

This Eco-Consultant Found Solid Alternative to Chemotherapy

Battling Lymphoma

Jerry Brunetti



A About three years ago, eco-consultant Jerry Brunetti received word that without aggressive chemotherapy treatment he would be dead in as little as 6 months from lymphoma. He opted not to travel that route, and instead has embarked on his own journey seeking advice, treatments, alternative protocols, and hands-on care from a wide variety of sources. The result has been depth of understand-

ing that is almost beyond compare, steady improvement in his own overall health, and a marked reduction in the size of the affected lymph nodes. Oh, and he's still alive. We asked Jerry Brunetti to expand upon his remarkable speech on the subject of cancer, natural treatments, and his own health that he presented at the 2001 Acres U.S.A. Conference. His story will serve as inspiration and education for readers worldwide who are touched by cancer, either themselves or in a friend or loved one.

ACRES U.S.A. Our subject is human health. So many biologically correct farmers do everything right for their soil, but ignore their own personal health.

BRUNETTI. It's a problem that's too disconcerting for most people. It is interesting to me that many farmers who understand how a whole farm system includes understanding the laws of nature on that farm — whether it is their soils, forages or animals — lose track of all they know of those laws as soon as they get a death sentence from their doctor. Suddenly all bets are off, and they completely cave in to the medical establishment's way of thinking.

ACRES U.S.A. Why do we have this terrible reluctance to take our personal health into our own hands?

BRUNETTI. I think the successful marketing of fear by government agencies and the pharmaceutical industry has convinced us that disease is far too complex and mysterious an issue for the average person to reconcile. When you are emotionally motivated, you do not necessarily always make the best decisions. Many farmers whom I have worked with in the last 20 years made the transition

from being a conventional operator to a biological farmer because they were going out of business on the installment plan. The cost of production kept going up, the problems with the cows and the crops did not go away, and over the years the frustration increased to the point where somebody finally said, "Maybe I ought to look at some other ways of doing this." You take a portion of your farm, make some changes and, lo and behold, you see that you are getting the kinds of positive responses that the forgiveness of nature can give you. When you are dealing with a health issue and the clock is ticking and some high priest physician is telling you that you've got six months or a year, the panic button is very close at hand. You just hope for the best and hope that this guy has your best interest at heart. Then, of course, you have the amalgamation of medicine with the insurance industry, so who is going to pay these outrageous fees that are supposed to save your life?

ACRES U.S.A. You have personally had some experience in dealing with this problem, haven't you?

BRUNETTI. I was diagnosed with lymphoma about three years ago, and this diagnosis came about quite inadvertently. I had been in a car accident that caused a backache. After three or four months of not being able to get rid of the pain, I had an MRI done. The MRI showed that I had a couple of bulged disks that were causing the discomfort, but it also showed that I had some enlarged lymph nodes in my abdomen. I had a subsequent CAT scan, which verified that I had a high probability of non-Hodgkin's lymphoma, the type of which could be confirmed through a biopsy. I held off getting a biopsy because I am not a fan of surgery, but I eventually did get it — at the urging of a physician I work with — to confirm the type of non-Hodgkin's lymphoma that I had. By the time I received verification, I had already decided that I was going to take things into my own hands.

ACRES U.S.A. What did you do first?

BRUNETTI. The first thing I did was research. I went to the Lymphoma and Leukemia Society to find out just what kinds of survivability rates exist within the conventional model. What I saw there was not very encouraging. They were talking about 37 percent survivability rates within five years. Of course, the five-year benchmark is what they attribute to their success story. If you survive five years after conventional cancer treatment, you are a success story, even if you die six months later. I did not know how many people survived 10 years, but I am sure it was less than that. I decided that if I was going to have a chance at this thing, I certainly wasn't going to work with odds of around one in three.

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ACRES U.S.A. But you did go to the doctors to get the odds?

BRUNETTI. I went to nine physicians, and two of them were conventional oncologists. I did spend a lot of time talking to a lot of people.

ACRES U.S.A. Tell us, blow by blow, how did that go?

