Weston A. Price Conference
Indianapolis, November 7, 2014

Autoimmune Disease: The Hidden Epidemic
Dr. Louisa L. Williams

- Definition: When the immune system can't differentiate self (human cells) from non-self (pathogenic microbial cells).
- Anthropological Perspective: Autoimmune disease was exceptionally rare before the Twentieth Century (Hashimoto identified 4 patients in 1912, Diabetes was rare, Crohn's first identified in 1932)
- Presently there are 80 to 100 autoimmune illnesses identified, and 40 more suspected; it has eclipsed heart disease and cancer. (NIH) Over 100 new diseases identified in 1 century is an *extremely* rapid onset.
- Hidden epidemic: Broadly speaking, most chronic symptoms and diseases are autoimmune, that is, when the body can't heal itself.
- Why? Twentieth Century Toxic Insults: Toxic heavy metals (mercury amalgam fillings), toxic chemicals (insecticides, pesticides, herbicides, etc.), toxic vaccines, and fourth?—ANTIBIOTICS.
- "The misuse of penicillin could lead to the selection and propagation of mutant forms of bacteria resistant to the drug." Sir Alexander Fleming, discoverer of penicillin, 1928
- Antibiotics kill the weaker bacteria, but the stronger bacteria survive and learn how to become resistant.
- Bacteria lose their cell wall and become "Cell Wall Deficient" (CWD) in order to survive and escape death from future rounds of antibiotics
- Lida Mattman, Ph.D. (1912-2008) wrote about this in her excellent book: *Cell Wall Deficient Forms: Stealth Pathogens, 3rd Ed.*
- **CASPERS**: Is the acronym for **C**hronic **A**utoimmune **S**tealth **P**athogens **E**volved from **R**esistant bacteria **S**yndrome, and serves as a comprehensive term for those suffering from the effects of resistant bacteria primarily from antibiotic overuse and misuse.
- Acute and chronic illness is well documented in the research literature: Merck's Manual ("The Bible in medicine") – Lupus and myasthenia gravis (penicillin), nephritis (methicillin, tetracycline), arthritis, urticaria, rashes (sulfonamides), etc.
- Fluoroquinolone antibiotics (Cipro, Levaquin, etc.): Severe and potentially permanent peripheral neuropathy, tendon ruptures (Black Box warning), kidney failure, tinnitus, blindness, cardiovascular and gastrointestinal symptoms.
- Clindamycin – severe jaundice, liver failure and death.
- Azithromycin (Z-Pack) – Can cause fatal heart rhythms (Ray & Stein, NEJM, 2012)

- Breast cancer: Finland study of ~ 10,000 women (P. Knekt, et al, *Br J Cancer*, 2000) and a Seattle study found that the chronic use of antibiotics more than doubles women's risk of breast cancer (C. Velicer, et al, *JAMA*, 2004)
- New CDC monograph: *Antibiotic Resistance Threats in the US 2013*: "a serious threat" to health.
- WHO: bacterial resistance is a "catastrophic threat"
- How do antibiotics cause autoimmune disease? 1. Damage gut 2. Create resistant bacteria
- **1. Gut dysbiosis**: Antibiotics deplete good gut flora thus allowing pathogenic gut flora overgrowth. They also (along with mercury from amalgam fillings) cause intestinal permeability ("leaky gut") that allows antigens (undigested food particles, bacteria, etc.) to be absorbed into the bloodstream. This then overstimulates the immune system and over time results in autoimmune-like symptoms as well as disease. Antibiotics cause each bacterium to literally explode into hundreds of endotoxins, which then migrate to hospitable partial oxygen environments in the body (the teeth, tonsils, sinuses, joints, heart valves, kidney tubules…) where they can remain. (H. Huggins, *Wise Traditions,* June 2010). 80 to 90% of our immune system functioning depends on our intestinal health.
  "…antibiotics can have devastating consequences…many of which might be permanent. …*altered microbiota* [gut flora] leads to *autoimmune disease*…" (N.J. Olsen, "Drug-induced autoimmunity," *Best Pract Res Clin Rheum*, Oct, 2004)
- **2. Bacterial Resistance**
  Staph aureus was 100% sensitive to penicillin in 1950, but by 1997 it had become 95% resistant to penicillin. (N. Plummer)
  PRSA – 1950s, MRSA – 1960s, VRSA – 1970s. Currently, Klebsiella and E. coli bacteria have high levels of resistance to the newer carbapenem class of antibiotics (CRE = Carbapenem-Resistant Enterobacteriaceae)
- How? The bacterium's primary resistance strategy to survive is to lose its cell wall. Cell Wall Defective (CWD) bacteria are not as readily recognized by future rounds of antibiotics—*nor by our immune systems*.
- These CWD bacteria are free to take up residence in our tissues—both extracellularly and parasitically intracellularly—and we are then continually poisoned by these bacterial endotoxins.
- Resistant CWD fungi (Candida yeasts) are generated by antibiotics as well.
- Many diseases have been linked to CWD bacteria – cancer, M.S., Parkinson's, Lyme's, etc. (Gerald Domingue, *Cell Wall-Defective Bacteria*)
- CWD bacteria and their biofilm communities thrive in chronic dental and tonsil focal infections. Holistic physicians/practitioners treat the cause (focal infection) rather than the effect/symptom (heart disease, kidney failure, arthritis, etc.)
- Does anyone ever really "catch" a cold? CWD bacteria chronically "smolder" in the body and cause inflammatory symptoms and…intermittently revert

back and trigger acute "fiery" inflammation and infection (the waxing and waning of symptoms).

