

The Story of Mary Jane — A Modern Miracle

R. Glen Green, M.D., CM.¹

Mary Jane was the start of it all. She came to my office with a tale of woe enough to make the angels weep. When she left my care after several weeks, she was healthier than she had been for many years. She was ready, willing and able to tackle her world again. The date was October 21, 1977, a chilly day, but bright and sunny, as only autumn can be in Saskatchewan. Mary Jane was like the fall, bright but sad, knowing full well winter was only a short time away. The leaves had gone, the ground was nearly frozen. Puffs of dust swirled with the breezes in the streets. Mary Jane's winter was already upon her. She was only 55 but looked much older. Farmers and farmers' wives come to see the doctor in the fall. When the crops are off and the grain is in the bin, farmers have time on their hands. Fall work is done, their machinery has been repaired, and perhaps covered, for the coming winter.

The fall is when there is time to think about failing health. Then comes winter, a time for healing. In the fall of '77 which seems so long ago, Mary Jane became proof of the dictum 'you are what you eat'.

Mary Jane is an imaginary name but her story is real and her treatment is real and can be repeated by all who care to try. By the time she came to me, M.J. was going downhill at a rapid rate. When she arrived, she came with eight different medical diagnoses and was taking nine different medications. She had been under the care of several different doctors, most of whom were specialists, for her many diseases. These men were all fine doctors, all well trained. All followed the dictates of their profession to the best of their abilities. In spite of their care and experience, Mary Jane continued to get worse, to feel worse, or to fear death would be the inevitable result if nothing else could be done. Her health problems, which had begun some fifteen years earlier, had escalated, capped by a blood clot at the base of her brain a month before she came to me. Within a few short weeks of doing alterna-

tive therapy, Mary Jane was regaining her health and had her eight medical conditions under control. She was also off all her medications but one, her eye drops. I couldn't persuade myself to eliminate those after consultation with the eye doctor. Just last week I read a paper saying vitamin B₃ can be used with success in the treatment of glaucoma. She was taking B₃ by that time too.

Mary Jane was short and fat. On a good day she might stretch to 5' 1". Her weight was 155 pounds, and had been close to this weight for 15 years. Until her sixth and final pregnancy, her weight was 110 pounds. With that pregnancy she went up to 155, then did not lose it. After delivery she suffered a prolonged post partum depression. Most mothers have the 'third day blues' after delivery. With her other pregnancies she had some trouble with depression, but this time she couldn't get over it for months.. Psychiatrists gave antidepressants with little success over the next 15 years. In 1973 she had her gall bladder removed for abdominal distress, and in 1974 her uterus. This stopped her bleeding but made her depression worse. The changes caused by a hysterectomy are hard for most women to accept. The female hormones are stopped. A woman feels less of a woman after losing her womb and her periods. Depression and hysterectomy are hand maidens; Mary Jane was no exception to the rule. She felt she was unfit to bring up her children. She blamed herself for their failings, as mothers are wont to do. The hopes we hold for our children are based on our hopes for ourselves. If they fail, we fail.

All this depression and nervous tension is an added load on one who already suffers more than she can bear. Mary Jane developed diarrhea and cramping, which was diagnosed as colitis, a bowel problem. She developed glaucoma in 1975, which means increasing pressure in the eye ball. It responds to drops, and to surgery if necessary. By 1977 Mary Jane had developed high blood pressure along with fluid retention. In September of '77 she had a small stroke which, after CT scan and brain wave studies, proved to be a brain stem

1. 801 - 399 - 32 Street W., Prince Albert, SK S6V 5Z3.

infarct. This made her dizzy, but she suffered no paralysis.

This is a shattering experience to anyone, especially if one is under constant care by good doctors. Along with it all, Mary Jane developed diabetes, plus high levels of cholesterol and triglycerides, which is called hypercholesterolemia. This condition is the precursor of heart attacks and hardening of the arteries. She suffered fleeting joint pains for years, but did get a constant pain in her right hip which was diagnosed as arthritis.

