

# Focus

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## Chinese Herbal Combination Proves to Be as Effective as Corticosteroids for Asthma without the Side Effects

In a 2005 landmark study researchers from Mount Sinai School of Medicine in New York, the Weifang Asthma Hospital and the Weifang School of Medicine in China, demonstrated the efficacy of an oral combination of three Chinese herbs in alleviating asthma symptoms, without the severe side effects normally associated with corticosteroid and prednisone therapy.

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## Blue Green Algae with High Phenylethylamine Content for Depression, ADHD & Maybe Even Love!

Phenylethylamine (PEA) is the compound found in chocolate that is thought to produce its positive effects on mood. *Aphanizomenon flos-aquae* (AFA) is a particular strain of blue green algae that has been found to have many times more PEA than chocolate. Numerous studies have demonstrated PEA's efficacy for depression and ADHD, and some scientists say that it may even be responsible for the brain chemicals involved with love and monogamy. Also featured is an interview with Gabriel Cousens, M.D., on his use of AFA/PEA in his private practice.

*Turn to page 3 for full story. Dr. Cousens' interview appears on page 5.*

## Innovative Doctor Utilizes Nutritional Protocol for Epstein Barr Virus

Dana Flavin, M.D., is an innovative doctor who has written an in-depth article about a nutritional protocol she is successfully utilizing to manage Epstein Barr Virus (EBV) and the life-threatening enlargement of the liver and spleen that occurs in severe cases. EBV is the virus thought to be responsible for, or contributing to Chronic Fatigue Syndrome. Here we present a summary of this important article.

*Turn to page 8 for full story.*

# Chinese Herbal Alternative to Corticosteroids for Asthma Without the Side Effects

In a 2005 landmark study researchers from Mount Sinai School of Medicine in New York, the Weifang Asthma Hospital and the Weifang School of Medicine in China, demonstrated the efficacy of an oral combination of three Chinese herbs in alleviating asthma symptoms, without the severe side effects normally associated with corticosteroid and prednisone therapy.

The researchers conducted a double-blind placebo-controlled study, which was published in the *Journal of Allergy and Clinical Immunology* in September of 2005. The researchers investigated the effects of a combination of three Chinese herbal extracts: Ling-Zhi (*Ganoderma lucidum*), Ku-Shen (*Sophora flavensis*) and Gan-Cao (*Glycyrrhiza uralensis*) (these herbs are also known as Reishi, Shrubby Sophora and Chinese Licorice). For purposes of the study, the herbal combination was named Antiasthma Herbal Medicine Intervention or ASHMI.

ASHMI was developed as a simplified version of a traditional Chinese herbal combination of 14 herbs known as MSSM-002, which the research team previously found to be effective in a mouse model. Prepared by Weifang Pharmaceutical Manufacturing, ASHMI was formulated on the basis of the actions of the individual herbs in MSSM-002, and according to Traditional Chinese Medicine formulation concepts. It is important to note that ASHMI does not contain Ma Huang (ephedra).

**The ASHMI 4-week trial involved 91 human subjects with moderate to severe persistent asthma.** 46 patients received 12 ASHMI capsules per day, each one containing 0.3 g of dried aqueous extract. The total daily dosage was equivalent to 20 g of raw Ling-Zhi, 9 g of Ku-Shen, and 3 g of Gan-Cao. Patients in this group also received placebo tablets similar in appearance to prednisone. The other 46 patients in the placebo group received 20 mg of prednisone per day, and placebo capsules resembling ASHMI.

The researchers measured participants' lung function, serum cortisol, cytokine and IgE levels, and side effects before and after treatment. While both groups showed a significant improvement in lung function, the effects of prednisone were slightly greater. In both groups, there was a significant and similar reduction in symptom scores and a reduced need for beta-2 bronchodilator therapy.

**Although both agents were almost equally effective in treating asthma, the ASHMI group had no adverse effects on adrenal function, and had a beneficial effect on TH1 and TH2 cytokine levels. Fewer patients receiving ASHMI experienced gastric discomfort compared to those receiving prednisone. In addition, the prednisone group showed significant weight gain after four weeks of treatment, while the ASHMI group did not.**

The researchers concluded: "Taken together, the findings of this study show that ASHMI is effective and well-tolerated in nonsteroid-dependent patients with moderate to severe persistent asthma."

