

# BioCare

Hospital & Wellness Center



1-800-701-7345

[www.biocarehospital.com.com](http://www.biocarehospital.com.com)



**Rodrigo Rodriguez, MD, founder of the BioCare Health and Wellness System,** is an internationally acclaimed and widely respected physician, with a successful academic career and author of many research papers, symposia and conferences. Four decades ago he entered the field of integrative medicine. With international post graduate studies, he pioneered modalities now accepted as part of alternative, integrative, complementary treatment protocols built on a foundation that restores and uses the patient's biological resources. Dr. Rodriguez is a worldwide recognized expert in integrative medicine who combines the latest treatments from international biomedical research and clinical practice.

***“It has always been the dissident thinker which has caused the art and the science of medicine to advance and flourish.”--Robert E. Wilner, M.D., Ph.D.***

## The BioCare System

IBC uses an integrative approach to the treatment. We combine conventional and alternative modalities and treatments based on the recovery of the biological performance of the host and the latest treatments from international biomedical research and clinical practice. Cutting-edge science drives our treatment programs.

We take a holistic approach to healing. We treat body, mind, and spirit, planing each person as an individual. A healthy immune system is the cornerstone of well being. A healthy body does not suffer disease. Our mission is to stimulate the capacity of the body to heal itself.

## THE BIOCARE SYSTEM

DR. RODRIGO RODRIGUEZ

Since the mid-seventies, our BioCare System has put into practice an integrative, holistic approach in restoring health and promoting healthy aging. Educating and sharing healthy lifestyle information has been a focal point of our philosophy.

- We treat all forms of chronic degenerative disease: cancer, chronic infections—CFS, Lyme, Hepatitis C, auto-immune diseases, MS, Crohn's, arthritis.
- We have a proven track record of successful diagnosis and treatment of numerous diseases, dysfunctions and traumas.
- We offer a special preventive wellness programs to fight early signs of disease and aging and for those individuals who strive for healthy living and improved longevity.



Rodrigo Rodriguez, MD  
*Founder BioCare Health and Wellness*

Our integrative model of treatment combines proven conventional and alternative modalities, and the latest treatments from international biomedical research and clinical practice:

- Holistically treating the whole person and taking into account unique biological individuality; creating a unique, customized program for each patient.
- A phased approach: restoring the body's biological capacity to heal itself through nutrition, rest, and exercise, followed by treatment of the patient's form of disease.
- Detoxifying the body by removing waste products and inhibiting free-radicals; identifying sources of toxicity: infections, the presence of oral and dental disease, and immune suppressing substances.
- Using autologous restorative factors treatment from regenerative medicine to rejuvenate the body at a cellular level and help the body fight off and destroy disease.
- Treating disease with heat, as in hyperthermia to destroy cancer and infections; using oxidative therapies as with hyperbaric oxygen; ozone (O<sub>3</sub>); uv blood irradiation and other oxidative agents.

BioCare serves a wide range of patients coming from all parts of the world seeking restoration and augmentation of health and well-being. Our bilingual staff, accredited physicians and support personnel form a partnership with our patients on the road to recovery.

## WELCOME TO BIOCARE HEALTH AND WELLNESS CENTER



BioCare Hospital and Wellness Center — with decades of dedicated experience in the field — fulfills your quest for a total health and wellness center in which all forms of state-of-the-art therapies with a strong bias toward natural treatments are available for the management of a full range of diseases, chronic metabolic disorders, immunological conditions and genetic challenges.

Years of professional experience have thrust Bio Care into worldwide prominence as a leader in the development and application of integrative, individualized programs for the management of all forms of disease and pathological conditions.

Long-term survivors from around the world have helped bring renown to our veteran, licensed, bilingual medical staff, our support team of research scientists and physicians from around the world.

The caring environment of everyone connected with BioCare Hospital —from drivers to kitchen personnel to nurses and our medical staff— and our track record of long-term recoveries make our fully accredited facility your natural choice for a all-inclusive health and wellness center.

## The BioCare System®

A full package of health-oriented services that focuses on the individual's total well-being — embracing the best in hospitalized care, state-of-the-art diagnostics and monitoring, preventive health, maintenance and a full line of metabolic pharmaceuticals, supplements and health products.

BioCare Hospital and Wellness Center offers:

- Full in-house hospital services, including room and board, intensive care unit, nurse's station and telephone communication, SMART TV's, DVD players and WI-FI access throughout our facility.
- Organic kitchen and dining room which prepares meals both for inhouse patients and outpatients as well as visitors and loved ones.
- Our medical nutrition department director is continually adding new dietary approaches to our already highly respected dining services.
- On-site laboratories for utilization of state-of-the-art diagnostics including high resolution digital medical microscopy.
- Augusti test (reticuloendothelial profile), a 9-parameter immunological performance test. The Augusti test has become a major monitor of cancer activity and immune performance, offered exclusively by BioCare Hospital.

- Outpatient services for the less seriously challenged, including a comfortable and fully staffed general treatment area.
- "VIP suites" for outpatients and families in spacious accommodations attached to the medical center.
- Fully equipped surgery room.
- Individual consultation offices for medical staff.
- Transportation to and from San Diego International Airport, train, bus stations, hotels and motels.
- Laundry, exercise, mail and security services.
- Full dental and other medical specialties available.
- On-site X-ray and ultrasound diagnostics.

BioCare Hospital maintains around-the-clock medical and nursing services, drivers are also available 24/7.

Our personnel are trained and loves to cater to patient needs. Our modern facilities are located twenty seven miles from San Diego International Airport.

**NUTRITIONAL MEDICINE** In cancer patients at a critical stage, intravenous feeding must be used to deliver the necessary nutritional elements as quickly and efficiently as possible. Oral supplementation is used for less critical cases. Every IBC patient follows the basic restorative program, which provides nutrients, vitamins, minerals, amino acids, essential fatty acids (EFA), phyto (plant) nutrients, herbs, enzymes, and probiotics, intravenously and orally. Based on the assumption that poor diet is the foundation for all disease, the patient is assisted in altering dietary habits, and encouraged to enjoy the cancer natural diet served in the BioCare Hospital & Wellness Center's dining room.

**DETOXIFICATION** It is imperative to lower the level of toxins interfering with the proper functioning of all biological processes required to support life. Toxic materials place an undue burden on the cancer patient's compromised immunity. Removal of toxic waste products restores immunity and prepares the body for treatment.

Part of the initial evaluation on arriving at BioCare is a careful exploration with the objective of identifying sources of toxicity: infections, the presence of oral and dental disease, and immune suppressing substances, for example, pharmaceuticals.

We use any of the following procedures where indicated: specialized diet, juice fasting; chelating agents that "grab like a claw" toxic substances circulating in the blood for excretion from the body; replacement of "friendly" bacteria in the gut; and coffee enemas, a time-honored treatment to render the small intestine alkaline, detoxify the liver and restore bowel regularity.

**COMPREHENSIVE ANTI-OXIDANT THERAPY** is an integral component of detoxification, this treatment is designed to neutralize free radicals and toxic elements resulting from the breakdown of oxygen. Treatment uses nutrients that have anti-oxidant and, therefore, free-radical blocking activity. To measure free-radical activity, we perform an in-house advanced diagnostic assessment. A smear of dried blood from the patient is put under a high resolution microscopic examination to show damaging free-radical activity in the patient's blood.

BioCare is a world pioneer in the use of digitalized, high-resolution, phase contrast microscopy for testing live blood.

Anti-oxidant substances in use at BioCare include: Vitamins A, C, E, and Beta Carotene; and any of a number of other substances, including SOD, catalase and some minerals like selenium. The compound laetrile, extracted from the pit of the apricot, has strong anti-oxidant properties, in addition to being a chelating and anti-cancer agent.

HYPERBARIC OXYGEN CHAMBER uses oxygen as the catalyst for every biological process. The level of oxygen in the blood increases under pressure. A patient placed in a chamber where oxygen is introduced under higher atmospheric pressure benefits from higher amounts of oxygen delivered to every part of the body.

OZONE THERAPY utilizes Ozone, a molecule containing three (3) oxygen atoms (O<sub>3</sub>), as a powerful virucide and bactericide and stimulates the immune system.

ClO<sub>2</sub> is a powerful oxidizing agent, capable of destroying opportunistic microbial activity: fungus, candida, virus and bacteria that grows out of control in the immune compromised individual. The infusion also destroys infective microbes.

EDTA CHELATION, “man’s miracle molecule,” is administered for the “chelation” (clawing out) of toxic heavy metals and minerals as part of a program of detoxification, to improve circulation, immune enhancement and the inhibition of free radicals.

ACUPUNCTURE & ACUPRESSURE Dr. Richard Park, also provides metabolic breathing exercises to enhance results of acupuncture/ acupressure while also oxygenating the blood. These techniques are useful in pain control, immune enhancement and endocrine balancing.

---

**BioCare Hospital**  
*understands the uniqueness of each patient at different stages and has found that successive, individualized, integrative, restorative protocols are the way to success.*

---

SPECIALIZED THERAPIES are state-of-the-art programs, developed from high technology research centers from our global research connections, bring newer modalities in immune-building, anti-malignant or homeostasis-managing activity.

CHONDROITIN SULFATES these compounds which are at the core of revolutionary techniques to improve blood flow, treat arteriosclerosis, and help prevent heart disease.

ULTRAVIOLET BLOOD IRRADIATION is also known as photoluminescence or extra-corporeal photophoresis. The patient’s blood is extracted and exposed to ultraviolet light. The infused blood provides the following benefits: stimulation of the immune system, increased microcirculation and oxygenation of tissues; in addition, irradiated blood has powerful antiviral, antibacterial and anti-inflammatory properties and can help reduce the size and inflammatory activity of large tumors.

WHOLE-BODY HYPERTHERMIA which consists of the elevation of the core temperature of the body achieved by circulating the blood through a high-tech heat-exchange device, has provided positive results in advanced cancer.

AUTOLOGOUS STEM CELL THERAPY has brought within clinical reach the potential of the most powerful healing and restorative cells our bodies can provide. The collection, concentration, culture and re-insertion of these powerful cells can heal, recondition or even replace damaged areas of our body. One of the biggest medical breakthroughs in modern medicine.

---

*Stem Cell based repair in the 21st century will offer new hope for patients worldwide who otherwise would suffer from the relentless progression of disease.*

---

AUTOIMMUNIZATION AND DENDRITIC CELL VACCINE are cells and factors collected from the patient; help to prepare vaccines to enhance recognition of the tumor by the immune system.

White cells specifically involved in identifying, hunting and killing the “enemy” are the dendritic cells and macrophages. The dendritic cell has elongated appendages, or arms, that can break antigens, or identify markers for cancer and bacteria. The killer T-cell is “trained” by the dendritic cell to recognize the patient’s abnormal cancer cells.

---

*We are integrating all forms of progressive medicine — standard and integrative — in the management of degenerative disease.*

---

When the vaccine is infused in the patient, the dendritic cell tears off antigen from an infected cancer cell to “show” to the killer T-cell, thereby turning the cytotoxic T-cell into a cancer-destructive “smart bomb.” The killer T-cell finds and attaches itself to its target and delivers bursts of lethal chemicals.

PLATELET RICH PLASMA is an autologous (cells collected from the patient) restorative factor treatment where the patient’s own platelets are collected and prepared in our in-house laboratory to produce a highly concentrated solution abundant in growth and regulatory factors to induce cell renewal and healing.

---

*Creating a Health Team with patient and doctors alike, careful planning, understanding and commitment are the foundation of the Bio Care System*

---

# INTEGRATIVE MEDICINE FOR THE TREATMENT OF CANCER

by Dr. Rodrigo Rodriguez, Founder, BioCare Hospital and Wellness Center

Since the mid 1970's, BioCare Hospital and Wellness Center has been facing the ever present question of whether to embark on so-called alternative or integrative therapies or follow conventional or "orthodox" therapies.

In conventional oncology the concept of making the body less toxic, improving diet and nutrition and regulating the immune system while treating the malignancy is still widely regarded as an unimportant aspect of medical care.

The belief that medication alone can and should reverse disease and cure a patient without any consideration of the body's own defense and recovery systems still dominates the medical mentality.

In standard oncology, there is no treatment which is not deleterious to the immune system or the overall host defense" of the patient. In our concept the foundation of any form of therapy should be the restoration of the biological capacities of the host with specific emphasis on the immune system.

Supported by the recovery of the patient's own defense mechanisms medical intervention in the form of specific therapies can then take place.



Such an approach in due time hopefully will lead the patient to a better quality of life and improved longevity.

This is the concept of integrative medicine. We emphatically believe that medical intervention should be comprehensive and successive; one part is not more important than the other and some therapies should be implemented only after certain goals have been reached.



For example, to give chemotherapy to a patient who recently underwent surgery will only worsen his appetite, strength and well-being, reducing defense systems and the chances of successful outcome.

In standard radiotherapy programs, statistics show that the higher the dose of radiation, the higher the tumoral response. However, the same statistics prove that higher doses do not necessarily mean longer survival. This means that we must strike a balance between how aggressively we attack the tumor and how much support we give the body or at least how much assault our biological systems can endure.

A healthy body with an intact defense system does not develop cancer. So the mere fact that cancer is present denotes a failure, mutation, or biological change important enough to trigger such a diagnosis.

If we continue to follow the concept that the elimination of the tumor mass brings cure, we will continue to see the recurrence of cancer — which is one of the consistent outcomes of conventional oncology.

The fact is that when a breast tumor, for example, is removed we could still be far from solving the problem. So the lump is not the disease — and that should be an important conclusion.

In an integrative model we follow five major principles: restoring the best possible biological conditions through nutrition, rest and exercise; detoxifying the body; regulating the immune system; and using a wide array of modalities, “alternative” and conventional alike, against the malignant process itself.

We stress the concept of “biochemical individuality” - no two patients are treated identically. Since each patient is different and each patient’s response to cancer is also different, we individualize our therapies.

The concept of biological individuality is easy to grasp since we have individual genetic pools that are not identical other than in identical twins, and we are raised under different circumstances, climates, diets and lifestyles. We are exposed to different immunological challenges throughout our lives with unique biological experiences.

We are exposed to different pollutants and toxins. Finally, our individual mental attitudes give stress a personal touch that impacts each and every one of us.

Much attention in recent years has focused on dietary considerations in chronic disease — yet, just as there is no one-treatment-fits-all therapeutic approach to cancer, neither is there one-diet-fits-all. We must be as attentive to individuality in diet as we are to individuality in therapy.

In critical cancer patients, intensive crisis nutrition can only be attained by intravenous feeding that delivers to the blood all the critically necessary nutritional elements in an immediate and efficient way.

It is easy to understand that patients with cancer are malnourished by lack of appetite, depression and medical interventions such as surgery, chemotherapy and poor digestion.

The mere satisfaction of nutritional needs represents a major step toward well-being and the recovery of biological capacities.

This is a concept well supported by research at major medical schools. Intravenous nutrition rapidly improves white blood cell (WBC) performance allowing restoration and enhanced activity of a key element in fighting cancer: cellular immune performance. Research also shows improved well-being and suggests better longevity.

Detoxification is a major tool if the body is to be able to function properly. Each function of the body is regulated by our genetic information system through specific enzymes. A toxin is defined as a substance that impairs or blocks enzyme performance.

It is imperative to rid as many foreign and toxic substances from the system as possible, a factor of enormous significance in cancer.

To detoxify the body we use specialized diets, juice fasting, coffee enemas, chelating agents, replacement of “friendly bacteria” and enzyme therapy. Coffee enemas, often regarded as controversial yet of comparatively ancient pedigree even in Western medicine, help render

the small intestine alkaline, detoxify the liver and help restore bowel regularity.

Of no less importance is the careful exploration of the body to look for sources of toxic debris, organic or inorganic. Infectious foci, oral health and removal of mercury amalgams.

Toxic oxygen breakdown products, known as free radicals, have to be neutralized or blocked, a process which can largely be carried out with nutrients known to have free radical-blocking, that is, antioxidant activity.

Our approach is to utilize a baseline special blood test to measure oxidative/antioxidant activity in the blood. Antioxidant substances in general use are SOD (superoxide dismutase), catalase, glutathione, butyrate, selenium, NAC (N-acetylcysteine) and vitamins A, C and E, beta carotene, to mention only the more prominent from a growing list.

Immune regulation involves a complex process whereby internal defense mechanisms are made aware of the presence of altered cells or tumors which are growing wildly in the body.

Malignant processes may isolate themselves by building a protein sheath around themselves or, as Nordenstrom proposed, by creating an electrical field, making them unrecognizable to the immune system, which otherwise would attack them.

We must overcome this blockage by the administration of proteolytic enzymes as a first-rank weapon, or by electrical re-polarization of the tumor.

The direct assault on cancer is carried out not only with such time tested substances as laetrile (amygdalin, "Vitamin B17"), but also with a growing number of nutrients and herbal-derived compounds, combinations and extracts which have solid research behind them.

New alkaloids are now available in combinations that can induce the death of cancer cells while protecting immune cells, thus creating a brighter horizon for the use of herb extracts in the treatment of cancer.

These essentially non-toxic anticancer compounds, together with a total metabolic program of dietary change, detoxification and immune system regulation, provide us with effective therapies not only virtually free of unpleasant side effects but accompanied by higher energy levels, better appetite and overall improved biological performance.

Of course, we can and do utilize substances from the orthodox armamentarium when feasible and practical. Ongoing research has shown that a nutritionally based and immune augmenting metabolic program actually enhances the effects of chemotherapy and radiation should either of these modalities be used.

Two therapies requiring individual attention and which have shown great promise at our hospital are “whole body hyperthermia” and “autologous dendritic cells.”

Results of these techniques have been particularly heartening in advanced cancer cases where the extension or severity of the case needs intensive, more aggressive protocols.

“Whole body hyperthermia” consists of heating the patient’s body by circulating blood through a heat-exchange device. This is a modern expression of the ancient observation that cancer cells cannot stand high temperatures to which normal cells are otherwise insensitive.

High heat sets off a cascade of intracellular events in cancer cells leading to “apoptosis” or “programmed cell death.”

BioCare Hospital and Wellness Center is also pioneering the use of “autologous” (“made from self”) cell concentrates and vaccines against the cancer process, particularly those made from the structures called “dendritic” cells (DCs). DC’s are known to entrap tumor cells and expose them to a patient’s immune system for destruction.

By lengthening and enhancing tumor control through human immune/ defense systems while remaining completely free of side effects over long periods of use, this is the most nature-similar way of controlling malignant growths.

It has been learned that DCs with their elongated appendages in certain cells, can actually pick up normal cells and migrate with them to lymph nodes where they can be exposed to a high concentration of immune system cells. DCs can stimulate a response in which the immune system increases the activity of T-cells which help fight cancer and viruses.

Mature and immature DC’s are contained in blood drawn from the patient; these elements are then isolated and concentrated. The immune concentrates will undergo a process of maturation and activation in a supportive nutritive environment. These concentrates are then used as a cellular smart bomb which will actively seek out, entrap and expose to the immune system tumor cells developed at every stage of malignancy.

The vaccine, being non-toxic, sterile and customized from the patient’s own blood, is thus a safe and effective form of therapy.

International research and knowledge exchanges provide information and resources from around the world and access to new modalities, products and experiences that enrich and widen the expectation of good results in the hard battle against cancer.

Our anticancer program of “slow drip” infusions, direct injections, oral and sub-lingual nutrients, specialized diet and detoxification normally takes three weeks, a period we call “the crisis phase”.

The three-week segment is designed to interfere with at least one full cycle of malignant-cell replication.

After the initial three-week intensive-therapy phase, the patient is provided with a program of protocols and dietary changes to be followed at home.

The arguments between “alternative” and “orthodox” medicine should vanish with the understanding that metabolic illnesses are part of a multifactorial and complex scenario.

Real medicine is unitarian, and addresses the health and well being of whole individuals. There are no such things as different medicines or even medical specialties; these are man-made concepts which help to understand how the body works in health and disease. In reality, any attempt to treat only a part of a patient will encounter a far less than desired outcome.

Every effort to integrate the differing avenues of medicine, “alternative” or “conventional”, old and new, East or West, homeopathic or allopathic, with the well-being and respect for our patients needs in mind can only lead to better, more substantial and longer-lasting results.

---

**In reality any attempt to treat only a part of a patient will encounter a far less than desired outcome.**

---

# MEDICAL HYPERTHERMIA

A treatment option in the fields of oncology and infectious diseases

by Victor Loustaunau, MD.

Hyperthermia, from the Greek words hyper, meaning high and thermos meaning temperature, can simply be defined as the elevation of the body temperature.

The physiological and biological mechanisms of hot-blooded mammals including humans demand that the body maintain a temperature that is normally above that of the external environment. However, it is important to note that the same functions can only successfully operate within very narrow temperature margins.

Our bodies have developed highly sophisticated heating and cooling systems to maintain a stable temperature within the narrow margins required regardless of environmental conditions. The process that attempts to maintain a steady internal thermal balance is called homeostasis.

There are only a few physiological conditions in which the thermal balance is changed: winter hibernation, egg-setting hens, and fever. Only fever is a physiological thermal resource in humans.

Fever acts as a defense mechanism against a number of processes, mostly related to either infections or the presence of abnormal proteins in the bloodstream called pyrogenes.

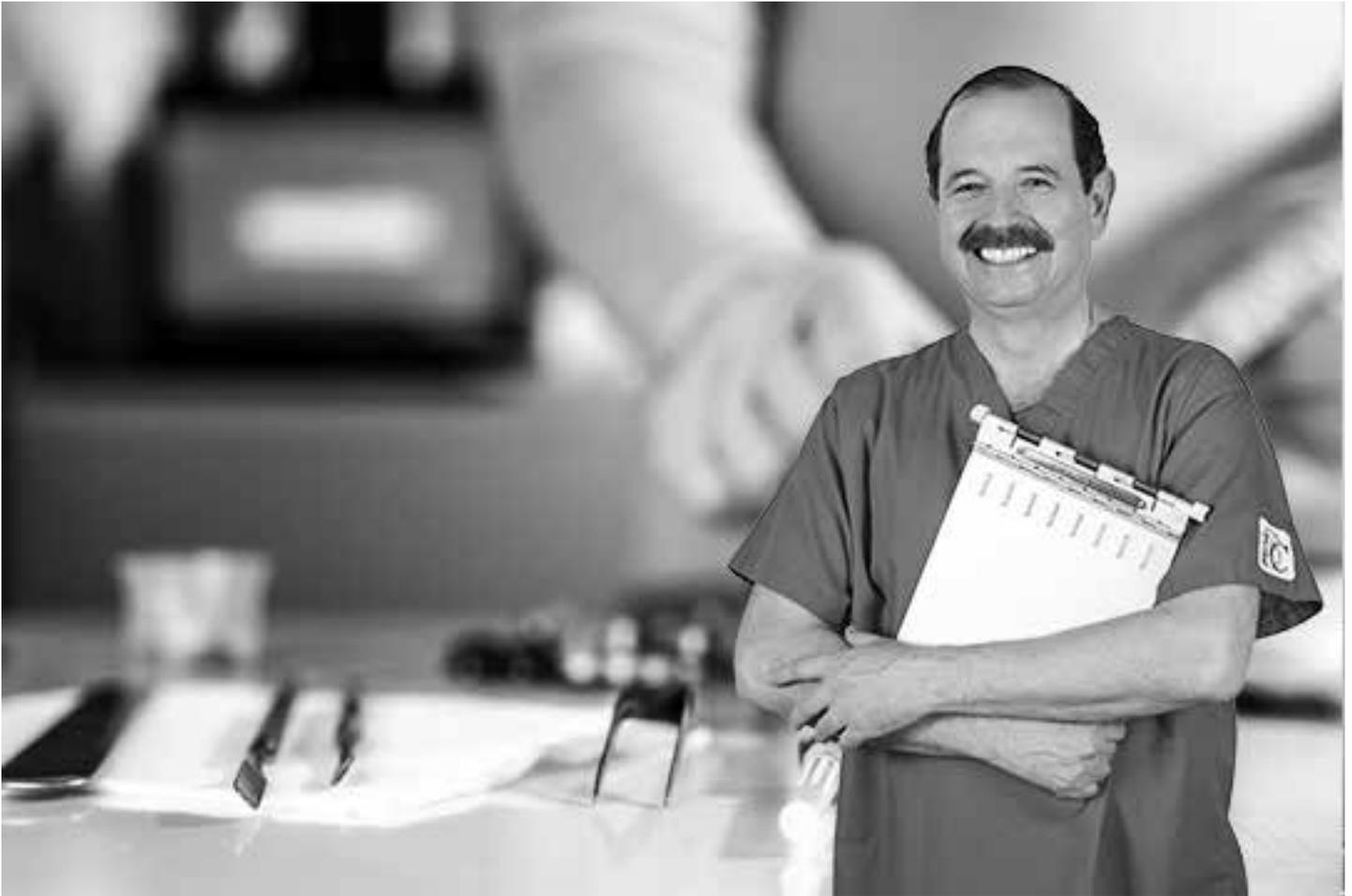
One of the most immediate physiological effects of fever is the acceleration of metabolic processes in general. Fever increases oxygen uptake and renders white blood cells more aggressive against bacteria, fungi or viruses. By making the cells more permeable, white blood cells are able to discharge into the bloodstream more aggressive substances against infectious organisms and increase their phagocytic (destructive) capability.

