March 12, 2018

Robert F. Fahey
Buffalo, New York 14221

RE: Conversations in the Backyard

Dear Uncle Bob,

My mother may have mentioned that the house we rent is a duplex. The owner rents the other half of the house to vacationers that find the house on Airbnb.com, a San Francisco-based company that helps people find short-term rentals. There’s been a solid stream of people who have stayed for mostly one-week. The backyards are separated with a bed of ornamental plants and the driveways in front of the house are separated by a row of Bamboo Palm trees. There have been opportunities for conversations.

In February, the vacationing tenants (a couple) were from Grand Rapids, Michigan. One hot, sunny morning, I met Linda, who is a pharmacist. Our Maltese puppy barked at her (probably from fear) and she patiently sat down to calm him. He stopped barking and we began to talk. It was a little windy and she said in spite of the hot Florida weather, she often feels cold. My mother is always cold and I’ve been after her to have her thyroid checked because the symptom is associated with low thyroid. I mentioned this to Linda and she began to tell me about her health problems that include Raynaud’s Disease, Fibromyalgia and Carpel Tunnel Syndrome. She said she was scheduled for surgery when she returned to Grand Rapids.

As we continued our conversation, I told Linda that I have written 20 books, mostly for alternative medical doctors and that my most interesting client is a St. Louis-based M.D. named Dr. Simon Yu who found a connection between parasites and disease while he was with the Army Reserves in Bolivia in 2001.

The information about parasites in Dr. Yu’s book relates to his patients and he says he discovers them in 90% of his patients. My parasite research really expanded in 2014 when a Boston-based psychiatrist asked me to write a book about Lithium that’s a well known medication used to treat Bipolar Disorder (formerly known as Manic Depression). The Lithium book chapters required searches through the National Library of Medicine’s PubMed database. Lithium is an element on the Periodic Table, but it has been used as a drug since 1949. The PubMed database contains millions of scientific studies that are published in peer-reviewed journals. Peer-reviewed means the editor does not decide whether a paper should be published. Instead, the paper is sent to a group of scientists who are considered to be an author’s (or group of authors) peers. In my conversation with Linda, I explained that while I was working on a chapter about the human immune system, I came across a scientific study that made a connection between Bipolar Disorder and a Protozoan parasite called Toxoplasma gondii. I had not used the PubMed database to write Dr. Yu’s book, but I was familiar with the scientific names of several disease-causing parasites from my work on his
project and I had reached a tremendous milestone. I rapidly found several hundred studies that link parasites to several different types of diseases that are published in the world’s most prestigious scientific journals.

As we continued our talk, I told Linda about a Czech scientist named Jaroslav Flegr who has written 47 papers about *Toxoplasma gondii*. Jaroslav thinks 80 percent of the population has been infected with this parasite that causes behavior problems (it’s linked to Bipolar Disorder and Schizophrenia). I also told Linda that Dr. Yu had found a parasite called a *Strongyloide* in my body that he said would cause congestive heart failure in another 10 years if we did not kill it. *Strongyloide stercoralis* can live in the body undetected for 60 or 70 years. I mentioned that I took a drug he prescribed called Ivermectin and that I drink Neem Iced Tea daily as a preventative. I also mentioned Lugol’s Solution and Thyme Extract that are both potent antiparasites (I put two drops of Thyme Extract in the dog’s water every time I freshen his dish). Linda said she is very familiar with Lugol’s Solution because she made it and used it in pharmacy school. Lugol’s is named after Jean Guillaume August Lugol (1788-1851). His solution, which is made with iodine crystals, potassium iodide crystals and water, became so popular with doctors in the 19th Century, the following poem describes the popularity (K and I are the atomic symbols for Potassium and Iodine):

