



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 that Dr. Daves had approached me several times to ask me if I would "check out" different products claiming 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.

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.

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?

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**