Fever within physiological limits can have many beneficial effects and will not produce any harm to normal cells that are able to cope with the higher metabolic demand. Human cells under specific metabolic conditions, such as cancer cells or infected cells, can be seriously challenged by thermic stress and may even be killed by it.

In summary, fever should be seen as an important physiological defense mechanism against disease.

## ORIGIN OF MEDICAL HYPERTHERMIA

Because of the empirical observation that the healing process is often preceded or accompanied by febrile episodes, the induction of thermic elevation has been attempted as a cure for thousands of years. In recent centuries there were reports of cures of cancer and cases of syphilis, which improved spontaneously after severe fever episodes that were caused by other infections.



Hippocrates routinely buried patients in the desert sand to elevate their core body temperature in an attempt to cure disease. In the middle 1800's a German physician, Dr. William Bush, noted spontaneous remission of sarcomatous tumors in patients who sustained prolonged fever episodes. Dr. W. C. Colley at the turn of the century injected cancer patients with different toxins to create artificial fever with good results, and Dr. Julius Wagner-Jauregg, an Austrian physician, was awarded the Nobel Prize in Medicine in 1927 for his successful work using malaria serum fever induction in patients plagued with severe complications of syphilis.

Hyperthermia represents a natural approach in combating disease since it involves inducing an exaggerated version of the body's own fever state.

Medical research found that induced hyperthermia has damaging effects on cancerous cells and infectious agents, but the technical limitation in elevating body temperature in an accurate, consistent, and reproducible way was a major obstacle to accomplishing this goal in humans despite the exciting results obtained in experimental observations.

Many infectious agents are sensitive to heat (particularly, but not restricted to, human immunodeficiency virus (AIDS), Hepatitis C virus and Lyme disease), which die due to heat shock before the normal human biology is altered.

Summarizing, we observe that the artificial elevation of body temperature either through normal physiology (fever) or by induction (medical hyperthermia) is an important healing factor in the management and treatment of several infectious processes and in the treatment of cancer. Medical hyperthermia can be applied in cases where normal fever response is not present because of the inability of the host to react to the illness. Of key importance, medical hyperthermia is carried out under controlled tightly circumstances, making it a safe and accurate therapeutic tool.

## METHODS

It wasn't until the 1970s when Dr. Parks, a cardiothoracic surgeon, reported success in using an extra corporeal technique to conduct more than one thousand whole body hyperthermia sessions for the treatment of cancer. During the following two decades many additional studies have been conducted and documented.

The use of external sources of heat creates uneven heat distribution in the body and burns are not uncommon. The extra corporeal technique involves circulating blood through a closed circuit device. Extra corporeal circulation with the help of a

pump will carry the blood through a heat exchange unit. Heat will be transferred to the blood and then recirculated into the body.

Utilizing the cardiovascular system for inducing hyperthermia from the "inside out" has the inherent advantage of creating an extremely uniform heat distribution throughout the body. During the procedure the patient, under mild sedation, is continuously monitored. The information from thermometers in the body is fed back to the computer that controls the heat exchange unit. Because of this feedback mechanism the core body temperature can be consistently and reliably adjusted with an accuracy of one tenth of a degree.

In a routine treatment protocol temperature will be raised to a constant plateau that lasts 60 to 90 minutes at a temperature of 42° C (108°F). Once the procedure is terminated the patient is transferred to their room, monitored and assisted through the following hours until the next day by specially trained nursing staff.

## CRITERIA FOR ENTERING THE PROGRAM

The available medical information and experience have proven that medical Whole Body Hyperthermia has two major classes of patients as potential beneficiaries: cancer patients and those with chronic progressive viral infections, mainly HIV and Hepatitis C patients.

**Cancer:** There are many forms of cancer in which hyperthermia can play a major role and lead to a successful result: hyperthermia by itself can have lethal effects against certain forms of cancer, and in an integrative protocol in which other nontoxic modalities are used this method is a major adjunctive therapy.

Cell death is a fundamental phenomenon of organisms occurring naturally as part of embryo development, in cell turnover in adults and as a result of injuries and pathological processes. There are two fundamental types of cell death — necrosis and apoptosis.

Necrosis involves damage to the cell by an external factor such as an injury, infectious agent, or immune reaction and in fact is the cell death phenomenon that we have commonly recognized and understood.

Apoptosis or programmed cell death is characterized by a degradation of the cell with shrinkage and fragmentation triggered from within. Genetic material in each cell has information codes that allow the cell to evaluate its own functions.

Hyperthermia is one of the major apoptosis inducers. This is why remission of cancer has been empirically seen after febrile episodes and more recently under induced temperature elevation.

The damage and changes produced by hyperthermia can be enhanced with the use of substances that can further the metabolic problems of cancer cells. Vitamin C, glucose, low-dose chemotherapy and low-dose radiation therapy have been pointed to as important adjuvants for a more effective therapeutic outcome. It has been proven that in patients with resistance to chemotherapy, whole body hyperthermia can reinstitute drug efficacy.

It is widely recognized and scientifically proven that whole body hyperthermia renders cancer cells more sensitive to chemotherapy. This allows the use of milder forms of chemotherapy at lower doses and hence with fewer side effects and complications.

The same is true for radiation therapy: whole-body hyperthermia can substantially increase the possible damage to the cancer cell with the use of radiation. And again it is possible to use fewer radiation sessions, with shorter times and lower doses in general, and still obtain good results with milder side effects.

**Infectious disease:** The rationale for the use of whole body hyperthermia begins with nature itself: Fever is the most immediate reaction to infection and at the same time one of the best known and earliest recognized defense mechanisms.

Under normal circumstances many infectious agents that were or still are important plagues of mankind can be damaged and destroyed at temperatures that are easily tolerated by normal human cells.

The causative agents of human immune deficiency syndrome virus, hepatitis C virus and Lyme disease are among the most notorious infectious agents that are susceptible to heat and have become important targets of this method.

## CLINICAL APPLICATION

Candidates for whole-body hyperthermia are carefully evaluated not only in terms of the main diagnosis but also their general, nutritional and overall condition and specifically their lung and heart functions.

Careful clinical diagnosis and staging of the disease with all possible elements to establish the status of the illness will provide necessary information to allow both patient and physician to evaluate changes in the disease in an objective and systematic manner. This is vital in the planning of adjunctive and future therapies that will bring about a successful outcome.

Radiological studies, such as CT scans, MRI, and other X-Ray images, are helpful criteria to judge changes in the progression of a tumor. Laboratory findings are also important factors in this assessment, particularly tumor markers in blood.

In the case of viral infections modern laboratory techniques can provide accurate information such as viral load quantification, antibody titer elevation and immunological reactions to the disease which provide important feedback to support or modify the treatment program.

Patients are placed in a hospital environment prior to the whole-body hyperthermia procedure. Medical evaluation is started at once.

Before the actual procedure begins the anesthesiologist places the patient under mild sedation. Two other physicians carry out the procedure with the assistance and help of two nurses. The entire process takes approximately 4 to 6 hours.

After the procedure, the patient is under constant observation with a physician and a private duty nurse during the rest of the day and night. Other than the effects of sedation patients should not expect any discomfort and normally sleep immediately after the procedure.

Laboratory tests may show some changes following hyperthermia, similar in nature to those observed after high fever. However, as in fever, these changes will return to normal in a few days and scientific studies prove they are inconsequential.

The day after the treatment most patients feel as they would feel after a normal febrile episode: tired, sleepy, and with mild aches and pains. All these symptoms are mild enough not to require any specific medication.

Thanks to careful surveillance and monitoring during the procedure patients rarely experience any discomfort. After a day, they normally resume the level of activity they had before the treatment.

Results from well formulated basic scientific studies and subsequent clinical studies have demonstrated that heat as a therapeutic option is a viable alternative. Heat therapy can be a tool which can be offered to many, but state-of-the-art technology, a professional staff well-trained in these protocols and prudent patient screening must first be developed in order to implement a safe, non-toxic procedure.

Chronic viral infections are the other group of diseases in which treatment options at present are not only limited but unfortunately are accompanied by short-term results.

The prevalence of AIDS and Hepatitis C in the current world population provides the challenge to seek effective alternatives to manage and arrest the progression of these potentially fatal conditions.

We cannot stress enough the importance of an accompanying protocol of detoxification, nourishment, immune augmentation and overall well being as the foundation for more sophisticated forms of therapy.

The final determination of the value of this therapy in a particular case can only be decided by the interaction of doctor and patient together with the appropriate analysis of clinical and laboratory findings.

It is highly recommended that any metabolic disturbances detected before hyperthermia be placed under control before this metabolism-challenging procedure is done.

Patients normally undergo integrative metabolic protocols before and after whole-body hyperthermia in order to enhance the positive aspects and results to be expected from such a comprehensive program.

## FINAL CONSIDERATIONS

Hyperthermia has a long history of use in medicine in the treatment of a variety of diseases. Recently we have seen a resurgence of its importance as a potential treatment option in the management of chronic illness in the fields of oncology and infectious diseases.

# THE BIOCARE WELLNESS SYSTEM

Your health investment with multigenerational benefits.



Four decades ago, Rodrigo Rodriguez MD, founder of The BioCare System entered the field of integrative medicine. His medical philosophy requires using a combination of the best and most up-to-date modalities offered in conventional and alternative medicine. His conviction that a healthy body with an intact immune defense system does not develop disease now proves to be the basis of accepted treatments in alternative medicine.

The BioCare System believes that each person is unique, and the approach to maintaining and improving health and healing should be holistic: treating body, mind, and spirit. Our approach seeks to restore and strengthen the biological capacities of the body to renew, repair, and heal, with specific emphasis on the immune system. Our treatments are designed to “kick start” self renewal and healing.

The evidence of current medical research confronts us with our present and obviously our immediate future: Important vitamin deficiencies and low levels of critical minerals are the reality in forty percent of all Americans.

Other findings suggest that sixty-eight thousand cancers per year could be prevented in males with proper nutrition and supplementation. They also conclude there is no reason to believe this is not true for women.

Heart disease, the leading cause of death nationally, shows a lower death rate in those States of the Union where better eating and life styles reduce risk factors compared to those areas of the USA where dietary standards are lower and risk factors show higher values.



The statistics are stark: seven out of every ten will die due to a preventable, chronic, inflammatory disease. What is even more important is that research shows that at least 50% could be avoided with timely intervention to assess and modify risk factors.

When we speak of attaining overall wellness, we also need to set and maintain important goals: we have to achieve adequate aerobic capacity, strengthen and tone our muscles, improve our flexibility and elasticity, reach and maintain ideal body weight, enjoy a balanced diet and adopt a healthy lifestyle.

BioCare is about learning and implementing modalities that bring functionality and vigor to your daily life. Not only that, you will have energy and enjoyment you thought was a thing of the past or if that is not your case then excel in all your capacities. Bio Care is about bridging the gaps that past disease or problems might have left as unattended health problems.

By doing all of these you will not only reach and maintain these goals, you will also obtain all the benefits.

BioCare System's approach to Wellness focuses on the continuum support with our utmost care to obtain a constant, conscious pursuit to a healthier life.

The BioCare Wellness Program is carefully personalized to meet individual needs, whether healthy or dealing with a new or ongoing diagnosis. We are on a quest for vibrant quality of life throughout our lifespan and we desire extended active life. None of us want to be incapacitated during what should be our golden years. Right now you may be feeling quite well, but you know you could feel better, or feel as vibrant as before.

Our desire for abundant health is confronted by the actual growing incidence of dysfunction and finally overt chronic disease.

---

At BioCare Health and Wellness Center,  
we use biological therapies and treatments.  
We select freely from the best that medical  
science and technology offer at any given time,  
and we constantly update our repertoire.

---

We trace the epidemic of chronic disease to an increasingly polluted environment, modern lifestyle, eating habits that prevent the development of a healthy immune system in infancy and we continue to be immune destructive throughout our lifetime.

We live a sedentary life, consume antibiotics, steroids, immune suppressing pharmaceuticals, and eat foods that fail to nourish. Due to extended life span, we live longer but are sicker with chronic disease. Becoming ill at sixty-five is less damaging to career and family than at forty-five.

Some of us cannot avoid disease because of genetics or the effects of environment and mode of living.

BioCare is an educated intervention to plan your life and health for the future and the future of those you love.

BioCare is a way of life, a constant quest to restore, regenerate and preserve health; a complete new lifestyle rather than a temporary remedy.

The BioCare System uses biological therapies and treatments selected from the best that medical science and technology offer at any given time, and we constantly update our repertoire.

BioCare is an investment project where education and commitment to your physical body play a key role in the development of health. BioCare must be seen as a major health investment with multigenerational benefits. Time, commitment and resources will make you wealthy from the return in your investment in the long run. The most important aspect of your life is your health and you deserve nothing less.

Start your BioCare For Wellness Project NOW!

## ADVANCED DIAGNOSTIC ASSESSMENT

Advanced Digital Microscopy and the Augusti Endothelial Profile  
by Salvador Chavarin, MD.



### ADVANCED DIGITAL MICROSCOPY

BioCare Hospital and Wellness Center has been a world pioneer in the use of digitalized, high-resolution, phase-contrast optical microscopy for rapid monitoring and evaluation of conditions. It has also been a research center utilizing two of the blood tests particularly designed to use such an assay: the “clot retraction” and “live cell” blood tests — or CRT and LCA.

The advanced medical microscopy used at BioCare Hospital whose research and development involved BioCare over many years, it is a state-of-the-art system, including digitalization and video monitoring, which allows the clinician to gather a tremendous amount of information in a short period of time.

Sometimes erroneously called “dark field microscopy” — a reference to one of its modes — the system uses drops of capillary blood expressed from the fingertip for the utilization of the clot-retraction and live-cell tests, although the system is well fitted for medical microscopy in general.

The dark field mode allows many elements of blood not clearly visible in the bright field mode to come into clear view. At better than 15,000 magnification, the practitioner may see numerous factors of living, circulating blood including red blood cells, white cells, platelets, yeast forms, chylomicrons, cholesterol crystals, bacteria, mycoplasma and other structures.

Live blood analysis allows the physician to see in color and at extremely high optical magnification a patient's response to diet, medications and pathogens. Such evaluations allow for weekly and even daily patient monitoring and —arguably— diagnosis.

The more vintage “clot retraction” test, which has had various names, is utilized at lower magnification to examine the clotting factors in dried blood.

It has been determined that an essential element in this test is the serum's response to “free radicals,” which are molecular breakdown products common in the processes of oxidation and inflammation. These compounds which are normally generated by metabolic activity of the body can increase substantially in a number of conditions ranging from inflammation to cancer.

They can also increase when the normal anti-oxidant system either fails or loses efficiency due to the presence of toxins (tobacco) or disease.

The appearance of coagulated blood can indicate many pathological conditions and/or the body's response to therapies and healing.

Images from both CRT and LCA; are digitally collected to produce pictures that can be analyzed by the doctor with the patient for his understanding of the processes and the result of the therapies. Hard copies will form part of the patient's file for follow-up and comparison.

Experience has shown that certain conditions which would later plague the patient in a visible, clinical way were first observed via the CRT and LCA before standard laboratory tests detected them. Hence, the tests, properly done with the advanced microscopy system, are often predictive as well as diagnostic.

### THE AUGUSTI RETICULO ENDOTHELIAL PROFILE

Another state-of-the-art diagnostic tool that allows the clinician and the patient not only to determine the status of the condition but to follow the response to different programs is the “Reticulo-endothelial Profile,” also called the Augusti Test in recognition of the French scientist who first described, later standardized and until today continues to improve the test: Dr. Yves Augusti.

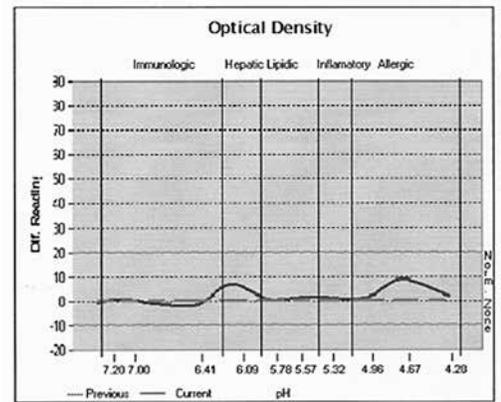
In this test, blood serum from the patient is incubated at 9 different pH levels (acid-alkaline) that will precipitate different types of serum protein (alpha globulins). When any of these proteins are abnormally abundant or scarce, they will give, in the first case, a turbid or an extra-clear solution in the latter.

These values, read by special equipment, give us an overall performance profile of important functions of the body, such as the immune system, the liver, inflammatory processes, allergies and even cancer.

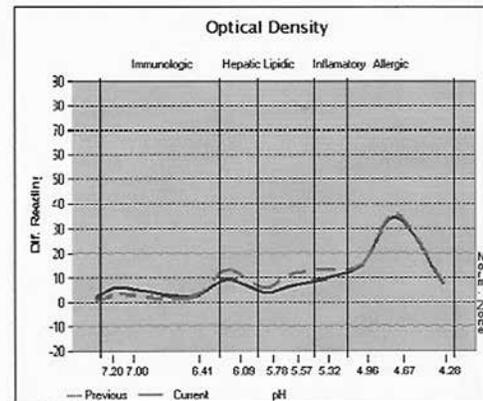
The Augusti Test becomes even more important in the follow-up treatment, since it reacts to the same values.

Different processes can be followed as they increase in severity or improve due to different programs and critically important factors such as immune performance, to the severity of the inflammatory process, reactivity to allergic factors and activity or remission of cancer can be all analyzed in order to determine future treatments.

Many thousands of cases attest to the performance and reliability of Augusti's Reticulo-endothelial Profile.



Normal



High protein profile due to inflammatory malignancy.

## DENDRITIC-CELL (DC) VACCINE

Unleashing tumor-destructive “smart bombs”

by Javier Vazquez, MD.

The development of vaccines against disease has been one of medicine’s high-water marks. And now there is a new era in vaccinology which includes customized vaccines made from tumors and traditionally prepared cells that stimulate immune responses (Antigens).

BioCare Hospital has seen in cancer one of the areas where dendritic cell manipulation and response offers the most potential. Science has shown that cells derived from the specialized white blood cells called lymphocytes and monocytes produce tentacle-like elongations which trap tumor cells and expose them to the immune system for destruction. They are called dendritic cells (DC’s). Many factors in modern life and aging may affect the maturation process and population of DC’s, rendering the body more susceptible to the growth, maturation and proliferation of tumor cells.

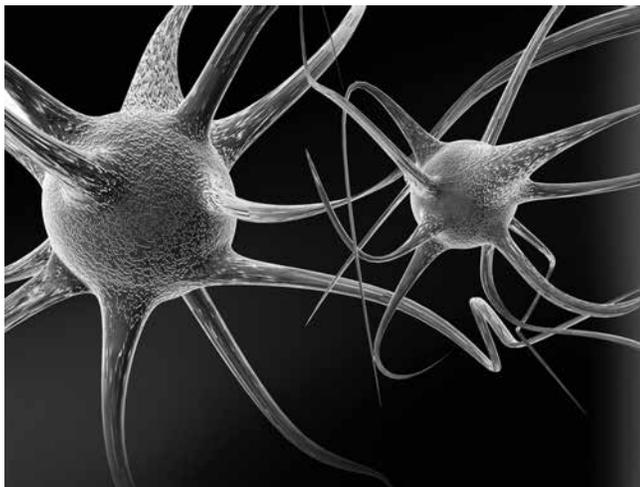
Every individual’s cancer is unique. Therefore, the most effective treatment is one customized to a particular disease’s genetic configuration. By capturing the genetic information of tumors, we are able to use DC’s to trigger a desired immune response.

The Challenge of Cancer:

Individual Cancer and Mutations

Humans normally produce cancer cells throughout their lives. Malignant cells exposed to a healthy, active immune system will either be attacked and destroyed (phagocytosis) or genetically programmed for self destruction (apoptosis).

Genetic mutations and chromosomal abnormalities are commonly associated with human cancers. Unfortunately, since the genetic mutations leading to the development of cancer are often random events, every patient’s tumor can contain a unique repertoire of antigens. The characteristic of human cancer requires each patient’s immune system to recognize the specific antigens present.



It is in this area of unique genetic profile, and the genetic mutations of each cancer, that we capitalize our ability to make autologous dendritic cell (DC's) cancer vaccines. The RNA-loaded DC's vaccine is customized to the unique antigen repertoire of each patient's tumor, equipping the immune system to recognize and fight that particular disease.

Because these vaccines include the entire genetic repertoire of the patient's tumor, they preclude the need to identify or isolate specific tumor antigens. Thus, with DC's vaccines, we can treat those patients without known tumor antigens or those from whom insufficient tumor material can be obtained, making them suitable for the vast majority of cancer patients.

Creating a personalized cancer vaccine:

The procedure involves drawing blood from the patient. RNA-loaded DC's vaccines start with precursors of the patient's DC's which, when matured for the vaccine, are currently considered the most effective antigen-presenting cells within the immune system. We are then able to amplify tumor RNA from the patient, whether from the primary tumor site, distant metastatic sites, or from tumor cells present in the circulation, and transfect the patient's DC's with the patient's tumor RNA.

This process offers the ability for most cancer types at any stage of disease to be targets for this cancer vaccine. At this point we have created a weapon which, when injected to the patient, will act as a cellular vaccine—a “smart bomb”—in modern defense parlance.

Unique Advantages:

- Dendritic cells transfected with RNA encoding tumor antigens have been shown to stimulate potent immune cell responses equal or superior to other competing approaches.
- The vaccine is completely autologous, potentially offering maximum safety with practically no side-effects.
- The vaccine targets the entire antigenic repertoire of the tumor including “private mutations” unique to the patient.
- Administration of concentrated DC's and active white cells with specific characteristics to the patient's disease are part of this immune-specific protocol.

BioCare Hospital is proud of its association with research centers from around the world which have brought to our patients this novel and rational treatment program which is so much in tune with the workings of the immune system.

## AUTOIMMUNE DEGENERATIVE DISEASES

Multiple Sclerosis, Lupus, Rheumatoid Arthritis and related conditions

by Michael L. Culbert, ScD

The term “autoimmune diseases” encompasses the spectrum of diseases whose clinical manifestations and possibly, biological features vary widely. Dysfunction of the immune system manifests as an increased reactivity while at the same time ignoring the normal target of its action, manifests an increased reactivity while at the same time ignoring the normal target of its action (“non-self”) and instead turns on the self-components of our own bodies.

The immune system may be likened to a watchdog; a key virtue of the animal is its ability to distinguish familiar residents from intruders. The watchdog that is dozing during a burglary is of no benefit to its master. Likewise, a dog so vicious that it does not distinguish between resident and visitor but may attack both is an equal problem.

This is what happens in immune dysregulation. Immune systems develop from the earliest infancy: as soon as we are born there are literally thousands of “immunological challenges” we face externally and even internally —we breathe, eat or come in contact with them in many ways through different organs or tissues. That is, from the point of birth we are under attack.

In the first weeks to months following birth we are more or less protected through the substances called antibodies passed onto us from our mother’s milk and which teach our developing immune systems to distinguish self from non-self. These substances even allow certain microbes to live and thrive in certain organs because they are useful, but others will be attacked and expelled from the body.

So our immune system will grow up with us, serving as a first line of defense against disease.

But various factors can disrupt the normal maturation process of that system: excessive use of antibiotics at an early age, replacement of mother’s milk by “formula” milk, the lack of or deficiency in certain vital nutrients such as essential fatty acids (EFAs), or the use of drugs and medications which may have a short-term benefit but a long-term negative effect on the system.

All these elements may play a role in the development of autoimmune and “atopic” diseases. From asthma to multiple sclerosis, from lupus to rheumatoid arthritis, immune diseases share in common a high reactivity of the immune system with a self target.

---

*In all immune disorders efforts must be made to regulate a dysregulated immune system to again become an essential part of our defense system while restoring vitality to affected organs and tissues*

---

While medicine has always tried to curb the activity of the immune system in general with the use of so-called immune suppressor drugs, we believe that the treatment should be directed toward helping the immune system respond in a more normal way and to try to direct its activity against non-self components.

While BioCare is not claiming “cure” in MS — or in rheumatoid arthritis, Sjogren’s syndrome, lupus and other autoimmune conditions in which “self” attacks “self” and all of which have responded favorably to IBC’s treatments — its developing track record speaks for itself.

BioCare protocols have been utilized, often with significant results, in all autoimmune disease and multiple sclerosis (MS) in particular, with considerable experience developed in the latter condition. In fact, over the years patients who were unable to walk due to the deleterious effects of MS have been able to regain that function.

Lives are lengthened, symptoms are mitigated, suffering declines or ceases, organ function is renewed. In all autoimmune disorders, efforts must be made to regulate a dysregulated immune system as well as restoring vitality to affected organs and tissues.

Our treatment protocol for MS is designed with various factors in mind:

The possible origins of the disease, the complications and problems the disease may produce, and specific responses, such as the myelin sheath in MS and the joints in rheumatoid arthritis. Each autoimmune disease normally has its own most affected tissue or organ.