BRUNETTI. Some of the people I first went to were the conventional oncologists. Basically they said I had to do what they

Important Foods to Eat

1. Raw (grass-fed) dairy products which are rich in CLA, alkalizing minerals (Ca, Mg, K) critical Vitamin D, beneficial probiotics, numerous enzymes, vitamins A, E, K, and B Vitamins.

2. Free-range eggs, which are rich in fat-soluble vitamins A, D, E, K, cysteine and other amino acids, lecithin (phospholipids).

3. Cod liver oil, which is a rich source of vitamins A, D, E and K and some EPA/DHA.

4. Coconut oil, which is rich in medium-chain, saturated fatty acids as found in human breast milk. Very anti-fungal, anti-viral, anti-bacterial. Readily absorbed, easily processed by the liver.

5. Fermented soy products such as miso and tempeh (avoid processed soy products, soy-based supplements).

6. Fermented vegetables (raw) such as sauerkraut, kim-chi which contain powerful anticarcinogenic compounds, lactic acid, lactic bacteria, enzymes.

7. Fermented milk products: kefir, yogurt, clabbered milk, buttermilk.

8. Raw butter/cream from grass-fed ruminants: rich in CLA, fat-soluble vitamins A, D, E and K, Wulzen factor (anti-inflammatory).

9. Sprouted-grain products: rendered free of phytates, enzyme inhibitors; rich in enzymes and additional vitamins.

10. Pigment-rich fruits containing resveratrol, astaxanthins, lutein, lycopene, proanthocyanidins, bioflavonoids, flavenols, ascorbic acid, etc.: elderberries, raspberries, prune-type plums, cherries, etc.

11. Sea vegetables and ocean fish rich in EPA/DHA, such as sardines (watch mercury in large fish), wild (not farmed!) salmon, sea vegetables rich in algeates, which are metal decontaminants, iodine, numerous trace minerals, mucopolysaccharides.

12. Vegetables: brassica (especially kale, brussels sprouts), also broccoli, asparagus, garlic and onions, winter squashes, carrots, beets, sweet potatoes, and miscellaneous greens such as raddichio, arugula, mustard greens, endive, dandelion, radish, celery, etc.

13. Meats (pork, poultry, beef, lamb) should be range fed and drug free. If your pH levels are low, eat small amounts until they rise.

14. Tropical fruits (for enzymes!) — pineapple, mango, papaya, jack fruit, leechee, guava, coconut, etc.

15. Pure water: up to half your body weight in ounces. Consider alkaline and energized waters.

knew how to do, which was chemotherapy, and I had to do it immediately. These doctors told me that if I didn't respond to their advice, I had a life expectancy of anywhere from six months to two years. I was taken aback by that, and I think that is where people usually cave in. When you hear that death sentence, it is like a punch in the gut, because you don't have any experience with it, whereas this man you are talking to allegedly has loads of experience. It is pretty hard not to take his words at face value. I pressed the issue and said that I wanted to see what they were going to administer. They told me they were going to administer two drugs, called MOP and CHOP, acronyms that I found amusing in and of themselves. I was interested in what these drugs were, since I had never heard of them. I did find out that the "P" in both of the acronyms represents prednisone — there is so much inflammation caused by the other drugs in the cocktail that they have to give good doses of prednisone to keep the inflammation down.

ACRES U.S.A. And you thought these were unsafe drugs?

BRUNETTI. I asked the doctors for material safety data sheets (MSDS), a kind of OSHA requirement in the workplace. If someone is working with or shipping a hazardous material, these information sheets tell you whether there are any hazards to exposure, inhalation, skin irritation, eye irritation, GI-tract toxicity, etc. They are kind of like the LD50 analogs for poisons. I wanted to look at the MSDS sheets as well as the *Physician's Desk Reference* (PDR) explanations of these drugs. When I read the materials, I found out that these drugs were quite cytotoxic — bone marrow was susceptible, kidney tissue, liver tissue — and they could cause anaphylactic shock. Right then and there I was turned off. I asked the physician what alternatives were being looked at, and, of course, there weren't any. I had, at that visit, brought along a dossier of peer-reviewed research using alternative compounds made from plant extracts, nutraceuticals and so forth.

ACRES U.S.A. You brought papers from the professional literature?

BRUNETTI. Yes. The only reason I brought it along was because I knew these physicians would not be inclined to look at anything that was not in the professional literature. Nevertheless, they had no interest in looking at peer-reviewed research on alternative treatments. In fact, they advised me that I ought to be a bit concerned about using things like herbs because they are dangerous.

ACRES U.S.A. Herbs are dangerous, and they are feeding you things like prednisone?

BRUNETTI. Right. I told them that I found their comment quite interesting, humorous and even paradoxical, since they just gave me a MSDS sheet and a PDR reference that showed that the drugs they so enthusiastically wanted to administer to me were dangerous. There was also the fact that, if I did take this medication, I would have to sign an indemnification release holding the hospital as well as the administrators of these drugs harmless if something happened to me. At any rate, the first oncologist gave me that information. The second oncologist

gist was even more grave and stern and indicated that I was taking a very, very big risk in not getting on the protocol as soon as possible.

ACRES U.S.A. You decided to take that risk and give yourself a chance by dealing with your own immune system. Is that what you are saying?

BRUNETTI. Yes. Since all cancer patients have a compromised immune system, and, in my case, non-Hodgkin's lymphoma is a cancer that actually attacks the immune system, I realized that if I was going to have any logical solution to getting well, it was going to be based on my immune system coming back to life. I started pursuing avenues of research to find out which substances, foods and lifestyle changes would augment bringing my immune system back to normal.

ACRES U.S.A. What is shutting down the immune systems of so many people these days?

BRUNETTI. That is a big question. I think there are a number of reasons — for instance, look how sick the Earth itself is from pollution, destruction of habitats, toxic dumping, all of the negative ways we humans have left our mark. We are organisms of the Earth; if the Earth is sick, then we will be sick. The state of the human body, obviously, is a prime reason for immune system failure. First of all, one needs to know the levels and activity of natural killer cells in the body, the cells which defend the body against invasion by disease. The activity of these cells is measured through a determinant called lytic units, which is a measure of the natural killer cells' ability to recognize and then attack cancer cells. Optimum lytic units would measure above 225 in an individual. Lytic units for the average American measure somewhere between 25 and 50, right around 200 points below the optimum level. My own measurement for lytic units was detected at 75, which puts me in the "fair" range, not best and not good. I have to continually work on my immune system even though I am above the U.S. average, especially because the cancer I have targets my immune system.

ACRES U.S.A. So our immune systems have lost the ability to fight these diseases?

BRUNETTI. There is a medical doctor by the name of Jesse Stoff who has written a couple of books — one on chronic fatigue syndrome and another on prostate cancer — and he has an acronym that I think sums up the immune system problem pretty comprehensively. It is called the PITTS. Those initials stand for the following: P for poor nutrition; I represents infection; the first T represents toxins of any kind; the second T represents trauma, which he defines as exposure to radiation; and the S stands for stress, which is a very generic, all-encompassing word that everybody can find their own personal definitions for. When I looked at that acronym, I started realizing where those particular components contributed to my health having a major compromise. Poor nutrition — although I did at least get good home-prepared food, a Mediterranean type of

Important Foods to Avoid

1. Sugar: Feeds cancer cells and causes insulin production, which stimulates cancer growth. Demineralizes and acidifies the body fluids. This also includes refined carbohydrates.
2. Vegetable oils: easily oxidized, causing peroxidized lipids (carcinogenic); especially avoid hydrogenated oils (trans-fatty acids). Exception: Raw, first-exPELLER-pressed olive oil, which is rich in chlorophyll and squalene.
3. Processed dairy foods and conventionally raised meats — they lack CLA, but are likely to contain hormones, antibiotics, E. coli, salmonella, campylobacter, etc.
4. Too many carbohydrates, even from whole grains (high in phytates, which inhibit mineral absorption and enzyme activity). Soak and/or sprout grains before eating.
5. Refined soy foods.
6. Fluorine, chlorine: enzyme inhibitors, carcinogens that suppress iodine uptake by thyroid.
7. Pesticide-laden produce: especially potatoes, apples, coffee, bananas, celery, onions, etc.
8. All processed (canned/frozen) foods as much as possible, including organic processed foods. These foods are "dead."
9. Foods containing artificial colors — very carcinogenic.
10. Microwave and barbecued foods.

diet in an Italian-American family, I probably ate as many sweets and drank as many soft drinks as the next kid growing up in the '50s and '60s. I was exposed to a lot of American junk food, as kids are.

ACRES U.S.A. Do you mean Wendy's and McDonald's types of food?

BRUNETTI. Not so much that because those things showed up later — it was more the sweets. Refined sugar is one of the things that feeds tumors. As far as an infection, I had immunological compromising procedures done to me when I was very young. I think I had a reaction from a vaccination when I was quite young that caused an intestinal complication called intussusception of the intestine, and I had surgery to correct that. When they did the surgery, they did me the so-called favor of removing my appendix. About nine months later I ended up having an inflamed lymph ganglion in my groin, so they surgically removed that. Then nine months or a year after that, I had blown tonsils, and they removed those. By the time I was four, I had already had a lot of invasive surgery that attacked my lymph system.

ACRES U.S.A. You may have been harboring a low-level infection ever since.

BRUNETTI. Maybe. Every winter I would have to get penicillin shots to deal with strep-throat infections. Then, in 1980 I had a scar tissue accumulation that led to more surgery.

They think the scar tissue was an accumulation from all of those childhood operations. There was a lot of medical history here. Then, in 1998, I got hit with Lyme disease, and again in 1999, and that brings us to the time of my diagnosis.

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Supplement Arsenal

1. AIE-10: Antigen-infused colostrum whey extract (from cows hyperimmunized with human vaccine). Enhances natural killer cell activity, T-4 and T-8 cell function.

2. Thymic fraction A: Provides thymic hormone sublingually, which increases T-4 cell function, which in turn orchestrates activity of the immune cascade.

3. Low-dose Naltrexone: Prescription medication taken at bedtime to improve endorphin release, which increases NK cell levels and possible apoptosis.

4. LARIX (LARCH) arabinogalactan: macrophage activator.

5. Astragalus extract: macrophage activator.

6. Shitake extract: macrophage activator.

7. Chelated selenium: 1,200 mcg/day. Take this high dosage only if iodine supplementation is provided; precursor to glutathione peroxidase.

8. Iodine: Necessary for thyroid function and white cell phagocytosis (paint tincture of iodine on skin daily).

9. Vitamin D (cholecalciferol): 20,000 IUs/day. Check saliva/urine pH to monitor intake. Make sure vitamin D is primarily obtained from foods and U.V. light. Vitamin D ionizes calcium, which is needed to regulate inner and outer cellular pH. Alkaline pHs are oxygenated; acidic pHs are anaerobic (favorable to cancer growth).

10. Enzymes: Both food-derived and pancreatic enzymes with meals: Food-derived enzymes (high in protease) between meals. This is very important!

11. Fish oils rich in EPA/DHA fatty acids. Anti-inflammatory prostaglandins.

12. Vitamin A: 100,000 IU/day. From fish oil, palmitate and natural carotenoids.

13. Co-enzyme Q-10: 400 mg/day. Very important anti-oxidant, immune enhancer.

14. Other antioxidants: Lutein, bilberry, grapeseed, vitamin E (800 IU), vitamin C (4-6 grams), astaxanthin, green tea, carnitine.

ACRES U.S.A. What did you do for Lyme?

BRUNETTI. In the beginning it was my acupuncturist who diagnosed it. I had these symptoms of high fever and very severe headaches, and she thought I had Lyme disease and advised me to see my regular physician and get the conventional treatment, which is an antibiotic. The doctors insisted it wasn't Lyme disease — they misdiagnosed it. The disease progressed to the point where I had a very strong inflammation and ended up in the hospital because nobody knew what I had — they thought I had septicemia or cellulitis. After a few days in the hospital, getting nuked with these really powerful antibiotics — none of which were doing me any good — an infectious disease specialist came in and looked at me. The specialist told me that I had a classic textbook case of Lyme disease, and that none of the medication I was receiving was doing me any good. He prescribed an antibiotic that did work, and I responded to that. But in the meantime, my digestive system was so devastated by the drugs that I had to go out in my own garden and make an herbal porridge to restore a comfort zone.

ACRES U.S.A. That is from the toxicity of the drugs they gave you?

BRUNETTI. There was so much irritation and trauma. I had an extremely high titer of Lyme. The level of Lyme that showed up in the urine antigen test was a number over 300, and a positive is 45. The physician who got the report called me up and asked me how I was feeling after I had recovered from the symptoms. He told me that he was concerned because he had never seen a Lyme titer as high as mine, and he had seen thousands of them. I was interested in hearing that, because obviously my immune system recovered from Lyme. I was also interested because lymphoma seems to have a smoking-gun association with viral infections. There was a physician in Africa by the name of Denis Parsons Burkitt who did research and biopsies on many lymph nodes of lymphoma patients, and in close to 100 percent of the cases he found viral-herpes-family viruses in those lymph nodes. There does seem to be an association with the herpes family and the Epstein-Barr family, although I have never had any active herpes symptoms such as shingles, fever sores, or anything like that, but when I had the blood test done I did show presence for Herpes VII.

ACRES U.S.A. If you are not availing yourself of the armamentarium that the medical profession has, what are you doing?

BRUNETTI. I am doing several things. I take supplements. It is important to know when using supplements that there are two necessary types, which can be called "immune fuels" and "immune modulators." The immune fuels nourish the immune system and include things such as selenium, Co-enzyme Q10, glutathione, etc. The immune modulators provide nourishment to molecules engaged in cellular communication within the immune system. I hooked up with a physician in New York City by the name of Dr. Bernard Bihari, who specializes in HIV and cancer patients. He is working on a medication, a pharmaceutical drug that I am taking, called low-dose naltrexone <www.lowdosenaltrexone.org>. It was a medication developed for heroin addicts because, when given at high doses (around 50 milligrams per day) it inhibited the endorphin cascade, thus blocking the intoxicating effects of heroin. It did not go over well because it caused sleeplessness and anxiety. But there was a researcher at Hershey Medical Center, Dr. Ian Zagon, who actually was doing research on laboratory animals and finding out whether or not this medication, taken at low doses, would have a paradoxical effect. In other words, would it raise endorphin levels?

ACRES U.S.A. What effect would that have on the body?

BRUNETTI. The importance of impacting the endorphin cascade is that when the endorphin levels rise, the natural killer cell levels also rise. The other thing that happens is that endorphins migrate to what is known as opiate-receptor sites. Some tissues in the body, such as the prostate, pancreas, testes and lymphatic tissue, are very rich in these opiate-receptor sites. These endorphins are released by the brain as you sleep, and they migrate to the opi-

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ate-receptor sites. If you have a cancer that grows out of tissue rich in these sites, then the cancer tissue itself is also rich in opiate-receptor sites, and these endorphins lock in to the sites and shut off cell division. So you have two things going on: you are raising endorphins, and you are creating a phenomenon known in the cancer industry as apoptosis, the shutting down of cancer-cell division. That is what you want to do with cancer: you basically want to shut the cells off.

ACRES U.S.A. Isn't it true that if you keep the alkalinity up to a certain level, then the cancer cannot progress?

BRUNETTI. There seems to be very strong support for the idea that cellular and intracellular pHs have an optimum range, based on the fact that pH inside of the cell is ideally around 6.75, while that of the fluids surrounding the cell is around 7.4 — slightly acidic inside and slightly alkaline outside. This acid/alkaline differential creates a positive and negative charge — a battery.

ACRES U.S.A. In other words, we are talking about the cell now, and the cell is basically electrical?

Glutathione Builders

Necessary for glutathione peroxidase, a free-radical scavenger and immune activator of neutrophils; and glutathione S-transferase, a powerful detoxifier used by the liver.