Mary Jane's troubles began with her 6th pregnancy, some 15 years earlier, with obesity and depression and insomnia. Her health remained relatively stable till her gall bladder operation, followed by her hysterectomy in '73 and '74. After these, in quick succession she came down with many degenerative diseases — diabetes, high blood pressure, glaucoma, hypercholesterolemia, arthritis and colitis. Then she had the small stroke, a brain stem infarct, as the crowning blow. Insomnia may or may not be considered a disease but there are at least 100 brands of pills for symptom relief.

Before Mary Jane got married and had her family, she had trained as a nurse, and was in fact a registered nurse. By virtue of this training she willingly went along with whatever the doctors ordered. She took her pills, had her operations and did what she was told to do. However, by so doing her symptoms increased, as did the number of her diagnoses. At the same time her general health decreased, as well as her hopes for success in treatment. It is very easy to fall into the trap of treating the disease and not the patient. When your body loses its ability to compensate, to balance out all the differing stresses, as happened to Mary Jane, more and more diseases become diag-nosable. In medical school and for ever after, medicine is taught by learning about disease entities. Disease in general is classified along the lines of bodily systems. We have the respiratory system, the digestive system, the cardio-vascular system and so on. Each system has its own set of specialists and, in fact, a set of sub-specialists also. We have eye specialists, bowel specialists, bladder specialists, and on it goes.

It is natural for each specialist to expound in his field, to his students. Now there are specialists even in testing X-ray tests, lab tests,

pathologists and so forth. These specialists are needed because making the correct diagnosis is the starting point for the practice of medicine. If you don't have a diagnosis you can't start treatment. The diagnosis is, in effect, the be all and the end all of modern medical practice. All treatment is based on the diagnosis made by the generalist or the specialist. Mary Jane had lots of diagnoses and lots of medications to no avail. In spite of the doctors' best efforts and her co-operation throughout, she was worse. All treatments are a test of effectiveness. If one thing doesn't work, you try another till you find success. By treating each disease but not looking for some connecting link to tie it all together, success can be very hard to come by. Mary Jane continued to come down with new diseases. Alternative therapists are not worried about using treatments from other disciplines. Acupuncture and chiropractic are two examples of alternative methods finally accepted by some members in the medical profession.

This took a few thousand years for the one, and two hundred for the other, but it did get acceptance. Doctors are by nature very reticent to try anything new and different. The practice of medicine has become centred on the authority of the medical schools and universities. Only teaching hospitals are able to investigate new ways of treating, to mark, pass, or fail on at a new discovery. If any doctor persists in doing things differently, and not in the accepted fashion, he will be struck from the Register, lose his licence and be unable to practise. This stops the general practitioner from even thinking of new ways to do things. The front line of medicine is in his office, not at the university. As a nurse, Mary Jane accepted this for 15 years. As a patient, afraid of getting any sicker, even perhaps to die, she was ready to grasp the straw of alternative therapy. It takes tremendous courage to fly in the face of convention. More often than not your own family and friends try to persuade you to stay with the conventional. When evidence of cure is all anecdotal, as it is with alternative treatment, it is easier to criticize than to change. Bertram Russell put it this way: "Most people would sooner die than think; in fact they do so". A doctor friend of mine died recently after suffering well over 30 years with arthritis. It never occurred to him to

look outside the allopathic arena for help, nor did he. Goethe (1749-1832) said, "we only see what we know". Mary Jane knew she had to change; my doctor friend didn't. Complementary medicine is a combination of alternative and traditional medical teaching and practices. The patient receives the best of both worlds. The combination is synergistic, the results obtained are greater than the sum of the two parts. It takes a well trained and experienced physician to be able to make the choice from so much that is available. Acupuncture, reflexology, naturopathy, homeopathy are but a few of the alternatives, and there are hundreds more. It also helps if the complementary physician has learned many of the procedures himself. After seeing some of the results of alternative therapy in a patient, it is easy to make the jump. Such a doctor must be mature and forward looking, and ready to accept jibes from his peers.

Finding an alternative physician is not an easy task for many. Word of mouth is the only advertising possible. This means finding a patient who will share the experience. It turned out that Mary Jane's neighbor was her source. I had treated their daughter for allergies and they were quite happy. One of Mary Jane's doctors had suggested allergy was a possibility. I was using allergy as a basis for treatment in 1977. She was ready to go, as was her husband, who had been supportive all the way. A loving companion lowers the failure rate for any method of treatment. The companion should accompany the patient into the consulting room. If the doctor makes a statement which is not clear, two heads are better than one to clear it. This saves a lot of time for all parties. When you are sick you cannot think, but you think you can. The longer you are ill, the truer is this dictum. Illness affects body, mind and spirit. Physical symptoms are recognized by all. Most can understand and accept bruising of the spirit in a sick patient. It is in dealing with the mind that we are slow to accept any suggestion that something may be wrong with the patient's ability to think. This is not a matter of being crazy. Sick people are just not able to think like we do. I remember my wife believing no one could lift their arms above their heads. She had been sick for some months with paralysis. When I raised mine, she was astounded. Until a patient

can think, it is difficult for anyone to make a point. The best and quickest way to get back thinking power is to fast, on water, for four or more days. Such a fast is done to eliminate toxins and to encourage regeneration in the body. Through the use of cathartics, edemata, and the drinking of copious amounts of distilled water, most of this cleansing and regenerating is done. In the first two days of the fast there is an increase in frequency and severity of their symptoms. This is expected and looked for by patient and doctor. If present it means that food is the cause of those symptoms. Symptoms go away with the fast, to return when food is eaten, if they are 'allergic'. In the last two days or more of the fast, symptoms disappear and the patient gets a feeling of well-being. It takes at least four days to rid the body of all traces of any particular food. By that time the patient feels better in body, mind, and spirit, and is ready for a voyage of discovery into their own symptoms.

Two-way communication is the name of the game in this voyage. It is absolutely essential for the patient to know what is happening at all times, and to inform doctor and companion of the change. The doctor should inform, explain and control all procedures during testing. Since eating is paramount in our lives, it is a great help to anyone to know if food causes symptoms of disease. After fasting four days, the body will react to a food in a manner which the patient can recognize. He knows his own symptoms; if a food brings on those symptoms he sees the connection between that food and his illness. By eating only one food at a time during a test period, there is little chance for error. It may be necessary to take more than one feed of that food to cause symptom production. Experience is gained through testing by both doctor and patient in this way.

A four day fast not only detoxifies and regenerates, but helps break the cycle of addiction and withdrawal caused by eating three times a day for a lifetime. It allows the body once again to react immediately to a food, and the patient to know he is reacting. The principle is the same as when you had your first cigarette and got sick. If you continued to smoke, you became addicted and then needed to smoke to allay symptoms of withdrawal. By eating the same foods day after day, we become addicted to those foods and eat to

stop withdrawal symptoms. By fasting only four days, we can return the body to that acute reactive state of our first smoke. If we eat a favorite food, that food will initiate symptoms of your disease, be it asthma, colitis or the like. It is by this process that doctor and patient come to recognize foods which are safe and symptom free, and those which cause disease symptoms. No way could be simpler or more effective to impress a patient in the way he can understand best — getting sick.

There is a marked difference of opinion as to what constitutes a state of toxicity in any patient. In a strict medical sense, a toxic patient is one who is in grave danger of dying from toxemia. This type of toxemia is caused by infection, liver failure, kidney failure and so on. In such a state heroic measures are needed, and results of treatment are equivocal at best. Toxicity for the purpose of this paper, and for patient, is quite different. If a patient has bad breath and a coated tongue, he is toxic and will respond to a fast. Stinky feet, body odor, foul smelling gas or stools are signs of mal-digestion and lead to toxicity. These symptoms of malaise disappear with fasting. The more toxic you are, the greater is the increase in symptoms in the first two days of the fast. By the same token, it is a sign that you will respond better when a food causing those symptoms is taken from the diet. This process applies to addiction in all things, cocaine, alcohol, cigarettes and so on. All through testing, the patient, companion and doctor must communicate. This phase of testing and treating is a great pleasure for doctor and patient alike. It is a time of discovery and renewal of hope. It brings excitement and expectation. It is a wonderful feeling for the patient to begin to understand how the body works and how you must be involved in your own testing and treatment.

Mary Jane was one of the patients to lead me to think about the real cause of degenerative disease which turned out to be the maldigestion of food. Her many diseases all responded to manipulations in her diet. She learned to recognize which food caused which symptom, by single food testing. I learned all her diseases were manifestations of the degenerative process. They were examples of on-going degeneration of her bodily systems. As a system was overwhelmed, another disease was diagnosed. She did not have eight

diseases, she had one, and it was due to one cause. Could this process be called degenerescence? The cause is lack of energy due to the maldigestion of food, leading to the eventual breakdown and disease productions. By fasting, food testing and the use of vitamin and mineral supplements, Mary Jane lost her symptoms. She brought her many diseases under control within a few short weeks. I never cease to be amazed at what our bodies can and will do if given a chance to recover. Arthritis is not due to a lack of aspirin, it is a food induced response. Colitis is not due to a lack of Lomotil; it too is food induced. If there is a lowest common denominator in degenerative disease, food is it. By stopping a certain food, certain symptoms disappear. When that food is restarted, the same symptoms reappear. This has been done time and again by hundreds of patients. This simple concept that food can be the cause and the cure of most degenerative diseases, boggles the mind. It is an elegant explanation. The connection was first observed by Hippocrates some 2400 years ago. He said "Let food be your medicine, let medicine be your food". It is easy to do, so simple and so effective. Only those who have actually done it are convinced. Patient and doctor, working as a team, can do much to relieve distress and actually reverse the degenerative process. Anyone who has tried it becomes a lifetime convert. Some choose not to and revert to illness and pills over again.

Much of Mary Jane's charm stemmed from her positive approach to life. Even though she was depressed and felt she could not look after her family or husband, because of general malaise, she looked on the bright side at all times. She knew there had to be a way out of her impasse if only she could find one. This is positive thinking. Negative people accept their fate as fate, continue to do as they are told, and feel they are right in so doing. Being right is all well and good, but it can lead you to the grave. Not until I started doing alternative medicine did I question this business of being right. What may be right for me may be wrong for another in my practice and in life. Only after my wife's prolonged illness, and after 20 years in practice, did I consider others could be right too. Needless to say, I have been a negative person most of my life. Fortunately one can still learn to change after 40 or even 60 years, if one wants to.

When Mary Jane arrived that fine October day in 1977, she agreed to the fast. If diabetes is present, such a procedure can cause rising blood sugar levels. After fasting over night, a number of laboratory tests are done to establish a baseline. MJ had a blood sugar level twice the normal. Her cholesterol was more than double the norm and her triglycerides almost four times what it should be. These latter two are indicators of fat metabolism by the body. Her blood pressure was 160/90 and her weight was 158 pounds. On starting the fast, all medications are stopped if possible. This was done with the nine medications Mary Jane was taking. It is easy to stop pills during a fast. The need for the pills is caused by the diet in the first place. Experience teaches one how to manage drug withdrawal. Insulin should not be stopped but the dose may well be lowered. I started Mary Jane on carrot juice, made from juicing raw carrots. The juice made her pulse irregular, cause diarrhea and sent her blood sugar from 220 to 375 mgm % within the hour. By 90 minutes she was weak, dizzy and nauseous. Such symptoms are positive reactions to carrot. By giving a dose of salts, her system was cleaned out to be ready for the next test. Beef caused perspiration, heart burn, dizziness, belching, chest pain, back ache and fatigue. Her blood pressure went from 120/60 to 180/90 and her pulse went to 96 from 68 within 90 minutes. All these symptoms are food reactions. Dr. A. F. Coca was the first to describe pulse changes in allergy to food. Eggs, milk and sugar would also increase her blood pressure levels. When she ate only one food at a time, her blood pressure was easily controlled. If several foods are eaten at a meal, symptoms cannot be related to a particular food. If a patient is serious about getting better, eating single food meals will help, provided you avoid those foods which cause you reactions. This to me is a better way to control symptoms than is the taking of pills. By diet alone, Mary Jane was able to control all her symptoms. I did not try to manage her glaucoma, because I had no way to measure her eyeball tension at that time.

A major problem in health care was caused by medicare. In bygone days when we had to pay for our care and our pills, we tried alternative methods first. Grandma's tricks and old wives' tales were the first things used. If these didn't

work, you would see a doctor. Now it is the other way round. The doctor is first on the list, then all the tests and trials of treatment which may go on for years. For Mary Jane it was 15 years, and came to a stop only after her brain stem infarct. Only then did she decide to become involved in her own health care. Symptom relief is not enough. Acupuncture and chiropractic relieve symptoms but do little or nothing about the cause. If the patient understands cause and effect in symptom production, that patient is more liable to look after his own health.

Throughout the weeks of testing on single foods, in my office and at home, Mary Jane learned this lesson well. She could cause symptoms at will, then get rid of them by eliminating the offending food. If you have not recovered in time for the next meal, you miss a meal. This gives more time to recover. The less you eat, the longer you live. We are all guilty of overeating most of the time. It matters how you eat; how fast, how well you chew, the state of the food and so on. Chewing well aids digestion because enzymes are added in the mouth. A former patient of mine was a fast eater and a severe asthmatic. He found that by pureeing his food he could manage. After a year, he was able to chew well enough to stay well. The fresher a food is, the better it is for you because each fresh food has its own enzymes that help digestion. If it is old, frozen, or cooked, the enzyme level is reduced markedly. Bulky foods are more easily digested than concentrated ones. Lettuce is bulky, wheat is not; so the sicker you are, the more lettuce you eat and the less bread. An easy way to learn how well you digest is to examine your stools. If a food shows up in the stool in a recognizable form, you are not digesting that food. Examine stool for odor, consistency, frequency, bulk and so on. All are good indicators of how well or how badly the digestive system is working. This simple exam is just as useful as any of the complicated and expensive laboratory tests extant. By doing food testing, being aware, and by learning to listen to your body, much can be accomplished in health. Pay attention to symptoms, find out what causes them, and you are practising preventive medicine in the best sense of the word. A coated tongue or foul breath are early indicators of faulty digestion, which you can

correct yourself by simple food testing.

After a four day fast, it takes only a few weeks to test all the foods we eat. A test meal is taken, and if there is no reaction another feed is taken after an hour. This second dose will trigger a delayed reaction. If you feel suspicious of the food, continue to eat it for the day. For wheat and its products, have cereal at breakfast, bread for lunch and spaghetti for dinner. We hate to admit to ourselves a reaction to wheat or milk or their products. Three feedings usually forces one to admit reactions. Minor symptoms are so prevalent we forget they are symptoms; we think being tired is normal. The same can be said for fatigue, fleeting pains, itching, mild confusion, blurred vision and so on. An alert companion will notice these, bring them to the patient's attention and then she/he will admit to such problems.

A former patient of mine, a university professor, had severe asthma. She agreed to stop wheat, and did so by not eating bread. On the next visit she complained of no progress, and I learned she ate pizza, spaghetti and crackers that week. She was not thinking properly, nor was her husband, who did not believe in the method. After getting off wheat and its products her asthma was much better, and her husband was a better observer and more cooperative. We have kept learning all the time to stay healthy because conditions change all the time too. This lady was half zonked from eating cereal grains. This is not uncommon and is why you need help with testing. One can be just as zonked from wheat or milk, or pop or coffee, as you are with beer, wine or whiskey. When you are sick you don't know that you don't know. The brain can be affected too by allergy in the same way as are the lungs in asthma or the gut in colitis. Once we start to improve, we start to cheat on the diet; then we have to learn our lessons all over again. We hate to admit we are the cause of our own troubles. Mother Nature is very forgiving but she doesn't forget either. Mary Jane would be cranky from a food and not know it. Her husband knew and would tell her, and then she would admit the symptom. It is hard for a patient to follow a diet which counters advice given in Canada's Food Guide. When the top authorities of the country tell us to eat bread and milk and meat each day, we want to believe them and not our own test results. We just hate to give up our

favorite foods, and look for any excuse, such as the food guide. Beef gave Mary Jane diarrhea and sent her blood sugar to 400. It was a favorite food and she tried beef several times before accepting the fact she would be ill if she ate it. Cheese sent her blood pressure up to 190/100 and her blood sugar to three times normal. The lesson was eventually learned that Canada's Food Guide may be fine for a well person but is not for one who is unable to digest properly. By not eating a food for some weeks or months, the ability to digest that food does return and you can eat that food once in a while, but not as often as you would like. Each of us has his own time table for recovery, which we should learn to accept.

