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**Phew - I made it !** - Little did I realise that when I first made contact with Dr N Petrovic in April 1997 that I would be in this position five years later. My daughter had asked me to look on the internet ( still fairly novel in those days ) to see if I could find any help for her daughter ( aged eight ) who was bedridden with CFIDS. I undertook the first search just before our evening meal time. The first two pages that came up in Netscape were absolutely horrifying. I couldn't believe that

my granddaughter had the disease they were describing, and that her life appeared to be over before it had started. My wife called me to stop what I was doing as she was about to put the meal on the table. I told her that I would look at one more page. In amongst the horrible murky brown type that described the condition a bright luminescent green phrase stood out. 'I CAN CURE CFIDS' said a Dr Nash Petrovic of Johannesburg, South Africa. The rest is history. I thought that if there is a doctor who can give my granddaughter back a life the least that I can do is to try to help him. The help that I was able to offer was in the provision of reliable information to prospective patients. As a primary headmaster used to publishing a weekly school newsletter it was second nature to decide to publish newsletters. They were extremely primitive originally, but I soon graduated to a colour printer and used



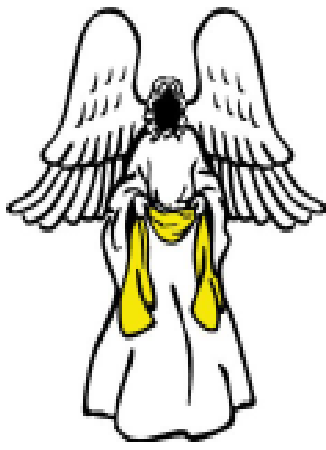
lots of clipart and jpeg photos in what I tried to make a quarterly publication. I am very pleased that over time I have ended up with number twenty being published to celebrate five years of patient support. It seems quite strange that I have achieved the goal of producing a newsletter each season on average. From MSWORKS 4.0 I graduated to Pagemaker and eventually I learned to create pdfs ( portable document files ) from the Pagemaker file. My word I was so naive in those days. Fancy thinking that all you had to do was to let a politician know that CFIDS was being cured !! All the politician wanted to do was to tell me that doctors were far too powerful for MPs to tangle with !!

### THE SCOREBOARD



Doctor Petrovic tells me that over 500 patients have recovered on his protocol since the first in 1994. He says that ALL recent South African patients are back at work. For some reason South African patients still seem to respond best of all to the treatment. I think that it reflects the fact that the patients have face to face contact with their doctor.

**SO WHAT'S NEW ?** - From the Melbourne Age - Reporter Julie Robotham - A bitter row has erupted between doctors and patients over the diagnosis and treatment ( underlining mine ) of Chronic Fatigue Syndrome (CFS) [ Isn't it strange how they have dropped the really important part - ID - which explains what the problem really is ? ] The stand-off concerns new CFS guidelines for doctors which patient groups say trivialise the condition, blames sufferers for their illness and promote harmful therapies..... Simon Molesworth, the president of the ME/Chronic Fatigue Syndrome of Australia, said the recommendations presented CFS, which is estimated to affect 150,000 Australians, as primarily a psychological illness and characterised patients as malingerers. So-called "graded exercise", in which the patients perform an increasing volume of activity over time, could have serious consequences for very ill people said Mr Molesworth... He also said that there was no evidence that a regime of strict control of sleep was effective, and that there was insufficient scientific basis to recommend antidepressants. Both therapies are included in the document... The chief author of the guidelines, Robert Roblay, an immunologist at the University of Sydney and Royal Prince Alfred Hospital, said the six-year preparation of the document had involved extensive consultation with patient groups. - **GOOD HEAVENS**, we have gone backwards in the five years I have been in this field !! How on earth did they ignore the research of Professor Gary Scroop of Adelaide University who stated that in no circumstances should CFIDS sufferers be forced to exercise ??