- Dr. Edward C. Rosenow observed that pathogenic CWD Strep bacteria looks like a virus when they lose their cell wall. He successfully treated polio (a known viral disease) with an anti-strep vaccine (an antibacterial treatment). (1932 *Science* Journal)
- Pleomorphism Pioneers: Microbiologists have been observing CWD forms for almost 2 centuries.
- CWD bacteria not only cause physical symptoms, but also chronic psychological symptoms – especially when antibiotics are given to children before their immune systems are fully mature at around age 7. The quizzical expression on the CASPERS ghost represents the loss of individuation—the loss of a sense of self—when multiple rounds of antibiotics truncate our physical and psychological development.
- "Nervous and Mental Conditions" were cured in the early 1900's by focal infection pioneers such as Henry Cotton and Henry Upson by removing (bacterial-infested) dental and tonsil focal infections. (*J of Dental Research,* 1919)
- "Infected with Insanity: Could Microbes Cause Mental Illness?: Viruses or bacteria may be at the root of schizophrenia and other disorders." (M. Wenner, *Scientific American,* 2008)
- "*PANDAS*" – a relatively new syndrome that almost synonymous with the Tourette's-like obsessive-compulsive symptoms seen after streptococcal infections. (*Neurology,* June 1998, 50; 6, 1530-4)
- " GRANDAS" = CASPERS: As adults we rarely get tonsillitis and otitis media, but we can't seem to stop that toe tapping, that twisting of our ring, or our obsessive thoughts arising from CWD bacteria.
- Diagnosis for CASPERS is too expensive and too invasive (requires special staining or biopsy). Therefore a working diagnosis through a patient's history is best: Taken numerous rounds of antibiotics?, "never well since" that illness, surgery, tooth extraction, etc?
- **Treatment** for CASPERS:
    1. Remove the Obstacles to Cure (toxic diet, primary food allergy, toxic cleaning supplies and cosmetics), isolated vitamin supplements, excessive EMF radiation, mercury amalgam fillings, etc.)
    2. Stop taking Drugs! Stop taking antibiotics except in emergencies.
    3. Clear dental, tonsil, sinus, genital, etc., focal infections.
    4. Get on your constitutional homeopathic remedy according to the new Sensation Method (Chhabra and Sankaran). Your lifetime homeopathic remedy returns your immune system to self-regulation and you can then *handle the detoxification reactions of getting well*. (You get out of survival mode.)

    5. Support Immune System Self-Regulation with Plant Polysaccharides and Lactobacillus RNA Nucleotides:

- With ***acute*** illness it is appropriate to ***fight fire with fire*** with strong doses of herbals, homeopathic remedies, supplements, etc. With ***chronic "smoldering"*** illness it is not. ***"Gently encourage"*** the immune system back to health to allow the body to heal itself = true cure.

PLANT POLYSACCHARIDES (Acemannan and Mannose):

- Review: Food is made up of 3 core nutrients:
    1. Fats, Proteins and Carbohydrates
    2. Essential fats: Omega 3 and Omega 6
    3. Essential proteins: 10 amino acids
    4. Essential carbohydrates? Within the last 20 years research has shown that 8 of the more than 200 monosaccharides may be essential (glucose, galactose, mannose...)
    5. Mannose is actively transported from the gut to the blood where it is used to build glycolipids and glycoproteins that are essential in cellular communication to allow the immune system to recognize self from non-self.
    6. Mannose is in small amounts in berries, tomatoes, green beans…but in high amounts in acemannan, a plant polysaccharide, in aloe.
    7. Acemannan, and the mannose it breaks down into, has been found to cure Crohn's, ulcerative colitis, etc. (Bill McAnalley, *The Science Behind Aloe*)

RNA NUCLEOTIDES (from Lactic Acid Bacteria):

1. Immune cells, imbedded in oral tissues, respond to the RNA nucleotides in friendly bacteria (L. acidophilus)
2. These RNA nucleotides activate macrophages and neutrophils in the oral mucosa to induce a low—*not high*—level of inflammation to clear pathogenic microbes in the body. Thus, the immune system is up-regulated, but *not overstimulated* to induce more inflammation and autoimmune reactions.

CHAMP-Pro – (short and long **CH**ained **A**loe **M**uco**P**olysaccharides + **Pro**biotics) can help modulate and regulate immune system functioning. Combine the CHAMP-Pro powder with a little water and hold in your mouth for 1 to 2 minutes to allow the RNA nucleotides to activate the oral mucosal immune cells. Then swallow to allow the acemannan in the aloe to break down into mannose and be absorbed through the gut to make glycoproteins and glycolipids for better

cellular communication, as well as for the Lactobacillus to repopulate the gut flora.

CHAMP-Pro and the *CASPERS* ebook (can be downloaded as a PDF or in Kindle and ePub formats) are available at www.radicalmedicine.com.

New Subject!
Are you (homeopathically) prepared for emergencies?
In the case of a heart attack, stroke, sudden serious illness, concussion or other trauma, what do you do?

1. Call 911
2. Give Arnica 200C (or other appropriate homeopathic remedy) right away. If it helps, continue dosing intermittently.

***A Homeopathic Approach to DNR* ebook (can be downloaded as a PDF or in Kindle and ePub formats) and Homeopathic Emergency Test Kits are available at www.radicalmedicine.com.**

Notes: