

CHAPTER TWENTY QUACKERY

By Drs. Aubrey Pilgrim and David Crawford

During the Renaissance, mercury, or quicksilver was about the only drug that they had for treatment of syphilis. Some peddlers mixed the quicksilver and a salve to make an ointment. They claimed that the quicksilver ointment was a magic cure for almost every disease known. The peddlers came to be known as quacksalvers, and later, just as quacks.

We still have lots of quacks today. One of the problems is that the quacks may hold out false hope. They make all kinds of claims, often substantiated only with a few questionable testimonials.

It doesn't take much to convince some people. There are thousands and thousands who are almost fanatic in their beliefs in alternative and unproven herbs, drugs and treatments. These beliefs may surpass even their religious convictions.

Miraculous cures have been attributed to some of the drugs and treatments. In most cases, there has been little or no documentation or proof, other than anecdotal testimony, that the drug or treatment was the cause of the cure. Over 1,500,000 people are diagnosed with all kinds of cancer each year. This year over 560,000 people will die from all types of cancer. If a person is dying, they will go to any extreme that offers any glimmer of hope. Money is of no consequence if a person is dying. The quacks know this, and much like a vulture, they will pick the person's wallet clean. The quackery business generates billions of dollars annually.

I fully agree that a person should try anything that might help keep them alive. And what helps one person, may not necessarily help another. As long as it is not harmful, it may be all right to use it. Sometimes, even the hope of being helped has some benefit. But often the quacks give only false hope. They know that cancer victims will reach out for any type of treatment, drug or modality that might help prolong their lives. Who can put a price on the cost of even one minute of life? If something can help one to live a bit longer, any cost is insignificant.

The quackery products include such things as biological products, electrical and electronic gadgets and devices, herbal and folk remedies, dietary approaches, bogus diagnostic tests, metabolic therapies, mental imagery, faith healing, homeopathic and many other unproven treatments and modalities.

Many quacks are convinced that most all disease is caused by toxic products in the intestines, especially the colon. The treatment is to cleanse the body of all of

this harmful material by using “natural” laxatives, enemas, and high colonic cleansing.

The quacks may offer “proof” that seems very real. They may show you all kinds of statements and testimonies to give you hope. Incidentally, the word testimony, testify, attest, and all words that contain the root word test, is derived from the word testes. In the biblical days, when a man was asked to testify, he placed his hands on his testes. If they found out later that he had lied, they cut off his testes, or used two stones to crush them. I believe that this type of punishment should be meted out to all quacks who offer false testimonies.

Testimonials about miraculous cures is the biggest thing that quacks have going for them. They will have lots of stories from people who swear that they have had miraculous cures because they used this product. There is no law that prevents the quack from presenting testimonials. They can say anything they want to in a testimonial and not have to prove it. If a company or vendor made the same claim, then the FDA or some other law enforcement agency might want to see some proof. There is seldom if ever any documentation to prove any of the statements in the testimonials. If the product has a lot of statements from users that seem to be too good to be true, you should beware.

Another ruse often used is to cite studies and tests done in a foreign country. They often make glowing and fantastic claims for the product and cite the foreign studies to back up their claims. It is often difficult to verify the studies and tests. If the product or drug was just half as good as they claim, then it probably would have been studied and tested in this country.

Of course there are cures that sometimes happen that cannot be explained. The cure may have been caused by several things, but the quacks are always quick to take credit for any cure. If their treatment doesn't work, they can usually find some excuse, often blaming the person for not exactly following instructions. One of the excuses used by many of them, especially the Mexican clinics, is that you waited too long before coming to them. Another is that the surgery, radiation, hormonal therapy, chemotherapy or whatever treatments you have had compromised your body and ruined your immune system to the point that their treatments had no chance to work.

It is absolutely necessary to maintain hope and do everything you can to survive. But you should also be realistic. The patient may invest a lot of time and money on a quack remedy, rather than pursuing recognized proven treatments and trying to make the most of what time one has left.

One reason that it is so difficult to cure cancer is that there are well over 100 different types of cancer. Another reason is that cancer cells are not recognized by the body as abnormal tissue. Ordinarily if you put something into the body

strong enough to kill the cancer cells, it will also kill the normal cells. Some of the quackery treatments are actually toxic and dangerous.

Quacks take credit for the natural healing abilities of the body and sometimes for the effects of conventional therapy. One man posted to the Internet recently. He had been diagnosed with advanced cancer. Someone convinced him that he could beat the cancer by natural means. He went on a special diet, began taking several herbal remedies and homeopathic drugs. Almost immediately his PSA fell to the undetectable range. In the very last sentence of his post, he mentioned that his doctor had also put him on combined hormone therapy (CHT). He was convinced that his natural remedies had cured his prostate cancer and gave no credit at all to the CHT.

Quackwatch

You can find more information about most of the items discussed in this chapter at a web site titled "Quackwatch, Your Guide to Health Fraud, Quackery, and Intelligent Decisions", operated by [Stephen Barrett, M.D. www.quackwatch.com](http://www.quackwatch.com).

Here is the Quackwatch Mission Statement:

Quackwatch, Inc., a member of Consumer Federation of America, is a nonprofit corporation whose purpose is to combat health-related frauds, myths, fads, and fallacies. Its primary focus is on [quackery](#)-related information that is difficult or impossible to get elsewhere. Founded by [Dr. Stephen Barrett](#) in 1969 as the Lehigh Valley Committee Against Health Fraud, it was incorporated in 1970 and assumed its current name in 1997. Our activities include:

Investigating questionable claims, Answering inquiries, Distributing reliable publications, [Reporting illegal marketing](#), [Generating consumer-protection lawsuits](#), Improving the quality of health information on the Internet and Attacking misleading advertising on the Internet.