1. Amino acids: Glycine, glutamic acid, cysteine (whey protein concentrate, eggs, raw dairy, etc.).
2. Alpha lipoic acid: Universal anti-oxidant and liver protectant. 300-600 mg/day.
3. NAC (u-acetylcysteine): powerful anti-oxidant, glutathione precursor.
4. Selenium (as selenomethionine): 1200 mg/day.
5. Melatonin: 21 mg/day at bedtime.
6. Turmeric.
7. Beets.
8. Cruciferous vegetables, especially brussels sprouts.

BRUNETTI. That is correct. When you have that optimum differential, you create about 70 millivolts of electricity, which dictates the opening and closing of the permeable membrane of the cell, so that waste can get out and the proper nutrients can get in. Since we are talking about an intracellular pH of 7.4, which is alkaline, we need to be focused on alkalinity. The question you have to look at is what are the ideal ways to alkalize the body? One of the best ways is to make sure that calcium becomes ionized. How do you ionize calcium? You need a good calcium-rich diet, and that is why I am a big proponent of leafy greens that are high in calcium, like kale, but also raw, grass-fed, organic types of dairy products. Not only do they carry the calcium and other minerals, like magnesium, but they are also a rich source of the ionizing agent known as vitamin D.

ACRES U.S.A. Don't all of the minerals figure very heavily in this equation? For instance, you need molybdenum to take

the waste out. We are so short of minerals in our soil systems and diets that it is a wonder anybody even functions today.

BRUNETTI. That's it. There are huge mineral deficiencies, and all of these minerals, of course, are co-factors. They also represent the essence of the enzyme systems. All enzymes, without exception, are built on the presence of micronutrients.

ACRES U.S.A. Trace-mineral keys.

BRUNETTI. You need the micronutrients, and then you need the alkalizing. Interestingly enough, although calcium receives the most attention, it is not really more important than zinc or copper — it is, however, used by the body in greater quantities, as it is by soil and plants. Calcium is the governing mineral; it is the mineral that basically brings the other minerals to the cell.

ACRES U.S.A. This ties back in to what Dr. Albrecht said.

BRUNETTI. Precisely the same dynamic. You need to mobilize calcium up into the plant, and when that happens, you have a plant rich in other macro- and micronutrients as well — if they are there in the soil.

ACRES U.S.A. You have to mobilize the food that you take in, and that means digestion.

BRUNETTI. Absolutely number one.

ACRES U.S.A. How do you handle digestion?

BRUNETTI. I am very big on digesting enzymes both from foods themselves through juicing and from supplemental enzymes. I take enzymes with my meals, but I also juice. When I juice, I take a mixture of approximately one quart. The recipe is a mixture of carrot, celery, beet, ginger and turmeric and also consists of four to six ounces of cereal grass juice, which I produce by growing barley, wheat, rye and oats. I grow them outside on a bed, and I harvest about a colander-full first thing in the morning, then I run it through a wheat grass juicer to produce about four to six ounces of green juice.

ACRES U.S.A. How do you get it down?

BRUNETTI. With great difficulty. I do it as quickly as possible because it is definitely not a gourmet drink. Oftentimes I chase it with some grape juice. Into that juice cocktail I will throw high levels of enzyme powders. I use a lot of enzyme powders in the work I do with livestock, high levels of proteolytic enzymes.

ACRES U.S.A. You use veterinary supply?

BRUNETTI. Yes, I buy it by the drum because I use it in my business. I really pound the juice with the enzymes. I also throw in whey protein powder because I am trying to build glutathione levels. It is really important if you are going to be dealing with any kind of disease, particularly cancer, to take in high levels

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T-Cell Tonic

Organic yellow ginger (1-2 oz.; approx. 2" section of root)
Organic turmeric root (1/2-1 oz.; approx. 2" section of root)
Organic red beets (1 small, or 1/2 large beet)
Organic carrots (3-4 large carrots)
Organic celery (3-4 stalks)
Perfect Food green mix (1 Tbs.)*
Barleygreen (1 Tbs.)*
Proteolytic enzymes (1 Tbs.)
Whey protein concentrate (2 scoops)
Organic grape juice (top off if necessary)

* During growing season, substitute 6 oz. fresh-squeezed cereal grass (wheat, rye, oats, barley).

