

A Few Simple Techniques for Staying Alive Home Remedies for the A.I.D.S. Holocaust

Calaph Timmerson¹

I just recently passed the fourth birthday that my doctors never expected me to have. I have been dealing with A.I.D.S.-related problems for at least the past five years, and I have probably been carrying the "A.I.D.S. Virus", or whatever causes A.I.D.S., for the past ten years, maybe longer. I have had two serious diseases that are now thought to be related to A.I.D.S., but which are not officially classified as opportunistic infections. One of my doctors told me four years ago that he was amazed that I had managed to survive the treatment he had given me, and that he never would have given me that treatment had he known about the probable connection to A.I.D.S.

My doctor now informs me that my T-4 count has dropped down to about 50, where it has been for the past two months. It had been stable at around 100 for about the past year and a half. I understand that those numbers are considered to be very low — so low that my doctor tells me, in funereal tones, "I'm sorry, but there is no other medication that I can give you."

Sorry, but the patient is not dead yet, far from it. In spite of the conventional medical wisdom, I am still working. More than that, I am still working full time in an extremely demanding and competitive profession, in which I am routinely required to endure more stress and accept greater responsibility than most completely healthy people would like to think about. Those of you who know opera have probably already suspected that my name is not Calaph Timmerson. I feel terrible about using a pseudonym for this article. Everyone who matters knows that I am gay. Very few people know that I am sick.

The amazing thing is that I look and feel completely healthy, and appear to be increasingly healthy and energetic every

day. Four years ago, I looked like grim death, and several of my neighbours were asking my landlord if they could have my apartment, if and when ... Since then, I gained ten pounds, and I have maintained the increased weight for well over a year. I had to buy new pants, two sizes larger than I ever wore in the past, so that I could breathe after meals. Frequently, people are complimenting me on how well I look — the same people who thought I was dying a few years ago. They tell me, in confidential tones, that a few years ago, they thought I had A.I.D.S., but since my condition always seems to be improving, they know it couldn't be A.I.D.S.

I am fighting back against A.I.D.S., and so far, I seem to be winning. I feel better and more energetic than I have felt in many years. This is not for lack of problems. I have repeatedly encountered various physical and mental symptoms associated with A.I.D.S. and A.R.C. Beginning about ten years ago, I repeatedly suffered periods of depression, which several doctors were unable to diagnose or cure. About four years ago, the periodic depressions increased, until I was experiencing symptoms of the so-called "A.I.D.S.-related dementia", such as impairment of motor responses and memory loss. About two years ago, there were many days during which I had great difficulty walking or talking, and I was only barely able to concentrate. I was literally moving in slow motion, and had to think consciously about moving my feet when I walked, and about pronouncing ordinary words.

Since then, I have learned to fight off these mental symptoms almost completely. I have repeatedly made the symptoms disappear, almost at will, by using a number of common food substances. I have learned to use my subjective mental feelings of well-being as a sort of barometer, to gauge the effectiveness of the various

1. A pseudonym.

substances I have been using to improve my physical health.

Here are some of the things that I have been doing to stay alive and healthy, and my untested hypotheses as to why they are working. I preface this with the usual disclaimers that I am not giving medical advice. I am not a doctor, and I do not have much access to medical literature. I am under the supervision of a doctor, who does not subscribe to any of my theories. It is with great trepidation that I write this article. People may follow my advice, and make themselves very sick. What works for me may not work for anyone else, and certainly will not work for everyone else. I do, however, feel obligated to pass along some of the simple treatments that have worked so well for me. They seem to work so predictably, over a long period of time, that can no longer justify keeping them to myself.

I am regularly taking several prescription medications, including a low dosage of A.Z.T. I have experimented with optimum times of day to take A.Z.T., particularly avoiding the late night pill. The body replenishes the supply of red blood cells while a person is sleeping. Waking up in the middle of the night to take a pill that is known to inhibit the production of red blood cells seems like a good way to get anemia.

I am also taking a maintenance dosage of Bactrim tablets (Sulfamethoxazole/Trimethoprim), as a prophylactic against both *Pneumocystis Carinii* and Toxoplasmosis. I have also been taking Acyclovir (Zovirax) to prevent a recurrence of Herpes Zoster, and I have been taking Nystatin, to help in the control of intestinal yeast (*candida albicans*).

In addition to the prescribed medications mentioned above, I have been doing several things, using commonly available food substances, which clearly appear to be helping my condition, and I have developed a completely untested hypothesis as to why they are working. I may be totally wrong about the reasons why these measures seem to work, and then again, I may occasionally be close to the truth.

My general principle is to use external, topical agents as aggressively as possible. This avoids unnecessary use of medications

that enter the bloodstream. It also avoids having to depend upon the functioning of the immune system, so as to take all possible pressure off of the immune system. I assume that my immune system is not working properly, and I must therefore use manual defenses, wherever possible. I don't want my already compromised immune system to have to fight colonies of microbes in my intestines, or in my mouth or on my skin. I fight them aggressively with topical agents and/or foods that are commonly available in grocery stores and restaurants.