Here is some excellent advice from Dr. Stephen Barrett:

"Miraculous Recoveries"

If you hear that an "alternative" method has produced "miraculous" recoveries from cancer, you should be skeptical. There are at least five reasons why such a report may be erroneous:

The patient never had cancer

The cancer was cured or put into remission by proven therapy, but questionable therapy was also used and erroneously credited for the beneficial result.

The cancer is progressing but is erroneously represented as slowed or cured.

The patient represented as cured may have died as a result of the cancer or been lost to follow-up.

The patient had a spontaneous remission (very rare) or slow-growing cancer that was publicized as a cure.

Here are four examples of favorable reports that did not hold up when they were investigated:

During the 1980s, Anthony Sattilaro, M.D., wrote books and appeared on talk shows promoting macrobiotics as a cancer cure. In *Recalled from Life* (1982), he described how he had undergone conventional therapy for prostate cancer but credited macrobiotics for his improvement. In *Living Well Naturally* (1984), he said that his doctors had pronounced him in a state of permanent remission. However, he died of prostate cancer in 1989.

Lawrence Burton, Ph.D. offered "immuno-augmentative therapy (IAT)" at his clinic in the Bahamas. Burton claimed that IAT would cure cancer patients by manipulating an immune defense system that he postulated. In 1979, CBS-TV's "60 Minutes" gave Burton a tremendous publicity boost when a prominent physician stated that one of his patients appeared to have recovered miraculously with Burton's treatment. Although the patient died twelve days after the program was shown, "60 Minutes" refused to inform viewers of this fact. In 1990, oncologist Wallace Sampson, M.D., analyzed a booklet of 35 case histories used to promote Burton's clinic. Sampson concluded that 30 had undergone standard or near-standard treatment and had a significant probability of living as long as was recorded in the booklet. The other vignettes lacked sufficient detail to make any judgment.

Lawrence Burton, Ph.D. died in 1992

Stanislaw R. Burzynski, M.D., who operates a clinic in Houston, Texas, claims his "antineoplastons" can "normalize" cancer cells and have helped many people with cancer get well. In 1988, talk-show hostess Sally Jesse Raphael featured four "miracles" -- patients of Burzynski, who she said were cancer-free. All four stated that Burzynski had cured them when conventional methods had failed. Four years later "Inside Edition" investigated and reported that two of the four patients had died and a third was having a recurrence of her cancer. (The fourth patient had bladder cancer, which has a good prognosis.) The widow of one of Raphael's guests stated that her husband and five others from the same city had sought treatment after learning about Burzynski from a television broadcast-and that all had died of their disease.

Lucas Boeve, proprietor of a clinic in the Dominican Republic, claimed that ozone gas administered at his facility had cured cancer, AIDS, Alzheimer's disease, Parkinson's disease, arthritis and many other diseases, and that he provided an ozone machine that had cured "Magic" Johnson of AIDS. In 1994, the staff of NBC's "Dateline" took a responsible look at Boeve's activities by investigating all the cancer and AIDS patients on a list of success stories provided by Boeve.

Of thirteen cancer patients: two had died; three could not be found; two refused to be interviewed; three were alive but still had cancer; and three said

they had been helped, but their doctors said they were probably cancer-free before ozone therapy. Of two AIDS patients, one said he felt well but still was HIV positive, and the other had not been retested for HIV. "In all," a commentator concluded, "not one documented cure on Boeve's own list." In addition, Johnson's representatives said that he had had nothing to do with Boeve (or ozone therapy) and was still infected with the virus.

Faith Healing

My sister-in-law developed breast cancer when she was just 30 years old. Like prostate cancer, breast cancer often metastasizes to the bones. The cancer spread to her spinal column and began to erode the vertebrae. She was in constant, terrible pain. After much radiation and chemotherapy, nothing seemed to be helping her. She lost her appetite and was literally starving to death. It appeared that death was imminent.

She was quite religious. I had read several stories about the many miracles that have happened at the Pool of Lourdes in France. A young girl, Bernadette had seen a vision of the Virgin Mary at the pool. Up to four million people visit the pool every year. These people who visit the pool have all sorts of diseases and crippling infirmities. They bathe in it and drink the water. For the majority of the people, it has no effect on them. But some of them are unexplainably healed. Doctors there have documented many of the miraculous cases. The water has lots of bacteria and several impurities in it. Doctors and scientists have never been able to find anything in the water that can account for the miracles.

I sent her to the Pool of Lourdes. She came back with a healthy appetite and most of her pain was gone. But after a short time, she lost her appetite and the pain returned. She died about six months after the visit. I am not very religious so I don't think a visit to the Pool of Lourdes would do anything at all for me. But I am thoroughly convinced that it added about six months to her life.

There are several "Faith Healer" evangelists. Some of them are on TV 24 hours a day, demonstrating their God given powers and begging for money. I am sure that there are a few people who have been helped by these self-anointed representatives of God. But I am also sure that there are many more who have not been helped. There are many poor people who can ill afford to give money to these evangelists, but many of them have sent in much of their life's savings and have not been helped. What makes it even worse is that many of the TV evangelists, who prey on these poor people, have become wealthy millionaires.

The following is one of my favorite stories about a faith healer. The evangelist came to town with a large tent. He preached a rousing sermon, then asked if anyone in the audience needed to be healed. A little woman hobbled up to the pulpit on crutches.

She said "My name is Mrs. Smith. I have had terrible arthritis in both my knees for a long time. I would love to be able to walk normal again without these crutches".

The faith healer put his hand on her head and prayed. Then said "God will heal you. Now Mrs. Smith, go over behind that screen and wait."

Then he asked, "Is there anyone else in the audience that needs to be healed?"

A man came up and said, "My name is Thamuels. I have a terrible lisp. I wish I could talk normal".

The faith healer again prayed, then said, "God will heal you Mr. Samuels. Go behind the screen with Mrs. Smith and wait."

Then he asked the audience to pray with him. Then he said, "Mrs. Smith, you are now healed. Throw one of your crutches over the screen."

A crutch came sailing over. "Glory be! Now throw the other crutch over."

The other crutch came sailing over. "God be praised! Now Mr. Samuels, say something."

Mr. Samuels said, "Mithith Thmith just fell on her ath."

Counselors

I always wanted to be a doctor. But there was no way I could get into medical school. I had a family and no money. I applied under the G.I. Bill for educational training and was accepted at a Chiropractic college. We used the same basic medical textbooks used in medical schools. Of course we did not study pharmacology or surgery. In California you must spend 4,480 hours of classroom study, successfully graduate then take a three-day State examination in order to be licensed.

I learned a lot about the human body. I learned that a Chiropractor can provide excellent care and treatment for certain ailments such as back pain, muscle spasms and for diet and nutrition. Usually a Chiropractor can achieve results equal to that of a medical doctor by treating the ailments that he or she is qualified to treat. But there are a lot of ailments that Chiropractors are not qualified to treat. That does not stop some of them from treating the patients anyway. The trouble is that many patients may rely on the Chiropractor to treat them for problems that he or she may not be qualified to treat. The patients may be foregoing treatments that might help them.

Incidentally, Chiropractors get a little more respect today than they did a few years ago. Not long ago Chiropractors were often regarded with less esteem than a used car salesman.

In the mid 1950s, anyone could call themselves a counselor for the practice of psychology. Several Chiropractors went into this practice. Counseling was becoming a big business. About this time California and several other States decided to institute educational and license requirements for psychologists and certain counselors. But these license requirements did not pertain to church ministers.

An uneducated man named Hensley, who had never gone past the third grade in school, began ordaining people through the mail. For just a few dollars he would send you a fancy certificate and ordain you. With these credentials, one could hold marriage ceremonies, do counseling and anything else that a qualified minister could do. In addition you could designate your house and property as a church and not have to pay taxes on it. This got the attention of the IRS.

They tried to prevent Hensley from issuing the ordinations and pointed out that he had not had any formal training in theology and had never been officially ordained himself. He asked them who ordained Christ. He set up the Universal Life Church. Dr. Hensley has now passed on, but the Universal Life Church is still going strong. If you go to www.ulc.org/ulc/ they will send you materials and offer you the opportunity to become an ordained minister.

As an ordained minister in the ULC, one can do counseling. I am not sure one could charge a fee for this counseling, but there is no law against voluntary donations. Besides the ULC, there are other "churches" that have few requirements for its ministers who do counseling. I am sure that there are many people who have been helped by counselors such as these. Anything that can help heal a person has some merit. But I am also sure that there are a lot of people who have not been helped. Some of the people may have been made worse because they may have been foregoing proper medical care.

Psychic Surgery

I had a patient who traveled to the Philippines and had psychic surgery performed on her. I examined her and could find no scars or evidence of surgery. He had used no instruments other than his hands. But she swore that the man reached inside of her and pulled out all sorts of tumors and growths. When the blood was wiped away, there were no scars.

She felt wonderful for some time. But she now had more and different pains everywhere in her body. She had seen just about every doctor in town before she went to the Philippines for psychic surgery.

The trip and the treatment had been very expensive. She worked in a factory so she didn't make a lot of money. She had spent every penny that she could afford for the trip. She was now saving up so that she could return for further "surgery".

Later I saw a TV special with hidden cameras that showed how the "operations" are done. The surgery took place in a religious setting, with candles and religious icons everywhere. The patient was laid out on a table with her abdomen exposed. The doctor placed his closed fist onto her abdomen, pushed down and twirled it around. Suddenly there was lots of blood and he held up what looked like a large tumor and some intestines. He passed it to an assistant who disposed of it. When the blood was wiped away, there was no scar or damage to the skin of the patient.

The camera showed that the "doctor" was an adept sleight of hand artist. The tumor and bits of intestine that he pulled from the patient was nothing more than chicken entrails and blood that he had hidden in his closed hand before the "operation" began.

I saw the woman later and tried to convince her that she had been the victim of fraud. But she would not believe me. She became angry and informed me that she would not be returning. She was going to look for a doctor that she could trust.

I don't mean to belittle the woman. Neither I, nor any of the other doctors who had treated her could find any physiological basis for most of her complaints and pains. To her the pain was real. The Philippine doctor gave her some relief that none of the other doctors had provided. So maybe it had some merit.

I heartily approve of any treatment or modality that can help so long as it does not harm or cause delay of approved treatment.

Newsletters and Books

Over 150 newsletters, magazines and books are listed at www.quackwatch.com. There must be a lot of money in publishing them. Dr. Barrett has this to say about them:

I consider these publications untrustworthy because they promote misinformation, espouse unscientific theories, contain unsubstantiated advice, and/or fail to distinguish between reliable and unreliable sources of advice.

I couldn't agree more.

Alternative Medicine M.D.s

Quacks can be found everywhere, even in the medical profession. I am sure that you have seen Infomercials on television. They are usually a half hour long commercial for some gadget or device, or how to become a millionaire by buying and selling real estate with no money down, or some health plan.

The infomercials are usually well-done, slick Hollywood productions. They have lots of testimony and “proof” that can make you wonder how you ever lived this long without this wonderful device or plan.

John McDougall, M.D.

I recently watched an infomercial put on by Dr. John McDougall, M.D. He has a web site at <http://www.drmcDougall.com/>. He promised that a person could lose up to eight pounds in 12 days on his special diet, have plenty to eat and not be hungry.

He made several other incredible health statements. But he was a California licensed medical doctor, so any statement that he made must be true. Right? I was anxious to find out how a person could lose eight pounds in just 12 days. That means the person would have to lose $\frac{3}{4}$ of a pound of fat every day. Each pound of fat is 3500 calories. So the person would have to burn up 2625 calories of their stored fat. If this person ate 1000 calories during the day, then the person would have to burn off these 1000 calories in addition to the 2625 or a total of 3625 calories every day.

The amount of calories that a person burns up is entirely dependent on the amount of energy expended. For normal activities such as sitting, watching TV, short walks and sleeping, a person burns up about a half calorie per hour per pound of body weight. So a 150 pound person would burn about 75 calories per hour. If the activity is increased to something such as running at about 6 miles per hour, the calories burned may go as high as 7 or 8 calories per hour per pound of body weight. So 8 calories X 150 pounds means that the man could burn as much as 1200 calories per hour running at 6 miles an hour.

Not many of us can run at even 3 miles an hour for more than just a few minutes. Besides, it would probably make you hungry. If you stopped at Macdonalds while out jogging and ate one large hamburger, in less than five minutes, you would replace more than the 1200 calories that took an hour to burn off. A marathon runner could do it, but it would be almost impossible for an ordinary man to run 3 hours at six miles an hour to burn up 3600 calories. And he would have to do this every day for 12 days in order to lose eight pounds.

Since they offered a money back guarantee, I ordered the \$149.00 package. The package came with a video tape, six audio tapes and three books. Two of the books contained his diet plan and recipes. The third book was titled, “The McDougall Report. Lifesaving Facts Your Doctor Never Told You.”

He is a strict vegetarian. His diet does not allow any meat, fish, poultry, eggs, or dairy products. His maintenance health plan doesn't even allow nuts except in very small quantities occasionally. His 12-day diet allows about 1200 to 1500 calories per day. This might be okay, except that on many days his plan does not

include the proteins that provide the essential amino acids we need every day. This could actually be dangerous to a person's health. The body needs these essential amino acids every day to manufacture hormones, replace worn out cells and tissues, and dozens of vital needs for the body's maintenance. Most vegetable proteins are deficient in one or more of the essential amino acids.

Dr. McDougall believes that a great number of diseases are caused by meat, dairy products and fat. This includes everything from allergies, arthritis, atherosclerosis, depression, anxiety, hypertension, diabetes, gallbladder disease, hormone dependent diseases, intestinal troubles, multiple sclerosis, osteoporosis and all kinds of cancer.

He says that type I, or childhood-onset type insulin-dependent diabetes, is caused by giving cow's milk to young children. This causes an immune reaction which destroys the pancreas. He says that type II diabetes or adult-onset diabetes is caused by rich, high-fat diets, and the resulting obesity and lack of exercise. He says that his diet and exercise plan can allow 50 to 75 percent of adult diabetics to discontinue their insulin and 100 percent of adults to discontinue their diabetic pills.

He says that early detection of cancer is a misnomer. He says that by the time cancer is detected it has already spread and metastasized. He says that the following early detection methods do not improve your chance of survival: breast self-examination, mammography for women under age 50, stool examinations for occult blood, rectal examinations, barium enemas, colonoscopy for polyp detection and routine chest X-rays.

He says there is no benefit from DRE for prostate cancer. He cites a study by Friedman that appeared in the Lancet 337:1526, 1991. He quotes the author as concluding: "Screening by routine digital rectal examination appears to have little if any effect in preventing metastatic prostate cancer."

Dr. McDougall comments: "The incorrect assumption supporting this examination (DRE) is that detection will occur early enough to cure the person of prostate cancer. ... Unfortunately, spread of cancer to other parts of the body has already occurred many years before the time of the earliest possible detection."

In most of his statements, he cites one or two obscure studies to back up his claims. It appears that he may have taken some parts of the studies that he cites out of context, or not reported the complete study. For every study that he cites, there are probably hundreds of studies that dispute his claims.

If the type of statements made in Dr. McDougall's books and health plans were made by someone who wasn't a medical doctor, then they might be suspected as a quack. But we have learned to respect and trust the statements and opinions of most medical doctors. Because of this many people will trust Dr.

McDougall. Many of them may be seriously harmed if they follow his suggestions to stop their medications and rely on his diet plans.

There are a lot of people who believe in McDougall. He is making a lot of money. He does radio shows, sells his books and tapes, and has his TV infomercials. He has a Health Clinic in Napa Valley in California.

Julian Whitaker, M.D.

Dr. Julian Whitaker is a M.D. He believes very strongly in alternative medicines and herbs. He seems to think that most doctors do too much surgery and prescribe too many drugs. He does not think that doctors should do prostate cancer screening.

Many people believe in alternative medicines. Dr. Whitaker publishes a newsletter that costs about \$40 a year. He claims a subscriber list of over 500,000.

Dr. Whitaker thinks that alternative medicine, using herbs and natural products can cure just about every disease known to man. He claims that his treatments can end impotence, block asthma, erase age spots, improve your circulation, deactivate the processes that cause cancer, eliminate high blood pressure, lower cholesterol, let you lose weight, banish back pain and many "Medically-Proven Miracles of Healing". "... (these) near-miraculous, natural remedies ... heal your body without toxic drugs, without side effects... and without dangerous surgery."

He says that modern medicine knows all of these treatments, but the FDA and their buddies, the big drug companies, and the established medical profession, keep all of these treatments and remedies secret. The reason is that if everyone used the natural herbs and alternative medicine, the big drug companies would lose millions. If everyone used his type of treatments, many of the doctors would have to go out of business. So it is to the benefit of this large conspiracy to prevent you from knowing all these things.

