

aplastic Anemia

Dear Dr. Meinig: A relative of mine has recently been told he has aplastic anemia. Could this be caused by breathing fly sprays used to kill flies? I understand this is a very serious illness and wonder if there is anything that can be done nutritionally. M. L.

Dear M. L.: This disease causes a deficiency of blood cell formation and is associated with incomplete or defective development of cells in the bone marrow. There may be a deficiency of the red cells present in hemoglobin, and a deficiency of the white blood cells called leukocytes. At the same time there may be a predominance of lymphocytes, another type of white blood cell.

A number of chemical agents have been held responsible ^{for} aplastic anemia. Benzene, inorganic arsenic and the antimicrobial drug chloramphenicol, have been implicated. I have found no references to fly spray but would think it possible. Removal of the offending agent has often resulted in spontaneous recovery. I would suggest your relative read Dr. Mandell's book "Five Day Allergy Relief System" as it mentions a horde of environmental items, as well as foods, that lead to a multitude of medical diseases.

People with aplastic anemia have a pale waxy pallor to the tissues inside the mouth and to the skin. Parasites or worms are another cause that ^{is} frequently overlooked.

Nutritional support of medical treatment should consider the need for high protein intake, and particularly organ meats. It would be wise to suspect the stomach acid is too low. ^{If so,} supplements of hydrochloric acid would be necessary. Chlorophyll complex capsules, beets and beet juice, kelp, manganese, iron,

B6, folic acid, E, and C are all looked upon to aid in treatment. Homeopaths recommend calcaria phosphate.

In about half of the cases of this disease it is difficult to find the cause. Inasmuch as the recovery outlook is much more favorable when the offending problem is recognized, I strongly recommend Dr. Mandell's book mentioned above be promptly read and followed.

Everyone has a question about nutrition. Send yours to: Dr. George E. Meinig , c/o OVN, Box 277, Ojai, CA 93023.