Even though the causes of degenerative disease are obscure, we consider that among the more important ones are the immune system dysregulations in which one’s own antibodies are activated against various parts of the body, such as the myelin sheath in MS or the collagen system. Indeed, since collagen is an integral part of the connective tissue which is the matrix which supports virtually every cell in the body we can say that it is universally located in the body- collagen disease may produce symptoms in virtually every organ in the body - from the skin to the liver to the kidneys.

Another theory of the origin of autoimmune disease is that the antibody response is triggered by viruses and that in the presence of an altered immune system antibodies target tissues in what are called “cross reactions”.

With the increasing evidence that viruses and/or mycoplasmas may be “triggers” in these conditions, oxidative agents can play essential roles in therapy since they attack both. In our protocols we are interested in even subclinical infections — as in such commonplace problems as infected teeth and sinuses.

Dysfunctional immune-systems also allow the proliferation of Candida yeast and other microbial infestations.

---

Autologous stem cell therapy (SCT) has been used to overcome autoimmunity through a reconditioning of the immune system, switching off abnormal responses. Medical research and technological advances have brought this procedure within clinical reach providing patients with a favorable risk-benefit potential.

---

Upon reaching a diagnosis, oxidative therapies become key agents since antibiotic therapy is contra-indicated. One of the most effective of these agents, chlorine dioxide, can both dismantle the viral or mycoplasmic “trigger” and also relieve the stress that infectious diseases can produce on an already overwhelmed immune system. Ozone, hyperbaric oxygenation and other oxidative substances may also help in this process.

Our treatment program includes providing alternative targets. For example, certain snake venom derivatives deflect antibodies from normal tissue. Several of these natural antigens pack such a powerful punch that they can shock and jump-start the immune system without any side effects to the host. Bee venom has also been positively used with the same rationale in mind.

The use of autologous stem cell therapy (SCT) helps reprogram the behavior of the immune system to avoid the deranged response which produces the antibodies. Since our main objective is to restore the health of the immune system, any effort to restore its normal reactivity and its ability to differentiate self from non-self becomes critical in obtaining a healthier and long-lasting result.

Autologous stem cell therapy also helps repair damaged neurological cells, joints, or other organs affected so that symptoms are first slowed and later reversed.

Optimal nutrition is provided as an important part of the protocol. A key part in reversing the symptoms and restoring the normal functioning of the immune system is provided by essential nutrients that are systematically depleted in the so-called “western diet”. With healthful eating in mind as a central part of the therapy program we start our patients on an intravenous protocol that will fill the gap in the shortest time possible.

Daily intravenous nourishment provides the missing or deficient minerals, vitamins, co-factors and essential nutrients. A gluten-free diet is highly recommended and a vegetarian-oriented diet rich in essential fatty acids, particularly omega- 3 fatty acids and vegetable protein as well. In addition, important phytochemicals such as lignans, are the foundation on which long-term supplementation and lifestyle changes will provide healthy living.

The treatment program is accompanied by a tailored detoxification regimen and a special dietary program to help the body achieve peak performance in fighting the disease while repairing damage.

We stress the importance of a serious comprehensive in-house treatment program that can begin changing the course of degenerative disease. Our program extends from 10 days to 2 weeks to restore normal responses and behavior of the immune system. Synergy of all protocols is our goal and key to success.

---

*Optimal nutrition is provided as an important part of the protocol. A key part in reversing the symptoms and restoring the normal functioning of the immune system is provided by essential nutrients that are systematically depleted in the so-called “western diet”.*

---

# A GUIDE TO CHRONIC FATIGUE SYNDROME (CFS)/ FIBROMYALGIA

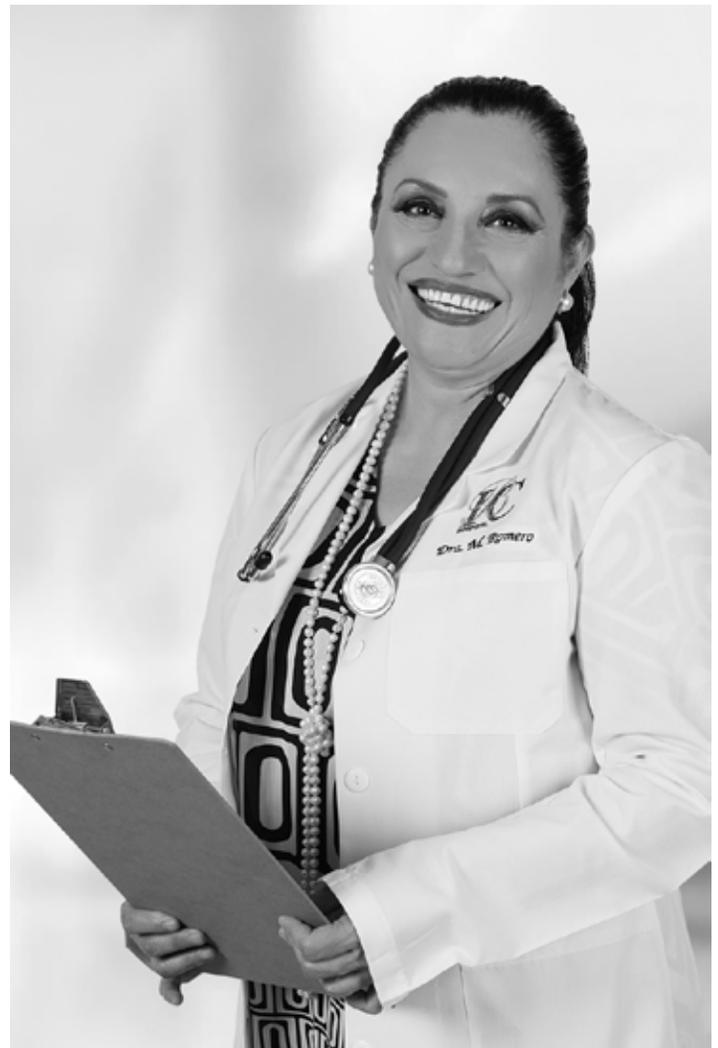
by Melba Romero, MD.

In the 1980s, patients and doctors alike faced a completely new problem. And without any explanation young people who in other times would have been considered strong, healthy and very productive became ill. The new illness did not follow a specific pattern but rather was a number of symptoms that altogether did not seem to make much sense --at least to the eyes of physicians at that time.

Patients were also disoriented. Young professionals at the top of their careers fell ill and became tired, depressed, lost interest in all activity and gradually lost their jobs, social status and even family lives. Worse, medical professionals failed to diagnose the problem and usual laboratory tests came back consistently normal.

All this, along with a wide variety of neurological signs, caused physicians to take the easy way out: "The problem is in your mind, you will get over it; you need a vacation and if all this fails look for psychological help and take Prozac", they said.

What nobody seemed to understand at the time was that we were facing a new entity, a number of illnesses somehow connected with the failure of the immune system -- a new dysregulation of this very important defense mechanism.



With the first cases at our hospital, doctors immediately noticed that young, supposedly active people were undergoing months if not years of partial disabilities, had lost their goals in life and evinced a group of signs and symptoms never before seen together in this population group.

---

*Integrative physicians point out immune dysfunction as the original cause of the syndrome -- upon which opportunistic infections will find their way to parasite and further damage the immunological integrity of the host.*

---

The medical team concluded that we were facing a new syndrome of great significance to which laboratory tests were insufficient. The AIDS epidemic at the same time had brought about significant interest in viral diseases and AIDS itself and herpes became important diagnoses at the time. At the same time, this “new kid on the block” seemed to be related to a widespread new and apparently unimportant virus: Epstein Barr. One of the clinical advantages about this new virus was the fact that we already had available sophisticated tests to discover its present level of activity and to determine whether we were facing a new or old problem.

The new interest in viral testing rapidly brought to light for our physicians the fact that the new syndrome consistently included an elevation of EBV titers.

By then the term chronic fatigue syndrome had been coined and has remained in place probably because it so accurately describes one of the most cardinal symptoms of this illness: periods of extreme fatigue.

Chronic Fatigue Syndrome (CFS) is the official name given by the United States Centers for Disease Control and Prevention (CDC) for a multifactorial disorder that in the USA was not recognized until 1988.

CFS has had several names: Epstein Barr Virus, Yuppie Flu, Chronic Fatigue Immune Dysfunction Syndrome (CFIDS) and in many places Myalgic Encephalomyelitis.

It's signs and symptoms can be confused with such related conditions as fibromyalgia, mononucleosis, thyroid dysfunction, chemical sensitivities, autoimmune diseases and other viral conditions.

This dysfunction seems to be mainly associated with several viruses. Among the more common are those within the herpes family (EBV and HHV-6) and less commonly the entero-viruses and retroviruses, but there may be other infectious agents at work as well; including mycoplasmas.

## CLINICAL SYMPTOMS

The most important complaint of the CFS sufferer is energy loss, translated into a fatigue that does not improve with rest, vacation, or entertainment. This fatigue lingers for long periods of time, and worsens with time.

Along with the fatigue other symptoms -- mostly from the neurological sphere occur: insomnia, depression, mood shifts, emotional instability and personality changes are frequent symptoms; unexplained sadness or guilt or feelings of worthlessness and suicidal thoughts are not uncommon.

Other symptoms reflecting a chronic, viral condition are frequently present such as weakness, malaise, joint pains, recurrent headaches, stomach aches, sore throat, low-grade fever, swollen glands, night sweats, cough and cold symptoms.

These and other symptoms, can occur in any combination and at any intensity. For physicians the world over, the protean span of signs and symptoms seen in apparently healthy young people and with no apparent cause made it frustratingly difficult to come up with a single diagnosis.

Physicians were often faced with a myriad of disturbances -- digestive problems ranging from belching to flatulence to diarrhea or constipation, together with loss of appetite, and allergy/ sensitivity reactions which might involve the skin, eyes, or other organs and tissues. That they could not grasp the idea that they were dealing with a single syndrome.

The easy way out was often to blame it all on the patient's mental state, write a prescription for an antidepressant or sedative, and recommend psychological counseling.

Probably one of the best diagnostic clues for the physician is that CFS patients feel like they are not themselves. They feel disoriented, do not understand what is going on and desperately seek an answer.

## ORIGIN

Our research suggests that CFS has multiple causes and that either new or old reactivated viruses or mycoplasma may be playing roles as catalysts to a preexisting condition of general immune impairment, elements of which are often related to prior or ongoing abuse of steroids, prior or ongoing abuse of antibiotics (from medications or food), prior or ongoing abuse of recreational drugs, elevated numbers of mercury amalgam fillings and/or root canals in the mouth, continual overexposure to industrial chemicals and/or herbicides/ pesticides, fluoridated water, immunizations/ vaccinations, low-level electromagnetic emissions, poor responses to anesthesia or incompatible prosthetics, elements of the standard Western diet, prior or ongoing unresolved bacterial or viral infections, prior or ongoing parasitical infestation and possible genetic predispositions.

One critically important fact is that immune impairment can frequently cross-react with common viruses. In many cases an antibody intended to attack a foreign protein may in turn react against a normal component of the body, hence creating an autoimmune-like response.

For this reason autoimmune symptoms and abnormal allergic reactions are frequently present. The former explain many of the neurological, muscular and degenerative symptomata; the later explain the multiple allergies, even the universal reactor syndrome, and many of the digestive problems our doctors encounter.

## LABORATORY

Early in the history of this syndrome it was discovered that standard laboratory tests did not provide any diagnostic evidence. This was a major setback that caused physicians to be unaware of an abnormal process going on. Due to the experience of alternative physicians in dealing with viral, fungal and yeast infections, it became clear that one of the major parameters observable in CFS was the level of Epstein Barr virus (EBV) titers that became reactivated. Epstein Barr virus is a relatively widespread virus that is acquired early in life and, due to the immune system, becomes dormant for the rest of a healthy individual's life.

When the immune system undergoes dysfunctional conditions, the normally dormant Epstein Barr virus can be reactivated, elevating the amount of antibodies the body produces against it. The same reactivation occurs with other viruses such as human herpes-6 virus (HHV-6). It is unclear whether these are actual causative agents or simply the effects of an immune dysfunction.

Whatever, the laboratory assessment of antibodies to them reflects the ongoing immune dysfunction, are factors suggestive of diagnosis, and may be used to monitor progression or improvement.

Another important tool that is not only consistent with the syndrome and for the same reason an important diagnostic tool, but also is probably the most important piece of evidence that convinced orthodox medicine that CFS is a real disease, is the Single Photon Emission Computerized Tomography (SPECT) of the brain. This technologically advanced test conclusively demonstrates dysfunctional brain activity that improves as treatment is provided. For this reason it is a major monitoring test for the CFS patient.

## TREATMENT CONSIDERATIONS

Because of BioCare Hospital's prior history in the development of individualized, integrative metabolic protocols, its approach to Chronic Fatigue Syndrome was soundly based on the following concepts:

The illness likely has an immunological imbalance in which some of the following can play a role, in no particular category of importance.