If you subscribe to his Health and Healing for two years, he will send you 14 free reports on: No Willpower Weight Loss, Boost Your Brain Power, Breath Taking Sex At Any Age, Reverse Arthritis Naturally, Reverse Heart Disease Naturally, Slash Your Risk of Cancer by 80%, New Treatments for Prostate Problems, Miraculous Pain Relief and several others. A two-year subscription is \$79. A one year subscription is \$39 but you only get 9 of the 14 free reports. Call 1-800-211-7657 to subscribe. Dr. Whitaker also has a web site at www.drwhitaker.com. He has lots of ads and recommendations for vitamins and alternative medicines. Dr. Whitaker has his own line of alternative medicines. His web site is actually an on-line store for all kinds of vitamins, minerals, herbs and alternative medicines. Guess whose vitamins and medicines he recommends.

Dr. Whitaker lives in the Los Angeles area and has given presentations to several of our support groups. He is very dynamic and convincing. Many of the men in our support groups swear by his alternative methods.

James F. Balch, M.D.

Another Medical Doctor who publishes an alternative medicine newsletter is James F. Balch, M.D. His specialty is urology. His newsletter, Prescriptions For Healthy Living, costs \$79 for a two-year subscription. As a bonus, he will send you five of his books. For a one-year subscription it costs \$49 but you only get three books. His books are Healthy Tips for the Mature Heart, The World's Most Potent Healing Foods, Mysteries of Natural Weight Loss, Mysteries of Natural Cures and his latest one, Mysteries of Sex and Healing.

Some of the topics discussed in Mysteries of Sex and Healing are Erotic Secrets of Sex and Health, Medically Proven Ways to Erase Sexual Problems, What Your Mate Wishes You Knew About Sex, European Secret for Multiple Orgasms, How to Get Her Hormones In An Uproar, Too Pooped to Party? Try This Natural Energy Blaster.

He says that all of the above things can be done with natural foods and alternative medicines. It sure seems strange to me that if these miraculous foods and alternative medicines are effective, why isn't everyone using them?

You can subscribe to his newsletter by calling 1-800-453-9670

Dr. Bruce West

We have no idea what kind of degree Dr. Bruce West has. He publishes a monthly magazine called Health Alert for \$39 a year or \$77 for two years. It is similar to Dr. Whitaker's newsletter. In a short biography, Dr. West claims that he has treated over 15,000 patients. He specializes in nutrition, pain control, kinesiology, rehabilitation and sports medicine, and is on the cutting edge of natural health care. He is a member of the American Holistic Medical Association and several other alternative type organizations. Nowhere in the biography does it say what kind of degree he has or what kind of doctor he is. In many states, almost anyone can call themselves a doctor.

A typical article in the magazine says "... the Medical Establishment in this country wants to keep you sick..." because of greed, fear of malpractice suits and just plain old ignorance. He claims that Killer Drugs have caused devastating side effects such as 61,000 cases of drug-induced Parkinson's Syndrome, 32,000 hip fractures caused by prescription drug-induced falls, 163,000 cases of drug-induced memory loss or impaired thinking, and 243,000 hospitalizations because of prescription drug reactions.

Dr. David Williams

Dr. David Williams publishes a magazine called Breakthroughs in Healing. Nowhere in the magazine does it tell what kind of degree Dr. Williams has. This magazine has a price of \$4.95 on the cover. But it is sent free to anyone whose name and address they can get. The cover proclaims that it is a supplement to his monthly magazine called Alternatives. Actually it is just an advertisement for his Alternatives. His subscription price is \$39.95, about the same as Dr. Whitaker's and Dr. West's. Dr. Williams claims to have 200,000 readers. (Note that he didn't say paid subscribers).

The banner headlines on the front cover of one of his Breakthroughs in Healing says "Powerful new therapies suppressed by the medical establishment". Inside Dr. Williams claims that by using natural products, you can be cured of cancer, arthritis, infections, ulcers, osteoporosis, enlarged prostate, sexual impotence and hundreds of life threatening diseases. He deplores the fact that the medical establishment knows many of these things but keeps them secret.

Both Dr. Williams and Dr. Whitaker say that many of the natural healing drugs are kept off the market because of the big drug companies. These big companies make their profits from selling synthetically produced drugs. They have exclusive patents for these drugs. They cannot patent natural remedies. So the big drug companies have embarked upon a campaign to totally discredit natural remedies. "In order to establish their monopoly over medicinal products, they've taken great pains over the past few decades to label natural healing remedies as quackery..."

Dr. Williams also uses lots of testimonies to back up his claims.

There are several other M.D.s and other doctors who publish newsletters about alternative drugs and treatments. Most of the newsletters are similar to the ones described above. Most of them remind me of the National Enquirer.

Quack Drugs

There are hundreds of small companies who have devised "cancer fighting" drugs. Many of these small companies seem to spend more money on advertising, usually direct mail, than on research.

Prostata

A company located in Cheyenne, Wyoming, has evidently got hold of a mailing list of several prostate cancer patients. It appears that they hire people to stuff envelopes from their home and mail them out. Myself, and several of the members of our support groups, have received letters addressed to us by our first names. The letters have what appears to be a two page newspaper advertisement with many testimonials and recommendations from several medical doctors. Nowhere in the ad or in all of these testimonials was there any evidence that any scientific studies had ever been done to confirm any of their claims.

The ads made fantastic claims, such as being able to improve one's sex life and to cure prostate cancer, BPH, high blood pressure, and a host of other diseases. Some people may believe these ads and testimonies and stop taking any proven drugs. In some cases, this may even result in an early death. I strongly believe that any company or person who knowingly sells or distributes a worthless product that may cause or contribute to a person's death, directly or indirectly, should be prosecuted for murder.