> If ye don’t know where, what and why,  
>  prescribe ye then K and I

I told Linda that I learned about Lugol’s in 1995 when I read a book written by a Naturopath and Biophysicist named Dr. Hulda Clark. She referred to Lugol’s antiparasite properties and said any pharmacist can make it. That year, I went to a pharmacy on West 72nd Street near my apartment and asked for Lugol’s. The pharmacist said, “Come back tomorrow.” The next day, he sold me a pint of 5% Lugol’s in a brown glass bottle and charged me $20. In 2007, the Drug Enforcement Agency (DEA) limited the sale of iodine crystals to farmers (who need it for farm animals). Today, the public can purchase Lugol’s in 1-ounce bottles of the 5% solution for about $25. I called the DEA and told them iodine is needed for proper functioning of the Thyroid gland and there are receptors on every cell in the body. In 2007, I was living in Madison, Wisconsin (I lived in Wisconsin for 10 years). Hulda Clark published the recipe for Lugol’s in her book and I helped an Amish farmer make Lugol’s. The iodine crystals came from a company called Spectrum Chemical that warned that the DEA would take a satellite photo of the farm (the restriction was due to the DEA’s claim that Methamphetamine labs were using iodine).

I asked Linda if she saw the news announcement in November 2017 that said Jesse Jackson was diagnosed with Parkinson’s Disease. She didn’t seem to recall seeing the story. I told her that when I saw an article about his condition, I did a search for scientific papers that have made a connection to a parasite. *Toxoplasma gondii* came up. My earlier searches on *Toxoplasma gondii* turned up a 2008 study done at the CDC regarding co-infection with a roundworm called *Toxocara*. The researchers found that an infection with either parasite (the Protozoan or the roundworm) doubled the chances of infection with the other organism. To get a message to Jesse Jackson, I sent an e-mail to Don Terry of Rainbowpush.org and published my note as an open letter on the Web at:

http://housing.x10host.com/letter_don_terry_re_jesse_jackson_11_18_17.pdf
In 2016, I found a Web site called Requestatest.com that arranges for blood self-tests including a serum antibody test for *Toxoplasma gondii* (a Toxoplasma IgG Antibody test is rather common because cats are the primary host and there’s a concern that pregnant women can pass the parasite to a fetus).

Because of the connection to Bipolar Disorder, I ordered two tests hoping that I could get Patricia to take the test with me. Payment is made online and the printed receipt can be presented at a local Lab Corp. Patricia refused to take the test and my mother went in her place. Both of our tests showed traces of *Toxoplasma gondii* antibody, but not enough to be considered an acute infection.

When I mentioned the Requestatest.com Web site to Linda, she said she was irritated at her doctor in Michigan for not ordering a similar test.

In 2010, I sent a letter to Glenn Close’s agent and publicist when I read an article in *People* Magazine about a foundation she created called Bring Change to Mind. Her sister is Bipolar and her nephew (Calen Pick) has Schizophrenia. In my letter, I mentioned a 1946 published in the *American Journal of Psychiatry* written by Dr. Max Levin describing transitory schizophrenia produced by bromide intoxication (*American Journal of Psychiatry* 103:229-237, September 1946). Mountain Dew, Gatorade, Squirt, Fresca, Orange Fanta, Sunkist Pineapple, Powerade Strawberry Lemonade and Sun Drop all contain bromated vegetable oil. Coca Cola and PepsiCo agreed to take bromated vegetable out of their drinks in 2012, but the chemical is still in the drinks. In 2009, I remember seeing an article about Tiger Woods’ new contract as Gatorade endorser in a Sunday edition of *The New York Times*. As I read the sections of the paper, I came across an article about the high price of Schizophrenia drugs.

After my conversation with Linda, I did searches on her various health problems to look for scientific studies that make a connection to parasites. I use the Google search engine and try to use scientific names of the health conditions as well as the parasite combined with the letters nih (nih is in the Web addresses of the PubMed journal articles). So far, parasite studies always turn up. The parasites that turned up in articles about Linda’s health conditions included tapeworm (a tapeworm infection is called cysticercosis) and Schistosoma which is also known as a flatworm or fluke. There are three types of parasitic worms: (1) nematodes or roundworms (2) trematodes or flatworms (aka flukes) and (3) cestodes or tapeworms. Protozoan parasites (e.g. *Toxoplasma gondii*) are single celled.

Schistosoma is related to a news story I noticed about George and Barbara Bush in January 2017. That month, several online news sites said George and Barbara were both hospitalized in Texas. He had pneumonia and she had bronchitis. A couple of the stories explained that George Bush already suffers from vascular parkinsonism that mimics Parkinson’s disease. Searches for scientific studies that connect parasites to vascular parkinsonism turned up the *Schistosoma* trematode (I remember your Dad had Parkinson’s).