Over-administration of antibiotics, steroids, immunizations, mercury amalgam fillings; overconsumption of refined carbohydrates, chemical additives; environmental chemicals including cigarette smoke; fluoridated water; agricultural chemicals; hormonal manipulation; exposure to low level electromagnetic frequencies; and, of considerable importance, mental stress.

With these considerations in mind, the treatment is based on the following concepts:

Detoxification is a primary feature of any therapy and in the case of CFS the previous history of exposure to chemicals, antibiotics, steroids etc. makes detoxification one of the key factors in its successful treatment. For the same reason avoidance of toxins becomes a major issue. Tobacco smoke, alcohol, prescription and recreational drugs should be a major target of the life-style manipulation elements in CFS management.

Dietary manipulation, together with detoxification, is the foundation of any treatment intended to restore and balance immune function. The proper use of diet can never be overlooked.

Food is not only the basis of energy and building materials but is also the source of detoxification elements, immune substances and balanced intestinal flora -- all of which becomes the foundation of immune performance and equilibrium. A healthy body and immune competent system are unobtainable under poor nutritional conditions.

Since opportunistic infections seem to be the most apparent triggers in many of the symptoms, the treatment of these conditions becomes a priority: EBV, HHV-6, mycoplasmas, yeasts, and candida are the most frequent and visible infectious elements in this syndrome.

Oxidative therapies are the best choice for the treatment of these conditions. A powerful oxidative agent, has become the treatment of choice for them, with molecules that actively release free oxygen into the blood as broad-spectrum antimicrobial oxidative agent which attacks all cell wall-deficient structures -- virtually all viruses, yeast/fungal species, various bacteria and mycoplasma.

Ozone therapy has also been very powerful in the treatment of these problems, together with the irradiation of blood with ultraviolet (UV) light. Ultraviolet irradiation has a well-documented antimicrobial effect.

An integrative approach utilizes all forms of attack against a broad spectrum of microbes, yeasts and viral infestations so strongly present in immune disturbances in general and CFS in particular.

Integrative physicians stress that the origin of the illness is within the immune dysfunction of the host, or patient -- and that whatever relief that may result from an attack on opportunistic infections will be lost if the patient's immunological integrity is not restored.

Hence, immune restoration is the major long-term objective for the CFS patient. The attempt to regulate immune function without detoxification, dietary management and relief from pathogenic infestations will fail. Since mental stress is increasingly and demonstrably seen to be playing an important role in immune regulation it must also be addressed if the patient is to have lasting results and full recovery.

Recent research reveals that most immunologically disturbed patients are neither classically immune depressed nor autoimmune-stimulated; rather, they are suffering the highs and lows of dysregulation of the various elements of what is called the immune system.

Modern biochemical research also has made it clear that a vast range of nutriments and supplements -- vitamins, minerals, enzymes, amino acids, essential and nonessential fatty acids, phyto-chemicals, herbs-- are of positive benefit in either specific or nonspecific immune regulation. Many nutritional elements classed as antioxidants or free radical scavengers also exert a balancing effect on immunity.

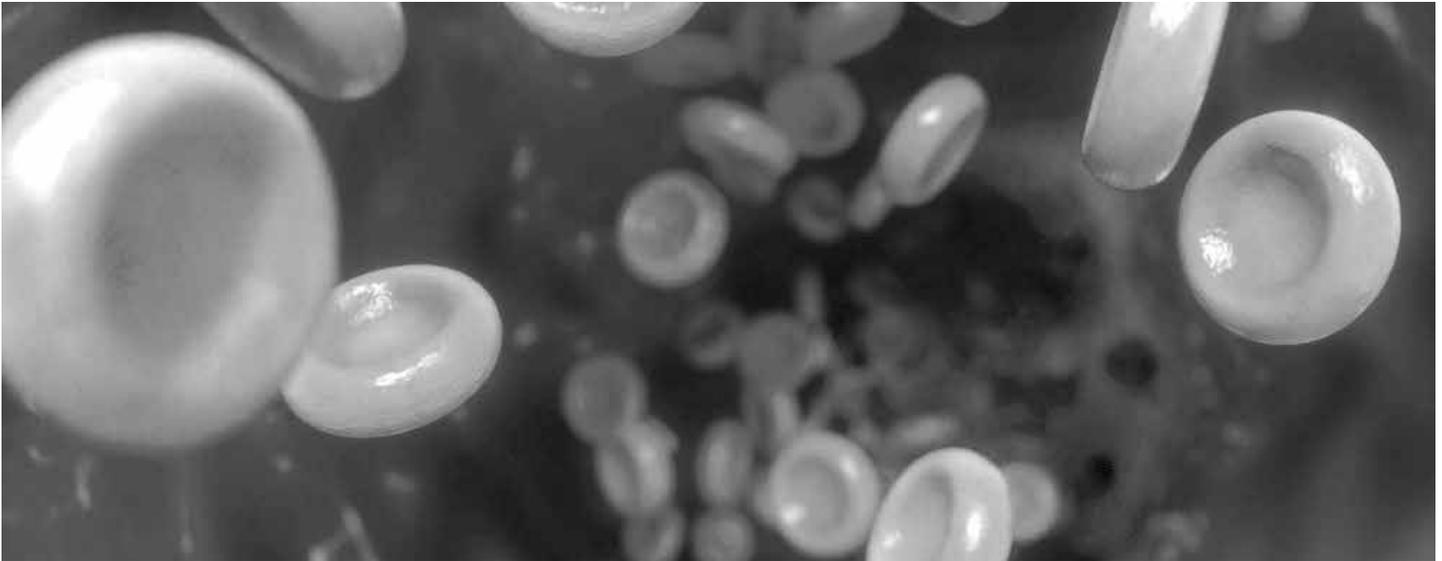
In the past, fetal cell extracts (live cell therapy) or their derivatives were widely used to balance the immune system. Beginning in the 1930's the late Paul Niehans MD in Switzerland began using animal fetal tissue to produce overall health benefits in chronically ill and older patients.

In the present, modern cell-extraction and preservation techniques have helped make live cell treatments highly successful in immune system augmentation. The availability of such tissue-specific extracts such as those from the thymus gland is also of great help in the long-term management of CFS. The Bio Care System has in recent years introduced autologous stem cell therapy as a promising resource. Results have shown a favorable benefit through a reconditioning of the immune system; once again giving our immune system the opportunity to grow, mature and function at optimal levels.

# ULTRAVIOLET BLOOD IRRADIATION PROGRAM

History and Rationale of photoluminescence

by Victor Loustaunau, MD



With over half a century as a valuable therapeutic weapon, extensive research reported in voluminous literature around the world describes the effects of ultraviolet blood irradiation on toxins, oxygenation and viricidal, bactericidal, and inflammatory conditions.

UV Blood Irradiation (UBI) was first introduced in the 1930's to combat the polio virus, but the advent of antibiotics and the Salk vaccine minimized its use. The new viral epidemics and failure to treat a number of conditions have brought back the possibility of alternative forms of therapy for these conditions. Chronic fatigue syndrome, hepatitis C, bacterial infections resistant to antibiotics and even such conditions as cancer have shown good results with the use of UBI.

UBI is the controlled application of UV irradiation to the blood within the accepted therapeutic UV band.

Applying ultraviolet rays directly to a patient's blood was originally conceived as a method of utilizing the bactericidal properties of the rays in the treatment of blood stream infections. Recent developments in the use of UV have led to a well controlled procedure that produces excellent results with virtually no side effects. Proper instrumentation and training provide clinical results in an inexpensive, fast and reliable procedure.

The method of applying UV rays to the blood began in 1925 with a system that allowed circulation of a minimum amount of blood out of the body through a device enabling the operator precise control.

Experimental work with dogs infected with different highly infective bacteria proved very effective and free of side effects.

The polio epidemic provided a new opportunity for this method. It developed rapidly and extensively until immunizations eradicated it.

The method also flourished in the 1930's when people dying of untreatable infections responded to the therapy.

Clinical effects and applications:

The effect of UV radiation on the blood has been recognized and well researched around the world. Probably the best known applications of UV irradiation are in the treatment of infectious processes such as bacterial and viral infections.

This is of considerable significance because of the presence of new bacterial groups that are resistant to classic antibiotic therapy. And there are viral epidemics that threaten younger groups of people for whom alternatives are few.

To mention a few: chronic fatigue syndrome, hepatitis C, fibromyalgia, encephalitis, and herpes infections, all of which respond to this therapeutic program.

UV irradiation has an important detoxifying action that has proven very important in chronic degenerative diseases. Another important effect is in peripheral vasodilatation that increases blood flow in approximately 75% of patients. This effect, together with the increase of blood oxygen by about 20%, means that chronic circulatory conditions can be improved with minimal risk.

Since this procedure involves no kidney damage whatsoever, diabetic chronic circulatory problems and older people can easily be treated. Peripheral arteriosclerosis and even gangrene can be treated as well.

Criteria for entering the UBI program:

Patients who should benefit clearly from this program are those with infectious processes resistant to antibiotic therapy, chronic viral conditions such as chronic fatigue syndrome, hepatitis C, and HIV related conditions. We also target this therapy for people with chronic inflammatory illnesses, chronic degenerative diseases and certain forms of cancer.

Other targets are poor circulatory conditions where blood flow is poor and more aggressive techniques such as chelation or even vascular manipulation could imply a health risk to the patient. Older patients with vascular conditions and lower immune performance are also good candidates for this treatment.

Final considerations:

Ultraviolet irradiation of the blood is a valuable treatment tool that may prove to be an important alternative in the treatment and management of difficult chronic infectious, inflammatory processes and a number of degenerative conditions where higher oxygenation levels and better immune performance are required.

## ADULT STEM-CELL TRANSPLANTATION

by Dr. Rodrigo Rodriguez, MD



The year 2009 marked the 50th anniversary of the first successful stem cell transplant (SCT). This transplant pioneered the exciting work and research of a completely new approach in medical treatment: stem cell therapy (SC).

These first transplants were what is called allogeneic, meaning they were harvested from one individual and transplanted into another. Previous research showed that transplants of blood forming bone marrow allowed the rescue of rodents following lethal doses of radiation; the transplanted bone marrow was able to reproduce in the transplanted animal all the cell lines and functions of normal bone marrow.

Bone marrow transplant has been successful for more than fifty years in reproducing bone marrow tissue in individuals where this organ has been lost due to radiation or chemotherapy in cancer treatments. Like blood transfusions, bone marrow transplant requires specific human leucocyte antigen matching to avoid the risk of rejection medically known as graft-versus-host disease.

Medical experience over the years raised the question on how bone marrow tissues could not only be transplanted but could provide a very active organ capable of producing multiple cell lines and immune components. The answer was the presence of stem cells.

---

*Stem Cell based repair  
in the 21st century will  
offer new hope for  
patients worldwide who  
otherwise would suffer  
from the relentless  
progression of disease.*

---

Stem cells are reserve precursor cells involved in the maintenance of tissues and organs throughout the life span of the individual; stem cells possess two properties: self-renewal and potency.

Self-renewal is the ability of a cell to go through cycles of self-division while maintaining the undifferentiated state, in other words, create new stem cells. These cells will have the capacity to nest in the recipient organ or organism and continue to provide new generations of stem cells. An undifferentiated cell has the inner capacity of transforming itself into specific cell lines that will be needed to fulfill a function or create a structure; that is, to replace a damaged tissue and its function.

Potency is the capacity of a cell to transform itself (differentiate) into specialized cell types. This way the original stem cell can give rise to any mature cell type according to needs regulated by biochemical messages sent to the circulating stem cell.

One of the major breakthroughs in stem cell research is the recognition of stem cell population and capacities in adult individuals. That is to say, the old idea that stem cells were only present during embryonic development was wrong; stem cells continue throughout our lives and represent the source for cell replacement and renewal.

In one word, healing, they actually are one of the finest, most wonderful gifts of life allowing our bodies to renew themselves all the time.

Research and new techniques have made it possible to harvest stem cells for auto transplantation without inducing differentiation or loss of potency. These findings have opened vast possibilities for auto-grafting, also known as Adult Autologous Stem Cells. These are harvested from the same individual, processed and prepared to be re-administered, in most cases intravenously, in other cases directly to the affected organ of the same patient. In this procedure, donor and recipient are the same person.

Autologous stem cells, has brought within clinical reach all the advantages of this modality and many obstacles previously found, were circumvented with self harvested stems cells as a successful option; and we will further discuss the advantages of autologous transplantation.

Clear advantages for the use of autologous stem cells are many. Here we mention some of the most important:

-Rejection of transplanted cells or graft-versus-host disease is not present and for this reason donor-recipient matching is not necessary.

-Using adult stem cells overcomes the ethical concerns raised by the use of human embryonic tissues.