Many of the ingredients listed in Prostata are vitamins and minerals. One ingredient is saw palmetto which may have some benefit to a person with BPH. But it has no proven benefit to fighting prostate cancer. No reliable studies have been done on it.

There are now several other companies who are marketing drugs similar to Prostata. They advertise in the American Legion and VFW magazines and several other magazines who may have readers who are older men.

Shark Cartilage

Mike Wallace of 60 Minutes for CBS on Feb. 28, 1993 did an interview with William Lane who wrote "Sharks Don't Get Cancer". Lane calls himself a Doctor. He has a Ph.D. in Agriculture Biochemistry and Nutrition.

I bought Lane's book and was absolutely amazed at the claims that he makes. Besides curing all types of cancer, he also claims in his book that it relieves rheumatoid arthritis, osteoarthritis, psoriasis and other skin diseases, intestinal enteritis, blindness due to macular degeneration and almost anything else that you can think of.

Lane's theory is that the sharks don't get cancer because the cartilage prevents cancer from creating blood vessels. Cancer cannot survive without a good blood supply. When cancer metastasizes, it causes blood vessels to be created in a process called angiogenesis. (Angio- means vessel, genesis means generation or creation from Greek.) He believes that eating shark cartilage will give a person the ability to prevent cancer from creating new blood vessels, therefore preventing cancer from becoming established.

Originally, Lane dried the shark cartilage, then ground it into a powder, then using a food blender, he mixed it with distilled water. The mixture was then placed into the patient's rectum as a retention enema. In women patients, the mixture was placed in their rectum and vaginas. The patient assumes the knee chest position and remains in this position for an hour or more while the mixture is absorbed.

Most physiology books say that there is little or no absorption from the lower intestine. I am pretty sure that large proteins such as ground shark cartilage could not be absorbed through the walls of the rectum or vagina. Even if they

were, how would the body react to this foreign protein in the blood system? Rattle snake venom is a protein that can kill you if it gets into the blood stream. The protein from pure milk could also kill you if it got into the blood stream. Yet you can drink the rattle snake venom and milk and it will be digested like other proteins and not cause any problems.

Even if the shark cartilage could be absorbed into the blood stream, how could these proteins be utilized by the cells of the body? In order for the cells to use proteins, they must be digested and broken down into their basic amino acid components by the digestive system.

Lane said in the book that the enema type systems are preferable to eating the cartilage or drinking the concoction because it would be digested and broken down. However, the enema system is not very convenient. So several companies, with Lane's involvement, developed oral capsules called Cartilade.

Lane knows that the digestive system will break the protein down into amino acids. He said so in his book. But many people saw the 60 Minutes show and are convinced that it will cure their cancer and other ills. They can sell a lot more of the stuff in a convenient capsule form. Lane, like most quacks, seems to have no qualms about promoting and selling this worthless product. If his Cartilade could do even half of what he claims, it would be a major, major breakthrough.

Lane sold his original company, then much to the dismay of the people who bought the company, Lane started another identical company. His new company is in direct competition with the company he had sold.

Lane wrote a second book titled, "Sharks Still Don't Get Cancer". I didn't want to contribute to the ill-gotten gains of Lane, but I finally bought the book because I wanted to see if he had any new evidence whatsoever to prove that shark cartilage (SC) has any benefit. He does not.

In the first half of the book, he mentions 60 Minutes at least once on almost every page. Of course, were it not for Mike Wallace and 60 Minutes, he would not be a multimillionaire.

In the first book, "Sharks Don't Get Cancer", he claimed that SC could cure just about every ailment known and unknown to man. In this book, he concentrates primarily on claims for cancer and arthritis. Except for a couple of anecdotal cases, he presents no current data from years of SC usage.

One of the anecdotal cases is a framed page and a half with large headlines about Bruce Allen. Bruce was diagnosed in 1983 with PCa. In 1993 he had a "Very high PSA". A bone scan showed more than a dozen "hot spots". In July of 1993, Bruce underwent an orchiectomy. But three days before his scheduled surgery, he began taking SC. A bone scan in Oct. indicated that three of the

previous hot spots were less hot, but two others were a bit worse. However no new sites were identified.

In January of 1993, before the orchiectomy, Bruce's PSA had been 5.3. In March of 1994, it was less than 0.3. Of course he believes that Bruce was cured by the SC. Lane gives no recognition at all to the effect of the orchiectomy.

I am sad to report that Bruce died in 1996 at about the time the book was published.

At the end of the book he gives some final thoughts (page 205). "In closing, I would like to address those critics who have accused me of offering false hope despite evidence to the contrary. Shark cartilage's potential as a cancer therapy rests on a theory postulated more than 20 years ago by one of the most respected researchers in this country—Dr. Judah Folkman of Harvard Medical School...."

The Oct. 1993 issue of Scientific American had a short article about SC by Tim Beardsley. Lane reprints the entire article on pages 23-25. On page 23, Arnold I. Caplan, a biologist at Case Western Reserve U. says that cartilage does indeed have inhibitors for blood vessel growth, but he says..."he is appalled by Lane and Comac's effort to promote shark cartilage as a treatment. This is an extreme interpretation of the data...There's nothing special about sharks. Why not eat pigs' knuckles?"

"...Judah Folkman...states firmly that there is no evidence in any controlled study that ingesting cartilage can treat cancer. What is more, .. on the basis of what is known, a patient would have to eat hundreds of pounds of cartilage to have any chance of experiencing an effect. Folkman says he has been trying for years to dissuade Lane from using his name to promote a shark cartilage product..."

Note that the Judah Folkman mentioned above has recently been able to show that the antiangiogenesis drugs endostatin and angiostatin do inhibit tumor blood vessel growth. He demonstrated remarkable results using mice. (Note: This is not shark cartilage). He made the comment, "If you are a mouse, I can cure your cancer".