Another common error we make is to think we can eat a forbidden food because we have been good. The stronger this feeling is, the harder it must be resisted. It is proof positive of addiction to that food, so the longer you will be in recovery. Addiction to tobacco or alcohol is no greater than being addicted to milk and bread and meat, etc. The alcoholic who becomes a carboholic is still addicted. We seem not to become addicted to cabbage and carrots and other things that are good for us. It takes the patience of Job and the strength of Samson to resist temptation in diet. We fail time and again, then eat foods which cause our sickness. It does become easier with time to avoid those foods. We need help all through the testing period, and for the rest of our lives, to fight addiction. Charity (or love) is the greatest aid to good health. If we love ourselves we will not abuse ourselves. Love and understanding are corner-stones in our search for health, wealth and happiness.

Eating single food meals all the time is the best way to eat. When Mary Jane was on single food meals, she lost her symptoms. When more than one food is eaten it is much harder to have good digestion. The intestinal tract was designed to work on one kind of food at a time. Different enzymes are needed for carbohydrates, fats and protein foods. The stomach is acid, the small bowel is alkaline. Some foods are acid, some alkaline, which hints at the folly of combining foods. Taking water or any fluid with meals works against proper enzyme action. Chewing till the food is fluid-like is extremely good for digestion. Enzymes are released in the mouth

which aid the digestive process. To chew well forces us to eat slowly; another good rule for health. I remember being taught sixty years ago to chew my food 32 times before swallowing. I believe now that was correct though I still don't do it.

Rest is needed by all of us. Resting the digestive system is as important as is sleep for the mind and body. By fasting one day a week, the digestive system is given a chance to recover. Fasting from supper to breakfast is not long enough. In this day and age we insist on eating at least three times a day, often with snacks between meals. Added to this we eat several foods each meal and exercise very little. Walking after meals is a fine way to increase digestive capacity while increasing general tone in the body. Fasting for twenty-four hours is one way to give your body time to restore enzyme systems and allow damaged cells to repair themselves. Toxic elimination comes almost as a side effect but is most important. An easy way to fast is from supper time one day till supper time the next day, twenty-four hours. You sleep during the period when withdrawal symptoms would be highest. During the day you drink at least two liters of good water to flush out toxic wastes. It is possible to continue working. You will know, by the absence of hunger pangs or other withdrawal symptoms, just how healthy you are. The fewer symptoms, the better you are. Using fruit or other juices in this period is not fasting and should not be accepted as such. The rapidity with which the body can recover is phenomenal. A short fast is better than no fast at all. Single food meals could almost be considered by some as a form of fasting. This technique helps the digestive process by not overworking it. Every week another book is published telling us how to regain our health. You pay your money and take your chance on finding the correct one for you. A competent physician with an interest in alternative medicine will save a patient time and money just by using his experience to cull good books from bad. Finding such a doctor will be harder than expected. My reason for writing this treatise is to help interested persons to help themselves by this method.

Mary Jane was able to keep her diabetes under control with diet alone. Within six weeks she had lost 19 pounds, of which perhaps 40% was from retained fluid, due to her high blood pressure.

This too responded to diet in a short time. In the same time frame, her triglycerides went from 900 to 137 and the cholesterol level dropped from 500 to 190 without medication, other than mineral and vitamin supplements. Her diarrhea stopped by quitting dairy products; her arthritis, insomnia and depression all came under control. If Mary Jane ate foods she could handle, she had no trouble. If she ate beef and bread and foods she could not digest, she had symptoms. It takes at least four days for a food to pass completely out of the body. So it takes at least that long to recover from any given food. We feel it is a real hardship to forego our favorite foods that long. We will try to cheat and continue doing so until symptoms return. It is a cat and mouse game; Mother Nature always wins. Bill Cosby's saying "the devil made me do it", applies to diet more than anything else. If you want to be healthy, obey the rules your body sets down. Listen to the symptoms, then do what has to be done and you will be healthy. Before Mary Jane came to see me, she spent much of her time in the doctor's office and in hospital. After going on single food meals and keeping a strict watch on herself, she came to see me eight times in 1978, three times in 79, four times in 80 and only once in 1981. This is the last time I saw her. At that time she said to me "the quality of life has improved immeasurably for me". She turned the clock back by going on single foods and regained her health. It is impossible to 'cure' disease but we can control disease, using diet and good common sense regarding exercise, deep breathing, good water, prayer and so on.