**GUARDIAN ANGELS** I am a firm believer in the fact that I have a Guardian Angel. This is never more evident than when I need to know something. I have been mentally preparing an article about the burgeoning Natural Therapy industry in Australia and the handicap that it is under because of conventional medicine's hold on the HEALTH industry. Glenn, a past patient, chose this time to tell me about Dr Brighthope's *Telstra* address to the National Press Club in Canberra on September the 4th, 2002. Dr Brighthope is the President of the College of Nutritional and Environmental Medicine. His full address may be found at [http://www.acnem.org/articles/telstra\\_address.htm](http://www.acnem.org/articles/telstra_address.htm). Because of the constraints of space I am taking the unusual course of just picking out some of the pearls of wisdom that he delivered.....Over 60% of the Australian population use some form of NH and the public spending on NH **far exceeds the patient contributions for ALL PHARMACEUTICAL MEDICATIONS.** ... The NH Industry in Australia may be about \$ 1.5 billion. Despite the obvious fact that the public is voting with their

feet, there is still an astonishing amount of opposition to NH in this country - mostly due to ignorance, vested interests and intellectual rigidity.....Our Health Department should call itself " The Disease Department " Our entire system.. is devoted to the idea that you wait until you get a disease, then you choose a drug to fix it..... We spend a lot of time getting ill and diseased...killer diseases.. are in many cases the culmination of years of effort.

Doctors are trained to think and act in terms of disease. PREVENTION is a secondary consideration. in most medical schools and practices.. true health optimisation is almost non-existent..... Why do 44% of American cardiologists take vitamins C & E themselves, but only 15% of Australian cardiologists take these vitamins ? And how many prescribe for their patients ?

Bypass surgery may be the ultimate example of disease care - the human equivalent of **changing a punctured tyre and not picking up the nails on the road.** Depression is a biochemical illness...prescription [ drugs ? ] and antidepressants don't work. This was recently shown conclusively by Kirsch and Moore in the Journal, ' Prevention and Treatment ' I have had fantastic clinical experience treating depression by removing foods to which the patient had a previously undiagnosed sensitivity or allergy. Hippocrates taught me this. But the cheapest therapy with fantastic data support is exercise. Let's see some scripts written for that. Cancer is an enormously complex set of diseases.. nutritional deficiencies are common among sufferers... surgery/radiotherapy/chemotherapy options .. sometimes called the **cut, burn and poison schools of treatment** actually make these deficiencies worse. In the not too distant future, cancer patients may be suing doctors etc..for failing to teach or offer supportive therapies, which are now routinely offered in many European and American clinics.

In NH, we use probiotics, or good bacteria to naturally crowd out infections and to make sure they won't return. Together with echinacea, vitamin C and zinc, and decreasing dairy foods from the diet, the results are first-rate.

The Medical Journal of Australia has estimated that, EACH YEAR ( my capitals ) more than 81,000 hospital admissions are due adverse reactions to prescribed medicines.

The human body is a beautiful and delicate machine, and completely altering its sex hormone pattern for years on end should be considered an extremely radical therapy, not as a routine solution to a natural problem

I thank Dr Brighthope for covering this topic far better, and more authoritatively than I could have done.

**DIABETES** A sign of the burgeoning Natural Therapy Industry in Australia has been that my chiropractor has taken a naturopath into his practice. Not only that, but he sometimes suggests that a patient visits a naturopath if he feels it will be of benefit. This had spectacular results for me when he suggested that I should ask my naturopath for treatment to remove 'pain memory of the nerves in my feet ' that he couldn't deal with. His naturopath had an article on her noticeboard in which our ex-Health Minister, Dr Wooldridge, was asked if Federal money was available for natural therapies. " The only money we have is to prosecute quacks " he said !! The federal government is so worried about dangerous medical information available on the internet it has set up its own website so that Australians can look to it for reliable information and not be corrupted by what is available on the internet. Do you remember the man I reported on a couple of years ago who found that the Chinese had been curing his INCURABLE type of leukaemia for a thousand years with tiny doses of arsenic ?