-Adult stem cells do not pose the risk of stem-cell-induced tumorigenic abnormal replication that has been reported in some cases with embryonic cells.

-Self harvested products do not bear the possible transfer of viral infections, drug induced disease or any other blood borne complication.

Research around the world regarding the efficacy of adult autologous stem cells in the management of multiple health issues that affect our modern day population has led to a new and promising modality for the treatment of our patients.

Harvesting stem cells from the same individual not only makes sense but has turned this form of therapy into a major tool. Chronic degenerative disease, the plague of our time, kills sixty-eight percent of the industrialized world population, and here is where stem cell therapy can deliver the most promising results.

- 
- *No use of embryonic tissue*
    - *No tumorigenic risks*
  - *No blood borne diseases.*
  - *Donor-recipient matching is not required*
  - *Rejection or graft-versus-host is non existent*
- 

Most of the published scientific information draws attention to the importance of a favorable milieu for both the donor and recipient. Proper management of the recipient in a process called “Pre-Condition” can influence the survival and success of injected stem cells. Nutritional support and lack of toxins also enhances the ability of the stem cell enriched product to engraft.

Transplanted cells show anti-inflammatory and immune modulatory activity which can regulate the immune system as well as suppress abnormal immune reactions. They can also differentiate into different tissue phenotypes depending on the local biochemical signals.

All this research validates the belief and philosophy that for over three decades has been the foundation of the BioCare System in the management of disease. An individual that has been properly nourished and sustained will have a better capacity to migrate from disease to healing to optimum health.

Stem Cell Therapy transplantation not only proves the correctness of our beliefs but reinforces our integrative, individualized complementary protocols that fully support the wellbeing, good nutritional status, freedom from toxins and opportunistic infections as the underlying foundation for any long-term successful program.

The BioCare System stem cell program begins with a full medical evaluation, physical examination, laboratory workup and very importantly tests to assess immune performance, nutritional status and presence of sub-clinical infectious activity.

The well-being, integrity and health of the host is a pre-condition that helps the transplanted stem cells to reach the damaged area in higher concentrations, making the therapy far more efficient.

Looking for and fighting against opportunistic infections that are silent and many times overlooked can assure a much better environment that will offer the best possibilities of successful grafting with all its promising results.

Bio-Care has always actively pursued integrative complementary programs to bring balance to the body as a path to health.

After the initial evaluation and management, a harvesting date and site will be decided according to the patient's individual status and scheduled complementary protocols.

Autologous adult stem cells are best represented and harvested from three major sources:

- Hematopoietic stem cells: Also known as autologous blood-derived stem/progenitor cells are obtained from circulating blood from which pheresis, a standard blood bank procedure, separates the stem cells from other blood components that can be transfused back to the patient.
- Bone marrow stem cells: A rich source of high quality stem cells is the bone marrow, which offers one of the most sought after cells due to its abundance, high efficacy and practicality of the method.
- Mesenchymal stem cell: These cells are multi potent mesenchymal stromal cells and can be isolated from adipose tissue, umbilical cord blood, compact bone and are also present during bone marrow stem cell harvesting. When cells are obtained from body fat a liposuction type of procedure will be required.

In all the above mentioned protocols the BioCare-System implements a high quality, state-of-the-art technology and comfortable-painless procedure, offering results in an environment where integrative medicine, great nutrition and comfort surround our patients.

Cells harvested from any of these tissues are then isolated, concentrated, nourished and in most of the cases re-infused intravenously.

Administered circulating stem cells can locate different organs or tissues of the body by following biochemical signals that guide them to the areas in need: a process called chemoattraction.

Stem cells show immunomodulatory ability, capacity for self-renewal and self differentiation and increased production of anti-inflammatory agents. Stem cells can alter the secretion profile of dendritic cells and respond to damage in the body in a flexible and dynamic way.

Bed-rest, good nutrition and hydration from the day before to ideally a couple of days after the transplant assures the best possible conditions for the host. Side-effects are virtually none existent.

Stem Cell Treatment in humans was first used to replenish bone marrow in leukemia patients treated with radiation or massive doses of chemotherapy.

Now these technologies are used to treat a wide spectrum of diseases such as spinal cord injuries, ALS, MS, Parkinson's, Diabetes II, Arthritis, Crohn's Disease, Lupus, neurological conditions, heart disease, pulmonary fibrosis and even some forms of cancer.

Of the many conditions that can be treated with stem cells, those of inflammatory nature, joint disease, heart and vascular disease, diabetes and neurological illnesses seem to be the best suited targets for this program.

Anti-aging and rejuvenation has become an important area for the use of stem cell therapy. It is only natural that a procedure that can help the restoration of human tissues will replenish functions that in the proper environment of nutrition, weight loss and anti-inflammatory strategies, can bring back functions that people thought were lost due to aging.

Stem cell therapy has the potential to dramatically change the treatment of human disease and these modern technologies fully understood not as a magic bullet but as a very important part of an integrative medical protocol will bring healing and well-being to a new level. Stem cell based repair in the 21st century offers new hope for patients worldwide who otherwise would suffer from the relentless progression of disease.

## ALZHEIMER'S DISEASE

Sugar and perpetual inflammation by Dr. Rodrigo Rodriguez, MD



First described by Alois Alzheimer over a century ago, Alzheimer's disease was immediately filed in the cabinet of rare and obscure diseases. For decades Alzheimer's disease was a medical curiosity. Physicians rarely encountered any reference in medical publications, let alone, had any clinical experience with the disease.

In the past 50 years, the frequency of this disease has grown at an alarming rate, becoming the number one cause of neurological disability and the 6th leading cause of death in the United States alone. The medical costs of this degenerative disease, according to dire predictions, threatens to bankrupt the United States' government. To make matters worse, at present there is no specific therapy for treating this chronic degenerative disease.

When the disease and its origins are put under the magnifying glass, with the purpose of dissecting the underlying metabolic processes preceding neurological damage, we find the ever-present inflammatory patterns common to other degenerative diseases. Inflammation is clearly the culprit in this dreaded disease increasing at epidemic proportions. More and more of our families are being faced with years of care for a declining family member.

Over the course of more than thirty years that BioCare has practiced alternative medicine, our physicians established a proven record of successfully treating a multitude of illnesses and epidemics of disease. We have many years of experience with proven, effective anti-inflammatory therapies; in fact, BioCare, at its core, is a program designed to balance, bring forward and promote all metabolic functions, in order to rebuild homeostasis in every facet of the body.

BioCare has a dual purpose that is unlike anything offered by traditional conventional medical practice. Our methods are unique in providing programs not only for treating illness and restoring health but also for preventing or delaying the onset of disease.

On admission to the hospital our patients undergo a physical examination and battery of medical tests, designed to provide the physician with an accurate picture of dysfunctions and diseases from which the patient suffers. It is an established fact that, once immune functioning declines, more than one disease is activated. As a consequence, the physician must determine everything that ails the patient. Then, he can prescribe a treatment program to interrupt and treat the root cause of disease. The above mentioned testing allows the physician to monitor positive results of the intervention.

It is now an acknowledged fact that over-consumption of sugars sets in motion a perpetual state of chronic inflammation owing to a process called “glycation,” whereby abnormal sugar-derived compounds are created and identified by the body as foreign substances. Therefore the foundation of the treatment of Alzheimer’s disease involves rigorous nutritional management. BioCare’s individualized predictive metabolic programs guide today the nutritional contents for every single individual. Around the clock monitoring allows to assess the foods and quantities that agree with every case to tailor a custom dietary program.

The physician, with the help of the patient and caregiver, creates an individualized nutritional program, and the patient is educated to adopt a healthy diet, consistent with their metabolic individuality.

Some of the most important cerebral chemical moderators as well as key hormonal functions are produced and based in the intestinal tract through the microbiome activity. Another important cause of chronic inflammatory decline is due to loss of intestinal integrity and poor flora health. Health will never be achieved without the support of a healthy microbiome and we discuss all these areas elsewhere in this publication. Suffice to say that an integral part of health restoration in neurological and autoimmune diseases, not only Alzheimer’s but Multiple Sclerosis, Parkinson’s and Rheumatoid Arthritis will depend on our intensive thorough program destined to heal and build optimum intestinal integrity and a balanced microbiome.

Direct anti-inflammatory strategies are conducted with the help of important natural substances that unfortunately as with many other things have been left out of our food supply, modified pectin being one of the most important, pre-biotic support and pro-biotic supplementation will all work in the same direction with no concerns whatsoever for non-desirable side effects.

BioCare’s all-inclusive induction program will normally provide with a two week 24/7 comprehensive set of activities to fight head on ongoing inflammatory processes, modify sugar metabolism and glycation products, induce better performance from the gut and microbiome to support better neurological activity and teaches patients and caregivers alike with easy to follow methods and monitoring systems to assist the patient on the path to recovering health.

## RESTORING HEALTHY GUT BACTERIA

Old friends for new health challenges

At 300 billion cells, the ecological community of commensal, symbiotic microorganisms that share our body, can and do perform a myriad of functions that are not only important but fundamental to our performance, health and ultimately our life.

We call this community the “Microbiome or Microbiota”. It is in its own right a recently discovered organ in our body. We can not conceive human health and life when some of the most vital organs of our body are deceased and microbiota is not the exception.

Until recently, we could not appreciate the richness and diversity of the human microbiome, but the breakthrough in the understanding of the human genome has opened huge possibilities to understanding life on and within our bodies; research has revealed how expansive our microbiota is.

We now understand for the first time the fundamental roles these bacteria play in sustaining a healthy functional body. Gut microbiota regulates intestinal integrity, function and health. The microbiome affects digestive, the immune system, mood, cognitive functions and aging.

Our microbiome can digest dietary polysaccharides not degradable by the host and turn them into energy sources from which the human intestine largely depends on.

Furthermore, this additional source of energy will make the difference in the energy balance of the host and plays a pivotal role in energy metabolic needs and sugar metabolic stability. It helps to create nutritional satisfaction. Microbiome dysregulation is of course very closely related to our obesity and diabetes epidemics.

The discovery of a gut-microbiota-brain axis has demonstrated the effects on neuro-psychiatric disorders. Serotonin for example, a chemical brain mediator is largely synthesized by the gut and not by the brain thereby providing crucial evidence on how much of our mood and outlook depends on our intestinal health. Growing evidence point to dysfunction of intestinal microbiota as the root cause for current medical problems ranging from depression, attention deficit disorders or Alzheimer's.

The gut microbiota provides an intestinal biological barrier against pathogens and also plays a pivotal role in the maintenance of the intestinal homeostasis and modulation of the immune system. A dysbiotic gut is responsible for chronic inflammatory disease, auto-immune response and even cancer development.

All research points to the association of intestinal integrity and microbiome health. This connection between the gut and microbiome affects the multiplicity of functions required to sustain the body, ranging from immune performance mental equilibrium and general wellbeing.

BioCare shares with scientists this latest understanding of the cause of disease: that dysfunction of intestinal microbiota is the culprit of apparently diverse chronic diseases. As practitioners of alternative medicine, we are able to incorporate the most up-to-date and effective treatments for restoring the balance of bacteria in the gut, thereby reestablishing a functioning microbiome.

It is very clear that the culprit of our present epidemics lies in our western lifestyles. BioCare reviews, measures and stages the level of chronic inflammatory markers, functions of the gut, and of course general biochemical markers that will reveal the nutritional status, toxic conditions, sub-clinical infectious activity and other important data that will give us a clear description of the person's status and will also guide us to create a customized program for each and every individual.

Cleansing and enemas are time-honored modalities that have helped us to re-create a healthier intestinal environment. Rich selected cultures with concentrated and generous amounts of selected strains of bacteria can be implanted in the intestinal tract with fast and positive results.

---

*BioCare's microbiome restoration aims to balance metabolic functions, obesity, mood, cognitive functions and aging.*

---

Pro-biotic supplementation and implantation as we call the complex of colonies with which we will re-populate the dysbiotic gut can only succeed if careful nutritional support is provided.

Pre-biotic support consists of complex non-digestible polysaccharides commonly defined as fiber. This is just as important to the prosperity of your gut as would be good soil, water and fertilizer to your garden.

Good food with regular intervals freshly prepared from organic, local produce is an essential BioCare condition in healing and health restoration.

Critical cases are addressed with equally critical and intensive protocols and in all cases our protocols at the hospital will be backed by intravenous supplementation of chronic deficiencies.

Fecal microbiota transplantation is the most powerful tool to urgently replace the total of the microbiome, its effectiveness and immediate results have greatly improved the future perspectives of otherwise worst case scenarios.

## REJUVENATION AND ANTIAGING PROGRAM

by Dr. Rodrigo Rodriguez, MD.