The researchers commented that the mechanisms underlying the herbal formula's remarkable effects are largely unknown, but they are likely a result of the synergistic effects of the complex nature of its constituents.

Senior researcher Dr. Xiu-Min Li commented "**This is the first well-controlled study in which an anti-asthma Chinese herbal medicine has been found to be as effective as a corticosteroid drug.**" Li added that "additional clinical studies of ASHMI in the United States are planned. ASHMI may become an important addition to currently used drugs for asthma."<sup>\*</sup>

*\*It is important to note that corticosteroids can be life-saving. Patients considering changing their therapeutic protocol should consult with their healthcare professional.*

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# Molecule of Love



## The Same Compound Found in Chocolate, Phenylethylamine Demonstrates Positive Effects on Mood, Depression, ADHD, Runners' High, and Love & Monogamy

### AFA/PEA: Blue Green Algae Supercharged with Phenylethylamine

AFA/PEA is a concentrated liquid blue green algae *aphanizomenon flos-aquae* (AFA), that has been found to have very high levels of phenylethylamine (PEA). **PEA is the same compound that is found in chocolate and thought to produce chocolate's pleasurable effects on mood, however AFA/PEA contains many times more PEA than chocolate. Studies demonstrate phenylethylamine's efficacy as an anti-depressant, and its effectiveness for ADHD, as well as being involved with "runner's high" and even the chemicals responsible for romantic love.**

### What Is PEA?

Phenylethylamine is an alkaloid and a mono amine. In the human brain, it is believed to function as a neuromodulator or neurotransmitter. It has pharmacological properties similar to those

of amphetamine. A colorless liquid that forms a solid carbonate salt with carbon dioxide upon exposure to air, phenylethylamine in nature is synthesized from the amino acid phenylalanine by enzymatic decarboxylation. It is also found in many foods, especially in chocolate. It has been suggested that phenylethylamine from chocolate in sufficient quantities may have psychoactive effects. **The phenylethylamine structure can also be found as part of a more complex ring of systems such as the ergoline system of LSD or the morphinan system of morphine. Phenylethylamine is commonly referred to as the "Love Molecule."**

### PEA: Anti-Depressant

Researchers at Rush University and the Center for Creative Development in Chicago conducted a study demonstrating PEA's anti-depressant effects: **"Phenylethylamine, an endogenous neuroamine, increases attention and activity in animals and has been shown to relieve depression in 60%**

**of depressed patients. It has been proposed that PEA deficit may be the cause of a common form of depressive illness.** Fourteen patients with major depressive episodes that responded to PEA treatment (10-60 mg orally per day, with 10 mg/day selegiline to prevent rapid PEA destruction) were reexamined 20 to 50 weeks later. The antidepressant response had been maintained in 12 out of 14 patients. Effective dosage did not change with time, and there were no apparent side effects. **PEA produces sustained relief of depression in a significant number of patients, including some unresponsive to standard treatments. PEA improves mood as rapidly as amphetamine but does not produce tolerance."**<sup>1</sup>

In the book *Natural Remedies for Depression* by Donald Brown, N.D., Alan R. Gaby, M.D., and Ronald Reichert, N.D., the conversion of phenylalanine and tyrosine into PEA, and the use of PEA for depression is discussed:

"L-phenylalanine, the naturally occurring form of phenylalanine, is converted in the body to L-tyrosine. D-phenylalanine, is metabolized to phenylethylamine, an amphetamine-

*(continued next page)*

***"I am now recommending AFA to my patients, and the response has been wonderful for so many different health concerns... I've had people who've been depressed for years and years, and literally, within a few days after receiving AFA, their depression lifts."***

***- Gabriel Cousens, M.D.***

like compound that occurs normally in the human brain and has been shown to have mood-elevating effects. **Decreased urinary levels of PEA (suggesting a deficiency) have been found in some depressed patients. Although PEA can be synthesized from L-phenylalanine, a large proportion of this amino acid is preferentially converted to L-tyrosine. D-phenylalanine is therefore the preferred substrate for increasing the synthesis of PEA—although L-phenylalanine would also have a mild antidepressant effect because of its conversion to L-tyrosine and its partial conversion to PEA.\***

## The Chemicals of Love

PEA has been identified as one of the chemicals involved with love and monogamy. In a CNN report, *Happily Ever After? It's All In Your Head*, Elina Fuhrmann reports that some scientists and psychologists say that love may be dependant on a cocktail of brain chemicals which may be associated with the success or failure of love relationships. **These chemicals, including dopamine, norepinephrine and phenylethylamine act on the limbic system, which is the emotional center of the brain, and may be responsible for the feelings of euphoria and ecstasy experienced during new love.** Scientists propose that these chemicals wear off after a few months to a few years and **may explain why people fall out of love, or take couples to the place where real love begins.** Neurobiolo-

gists at Emory University in Atlanta, Georgia conducted an animal study injecting voles with oxytocin (the brain chemical involved with bonding and long-term attachment) and vasopressin, deemed “the monogamy gene.” By injecting the voles with these two chemicals, the scientists were able to cause them to bond and mate for life. **Is there a love and monogamy pill in our future? If so, it may very well include significant amounts of PEA.<sup>2</sup>**

## Same Compound in Chocolate

PEA is the same compound found in chocolate that is believed to produce chocolate's positive effects on mood. **The phenylethylamine in chocolate is believed to work by making the brain release b-endorphin, an opioid peptide which is the driving force behind its pleasurable effects.<sup>3</sup>**

## “Runners' High” Explained: Exercise Found to Raise PEA Levels

From the book review *Is ‘Runners’ High’ a Cure for Depression?* by Daniel DeNoon, reviewed By Charlotte Grayson (www.webmd.com):

“...phenylethylamine is a natural stimulant produced by the body. It is related to amphetamines but without the long-lasting, potentially dangerous effects.” A British research team reports early findings suggesting that **moderate exercise increases PEA levels for most**

**people.** They argue that this increase causes the euphoric mood often called “runners’ high.” And because depressed people tend to have low PEA levels, the researchers say there now is an explanation of why exercise has a natural antidepressant action.

Study author E. Ellen Billett, Ph.D., tells WebMD: “What we are trying to say is now there is **more chemical evidence for why runners’ high occurs.** We hope this information might give doctors more confidence in prescribing exercise for mild depression and as an adjunct to drug therapy.”

The Nottingham Trent University research team studied 20 healthy young men. The men had their PEA levels measured after one day of no exercise and after one day of moderate exercise (30 minutes on a treadmill at 70% of their maximum heart rate). **All but 2 of the men had increased PEA levels 24 hours after their exercise.** The amount of PEA increase varied from person to person. Interestingly, **only 3 of the men rated the exercise as “hard,” and two of these men had the greatest increase in PEA.**

Hector Sabelli, MD, Ph.D., studied PEA while a professor at Chicago's Rush University. Now Director of the Chicago Center for Creative Development, Sabelli says that the new findings fit exactly with all of his own experiments.

“What we have seen is that **PEA metabolism is reduced in people who are depressed,**” Sabelli tells WebMD, “If you give PEA to people with depression, about 60% show an immediate recovery -- very fast, a matter of half an hour.”

So what about the natural substances called endorphins, which have previously been linked to runners’ high? Billett says that endorphins don't penetrate the brain as easily as PEA

*(Story continued on page 9)*

\*Patients with severe depression considering the use of therapeutic PEA should consult with their healthcare practitioner before discontinuing antidepressant medications.

***“AFA has more bioavailable chlorophyll than any other food. In biochemical research circles, the presence of chlorophyll in such high quantities is a clear indication of the AFA's extraordinarily high life force. This inherent vitality helps keep the AFA's wide spectrum of nutrients at their absolute nutritional peak. For me, this partially explains the mystery of how AFA can have so many positive health benefits.”***

***- Karl J. Abrams, Professor of Chemistry***

# Q&A with Gabriel Cousens, M.D., on AFA/PEA

*Gabriel Cousens, M.D., is one of the world's foremost authorities on living food nutrition, holistic lifestyle and complementary medicine. He graduated from Columbia Medical School in 1969 with a specialty in biochemistry. He is a holistic physician, psychiatrist, homeopath and family therapist. Dr. Cousens has made major contributions to the field of natural health, and is the author of Conscious Eating; Depression-Free For Life; Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini, and several other books.*

*The following Q&A is an excerpt from an interview that took place at Dr. Cousen's Tree of Life Rejuvenation Center in Patagonia, Arizona. The original interview was conducted by Eliot Jay Rosen, Los Angeles Times best-selling author of the book, Experiencing the Soul.*

**Q:** You've been eating and recommending *Aphanizomenon flos-aquae* (AFA with PEA), the cyanophyta (nutritional algae) that grows in Klamath Lake, longer than any other medical doctor in the world, almost 20 years?

**A:** That's true. However, I want to make clear from the very outset that throughout that time, my commitment has been, and still is, only to the highest quality AFA and not to any company. In this way, I can have the cleanest, most scientific approach. I've shared AFA with thousands of my patients throughout the years. The AFA I am currently using is a qualitative leap compared to the other blue green algae coming out of Klamath Lake.

**Q:** Why are products such as AFA so important for nutrition and so important to our health?

**A:** AFA is specific for our nervous system, brain function and the quality of our consciousness. AFA is specific food for drug addiction, alcoholism, increased hyperactivity, increased attention deficit disorders, and depression. More than any other food, it enables us to make a paradigm shift and enjoy a sense of well-being.

**Q:** How does AFA compare to store bought vitamins and minerals?

**A:** I don't see AFA as a collection of vitamins and minerals. In nature, there are certain energies available to us to use for our human development. For instance, the herb milk thistle has an affinity for the liver. Siberian ginseng is a specific for the adrenals, etc. In the same way, AFA has a

unique energy that has an affinity for improving brain function. We now have clinical research showing AFA balances EEG readings and improves central nervous system functioning. So I don't like to equate AFA as just being a good source of certain vitamins and minerals. Sure, it has the most reliable and plentiful amounts of B-12 than any other non-animal food I know. And now that AFA is available in its liquid, live form, this for me is really the exciting part.

**Q:** As a psychiatrist, do you sometimes use more traditional treatments for depression such as Prozac®?

**A:** I've had people who've been depressed for years and years, and literally, within a few days after receiving AFA, their depression lifts. This is because the AFA gets to the root of helping heal the addictive brain chemistry, which is behind a lot of depression. I discuss this at length in my new book, *Depression Free For Life*.

I've also had excellent results using the algae with children who've been autistic. One of the main characteristics of autism is the absence of talking. These children only make grunting and other such noises. I remember one child that began to talk in only one month after beginning using the AFA.

**Q:** It would seem to me if AFA is good for mental clarity it might actually help people improve their focus in meditation.

**A:** Yes, I find that AFA is a specific food for enhancing one's ability to focus in meditation. And now, with the new liquid form of AFA, its positive effect is even more pro-

*(continued next page)*

nounced. AFA helps keeps the mind clear, light and joyful.

**Q:** Could you compare the energetic and nutritional differences between AFA, Spirulina, or Chlorella?

**A:** Each of these algae have their proper roles. Chlorella is very specific for getting mercury out of the system. Spirulina is very good for hepatitis. Although chlorella or spirulina may help mental functioning a little bit, it's nowhere near the effect that AFA has on mental functioning. So spirulina works more on the physical body, and AFA's real gift to humanity is that it works more on the mental, emotional and spiritual levels, yet, still has tremendous effects physically, as I've been mentioning. But it's the mental functioning where people really feel the difference.

**Q:** What about AFA and the immune system?

**A:** One of the nice things about AFA is that it significantly enhances the immune system. A recent study showed that AFA activates up to 40% more of the immune system's beneficial natural killer cells. I also use AFA for my patients, not only to get rid of symptoms of disease, but as a preventative measure. I've actually known of two or three cases where people took the AFA and healed their cancer. This is not to say that AFA is the primary immune stimulant to use above any other to fight cancer, but that this algae has some anti-cancer qualities. Scientists already know that AFA has some anti-HIV effects, but we need to do a lot more research in these areas.

**Q:** Have you had any patients that have responded to using AFA for weight loss and appetite control?

**A:** Yes, I have. Appetite control becomes much less of an issue with most people because when people's bodies and brains are well-nourished, when they self-regulate and normalize, they no longer feel depressed and so they don't need to eat compulsively as a result of depression. As AFA balances blood sugar levels, people are not eating to compensate for low blood sugar.

**Q:** Have you used AFA successfully with alcohol and drug problems?

**A:** Yes. AFA is an essential part of my treatment program. Almost everyone I see, I put on AFA because it helps with the underlying depression and helps heal the biologically altered, addictive brain aspects behind these destructive behaviors. I believe AFA is a gift for people with biologically altered brain chemistry because of poor diet and poor genetics. In alcoholism and drug addiction, we find subtle and not so subtle changes in brain chemistry and

brain waves. In many of these people, the pleasure centers of their brains, the dopamine receptors, are not working correctly. We find that by using AFA along with other dietary changes and specific amino acid supplementation, we can normalize the electroencephalogram (EEG) readings and balance the central nervous system at the root of the disorder. For example, if someone's brain function is off, not dramatically in the sense they are having epileptic seizures, but "subclinically" and out of balance, their EEG isn't really quite right, and we can normalize it with AFA, proper nutrition and other supplements. AFA helps people eliminate the craving for alcohol and drugs in part because blood sugar levels are being normalized and the brain is also functioning better.

There's another hidden aspect in all this that very few people know about. The hypothalamus is a vitally important gland of the endocrine system. It is often not functioning properly in drug addiction and alcoholism. It's very hard to heal the endocrine system, which is almost always out of balance in drug and alcohol addicted individuals. It turns out that AFA is the only vegetarian source I know that brings hypothalamic function back to normal.

**Q:** Because the liquid form of AFA is perishable, it has to be frozen. Is there a difference between freezing fruits and vegetables and freezing AFA in terms of it maintaining its nutritional and energetic properties?

**A:** This species of cyanophyta is genetically prepared for extreme alterations in temperature. In winter, parts of Klamath Lake freeze over, including the live AFA growing in the water. But when the weather warms up, the AFA comes out of its frozen dormancy phase and resumes its active growth cycle. Its genetic structure protects it from the effects of the cold, which is unlike fruits and vegetables, which are destroyed in frost. This is because AFA is high in lipids and highly unsaturated fatty acids (HUFA), which protect it from crystallizing in low temperature conditions. So the good news about this is that the AFA is significantly protected against the effects of freezing.

**Q:** Could we apply the term "adaptogen" to a food such as AFA, as it's been reported to be effective for many different health conditions?

**A:** Yes, AFA is both a physical adaptogen as well as a mental adaptogen. In my own life, sometimes I have to speak for an entire day at conferences. I take AFA as sort of a mental adaptogen for the stress of putting out so much energy. AFA is also a physical adaptogen in that it increases physical energy. There are world-class athletes who eat AFA because they feel it gives them a "competitive edge." 🌱

### Adrenal Effects

Both treatment groups had low pretreatment cortisol levels. **After treatment, subjects in the prednisone group showed a significant further reduction in serum cortisol. In contrast, patients in the herbal group showed increased cortisol. This means that the adrenal function of the herbal treatment group appeared to be improved, whereas the adrenal function of the prednisone group appeared to be further reduced.** This represents a big advantage of the herbal treatment over the use of corticosteroids.

The lower basal levels of endogenous cortisol in these patients upon entry may have been associated with their asthmatic status and previous use of corticosteroids. Therefore the lowering of serum cortisol from the use of corticosteroids would put patients at greater risk. However, the herbal treatment did not cause a lowering but rather an increase towards more optimal cortisol levels, which is consistent with a healing of adrenal function.

The results of this landmark study may imply that this herbal formula may potentially be used for other conditions that respond to corticosteroids. Although further studies are warranted, this appears to be a very promising agent.

### Important Study in Medical Hypothesis

An important study was just published in *Medical Hypothesis* regarding asthma causation and treatment.\* The study suggests a possible epileptic or hyper-excit-

atory condition of the bronchial system as a cause of asthma pathogenesis. The authors propose a unified pathogenetic mechanism of asthma as a syndrome of inducible or genetically predisposed membrane hyper-excitability.

One of the authors has described his study of *Sophora Flavensis* (ESF)\*\*, one of the three herbs used in the prior study on 14 chronic asthma cases. After two weeks of therapy with ESF, patients reported a reduction of daytime asthma symptoms by 65% and nighttime symptoms by 72%. Further use of the herb over time leads to further improvement in symptoms. The mechanism of action of ESF is suggested to be via reduction of voltage gated sodium channels, thus blocking repetitive firing of neurons. In a number of supportive studies, Lidocaine, Phenytonin, and other voltage gated sodium channel blockers, are found to be effective for asthma control.

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Herbal alternative for asthma shows promise. Link: <http://www.nutrain-ingredients-usa.com/news-by-health/news.asp?id=63278&idCat=128&k=>

Chinese herbal medicine may help treat asthma. Link: <http://www.msnbc.msn.com/id/9730895/>

\*Hoang BX, Levine SA, Shaw DG, Pham P, Hoang C. Bronchial epilepsy or broncho-pulmonary hyperexcitability as a model of asthma pathogenesis. *Med Hypothesis.* 2006 Jun 22; [Epub ahead of print].

\*\*Personal communication with Hoang BX.

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# Nutrient Protocol for Epstein Barr Virus

Innovative Doctor Utilizes Nutritional Protocol to Reverse EBV-Related Liver & Spleen Enlargement

The following is an abstract and summary of a full-length, in-depth article by Dana Flavin, M.D., that is currently in press and will be published in the summer issue of The Journal of Orthomolecular Medicine. Dr. Flavin's article is specifically focused on an innovative nutritional protocol she is successfully utilizing to manage Epstein Barr Virus (EBV) and the life-threatening enlargement of the liver and spleen that occurs in severe cases. EBV is the virus thought to be responsible for, or contributing to Chronic Fatigue Syndrome. Here, we present a summary of this material because of its vast and far-reaching implications.

## Reversing Splenomegalies in Epstein Barr Virus Infected Children: Mechanisms of Toxicity in Viral Diseases

by Dana F. Flavin, M.D., M.S., B.S.

Journal of Orthomolecular Medicine, Volume 21, Number 2, pp. 95 - 101, 2006

### Abstract

The rapid reversal of splenomegaly (enlargement of the spleen) in Epstein Barr Virus (EBV) infected children and young adults was seen in over 50 patients treated with a combination therapy reducing reactive oxygen species, increasing interferon-gamma and decreasing free nitric oxide in lymphocytes. The patients showed dramatic improvement within 24 hours with successful remission of the disease and complete reversal of splenomegalies.

### Summary

Viral infections with Epstein Barr Virus (EBV) are often seen in young adults, commonly peaking during puberty. It is often initially misdiagnosed as a flu, and later as Chronic Fatigue Syndrome or even depression. Mononucleosis is often responsible for general fatigue and malaise. Though less common in young children, the disease may often become more virulent, particularly in males, causing hepato and splenomegaly (enlargement of the liver and spleen) with mortality resulting from a rupture of the spleen causing rapid internal bleeding.

Two to three weeks after the onset of fever and malaise symptoms, pharyngitis and often posterior cervical lymph node enlargement or generalized lymphadenopathy set in. Liver function tests are also abnormal in more than 90% of the cases at this stage of the disease.

The basic cause of toxicity in EBV is from the generation of Reactive Oxygen Species (ROS). They are a product from the combination of the oxygen radicals from xanthine oxidase (XO), a flavin enzyme, and nitric oxide from the enzyme inducible Nitric Oxide Synthase (iNOS). It is known that XO is elevated in the blood of patients with EBV (and Hepatitis B) 200 times above normal levels.

In the presence of free iron, these radicals combine with the gas nitric oxide from iNOS (iNO) to form the toxic product peroxynitrite which can then rapidly convert to a series of further toxic substances. In males, testosterone also increases XO levels which most likely accounts for the increase in toxicity in boys.

Mononucleosis, an Epstein Barr Viral infection, is an infection that is treatable and rapidly reversible. By understanding the basic pathology and molecular biol-

ogy of viral diseases we are now able to inhibit the toxicity of the disease while simultaneously increasing the immune defense to stop the viral replication.

For EBV infection mononucleosis we have been able to reduce the viral infection load, including reversing splenomegaly within hours using our treatment from our research on the disease's pathology. We were able to block specific biochemical targets to enhance the mobility of the lymphocytes out of the spleen as well as drastically decreasing the toxicity and the viral replication itself. The pharmacology of the individual nutrients elucidates the intricate interaction in this therapy and explains the dramatic improvement and successful reversal of all symptoms in this disease for a rapid return (24-48 hours) to optimal health.

*(See protocol opposite page)*

## Anti EBV Hepatosplenomegaly Nutrient Protocol

### SUBSTANCE:

Licorice Root  
14.8 ml b.i.d.; or  
500 mg glycyrrhizic acid t.i.d.

N-acetylcysteine (NAC)  
500 – 750 mg t.i.d.; or  
methionine 500 mg b.i.d.

Zinc  
40 – 60 mg/day

Vitamin E  
w/mixed Tocopherols  
800 IU/day

Vitamin C  
1 gm t.i.d.

Sodium Selenite  
200 mcg (children)  
500 mcg (adults)

### MECHANISM OF ACTION:

Increases interferon-gamma.  
Helps decrease XO activity (flavinoids).

Binds nitric oxide, increasing lymphocyte  
movements and reversing splenomegaly.  
Increases Th-1 lymphocytes (antiviral).

Increases the efficacy of interferon 10-fold.

Decreases NF Kappa-beta activity to decrease  
viral replication.  
Protects the lipid membrane.

Decreases NF Kappa-beta activity  
and protects the hydrophilic membrane.

Antiviral activity.  
Helps reduce peroxide products via GSH px.

## AFA/PEA *Continued from page 4*

**does** -- so she thinks PEA may be the true basis for the good mood one gets from a workout. Sabelli is not so quick to rule out endorphins, however, and says that the natural compounds probably interact in various ways.

**“We think PEA is part of the reward of exercise,”** Billett says, adding that it might be affecting other brain chemicals and that it is likely there are normal differences between individuals. “Some will respond to exercise, some won’t.”

### PEA: Safe Amphetamine

Research Abstract from the Centre for Molecular Design in Beerse, Belgium: **“...Despite its short half-life, phenylethylamine attracts attention as an endogenous amphetamine since it can potentiate catecholaminergic neurotransmission and induce striatal hyperreactivity. Subnormal phenylethylamine levels have been linked to disorders**

such as attention deficit and depression; the use of selegiline (Deprenyl) in Parkinson’s disease may conceivably favor recovery from deficient dopaminergic neurotransmission by a monoamine oxidase-B inhibitory action that increases central phenylethylamine. **Excess phenylethylamine has been invoked particularly in paranoid schizophrenia, in which it is thought to act as an endogenous amphetamine and, therefore, would be antagonized by neuroleptics.** The importance of phenylethylamine in mental disorders is far from fully elucidated but the evolution of phenylethylamine concentrations in relation to symptoms remains a worthwhile investigation for individual psychotic patients.<sup>4</sup> **Note: Except for this theoretical concern, PEA is considered very safe and has been used by many with no problems.** However, patients pre-disposed to schizophrenia or psychosis should not take supplemental PEA without medical supervision.

### ADHD & PEA: Human Studies

In a number of controlled studies, by measuring urinary excretion levels, PEA was found to be significantly lower in children with ADHD and LD (learning disability). A decreased level of PEA is considered to potentially play an important role for the pathogenesis of LD and ADHD. Beta-phenylethylamine (beta-PEA), a biogenic trace amine, acts as a neuromodulator in the nigrostriatal dopaminergic pathway and stimulates the release of dopamine. □

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**Ba Hoang, Ph.D., M.D.**  
San Jose, California

**Alejandro Hirsch, M.D.**  
Guatemala City, Guatemala

**Michael Rosenbaum, M.D.**  
Corte Madera, California

**Daniel Rubin, N.D.**  
Tempe, Arizona

Dear Customer,

You may have recently received a letter from the law firm of Samson, Pipis & Marsh, LLC entitled "CEASE AND DESIST NOTICE-Trademarks: *Del Immune-Immune V™* and *Delta Immune* ("Protected Marks")." The letter says not to use the above names on your websites or in advertising, and that the lawyers will "monitor" you. The bottom line is that we do not want you to have to waste time with legal threats. So, we suggest that those two names should not be used in any connection to our products *Russian Choice Immune*, *Russian Choice GI*, *Russian Choice Immune Powder*, *King Chlorella with RCI* or our new, soon to be released, *Inocellex*.