Fortunately a New England physiologist Dr Jim McFarlane also wasn't deterred from looking on the internet by government policy. He has discovered that wood from an Indian tree had been used for **thousands of years** to treat diabetes. The effectiveness of the wood is to be tested in a study in Sydney. Trials with sheep over the last three years have shown that it acts within twenty-four hours and one dose was effective for seven days. The traditional medicine is known as Vijayasar. It is available in Australia from some naturopaths, but is difficult to get.



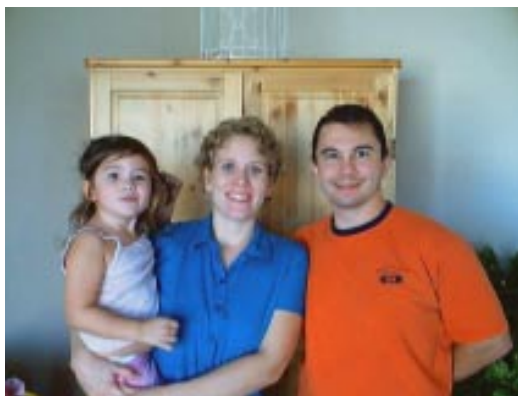
A feature of the last quarter has been the number of happy patients who have renewed their acquaintance with Dr Petrovic. **Brooke Balas** ( who is featured in the photo with her husband Randy and daughter Savannah ) was six months pregnant when she contacted the doctor in late September. She said that the family's daily routine means getting up between seven and eight - often when woken by Savannah. She stays at home with her daughter ( who is past taking naps ) She said that she was going to bed at ten o'clock and absolutely loving it because she knows that she was likely NOT to wake up and be awake for hours. She reported that she rarely gets sick any more and that she is not achy, and has no sore throats or swollen glands. By the time this newsletter is published Savannah will be having a new brother or sister ( estimated to be Dec. 20th ) . I am sure that you will all join me in wishing Brooke and her family well, with the continued radiant health which is apparent in the photo. I was extremely amused by an e-mail from **Sheri Clark**. She said, " Do you remember me ?" I have spent ages reading and re-reading the many testimonials that I have. One has always stuck in my mind because of the striking ending. It is Sheri's of course. She ended her testimonial with this —

‘My deepest thanks to you Nash for dedicating your life for the benefit of others.

*There are only two ways to live your life. One is though nothing is a miracle. The other is as though everything is a miracle.* - **Albert Einstein**

Thanks for my miracle. ‘

## Fantastic Feedback



**Noel Kamm**, who I have featured in previous newsletters, had her testimonial written by her mother as she was a child when so ill. It is an extraordinary story of desperately seeking every avenue of medical advice before finally coming across Dr Petrovic. Noel is a university student in Boston now. I have copied below the footer that she has on all her e-mails nowadays . When I wrote to her for permission to use her photo in the earlier

newsletter she said that, " It is nice to know, when I wake up in the morning with aching calf muscles, that they have been caused by **dancing all night** and not by fibromyalgia.

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Work as though you don't need the money.

Dance as though no one is watching you.

Love as though you have never been hurt.

Sing as though no one can hear you.

Live as though heaven is on earth.



**Postscript** I have been between a rock and a hard place ever since I did not publish newsletter 19 ( because a patient withdrew his remarks ). Time is rapidly passing and information is piling up. It is very much a matter of having to be very selective on what I report. I have lifted this page straight from No 19 because Brooke's story must be told. Some time after this article was prepared I was delighted to receive an e-mail from Brooke saying that she had had her baby, she was a girl, and here she is !!! Aliyah Rose Balas. What a beauty !! Congratulations to Brooke and Randy. Brooke has just sent me a recent photo of Savannah and told me how she loves her little sister.