There’s another famous person case related to the *Schistosoma* parasite. Martine Rothblatt, the founder of SiriusXM Radio, has a daughter named Jenesis Rothblatt, who is now in her 30s. When she was 5, she was diagnosed with pulmonary hypertension and given three years to live. I learned about Jenesis’ condition when I stumbled on a YouTube video of the Rothblatts’ interview with Whoopi Goldberg. I found studies that connect pulmonary hypertension to *Schistosoma*. 

My book client in St. Louis (Dr. Simon Yu) hosts a conference every Fall and he has also invited other doctors into his practice to learn about his discoveries. There are also a handful of doctors
who have tried to start an “iodine revolution” promoting the use of Lugol’s iodine (that one of the doctors has made available in tablet form). These efforts seem to be blocked, or the problem may be related to something Upton Sinclair once said that Al Gore used in his film *An Inconvenient Truth*:

> It is difficult to get a man to understand something, when his salary depends on his not understanding it.

Dr. Yu comes from a family of doctors. His mother is a physician who studied at the Sorbonne and his brother is a cardiologist. We’re the same age (born in 1954). I completed his book in 2010 and his mother was concerned that his book would embarrass her (BTW: my father used to tell me that my work embarrassed him). Dr. Yu never mentioned his brother’s reaction to his book, but a strong antiparasite drug helped him avoid bypass surgery. His brother’s operation was scheduled and after he took an antiparasite, he was able to cancel an operation that costs about $95,000 (you may have read that the health share of Gross Domestic Product, or GDP, is expected to rise from 17.8 percent in 2015 to 19.9 percent by 2025).

Before Linda left Fort Lauderdale, I composed a letter that contains the citations to the scientific studies as well as the text to the letter I sent to Don Terry of Rainbowpush.org. With so many hundreds of studies linking common health problems to parasites, it seems that doctors should routinely try antiparasites. Dr. Yu explains that many health problems require a strong antiparasite that pharmacists sometimes question. As an Army Reservist, he would often help others in the military with their health problems and he tells a story about an encounter with an Army pharmacist who did not want to fill a prescription. Dr. Yu rose to the level of a full Colonel in the Army Reserves, he outranked the pharmacist and the prescription was filled.

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March 12, 2018

Dear Uncle Bob,

We have a new couple vacationing next door. They’re from Philadelphia and their names are Jerry and Sandy Finley. They have two dogs that resemble our Maltese. Their names are Lexington and Bentley and we’ve learned that they are a breed called Havanese (from Cuba). Jerry told us that the dogs were a gift from a man who their daughter Melanie was dating 10 years ago when she was diagnosed with ovarian cancer. Jerry explained that Melanie survived her cancer and formed a foundation that is named after her (Melanie Finley Ovarian Cancer Foundation). Melanie and her parents have owned homes in Fort Lauderdale because Jerry, who is in the pharmaceutical business, formed a company here in 2001. The homes have since been sold which is why they are renting the duplex next door.

We’ve seen Jerry out walking Lexington and Bentley a few times. I don’t usually talk about alternative medicine to people in the pharmaceutical business. When I learned that Melanie formed a foundation, I looked for the Web site. Her biography on the site says she was diagnosed at the age of 27 in 2007 and has had 5 surgeries and 22 chemotherapy treatments (Jerry mentioned that he is 74). My research turned up articles about drugs used to treat ovarian cancer that are “anthelmintics” (a helminth is a worm). In one study, researchers discovered that an ovarian tumor was an *Echinococcus granulosus* which is a dog tapeworm and another study explains that the ovarian tumor was a
Strongyloide stercoralis worm (the same type that Dr. Yu found in my body). There seem to be so many tumors that are actually parasites that the authors of scientific papers sometimes use the word mimic in the title of their article (e.g. “Helminth Infection Mimicking Malignancy”). However, there are so many worms that are mimicking tumors, this has to be a workaround to describe an awkward situation.