The Russian Choice Immune product line in fact is not identical to PRP's product in chemical makeup and in the exact strain composition. Both are composed of extracts or isolates or filtrates from *Lactobacillus rhamnosus*. Our strain was obtained independently in Russia, relying on two scientists, and processed in our own extraction /isolation process. Leading doctors like Leo Galland, Robert Rowen, Peter Moscow and many others in the Nutritional and Alternative Medicine field are choosing *Russian Choice Immune* products from Allergy Research Group/Nutricology for their patients. Major retailers and Web Companies have also chosen our RCI product because of consumer satisfaction.

If you are interested, the true story, not disputed in the "Cease and Desist" letter, is that John Sichel, owner of PRP, approached ARG to market his *Del Immune-Immune V™* product for him. We did this very effectively when we introduced it to our total customer base. When he saw our success, he chose, without warning and contrary to his promises, to withhold inventory and stop selling to us. It took us four months to develop our own *Lactobacillus rhamnosus*, cell free extract product. During that time period we referred all our customers who wanted that type of product to John Sichel's company and his only distributor. Thereafter, we took and filled orders for our new product, *Russian Choice Immune*, which both consumers and doctors alike embraced with enthusiasm and appreciation because of its efficacy.

Our product is sold for \$20.00 retail and, based on medical and consumer feedback, is one of the best immune products that we've ever carried during our 27 years in this business. We plan to expand the product line. We will be offering a 15% discount for volume orders of 12 bottles or more of any RCI product. You may mix and match them. This offer is good for a limited time.

Here is what leading medical authorities are saying about *Russian Choice Immune* products from Allergy Research Group/ Nutricology. Feel free to use these quotes and endorsements for RCI and its family of products, in your promotional efforts and web sales:

"I am extremely impressed with Russian Choice Immune. I have been continuously getting wonderful feedback from consumers on its support for their immune systems. This is an amazing advancement in probiotic technology. Everyone should be taking Russian Choice Immune as part of their daily supplement regimen" - **Robert J. Rowen, M.D., Editor-in-Chief, Second Opinion**

"I have been using Russian Choice Immune in my practice for respiratory and immune support. I am very pleased with the results and will continue to use it." - **Leo Galland, M.D.**

"We have been using Russian Choice Immune with great success. It appears to support the immune system significantly. Client response has been very positive and fast. We are very pleased with Russian Choice Immune." - **Peter Moscow, Ph.D., MDSRad.**

"I have used the New Russian Choice Immune personally for about 3 months. I love it. I am so enthusiastic about it that I give to my patients for immune stimulation. This product is remarkable." - **Thomas Dorman, M.D.**

"I love the New Russian Choice Immune. I use it regularly in my practice with great results. It is a very important addition to my nutritional arsenal." - **Daniel Rubin, N.D.**

Sincerely,



Fred Salomon  
President  
Allergy Research Group/Nutricology



## Allergy Research Group Announces New National Accounts Manager

Allergy Research Group is proud to announce the appointment of Reesa Sokoloff to the position of National Accounts Manager.

"We are pleased to have Reesa on board to fill this important position. This is the first step to redouble our sales and marketing efforts and to improve our service to our Distributors, Retailer and Professional Customers," said President, Fred Salomon.

Reesa comes to Allergy Research Group with over 11 years experience as a clinical dietitian and nutritional medical consultant. She has run her own private practice, co-authored a book on an natural sweeteners, and has lectured to physicians, healthcare professionals and corporations on topics related to wellness and nutrition. She was also the East Coast Sales Rep for Allergy Research Group from 1998-1999.

Additionally, Reesa has extensive sales and marketing experience and has been the lead consultant for the successful launch of several nutraceutical products for prestigious companies in our industry. Most recently, as Co-Founder and Director of Sales for The Sweet Life, Reesa was responsible for introducing Xylitol, an all natural sweetener, to retailers in the U.S., UK, Canada and Australia.

Reesa received her Master of Science in Clinical Nutrition from New York University and her Bachelor of Science in Food and Business from the State University of New York Oneonta.

"We have an exceptionally talented group at ARG and Reesa will fit in perfectly," said Salomon.

**Allergy Research Group®**  
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