We are perverse creatures by nature. We detest taking on responsibility for our own well-being. Each time we sit down to eat, we must decide how healthy we want to be, which of course depends on what we eat. My experience suggests that one percent or less of the population are willing to do this. We want only to be well enough to do what we want to do, with a minimum of discomfort. When we are sick, no price is too high; even dietary changes seem reasonable then. As we get well, it is the dietary restrictions which make us feel put upon, distressed and unhappy. We start making excuses to ourselves for cheating on the diet, knowing full well the risk we run by so doing. When we learn to think, and be positive about our health, we shall be fulfilled. Faith, hope and charity must be

within each one of us, if this is to happen. These are the foundation stones for good health. The more positive we are in our thinking, the easier it is to regain and retain health. This means accepting with a good heart changes to diet and to other bad habits, with a positive outlook. Be happy with the improvements achieved, instead of being sad with what you have to give up. The negative person blames others instead of himself, for his failings. For 15 years Mary Jane's positive approach gave her strength and hope, enough to soldier on. After her stroke this same determination brought her to choose alternative therapy, and with it profound relief from her many diseases. A negative person chooses defeat, refuses responsibility, and blames everyone but himself for his predicament. Some people, like Mary Jane, are born with a positive outlook. The rest of us have to learn it. By choosing the course which makes you feel better and happy, in preference to that which makes you feel sad and bad, you then can get on the right track. Choose the half-full glass, not the half-empty one. By applying this concept to each decision, you soon learn to avoid the trap. I was past 60 before I learned this. It has made a world of difference to me and to my family. By making a positive choice, worry is stopped in its tracks. Worry is the mark of, and a constant companion to, the negative soul. The ability not to worry is a real blessing indeed.

To make a decision in health or in any other matter, you need all available facts in a readily understandable form. What constitutes a fact, especially in the field of health, varies inordinately, depending on your point of view. What one side calls fact, the other may call fiction. For example, I say that bread and the cereal grains are only good for you now and again, and only if you can digest them properly. This means cereal grains should not produce any symptoms. Canada's Food Guide is the official guide for good health, and was decided upon by the best authorities in the health field. They suggest bread and cereal grains should be eaten 3 to 5 times a day, period! The matter of symptom production is never questioned or even suggested. They are aware that problems may arise in the odd case. Another factor to be considered in the food equation is the state of health of the person

who has to make the decision. If you aren't aware that food can cause symptoms, and you are never told, you are missing these important facts, and therefore your decision could well be wrong for you. A large part of the medical profession is not aware, except in a very general way, that food does indeed cause symptoms. A rash from eating strawberries will be recognized. An asthma attack from eating bread will not be. Mary Jane followed the Food Guide rules all her life until she went on a fast. This made her aware of what certain foods did to her. She learned that milk caused her colitis, that cheese sent her blood pressure up and that food caused her diseases. She learned not to eat those foods which made her ill. She could not believe all this until she had actually done it to herself. The same holds true for the rest of us, mainly because we don't want to believe. Having a medical degree makes acceptance even more difficult, since this goes against your teachings. Hippocrates dictum "one man's meat is another man's poison", is still true. You can only learn which is the meat and which the poison by actually doing the test on yourself and by accepting that result. The more favored the food, the greater the refusal of acceptance, for as long as possible.