In one of our conversations with Jerry, he mentioned that his wife has Rheumatoid Arthritis and that she takes Enbrel. This came up when we were talking about the price of drugs and he mentioned that Enbrel costs $30,000 per year. I’ve been interested in Enbrel for some time because golfer Phil Mickelson is a spokesperson and he’s in the Enbrel TV commercial. In the commercial, he talks about his Psoriatic Arthritis and he says he’s “managing his symptoms.” There is no mention of a cure in the Mickelson commercial. There is an implication that managing symptoms is what is achievable. Dr. Yu explains that in conventional medical circles, it is considered taboo to use the word cure or prevent. The objective is to “manage” a health condition.

My mother has Rheumatoid Arthritis and she sees a “Rheumatologist” (she’s dislikes any discussions about alternative medicine and it’s a subject we avoid). I asked her if she takes Enbrel and she said she is not familiar with the drug. She mentioned that she takes Tylenol for pain. My research helps me understand that the scientific name for Enbrel is Etanercept and that it is a tumor necrosis factor alpha (TNF-α) inhibitor.

When I searched on tumor necrosis factor alpha (TNF-α) inhibitor with the word helminth, I found the following study in a journal called Infection and Immunity published by the American Society for Microbiology:

“Transmembrane Tumor Necrosis Factor Alpha Is Required for Enteropathy and Is Sufficient To Promote Parasite Expulsion in Gastrointestinal Helminth Infection”
M.X. Ierna, H. E. Scales, C. Mueller and C. E. Lawrence,
Accepted manuscript posted online 29 June 2009
http://iai.asm.org/content/77/9/3879.full

The title of this paper tells me that the staff at the American Society for Microbiology’s journal understand that a tumor necrosis factor alpha (TNF-α) inhibitor drug kills worms.

Several studies refer to a risk factor of bacterial, viral or fungal infection from the use of the five licensed tumor necrosis factor alpha (TNF-α) inhibitors (adalimumab, etanercept, infliximab, golimumab, certolizumab). I think these infections are caused by a release of smaller parasites that live inside larger worms (small parasites that live inside larger parasites is a topic in books written by Dr. Hulda Clark).

One of the most startling parasite studies that I’ve found is a 2006 paper that describes a group of researchers in Spain titled “High Levels of Serum Thromboxane B2 Are Generated during Human Pulmonary Dirofilariosis.” Dirofilaria is the scientific name for heartworm and you can see from the title that it is in humans. The researchers were not interested in getting rid of human Dirofilariosis. Instead, they studied a Wolbachia symbiont bacteria that lives inside the Dirofilaria immitis worm that is released when the worm dies. In the paper’s introduction, they explain that they obtained 80 serum samples from patients diagnosed with pulmonary dirofilariosis caused by D. immitis from the Centers for Disease Control and Prevention, Atlanta, Georgia (the authors mention CDC staff member Patrick Lammie who provided the samples).
There are lots of studies about human Dirofilariosis (iosis means infection with). If the CDC has known that heartworm is in humans since 2006 and they are able to supply researchers in Spain with blood samples from 80 people with disease, it’s outrageous that their full name is Centers for Disease Control and Prevention!

I’ve known about the connection between parasites and disease since I read Dr. Hulda Clark’s books in the 1990s. I’ve sent many letters to explain my research (I’ve been sending e-mail messages to Melanie Finley to an address on her foundation’s Web site). Ellen and I were exchanging e-mail when Aunt Marianne was first diagnosed with cancer. I sent her details about my research that she said she would give to her mother.

In 2014, while working on the Lithium book, I found 7 different parasites that cause dementia. As you know, my mother’s father died of Alzheimer’s. My book client (Dr. James Greenblatt) included a chapter on Alzheimer’s in his Lithium book because patients on long term Lithium do not get Alzheimer’s (I’ve never seen this anywhere, but I think the reason is electrical; Lithium is extremely electro-positive and parasites thrive in alkalinity which is the same as eletrco-negative; Lithium probably has a neutralizing effect). That year, I sent letters to 4 famous people who had addresses available on the Web and asked them to forward the information about parasites and dementia to Glen Campbell. BTW: There are more than 30 Alzheimer’s foundations (that would not want to close). When there was a news announcement about Michael Douglas’ cancer, I sent a copy of Dr. Yu’s book to his son Cameron who was in a Federal prison (news articles about Cameron mentioned the name of the prison). The book came back with a note that said prisoners were not allowed to receive books.