The BioCare Health and Wellness Center provides a comprehensive startup for a full, vigorous and healthy longevity —the beginning of pleasant surprises as you face what so many call “the senior years.” We call our program the Bio Care System. It is real, it is now, and it is effective.

By itself, aging is a genetically programmed event: we can in fact now predict an individual’s lifespan. Our genetic DNA is already working like a preset clock for all stages of life: it puts in play all the physiological and biochemical mechanisms needed for growth, sexual maturity and the harmonic interactions of all parts of our body.

The same is true, unhappily, for the flip side—a pattern of decay of biological processes characterized by the shutting down of certain hormones, diminished functions in many areas such as the gastrointestinal tract, muscle tone, tissue elasticity, etc., which in their totality are responsible for the stage called “senescence”, which leads to death.

In humans there is the distinct possibility of a general lifespan reaching or exceeding 100 years. Statistical information indicates that individuals whose lives have gone on without significant interference can easily achieve that goal, and of course during the recently concluded century numerous cases of individuals living well beyond 120 years were reported.

Dramatic aging effects, we know now so well, come from the unforeseeable occurrence of traumatic accidents and social distress as well as from pathogenic infectious exposures, toxic environmental factors, the general abuse of foods (through over consumption of the wrong kinds as well as the acute chemicalization of the food supply), alcohol, tobacco and other habits of social gratification including lack of physical exercise and altered sleep patterns— all elements of the hurried “modern” lifestyle.

---

*We call our program the  
Bio- Care System.  
It is real, it is now,  
and it is effective.*

---

With the above in mind we should direct our attention to the possible ways and means of delaying, arresting or even reversing the course of aging's deleterious effects. This usually means taking the necessary steps to live longer without undergoing the assault of age-related diseases and dysfunctions, particularly those which have their origin in the abnormal behavior of the immune system, genetic mutations, and the cancer, heart and vascular diseases which have sprung from them all.

In our well-orchestrated ten day in-house program, where all such needs and details are taken into consideration, there is a jump-start for a successful, long-term outcome. The Bio Care System is just such a carefully managed jump-start.

The essence of the program is intensive and active detoxification, diagnosis and treatment (if necessary) of infectious elements, physical examination, state-of-the-art blood tests and dental examination to detect internal pollutants as mercury, a key contributor to many of today's pathological disasters. We include a full review of lifestyles, rest and sleep patterns, and test for stress levels.

Research has made it clear that the restricted calorie diet (RCD) can be a major contributor to lifespan expansion in mammals (that's us), which only underscores what we have long been doing at IBC—developing rational food intake programs. It is also exciting to know that limited periods of restricted dieting can balance hormonal functions whose effects can continue even after normal eating habits have resumed.

All of this strengthens the age-old observation that fasting is an excellent element in helping achieve the goal of healthful longevity. And with proper stress management organized fasting can actually be enjoyable, particularly as feelings of enhanced energy and well-being start being noticed.

The elimination of excess water and sodium from the body has immediate effects—improved blood flow, oxygenation of blood, improved clearance of toxic substances by the kidneys, improved oxygenation of tissues for more efficient removal of wastes from distant parts of the body, a cascade which translates into better performance levels across the board.

---

*International Bio Care Hospital and Health Center (IBC) can provide that comprehensive startup for a full, vigorous and healthy longevity.*

---

We increasingly know how vital a healthy, well functioning hormonal or endocrine system is, since in essence it impacts all other aspects of physiology. The core of the system is the HPA, or hypothalamus-pituitary-adrenal axis, with its constellation of growth, energy and sexual functions.

In recent times, growing emphasis has been placed on the earlier overlooked HGH, or human growth hormone, a substance released by the pituitary gland and once thought to be non-existent by adulthood. HGH administration is a powerful anti-aging technique carrying virtually no side effects.

Recent research has also focused on the importance of the functions of the thymus and pineal glands, once considered mysterious organs of unknown value.

We now know that the harmonious regulation of the hormonal and immune systems depends to a great extent on thymus functions, and that the hormone melatonin plays a vital role in the aging process. The balancing, support and supplementation of these glands can provide spectacular results.

Twenty-first century medical technology, has made available autologous adult stem cell transplantation. These cells harvested from blood, bone marrow or fat tissue can be used to help restore human tissues and replenish functions thought to be lost because of aging.

This long-misunderstood therapy is of vital importance in a sound program of rejuvenation and anti-aging and has lasting effects.

---

*Nutritional and dietary supplement programs—where quality and source of product have been carefully monitored—are of considerable importance in an overall effort. They have the advantage of easy compliance and help us enjoy both food and life.*

---

Nutritional and dietary supplement programs— where quality and source of product have been carefully monitored— are of considerable importance in an overall effort. They have the advantage of easy compliance and help us enjoy both food and life.

Vitamins, minerals, trace minerals, essential fatty acids, amino acids, antioxidants and other nutrients have often been removed from our “civilized” food chain by the effects of modern agricultural methods and food processing.

Hence, their adequate supplementation in what often is a nutrient-depleted body will greatly enhance the chance for a successful, long life, lived to its maximum potential.

Even the most disastrous of the modern degenerative conditions, such as cancer and vascular/heart/circulatory diseases, in which our genetic backgrounds may be either a help or a hindrance, can be decisively overcome when personal determination drives the healing process.

We invite you to consider that time affects us all and that the difference between graceful and productive older years or a period of slow decay and deterioration is within our reach— it is truly up to us.

I have always thought that the axiom that an ounce of prevention is worth a pound of cure is a landmark concept in health management and is certainly wiser and more cost-effective than figuring out how to pay for treatment.

Prevention is now both programmable and attainable. Please join with us and the Bio Care System as you chart a new course for health, rejuvenation and effective anti-aging.

---

*We have both the capability and the responsibility of aging productively because the tools to do so are at hand — and a system now in place at BioCare Health and Wellness Center can provide that comprehensive startup for a full, vigorous and healthy longevity — the beginning of pleasant surprises as you face what so many call “the senior years.”*

---

## BODY, MIND AND SPIRIT

A Holistic Approach to Healing

by Michael L. Culbert, ScD

This hospital is often asked why it does not have a program which deals with the non-physical aspects of therapy, particularly when it is ever more certain from research that the mind plays an important role in the healing process.

Our response is that, while we most decidedly believe in the importance of mind/faith/attitude in healing, we recognize religion and belief to be entirely personal affairs. Nonetheless, our common injunction is that “whatever you are, be a good one,” and we encourage the patient to utilize the resources of his or her belief system, whatever it may be.

In earlier times we occasionally attempted group positive-thinking sessions in a structured way. We soon found that not all people respond to such efforts, particularly in groups, and for some any attempt at asserting a single religious or philosophical view seemed to be an encroachment on their own pattern of belief and could actually be counter-productive.

BioCare strongly feels that healthy mental attitudes — definable in different ways by different people and belief systems — play a considerable role in the healing process, just as unhealthy attitudes do the same in reverse. Our relationship with long-term survivors of allegedly terminal conditions has taught us that such survivors usually have two things in common:

First, they have learned to “eat right,” an activity which means different things to different people even though there are several nutritional constants of which we are aware.

Second, they “think right,” which is even more personalized. For the present author, who has dealt with long-term survivors of cancer and other metabolic conditions for three decades, the second element is perhaps even more important than the first.

Even so, in the brief time patients are with us to deal with the physical “crisis” phase of their conditions, we concentrate on the immediate and physiological aspects of their illness not because we feel these bring about miraculous “cures” but because they help establish the foundation for our long-time goal — healing.

And we recognize that ultimate healing is in the mind and spirit as well as the body. In fact, medical research has proven the effect that our cerebral cortex has over the immune system so a positive outlook can be the most powerful immune stimulant while periods of stress and depression can trigger immune dysfunction so serious that can result in the onset or worsening of autoimmune diseases allergic reactions or malignancies.

On the other hand, laughter and the true feeling of well being including of course, spiritual inner peace, can produce such an important boost that can change the progress of many diseases

## UPON YOUR ARRIVAL

First of all, let us welcome you to International Bio Care Hospital & Wellness Center. In order to get things underway for your visit to our facilities it is important to follow some guidelines:



Out-patients should arrive at the hospital on **“fasting blood”**—that is, they should have water intake only for at least 12 hours.

Upon arrival the patient should see Socorro in the business office (first door on the right upon entering BioCare Hospital’s upper level). She will give you admission papers to fill out and instructions on the initial drawing of blood and having breakfast, after which you will have a consultation with your attending physician.

As soon as the doctor has finished with your physical exam and reviewed any records you may have brought, treatment will start.

Breakfast 8:00 to 10:00 a.m., Lunch 12:30 to 2:00 p.m., and dinner at 5:30 to 6:30 are served in the dining room.

Upon discharge the kitchen can prepare a take-out meal before leaving the hospital.

## 10 MOST FREQUENTLY ASKED QUESTIONS

About IBC Hospital & Wellness Center

1. Is your hospital a “real” hospital?

Yes. BioCare Hospital and Wellness Center is a modern, internationally accredited hospital with a full staff of bilingual doctors and nurses and a backup group of numerous consultants from both sides of the border.

2. What kind of diseases do you treat?

We use state-of-the-art metabolic integrative modalities and time-honored treatments in the management of cancer and degenerative diseases. Chronic Fatigue syndrome, heart disease, multiple sclerosis, multiple allergies, hormonal and immunological imbalances are some of the most frequently treated conditions. Health maintenance and anti-aging programs are offered in addition. Chronic infections, such as candida, and other fungal infections and viral conditions including hepatitis C and HIV, are also areas of expertise in our clinical environment.

3.-Does your clinic “cure” cancer?

We never say “cure”. We do, however, bring the patient through the crisis stage of cancer to control of the disease. Many of our patients are now living successfully.

4. Will my insurance company cover my treatment?

Most therapies are reimbursed by private US medical insurance plans. You may obtain more detailed information if you call us to review your insurance coverage.

5. Do I have to stay in the hospital for treatment?

For the initial treatment cancer patients stay as in-patients to maximize their therapies. Subsequent treatment can be done as an out-patient.

6. What kind of food will I eat?

You will be served delicious menus from our organic kitchen. Since we strongly believe that nutrition is a fundamental part of our treatment, meals will be an important and pleasant part of your daily routine.

We use natural foods and vegetables. Fish and poultry will be served in some cases. Diets are individualized based upon the patient’s condition. No sugar, refined carbohydrates or red meat is served.

We serve bottled, purified water with minerals added as our drinking water.

## *Three elements determine how well your at-home maintenance treatment is working:*

- 1.- Positive mental attitude.*
- 2.- Religiously following the schedule of supplements / medications.*
- 3.- Following a program of diet/exercise/supplements even when you seem to be feeling better and may believe you no longer need them.*

7. How will I get from San Diego Airport to the hospital?

The BioCare Hospital driver will meet you at the carrousel where you pick up your luggage. Call 1-800-701-7345 where there will always be a staff member to assist you if your flight is delayed.

Before you leave the hospital, please meet with your doctor to discuss your medication, treatment and supplements. Write down questions for your doctor, the nutritionist and the business office, and talk to each one before you leave to make sure everything is in order.

8. Can I legally cross the border back into the US from Mexico with my medicine?

Yes. You will be leaving the hospital with a 3 month supply of your medications. These are for your use, and you will have written instructions from your doctor. This is perfectly legal.

Be sure to take back any medical records you may have brought with you.

After you return home, should you need to reach your doctor call 1-800-701-7345; there is a physician on call 24 hours, 7 days a week to assist you. hospital fax is (619) 414-1404 and e-mail is: [doctor@biocarehospital.com](mailto:doctor@biocarehospital.com)

9. Can a member of my family or a friend accompany me to your hospital?

Yes. We are happy to help you arrange for a relative or friend to stay with you during your treatments in your hospital room. A companion can stay at our next- door suites, or at a nearby hotel for a fee.

10.-What do I do on leaving the hospital?



## Tomorrow's Medicine... **Here Today**

**A new concept: advanced BioCare for integrative therapy and promotive health under the personal guidance of Rodrigo Rodriguez, MD.**

He is the internationally acclaimed founder of BioCare Health and Wellness Center is a major world research and therapeutic center where Dr. Rodriguez has assembled a world-class medical staff.

Integrative individualized programs are available with innovative treatment modalities in metabolic medicine, enzyme therapy, whole body hyperthermia, for cancer, multiple sclerosis, immunological disorders, heart and vascular disease, diabetes and chronic degenerative diseases.

Modern technologies that yield the best results are used to treat our patients with the utmost consideration for their immune and defense systems, restorative care and wellbeing.

One of North America's most advanced integrative health-centers offers the best choices.

**[www.biocarehospital.com](http://www.biocarehospital.com)**

Contact our doctors at:

**1-800 701-7345**

**[doctor@biocarehospital.com](mailto:doctor@biocarehospital.com)**