There has been a controlled study of shark cartilage. It did not help any of the patients involved in the study. But this has not stopped the promotion and sale of it. I did search on the Internet and found over 70 sites about shark cartilage. Many of the sites were in foreign countries. They had fantastic claims for the curative powers of this product.

Other Herbs, Homeopathic Remedies, Natural Drugs

There are literally hundreds of alternative products, usually sold in health food stores or through mail order catalogs. Here are just a few products and therapies.

You can search the Internet and find out more about these products. You may also find information about most of these products and therapies at www.quackwatch.com

Essiac aka Folk Essiac (Rene Caisse)
Hoxsey Herbal Treatment (Harry Hoxsey)
Macrobiotic Diet (George Oshawa)
Gerson Diet (Max Gerson, MD)
The Grape Cure (Johanna Brandt ND)
Imuno-Augmentative Therapy (Laurence Burton, MD)
Burzynski Method (Stanislaw Burzynski, MD)
Koch Method (William Kock, MD)
Laetril - so called Vitamin B-17
Hyperoxygenation Therapy
"Diagnostic Testing":
Hair Testing.

The statements made by some of the alternative people are absolutely outrageous. Hulda Regehr Clark, Ph.D., N.D. is an example.

Hulda Clark believes cancer and most other diseases are caused by parasites. Some of her claims are so far out it is difficult to understand how anyone could believe them. Yet there are a whole lot of people who have bought her book and follow her advice.

Here are just a few of her claims:

CANCER CAN NOW BE CURED, NOT JUST TREATED

"We are not accustomed to thinking about a cure for cancer. We think of remission as the only possibility. But this book is not about remission, it is about a **CURE**. This is possible because in 1990 I discovered the true cause of cancer.

Cancer is caused by a certain [parasite](#), for which I have found evidence in every form of cancer. So lung cancer is **NOT** caused by smoking, Colon cancer is **NOT** caused by a low roughage diet, Breast Cancer is **NOT** caused by a fatty diet, Retinal Blastoma is **NOT** caused by a rare gene, and Pancreatic cancer is **NOT** caused by alcohol consumption. Although these are all **CONTRIBUTING FACTORS**, they are not **THE** cause. Once the true cause was found, the cure became obvious. But would it work?

To prove I was right, I determined that I would not publish my findings until 100 cancer cases were cured. That mark was passed in December, 1992. The discovery of the cause and cure of **ALL** cancer has stood the test of time and here it is!"

It only takes five days on this three-herb program to kill the intestinal fluke adults, eggs, miracidia, redia, cercaria and metacercaria. The [parasite](#) killing program CONTINUES and peaks at three weeks. Continuing a fairly high

dose program for another 2 months will rid your body of most other PARASITES. A complete preventative regime should include a maintenance program in order to kill any new parasites that you may pick up.

Other Remedies and Treatments

There are several other highly promoted treatments and substances that have no proven value. One such is chelation therapy, which is supposed to rid the body of harmful substances. Another is colloidal minerals. And hundreds of herbs and “Natural” products. There are treatments like accupressure and reflexology that may not harm you, except financially.

Office of Alternative Medicine

In addition to all of the ordinary quacks, we now have a legitimate government office promoting quackery. It was originally called the Office of Alternative Medicine, but is now called the National Center for Complementary and Alternative Medicine (NCCAM). The NIH was forced to establish this office, primarily due to a couple of Congressmen, Berkley Bedell and Tom Harkin. Harkin, a Senator from Iowa was on the committee that oversaw the budget of the NIH. So he managed to include a two million dollar budget for OAM in 1992. It was increased to 3.5 million dollars in 1994 and to 5.4 million dollars in 1995. The budget is increased every year.

This money is being spent in the form of grants for studies. Here is a statement of the origin, purpose and mission of the OAM. “The Office of Alternative Medicine, National Institutes of Health, was created by congressional mandate in 1992. Its mission is to support research to investigate the effectiveness of alternative therapies and provide public information about alternative practices.”

Here is some information from the web site:

The [National Institutes of Health \(NIH\)](http://www.nih.gov), National Center for Complementary and Alternative Medicine (NCCAM) at <http://nccam.nih.gov/> conducts and supports basic and applied research and training and disseminates information on complementary medicine to practitioners and the public.

The NCCAM does not serve as a referral agency for various alternative medical treatments or individual practitioners. The NCCAM facilitates and conducts biomedical research.

The NIH cautions users not to seek the therapies described on these pages without the consultation of a licensed healthcare provider. Inclusion of a treatment or resource on the NCCAM Web site does not imply endorsement by the NCCAM, the NIH, or the [Department of Health and Human Services \(DHHS\)](http://www.dhhs.gov).

Direct all requests for information and questions regarding the NCCAM to:
NCCAM Clearinghouse
P.O. Box 8218

Silver Spring, Maryland 20907-8218
Toll Free: 1-888-644-6226
TTY/TDY: 1-888-644-6226
FAX: 301-495-4957

The NCCAM Complementary and Alternative Medicine (CAM) Citation Index (CCI) consists of approximately 180,000 bibliographic citations dated from 1963 through 1999. The CAM citations were extracted from the National Library of Medicine's Medline database. The CAM citations were obtained using MeSH controlled vocabulary terms from the "alternative medicine" tree structure and other selected MeSH terms.

There are seven main categories that are being studied:

(1) Diet, Nutrition and Lifestyle Changes, which includes Changes in Lifestyle, Diet, Nutritional Supplements, Gerson Therapy, Macrobiotics, and Megavitamins.

