ALS TREATMENT: Fiction and Fact

ALS is in the news. A lot. You heard about it because of the so-called "ALS Challenge." That is, people – celebrities, politicians, even your friends and neighbors – dousing themselves with buckets of ice and freezing water in support of research for a disease about which they probably have very little knowledge or experience.

Fifty-three year old American actress and comedian Kathy Griffin even did it in the nude on live TV.

Sound strange? Okay, then it's time for a little reality testing on ALS and its treatment to separate the fiction from the fact.

What is ALS?

Up until now, most people probably only knew ALS as "Lou Gehrig's Disease" conjuring up images of a frail Lou Gehrig's farewell speech as a New York Yankee.

"Fans, for the past two weeks you have been reading about the bad break I got. Yet today I consider myself the luckiest man on the face of this earth," Gehrig declared in front of a packed Yankee Stadium on July 4, 1939. "I close in saying that I might have been given a bad break, but I've got an awful lot to live for."

Twenty-three months later, Gehrig, one of the greatest baseball players in history, was dead at age 37.

ALS, or Amyotrophic Lateral Sclerosis, is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. The progressive degeneration of the motor neurons eventually leads to their death, and the ability of the brain to initiate and control muscle movement is lost. Early symptoms include muscle weakness, especially in the arms and legs. Speech, swallowing, and breathing functions suffer, and in later stages a patient may become totally paralyzed.

What was the "Ice Bucket Challenge"?

The ALS Ice Bucket Challenge WAS an activity involving dumping a bucket of ice water on someone's head to promote awareness of amyotrophic lateral sclerosis and encourage donations to research. It went viral on social media during July–August 2014.

In fiscal year 2014, the challenge has contributed over $100 million to the ALS Association. According to ALSA CEO Barbara Newhouse, the money will be "used to fund cutting-edge research, as well as care and support to people living with the disease." However, by the ALSA's

own admission, fundraising and administration accounted for 21% of the budget against **28% for research.**

While the challenge may be good-intentioned, some see it as a quick, feel-good antic which allows people to avoid the realities of ALS and ineffectual "mainstream" and so-called "cutting edge" treatments. Others see it as a get-rich-quick for the executives at ALS Assn.

What are some of those realities? Is there a cure for ALS?

Simply, no. Moreover, although researchers know that in many cases, ALS is genetic, no one knows what causes ALS. Therefore, there cannot be a cure.

The average life expectancy of ALS patients from time of diagnosis is two to five years. The disease varies greatly, and many people live five years or more. More than half of all patients live more than three years after diagnosis.

However, returning to Lou Gehrig's famous words, ALS is more than just a "bad break." 75 years ago, ALS patients didn't have an awful lot to live for, and the situation hasn't changed that much until recently. For the 50% of patients who live more than 3 years, the 10% who survive 10 years, and the 5% who live 20 years, as well as for their family and friends, quality of life may be severely diminished.

While there is not a cure or treatment today that halts or reverses ALS, there is one FDA drug, Riluzole, which modestly slows the progression of ALS. But, as in most cases of "traditional medicine," the MDs who prescribe Riluzole have been taught to diagnose disease by symptoms, not by underlying causes, and to prescribe symptom-suppressing medication which actually weakens the patient because it does not attack the cause.

How is RSCI's approach different?

As in all RSCI protocols, our first mission is to discover what is actually causing your disease. No RSCI doctor will treat you until we know exactly what we are treating. We are never satisfied with suppressing symptoms until we understand the underlying causes and treat them, too. Simply, we treat the fire, not the smoke.

At RSCI, the patient's thorough understanding of the whole functional medicine process is our priority. Functional medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. By shifting the traditional disease-centered focus to a more patient-centered approach, functional medicine addresses the whole person, not just an isolated set of symptoms.

In plain English, our doctors work with you. Prior to any ALS treatment, our doctors will test for

- Nutritional status
- State of inflammation
- Oxidative stress markers
- Autoimmunity

Unlike many other stem cell treatments, RSCI **XXXX** uses only Adult Stem Cells (ASC) which are either from the patient himself of from umbilical cords of healthy newborns, never embryonic stem cells. RSCI stands by its opinion (since 2007) that **PROMISING** embryonic stem cells (ESC) is a massive lie, and that ESC has never and never will help any human with any disease. In those eight years we have been waiting for a successful completed embryonic clinical trial FOR ANY DISEASE.
Current count: Embryonic Stem Cells: 0 Successfully completed ASC trials: 3400.

Is the RSCI treatment for ALS effective?

There is currently no cure for ALS. From 2009-2013 RSCI stem cell treatments for ALS have slowed down the progression of the disease and improved patients' quality of life, but usually for only 9-12 months.

In **2015**, that changed. RSCI recognized that nutrition plays a far more important role in the health of middle aged and older patients. The only way we could help ALS patients was to blend stem cells with nutrition. We brought together two of the world's top stem cell hospitals, both in Asia, and an internationally famous nutrition MD who has been active in stem cells since 2009 (USA clinics, which treat a half dozen diseases on an outpatient basis could not possible treat ALS patients which should take anywhere from a week to a month, since the FDA forbids anything more than a day).

We announced early in 2015 our new Six Month Nutrition & Stem Cells Program.

Month 1—Consult with RSCI's nutritionist by phone. He will list the tests the patient needs for nutritional deficiencies. We the doctor receives the results he will immediately correct the diet and add supplements in order to strengthen the body before stem cells.
Month 2—Travel to one of the hospitals for 2 to 5 weeks (depending on condition of patient) For many stem cell implants plus other natural therapies.
Month 3—After returning home, patient receives forms to fill out regarding his lifestyle and his current health. At the end of the month, he will have received a booklet of over a dozen pages of <u>personal</u> diet and lifestyle advice so that his body won't continue to <u>cause</u> illness.
Months 4-6—Two more phone consultations and frequent emails to keep assuring everything possible is working.

Want more details? Just contact RSCI's Patient Advocate, Heather Deering at 1-512-552-3546