Mix ingredients in juicer. Makes 1 quart.

of the raw materials that build glutathione. Glutathione is an amino acid, if you will, that consists of three other amino acids: glycine, glutamic acid and cysteine. I try to build glutathione in my body rather than take glutathione because it is questionable how much you can absorb if you just take it by itself as a supplement.

ACRES U.S.A. What is happening when people do not digest well and exhibit a great deal of flatulence and so on?

BRUNETTI. What is happening is that if you are not eliminating, you are reabsorbing things that best are eliminated. I went through four months of an aggressive detox system whereby, in addition to the dietary things I was doing every day, I went to a day spa and did an hour's worth of far-infrared sauna treatment followed by a couple of hours of lymphatic drainage treatment using an instrument that breaks up the congestion in the lymph system. Ultimately, the lymph drains into the bowel, so I finished up that treatment with a colonic. I did this once a week for four months. That really helped a lot in getting my elimination organs tuned up. If you do not do that, you begin to recycle indoles and other toxic compounds that are in the large bowel, which causes an awful lot of stress on the liver. It also suppresses the immune system and consumes quite a bit of energy.

ACRES U.S.A. Do you make use of any herbal extracts in order to move the truckload of stuff along?

BRUNETTI. Quite a few. I make herbal teas for antibacterial, liver cleansing, and lymph and blood cleansing purposes. To make sure that the bowel is swept clean pretty regularly, I also take a mixture of slippery elm bark and psyllium seed husk. The reason I take both is that slippery elm bark is an insoluble fiber, while psyllium seed husk is a soluble fiber, so it is a very good mixture.

ACRES U.S.A. Do you get that as a capsule?

BRUNETTI. Those are products that I use in my animal rem-

edies, so I get them in bulk, and I mix them 50/50 in the blender, then drink it. It is very effective. It is effortless. I use that for the mechanical cleansing of the GI tract.

ACRES U.S.A. We discuss these things quite openly, but you realize that practitioners who start entertaining these ideas begin to run into the law and the gold standard of world medicine.

BRUNETTI. They have done an excellent job of repressing these nontoxic and quite inexpensive remedies. It is interesting that in January 1999 Business Week had a report that the fourth leading cause of hospitalization is from FDA-approved drugs, affecting over 2.5 million people — and these drugs are being used as directed.

ACRES U.S.A. They actually lose something like 150,000 people, don't they?

BRUNETTI. That was reported in the Journal of the American Medical Association in an article on side effects from properly administered FDA-approved drugs. It is no surprise. An average of 65 to 75 percent of FDA employees end up working for drug companies after they leave the government. There is

Jerry's 'Poten-Tea'

Pacific yew (3 Tbs.)
Jason Winters tea (3 Tbs.)
Pau D'Arco (1 Tbs.)
Green tea (1 Tbs.)
Chapparell (1 tsp.)
Clove (1/2 tsp.)
Ginger (1/2 tsp.)
Cinnamon (1/2 tsp.)
Yogi-Detox (1 bag)

Place loose herbs in 1 1/2 quarts of water, bring to a boil, then shut off heat and let brew overnight. Strain in the morning. Makes 1 quart. Drink 1-2 quarts daily.

only one thing that we can expect from this. I think people have to realize why we have such a health holocaust; it is simply because of the fact that the pharmaceutical cartels have become inseparable from medicine. That is one of the reasons that I took a stand.

ACRES U.S.A. The pharmaceuticals can kill you.

BRUNETTI. I am not saying that people should not consider some conventional therapies. I certainly know that people have had good results. There are people who have come up to me and said, "I was treated conventionally, and I am OK right now." I don't have any argument with that. I will say to folks that if

you are going to go down that road, you really should pay a lot of attention to what health really is. Health is not just the absence of a tumor. Health is about the state of the body — that tumor showed up because there was a systemic anomaly somewhere.