(2) Mind/Body Control which includes Art Therapy, Relaxation Techniques, Biofeedback, Counseling and Prayer Therapies, Dance Therapy, Guided Imagery, Humor Therapy, Hypnotherapy, Psychotherapy, Sound, Music Therapy, Support Groups, Yoga, Meditation.

(3) Alternative Systems of Medical Practice which includes Acupuncture, Anthroposophically Extended Medicine, Ayurveda, Environmental Medicine, Homeopathic Medicine, Latin American Rural Practices, Native American, Natural Products, Naturopathic Medicine, Past Life Therapy, Shamanism, Tibetan Medicine and Traditional Oriental Medicine.

(4) Manual Healing which includes Acupressure, Alexander Technique, Aromatherapy, Biofield Therapeutics, Chiropractic Medicine, Feldenkrais Method, Massage Therapy, Osteopathy, Reflexology, Rolfing, Therapeutic Touch, Trager Method, Zone Therapy.

(5) Pharmacological and Biological Treatments which includes Anti-oxidizing Agents, Cell Treatment, Chelation Therapy, Metabolic Therapy, Oxidizing Agents (Ozone, Hydrogen Peroxide).

(6) Bioelectromagnetic Applications which includes Blue Light Treatment and Artificial Lighting, Electroacupuncture, Electromagnetic Fields, Electrostimulation and Neuromagnetic Stimulation Devices, Magnetoresonance Spectroscopy.

(7) Herbal Medicine which includes Echinacea (purple coneflower), Ginkgo Biloba extract, Ginger rhizome, Ginseng root, Wild chrysanthemum flower, Witch hazel and Yellowdock.

There are a whole lot of the above treatments and medicines that I am not familiar with. For instance, in category 3, I had no idea what Anthroposophically Extended Medicine is. I looked in my American Heritage Dictionary and it says that anthropo refers to human beings. It says that anthroposophy is the doctrines and beliefs of a modern religious sect derived from theosophy and claiming to develop knowledge and realization of spiritual reality. It says that Theosophy is a religious sect that incorporates aspects of Buddhism and Brahmanism. It is a philosophy or speculation about the nature of the soul based on mystical insight into the nature of God.

Notice also in category 3 is Past Life Therapy. Since the life in your body came from your mother and father, theirs came from their mother and father and so all the way back to the very first little cell, you have never been dead. So how is it that you or anyone else ever had a past life? One of the things that turned me off when I first looked into Dianetics was that they relied heavily on past lives.

A large number of the practices listed by the OAM have been proven to have no medical benefits whatsoever.

Fraud and Scams

Fraud and scams often go hand in hand with quackery schemes. You should be especially careful of telemarketing scams. It was estimated that in 1995 over 40 billion dollars was spent on telemarketing schemes that were often outright scams and illegal. If you encounter a scam, call the National Fraud Information Center at 1-800-876-7060. You may also write to the Federal Trade Commission, Room 1105, Washington, D.C. 20580.

You should also subscribe to the Newsletter published by the National Council Against Health Fraud (NCAHF). The newsletter has short articles about many of the current health frauds being perpetrated. Their address is P.O. Box 1276, Loma Linda, CA 92354.

Mexican Clinics

Unlike the U.S., Mexico has very few laws for drug and medical practices. A large number of the drugs and procedures that have been denied approval in the U.S. have simply gone across the border into Mexico. Here are just a few of the therapies available at the Mexican clinics: Laetrile-Metabolic, Rife Immune Vaccine, Hoxsey, Gerson, Multi-phasic and Metabolic & H202.

They make fantastic claims for their treatments. Most of the claims are anecdotal testimonies. The clinics charge about \$4500 per week of treatment, payable in advance. Drugs and special treatments may add another \$4500 or more to that cost.

Grand Bahama Island

There are several other countries and places which are about like Mexico in their drug and treatment regulations. Below is part of a post by a young man who had advanced prostate cancer. He was 56 years old when first diagnosed in 1994 with a PSA of 654 and bone metastases. He had an orchiectomy and began taking flutamide. His PSA went down to .1 ng/ml, but it began to rise and two years later it was back up to over 10 and still rising. Here is his post made in late Sept. 1996:

<Hi all,

I just returned from the Bahama's where I started my therapy. It is called autologous cytokine gene activation immunotherapy. This therapy is taking one's own blood [autologous] to create a serum that activates white cells genetically to produce tumor associated cytokines to target individual specific cancer cells. When injected back into your body it helps your immune system kill the cancer cells.

You start by enrolling in the program, then your blood will be sent to an immunological institute in Germany where a serum will be developed just for you. It will be delivered to Phoenix Medical Limited in Port Lucaya, Grand Bahama Island, where patients will congregate to start the therapy. After 10 days you continue the therapy yourself back home.

During the 10 days information will be shared in nutrition and exercise plus helpful hints in mind/body control techniques. The cost for the serum and the 10 day therapy in the Bahamas is \$10,000 plus expenses of hotel, meals and transportation.

Present attitude - positive and optimistic! Stressful events challenge me to learn and grow!>

Below is a portion of a post that Dr. Stephen Strum wrote to him:

<We were investigators for this cytokine cocktail and never saw any evidence of activity. The group called itself Private Biologicals Inc. We never charged the patient anything for treatments. We finally returned the ultra-freezer and remaining drug to the company. Amazing that they have surfaced in the Bahamas and are charging 10 grand for a treatment that has never shown efficacy... I would like to know why the company is promoting this if no other studies done in US showed efficacy.

Stephen B. Strum M.D.>

Despite the advice, the young man went ahead and had the treatment in early October, 1996. He died in January, 1997. He left behind a wife, a daughter, a son and two grandchildren.

There are definite windows of opportunity in which most cancers can be treated and cured. The opportunities may be wasted by relying on unproven alternative treatments and quackery.

The answer to cancer is early detection.