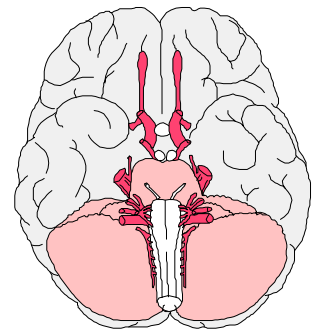
**THE FINAL WORD** I finally realised that the way to tell you about a document that I consider REALLY IMPORTANT - Dr Pall's theory [ Washington State University ] ( mainly because it seems to come from conventional medicine ) is to go back to the idea of having a supplement to the newsletter. This will be a Word document called No20-Supplement.pdf.

Thanks to PETE for keeping my nose to the grindstone and keeping on telling me that my work was important \*\* If you want to see Pete, and read his story, have a look at page two of Newsletter No. 18. He thinks that he has **NEARLY** made it.



**Healing can be stopped by an emotional state that has the wrong chemicals. On the other hand, people really do have sudden, miraculous healings when there is a sudden emotional shift.**

**Candace Pert**



**The Cells that make us cry.** In my role of offering patient support to sufferers from CFIDS it has become very obvious that many things influence the course of the treatment. I am particularly worried when the family seems to be unduly sceptical about the treatment and its chance of success with their relative. A cornerstone of the treatment is the cheerful disposition that Dr Petrovic displays at all times. Professor Kilroe-Smith in his survey of 49 patients in the U.K. drew attention to many factors such as antidepressants, smoking, alcohol, drug taking etc, that could double the length of the treatment, or even stop it. Like the patients I seem to have been for ever conducting my own primitive research on the internet and in papers and books. I have been patiently waiting for the world to discover Dr Petrovic's work in the hope that I could publicise it before I stopped publishing newsletters. One item that I have held on to like grim death is a newspaper article in which Amanda Gore ( an Australian who specialises in giving inspirational talks to large gatherings ) tells some amazing stories about the intellect being in the heart. I have had it for about four years. I just couldn't find space to bring its message to your attention in the intervening newsletters.

What do you think of this story ? A nine year old girl received the heart of an eight year old girl who had been murdered. The nine year old, from the day that she had the transplant, started having recurring dreams of being murdered. Not only were these dreams vivid enough for her to accurately describe the murderer, she also knew his name. The man, after investigation, was subsequently convicted of the crime. This, and other amazing stories, may be read in Dr Paul Pearsall's book ( The Heart's Code ).

Finally it seems the stars must have come into conjunction because all of a sudden I have a link between Professor Candace Pert at Georgetown University in Washington ( her research led to a revolution in neuroscience, which now believes that information is processed throughout the whole body ), Doctor Deepak Chopra ( author of 'Healing the Heart' and 'Ageless Boy, Timeless Mind.' ) and Dr Pearsall.

Putting all the facts together provides me with an understanding of the reason that I have observed such different reactions to Dr Petrovic's protocol. Professor Pert's discovery that the immune system carried receptors for brain peptides showed that there was a demonstrable link between emotional and physical health ( something that had been intuitively known for centuries ). Deepak Chopra, 'Ageless Body, Timeless Mind' page 18, says, " We must conclude that the body is capable of producing *any* biochemical response once the mind has been given the appropriate suggestion." Deepak Chopra reaches this conclusion following research which showed that placebo painkillers actually controlled pain in 30% of patients.

Professor Pert wrote a book about her groundbreaking research. It is called, " Molecules of Emotion" ( Simon and Schuster ). In it she says :... " The immune system, like the central nervous system, has the memory and the ability to learn. Thus it can be said that intelligence is located not only in the brain but in the cells that are distributed throughout the body, and that the traditional separation of mental processes, including emotions, from the body is no longer valid."

Pert says that healing is carried out by the cells of the immune system, which move based upon receptors on their surface that are for these molecules of emotion.



**Doctor Petrovic** His contribution to solving the CFIDS dilemma has been recognised by the prestigious Linus Pauling Institute and Rath's Foundation. A team of scientists that attended the Earth Summit in Johannesburg recently were his guests as he explained his work to them.

