

2006-2013 REPORT ON FLAX HULL LIGNANS

AIDS RESEARCH & ASSISTANCE



This report is made on the anecdotal information obtained from the Flax Hull Lignan study conducted by AIDS Research & Assistance Institute. The study was originally started to test healthy individuals and others with health issues such as high blood pressure, diabetes, heart disease, hormone specific issues as breast lumps, perimenopausal and postmenopausal problems, prostate issues, high cholesterol and autoimmune diseases like arthritis and HIV/AIDS.

The goal was to see if adding the lignan product to their daily diet would boost their immune systems to fight these various problems. The fact that people with HIV/AIDS and cancer have problems with nutrition and with vomiting and diarrhea, the goal was to control those problems to stabilize their nutritional needs and to help the body's own defenses to fight back. Since organizational funds were limited and lab studies on individuals not included, ARAI had to rely on the participants to share any lab work their primary physicians or specialists ordered for them.

Some did share their information. All participants agreed that if we gave them the flax product free, they would furnish ARAI with a testimonial report. Some participants did not follow through with the full 90 day agreement, and therefore we did not include them in the official reporting.

The instructions for taking the flax began with 2 scoops per day. 15% of the participants experienced constipation with this amount of high fiber flax lignan. **Therefore, the dosage was immediately dropped to 1 scoop per day for all participants;** 2 weeks after the trial began. 25% experienced "flu-like" symptoms that lasted only a few days.

Of the cancer patients who responded to the study, 100% did report a decrease in size or a total disappearance of tumors. However, the one patient with non Hodgkins lymphoma also had times of increasing then decreasing in tumor size. One breast cancer patient experienced a total disappearance of tumors as long as she continued to take the flax. A few months after stopping the flax, tumors came back once again. She recently reported that after she resumed taking the flax, the tumors are once again shrinking.

Of the HIV/AIDS patients, 85% reported feeling a lot more energetic, increased appetites with almost total cessation of nausea, vomiting and diarrhea. Of those which we were able to measure with their blood tests, **71% had a drop in viral loads over the 90 day period.**

28% of those with blood tests reported a decrease to total non-detectable viral load and increase in CD4 values.

With one international patient (India) during phase 1 testing, we could not measure response, but only to say he felt better and several of his KS lesions disappeared. There was a 71% drop in viral loads of those we could measure.

There were four people who wanted to take the flax but did not want to join the study. Each reported significant drop in blood glucose levels. One lady on an insulin pump happily reported her doctor told her that she had normal glucose readings for the first time in five years. Her cholesterol dropped and lipids panels showed normal triglycerides, LDL's and HDL's. One lady is now off all oral hypoglycemic. Her diabetes is now controlled by diet and exercise.

To say there was a 100% decrease in blood glucose needs to be understood that it required compliance with proper diet, exercise and pharmaceutical support. The same can be said for those with high cholesterol, hypertension, etc.

With these results and the reports ARAI is receiving from African studies, we see a definite correlation between using the flax lignans as a nutritional supplement and an increase in immune system response. Definite benefits for numerous other medical conditions are also noted.

Personal Note From M.J. Whaley, RN: Thank you for allowing me the opportunity to run this study. I hope to see flax lignans being used in the near future in third world countries in an effort to help those afflicted with HIV/AIDS. I feel this would be an excellent adjunct therapy in the fight of these diseases.

AIDS RESEARCH & ASSISTANCE INSTITUTE

To Whom It May Concern

My name is Margaret Whaley and I am the RN that worked on the Flax Lignan Study for ARAI. Let me start by saying Dr. Daves had approached me several times to ask me if I would "check out" different products that claimed to have healing properties for HIV/AIDS and cancer. He wanted my professional opinion before starting a study of any product on AIDS/HIV patients.

Regarding various products, I returned to him with the answer, *"I cannot verify the claims of these products, and I am unable to find any research they claim that has been done. Therefore, I would not be willing to ask anyone to try this product."*

When he asked me to research the Flax Hull Lignans, I found the amount of research that has been done on flax to be extensive. It is well known that the lignans were the "super chargers" in the flax. I read about the effects on hypertension, high cholesterol, heart disease, diabetes,

prostate problems and other hormone specific tumors as in breast cancer, endometrial, colon cancer, and menopausal issues. I was fascinated by what I read. I contacted Dr. Daves and said I would work on this project to check out the flax lignan product. The reason I am telling you this is that I am very particular about what and where my signature is associated. I won't do anything I feel is harmful to anyone. In the past, I had also gone through a life threatening illness and found myself being a "guinea pig" for various medical methods so to speak, and I refused to be a part of that with others.

The studies we performed were totally reliant on the participants and their willingness to provide 30, 60 and 90 day reports. The only problem I had with this study was having relying on others to share this information with me. Many would tell me of the different powerful changes in their lives, and some wouldn't write the report to make it official. Of course, I was really excited by the written reports that did come in and all of the positive response that the participants were telling me. It made sense that this natural fiber worked so well on so many problems after reading all the research and what participants were telling me. Why wouldn't it work on HIV/AIDS, cancer and other diseases that destroyed the immune system? There were times I could do nothing but jump up and down and praise God when I received the reports. I truly believe in this product, I take the product, I have two siblings and a niece taking the product, and my in laws and many friends from church and in the community take the product.

One of the most remarkable things they see is, that when they stop taking the flax lignans, their cholesterol goes back up, prostate problems return with rising PSA's, blood glucose is not as easily controlled, or breast lumps return. In one participant, her malignant breast

tumors went away when she was taking the flax and then they returned when she stopped taking the lignans.

Her doctor compared it to Tamoxifen. She is once again taking the flax.

Karen R., with AIDS was the most remarkable participant. She was dying and on hospice care. Three weeks after starting the flax lignan product, she was cooking a chili dinner for ten people! Her viral load went from 360,000 to non-detectable shortly thereafter. She stopped taking the flax lignans faithfully after the study, and her viral loads re-appeared. She has had to return to maintenance doses of her anti-virals, but laughs because her doctor is telling her to walk more as she is gaining too much weight. She did get married about a year after starting the flax lignan program.

I would gladly tell anyone my views on the flax lignans. I have seen it perform "miracles" in the

U.S., and the reports from Africa verify what I have seen in this nation. The cost of the flax is so small compared to pharmaceuticals and it helps with so many disease processes. I feel it would help everyone - even healthy individuals could benefit from the flax. The only side effects I have noted were slight flu-like symptoms for the first few days when beginning the flax. I also noticed some constipation or diarrhea that remedied after making adjustments with fluid intake or increasing or lowering flax doses. I found that in severely ill people, one half (1/2) scoop every other day and then a gradual increase to one full scoop (one teaspoon) a day was just as effective as one or two scoops daily and caused less problems than asking them to just take 1 scoop per day from the start. This product also helps with nutritional stabilization by helping to stop the diarrhea and helps increase appetite for extremely ill people. When nutritional support is high quality, the patient naturally gets better. It all works together to improve the immune system.

Sincerely,

Margarete Whaley, RN