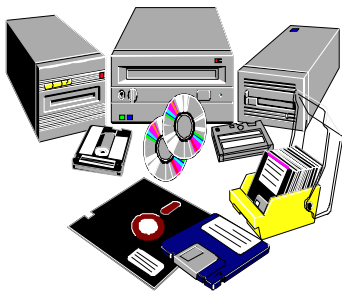
Eileen has used petty spurge for years to clear up skin irritations, so it appears that this is another case of conventional medicine finally catching up with something that has been known for years in natural medicine.



I often think of myself as a painter when I do what I am doing now. I was faced with finding something appropriate - and HOPEFULLY eye-catching - to contrast with the article above, and above all, maintaining the reader's desire to keep reading. Elsewhere I have mentioned a couple of patients undertaking the treatment at the moment. The clipart opposite is for a young Australian lady with lots of medals for horse riding. We hope that you are soon back in the saddle and adding to that collection '**Tiger**' Tilly !!







**Hello Hussein & Leaenna.** *It has been a very eventful three months since the last newsletter. When Hussein Dharma in England found out about Dr Petrovic's work he immediately constructed*

*his own website to let other sufferers know that a cure to CFIDS WAS available. This is a note from Hussein that he has written for the newsletter.*

A Little of about myself. ... For the past 3 ½ years (since I met Leaenna), I have been trying to understand the ME. I read pretty much every book and article I could get hold of, in order to understand the complexities of the illness and its management. I found it astonishing that there was a distinct lack of direction and harmony in the medical profession regarding nearly every issue relating to ME. It's ridiculous that even the name cannot be agreed upon! The medical profession it seems is a 'members only' club; those that do not have the 'right' attitude are largely ignored regardless of how powerful their research might prove. Whilst the upper echelons of the profession argue whether or not the illness is fundamentally physical or psychological, the ME patient can only wait and wait a little more, until they are driven to depression. For this reason it comes as no surprise to me that Dr. Petrovic's work is treated without much respect. After all, how could a doctor from Belgrade have found a cure for the illness where so many doctors from the civilized western world have failed? Perhaps it may be the pompous attitude of the medical profession that makes it close its eyes to Dr. Petrovic's work. Regardless of the research presented, people will only believe what they want to. If it was up to the mathematical world, none of the reputable medicines used today could be regarded as 'proven' to work since the notion of *mathematical proof* is certainly not the same as the far less rigid *statistical proof*. Yet, we still accept these medicines as a cure. When all is said and done, the proof is in the pudding - I'm sure it tastes damn sweet. No doubt, all those who have recovered on Dr. Petrovic's programme will confirm that! Hopefully, Leaenna will too. The website I have made for Dr. Petrovic (<http://members.tripod.com/cfidshealth>) was the first one I have made. Originally, I was going to make it more advanced, perhaps using some 'flash' graphics or JavaScript. However, from my experience, the best websites I have used are also the most simple. I took inspiration from the BBC's simple website and took it from there. The website will also be easier to maintain. I have included an online questionnaire for those who do not have access to a fax machine. Also, there is now a discussion board, where I am hoping past and present patients can interact and perhaps build on a community.



**VERY BRIEFLY** - I can't believe that it is time to finish again and I have SO LITTLE space. Unfortunately a myth has arisen that you can't DIE of CFIDS. This is unfortunately not true. I often feel sorry for people of fame, power, and wealth who become insulated from information, such as we have, by the people around them. It was very sad to read that the daughter of the Empress of Iran, Leila Pahlavi (aged thirty-one), had died of CFIDS in a

London hotel on Sunday the tenth of June.

**CYBERSPACE** It is common for e-mail users to refer to normal communication as 'snail mail'. Unfortunately I have found that so called snail-mail is FAR more reliable than electronic mail. A few of Dr Petrovic's patients have had considerable trouble contacting him, and he has had to have another e-mail address ( [longvita@hotmail.com](mailto:longvita@hotmail.com) ) for some patients. I have the frustrating experience of three of my most frequent correspondents being blocked by my ISP. To make matters worse, they are asking their clients for suggestions of other groups to block communication from. Fortunately I took out the hotmail address of Roy\_A\_Collins@hotmail.com. This has enabled me to write to MYSELF !!! and then 'forward' the message to the blocked person through hotmail.

**NATURAL REMEDIES** Medihoney, and radium weed are mentioned on previous pages. Last month it was announced that Australian researchers had discovered the active ingredient in cruciferae ( cabbage like plants i.e. kale, broccoli ) that inhibits the growth of cancers. It had been known for years in the natural therapy world that some green vegetables had this effect. Apparently the active ingredient is a phase two enzyme.

**ONLY COMMON SENSE** On the 8th of August the main item in the ABC's evening news bulletin was that Professor Gary Scroop ( from Adelaide University ) had announced that a study had shown that asking CFIDS patients to exercise was damaging to their health and this fact should be brought to doctor's attention. What a world we live in when a long medical study has to be conducted to bring this obvious fact to notice. HOW LONG will it take for Australian doctors to accept this ??????!!!!!!

**FINALLY** - I have just heard that five of Dr Petrovic's patients met recently in the midlands of England. Two are recovered, one almost fully recovered, and two well on the way to recovery. What an opportunity for the media !! IF THEY ONLY CARED !! This is a great example of the international networking that will inevitably result in the end by the medical profession HAVING to take notice of Dr Petrovic's treatment.