This subject is just one of the reasons that I say Prayers twice a day asking for God’s intervention. Until He intervenes, it seems we all need to take some form of antiparasite remedy as a preventative. In December 2016, I took a 2-day Palm Tree management workshop from plant pathologists at the University of Florida’s Davie campus. The instructors let me audit the course because I was writing an article about dying Palm Trees for the Pelican newspaper in Pompano Beach. A nematode specialist was a guest speaker and he spoke about red ring disease that threatens coconut palms. The disease is caused by a nematode that lives inside a beetle (BTW: Nematoda is the name of a Genus and it is estimated that there are more than a million species). I was familiar with the nematode life cycle from reading about Sydney Brenner who introduced a nematode called Caenorhabditis elegans (C. elegans is an abbreviation) into genetic research in 1974. The C. elegans genome overlaps the (artificial) human genome and the mature worm lays eggs about every two and a half weeks. I raised my hand and asked if it was true that nematodes can lay eggs every two and a half weeks. He said, “They can lay eggs every three and a half days” (adult worms can lay several hundred eggs that are microscopic).

The most effective remedy would be sound energy, but the field, called radioseptics, is very young. In 2005, a group of Iranian scientists published a paper that describes how they killed nematodes in 12 minutes using 42 KHz of sound energy that was pulsed into a tank of water inside a Branson sonication device. A Quebec firm called Biobac, Inc. is also using sound energy to kill Algal blooms.

Lugol’s iodine solution is the easiest and most effective remedy to take orally (2 drops in any liquid three times a day), but the DEA restriction makes it expensive and not easy to obtain. If you know any farmers who can purchase iodine crystals, Lugol’s is easy to make. Potassium Iodide and water are the other ingredients and Potassium Iodide is not restricted. I purchased 100 grams from a company
in Wisconsin called Nasco that sells chemicals to high school teachers (enasco.com). Sources for the iodine crystals and brown bottles include:

(spectrumchemical.com) Iodine Crystals
(Amazon) Qorpak ValuLine Glass Wide Mouth Packer Bottle, Amber (large brown glass bottle, 42 oz.)
(freundcontainer.com) GLASS BOSTON ROUND BOTTLES WITH DROPPER CAP

The recipe for making Lugol’s Iodine Solution is on p. 118 in a booklet about iodine that I wrote in 2007 at:  http://articles.x10.mx/iodine_book_07_02_11.pdf

- 44 gm. (1 1/2 ounces) iodine, granular
- 88 gm. (3 ounces) potassium iodide, granular

Directions: Dissolve the potassium iodide in about a pint of water. Then add the iodine crystals and fill to the liter mark with water. It takes about a day to dissolve completely. Shake it from time to time. Keep out of sight and reach of children and use only Spring water.

Saturated Solution of Potassium Iodide (SSKI) is a secondary option if iodine crystals are absolutely not available. Although SSKI is an effective antiparasite remedy, SSKI tastes a little bitter and I prefer Lugol’s. The recipe for making one liter of SSKI is as follows:

- 1000 grams (1 kilograms) potassium iodide (KI)
- 680 milliter (ml.) hot Spring water
- Additional Spring water to make one liter

Directions: Mix the potassium iodide in the hot water and allow it to cool to about 25° degrees Celsius (77° Fahrenheit) and add sufficient purified water to make 1000 ml. (one liter).

The resulting solution should be clear, colorless, and odorless and have a very salty taste. Store the liquid in a brown glass bottle.

From Cresson H. Kearny’s Nuclear War Survival Skills by Oak Ridge National Laboratory (from www.ki4u.com):

Directions: To prepare a saturated solution of potassium iodide, fill a bottle about 60% full of crystalline or granular potassium iodide. Next, pour safe, room-temperature water into the bottle until it is about 90% full. Then close the bottle tightly and shake it vigorously for at least 2 minutes. Some of the solid potassium iodide should remain permanently undissolved at the bottom of the bottle; this is proof that the solution is saturated.

I gave these recipes to Linda (in case she did not have them). She was familiar with SSKI. Potassium Iodide is a famous (strong) antiseptic agent. It’s also a remedy to have on hand in case of a nuclear attack (to saturate the Thyroid and block it from taking up radioactive iodine). The same preventative dose would apply as an antiparasite (2 drops in any liquid three times a day).

Love,

Mary Jo