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512-892-4400 • fax 512-892-4448

P.O. Box 91299 • Austin, TX 78709

info@acresusa.com

ACRES U.S.A. You have to look at the total lifestyle.

BRUNETTI. Cancer is caused by all of those things that were itemized in the PITTS. It is up to the individual to go back and unravel where this disease might have come from, or where it might come from next time, and address it. This unraveling takes a lot of work. You have got to get rid of toxins, you have got to reduce stress loads, and you have got to eat nutrient-dense foods. If you do have infec-

ual to deal with this. The bad news is also the good news: there are a lot of opportunities and a lot of options. In other words, you have got to filter it. You have got to talk to people and eventually make some decisions based on what you are comfortable with, because ultimately it comes down to that. It is your body, your health, and you are the one who has to decide what is best.

Jerry Brunetti is managing director of Agri-Dynamics, a 23-year-old firm that specializes in the formulation and production of products for farm livestock and pets. He consults on such wide-ranging topics as golf course turf management, racing camel diets, dairy feed and husbandry issues, lagoon odor control, and eliminating "hot spots" on dogs and contends there are curiously similar dynamics at work in all of these seemingly unrelated areas. He works with such materials as seaweeds, herbs, enzymes, probiotics, vitamins, chelated minerals, "rare-earth" minerals and more. He can be reached at: P.O. Box 735, Easton, Pennsylvania 18044, phone (610) 250-9280, fax (610) 250-7840, e-mail <jbrunetti@agri-dynamics.com>.

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tions, you have got to augment the immune system.

ACRES U.S.A. What other things are you doing?

BRUNETTI. The other thing that I am doing for my immune system is taking a product called Proboost, which is thymic protein fraction A. It is basically a hormone that the thymus gland produces when you are young. It is an over-the-counter drug that comes in a powder form, and you put it under the tongue. It activates the T-4 cells, which are the cells that communicate especially to the T-8 cells — the cytotoxic cells. I also take another immune modulator called AIE-10, derived from colostrum milk harvested from cows that have been hyper-immunized with human vaccines in the udder. AIE-10 increases natural killer-cell activity, which is the immune system's first line of defense. It also supports the functioning of T-4 and T-8 cells.

ACRES U.S.A. In summation, would it be correct to say that if you have one of these problems, you had better know a lot more about it in three months than most physicians?

BRUNETTI. I think if people really have the heart and will to figure out their health, the resources are tremendous. There are so many websites. I get calls from people who have heard I have lymphoma and have been diagnosed themselves with some form of cancer. They are calling for input and suggestions, and I tell them that there are tremendous resources out there. There are so many opportunities, whether it be clinics, alternative practitioners, or even if you want to try to do it on your own. I am not doing it entirely on my own, I am using two physicians as coaches, but I don't see them all the time. I won't work with anybody who is going to be antagonistic toward my viewpoint. I tell people that the responsibility is ultimately on the individ-

For Further Information . . .

BOOKS

An Alternative Medicine Definitive Guide to Cancer, by W. John Diamond, M.D. and W. Lee Crowden, M.D., Future Medicine Publishing, 1650 Tiburon Blvd., Suite 2, Belvedere Tiburon, California 94920, phone (415) 435-1779

Cancer Therapy: The Independent Consumers Guide, by Ralph Moss, Ph.D. (Equinox Press/Movable Type, 331 West 57th Street, Suite 268, New York, New York 10019, phone (212) 765-4197, fax (212) 245-4639

PHYSICIANS

Bernard Bihari, M.D., 29 West 15th Street, 7th Floor, New York, New York 10018, phone (212) 929-4196

Jesse Stoff, M.D., Immune Therapies International, phone 1-888-336-3533

MAGAZINES

Townsend Letter For Doctors and Patients, phone (360) 385-6021, website <www.tldp.com>

Alternative Medicine Magazine, phone 1-800-515-4325, website <www.alternative-medicine.com>

ASSOCIATIONS

People Against Cancer, phone (515) 972-4444, website <www.peopleagainstcancer.com>

The Moss Reports, phone 1-800-980-1234, website <www.cancerdecisions.com>

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