A major difficulty in decision-making regarding your health is being able to find information from a perspective other than that of the medical profession. They have been reticent in the past even in telling a patient he had cancer. Doctors decide what is and what is not in the best interests of the patient. The doctor feels his perspective is more important than any other, if it is a medical problem. The lack of simplicity in information which they do supply limits its usefulness to a great extent. This again is a matter of their training. At the same time, facts from an alternative perspective are declared to be false, while the exponents of those falsehoods are nothing but quacks. Vitamins can be used as an example. The public swear by them and the medical profession swear at them. Megadoses of vitamin B₃ have a beneficial effect in acute schizophrenia. Hoffer began in 1953 to expound this. In 1989 the profession still resist trying B₃ on their patients, even if the patient requests a trial. After 35 years as a doctor, 20 of which were in complementary medicine, I found it does not

matter who is right or who is wrong. What matters is whether or not the treatment used is successful, in the patient who receives it. Mary Jane had been treated by expert and caring physicians all through the years. They did all they could to relieve her pain and distress. Their paradigm was to establish a diagnosis — which they did, eight of them; and to treat each disease with the appropriate medicine. They were not withholding alternative therapy; they believed they were providing it. They were right, within the parameters of their training, which excludes alternatives not discovered within the confines of a university. When Mary Jane went on a fast and did single food meals and took vitamins, she was rid of her symptoms for the first time in 15 years. She also quit eight of the nine medications at the same time. What we did was right for Mary Jane. Their alternatives were not right for her, but no doubt were correct for many others.

When I entered practice in 1948, my license allowed me to practise medicine, surgery and midwifery without restriction. I did just that for several years in all the various fields, treating young and old. From 1967 till January 1983, I worked in the fields of psychiatry, allergy and ecology, using alternative methods of practice in those areas. My experience led me to believe there must be a common factor at work, because the distinction between psychiatry, allergy and ecology were blurred. Psychiatric patients were allergic, allergy patients had psychiatric symptoms, and ecology is only a word to cover our internal and external environments. There was degenerative disease present in most of my patients, or the beginnings of it. After 35 years of practice, I was beginning to understand the patient was the problem, not his disease. By 1977 when Mary Jane arrived, I had pretty well decided that food was the key to the puzzle. With her eight degenerative diseases, Mary Jane was a good example to prove my theory. Her response to diet lends credence to food being cause and cure for degenerative disease. Food was the 'lowest common denominator' in the final analysis. By not eating a food which caused her symptoms, they went away. If she ate that food, the symptoms came back. Here is cause and effect. Here is a simple and straightforward way for doctor and patient to fight the common enemy, ill-health. Since the patient eats the food, he is the one to

make the decision between one food and another. The patient must think, as well as the doctor, in the practice of complementary medicine. The patient is a source of information and companionship in this working to regain health. Mary Jane left my care in 1981 as a well woman, a modern miracle.

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There is a sequel to Mary Jane's story. She was in contact with me until I lost my licence in January 1983. She was then unable to find a doctor sympathetic to this method of care which had been so successful for her. There was no professional to give her support and advice, to hold her hand at times. Soon she needed medications for her different diagnoses. Under her previous regimen of diet and vitamins she lost seven of her eight diagnoses or had them under control. She stayed on the drops for glaucoma. She is now dependent on the drug industry as prescribed by her physicians. She is no longer a self-reliant, self-responsible person. All patients need the help of a professional in times of need. This need is denied to those patients who wish to follow alternative methods of care. The College of Physicians and Surgeons see to this by using the full force of the law. They were granted this prerogative by the provincial governments who think only doctors are able to police themselves. A fox guarding a chicken coop shows more mercy than does the College when it comes to prosecuting alternative physicians. The high percentage of patients who follow alternative methods lose their symptoms and become productive members of society. This means nothing to these guardians of the public weal. Those doctors who combine the best of alternative therapy with selective use of allopathic medicine are thought of as an even greater risk to the public. The names of such doctors are struck from the Register of the College. These physicians can never again practise their chosen profession. They cannot obtain the necessary certificate of good standing from their College, which is needed by other provinces and countries to get a licence. It is impossible to obtain any listing of those of us who have lost this licence from any college in the land. Even governments cannot get this list. One wonders if this is for the public good. The colleges say it is so. Modern medical miracles are

nothing more than giving Mother Nature a chance to repair or replace damaged cells. Such help is best given by licensed medical practitioners who teach the patient to listen to the body then take the necessary steps. Such measure are based almost completely on diet and supplementation with vitamins. The patient and the doctor work in concert with Nature towards health and happiness. ""The words of truth are simple."