About every two days, I eat very spicy food from one of many countries that use hot spices, such as Mexico, Brazil, Burma, China (Szechuan/Hunan), Thailand and Korea. Each cuisine is based upon the local spices, which are different, and seem to affect different microorganisms in different ways. The most dramatic effect is from the Korean spicy pickled cabbage called *kim-chi*, which has a lot of red cayenne pepper. At least once per week I have a *kim-chi* stew called *kim-chi jige*, which is liquid fire. I eat this together with a large amount of beef, fruit and vegetables. I try to vary the menu and the types of spices, including several that are not notoriously hot. Milder spices, such as Thai lemon grass and holy basil, are dramatically effective in eliminating gas and the bloated feeling. In Mexican restaurants I always finish the bowl of hot sauce, using the curved tacos that are shaped like a spoon. Eating *guacamole* together with the hot sauce seems to make the *salsa picante* easier and more pleasant to finish, and makes it "stick to the ribs" more.

Every few days I eat some kind of spicy food. Among the different spicy or pungent foods I eat are: hot Chinese mustard, a Japanese green mustard called *wasabe*, ordinary mustard, garlic, ginger and horseradish.

I generally avoid sugar, sweet foods, milk, fresh bread, and potatoes, all of which seem to encourage the growth of yeast. I also generally avoid fermented foods, such as cheese and wine, and I never drink beer. I find that these foods cause me to bloat with gas almost immediately. The bloating is quickly and dramatically relieved

by some of the spices.

Occasionally, however, I completely reverse the process and deliberately eat a number of the fermented foods that I usually avoid. I will sometimes eat a large container of fresh yogurt, and follow it with glasses of milk, and cereal with milk. I do this when I feel that a particularly hardy or resistant microbe has taken over my mouth or my intestines. The bloating ensues predictably, but in the process the more controllable microbes take over and kill off the more resistant microbes. After a few days of gas and headaches, these microbes can easily be killed by one hot meal at a Thai or Korean restaurant.

I have spoken with several other long-term survivors who have very low T-4 levels, but who appear to be in robust health, and who are energetic, working full time and putting on weight. I have discovered, to my surprise, that most of the long-term survivors I know are also eating spicy food, and particularly the Korean *Kim-chi*, at least once per week. They didn't think of spicy food as any kind of therapy — they just happen to like it. A friend of mine, who is still working full time as a computer analyst, even though his T-4 count is around 10, says that, at this point, he can only eat spicy food, because bland food makes him nauseous and full of gas.

For many years, I used to have a very bad problem with bloating and gas, that seemed to be connected with malabsorption and headaches (i.e., the headache would increase immediately before the passing of gas, and would dramatically decrease immediately after). I was belching repeatedly and uncontrollably after every meal. This has now stopped because of the spicy food, and the connection is dramatic and predictable. At this point, my eating one piece of freshly baked bread will cause severe bloating within a few hours, and a sufficiently spicy meal will eliminate the gas, also within hours. Since I have started conscientiously eating spicy food, I have been consistently much more alert and able to work than I have been at any other time during the past ten years.

Many A.I.D.S. and A.R.C. patients have diarrhea, tremendous amounts of intestinal gas, and malabsorption of nutrients, and

most patients lose weight and suffer a "wasting syndrome". These problems may be the result of the unchecked proliferation of intestinal micro-organisms, including those that are endemic and well known to be harmless in normal people. I believe that A.I.D.S. and A.R.C. patients cannot control their intestinal flora and fauna through the usual means, and that an overload of micro-organisms in the intestines, on the tongue and in the skin eventually cause the already weakened immune system to overload and collapse.

This overload on the immune system is exacerbated by malabsorption of nutrients, diarrhea and gases produced by the micro-organisms. The micro-organisms in the intestines are always busy reproducing more of themselves, and to do so, they selectively absorb their own particular formulas of amino acids needed to manufacture the various proteins of which they are composed. We human beings also extract, from our food, a particular formula of amino acids needed to make our proteins, and other necessary chemicals of which we are composed.

Whenever there is a lack of one necessary amino acid available in our bloodstream and/or in our cells, it is impossible for our bodies to construct the proteins and other necessary chemicals that we need. I assume that the most difficult chemicals for our bodies to manufacture include those used in the immune system and those used in the higher functions of the nervous system, particularly the chemicals used in the process of memory. I believe that loss of memory, and/or immune system dysfunction may be a kind of "miner's canary" indicating an unbalanced mixture of amino acids, or other necessary nutrients.

If a person has abnormally abundant and uncontrolled colonies of micro-organisms in his or her intestines, all of them continually absorbing their own particular ratios of amino acids, this is bound to deplete the supply of certain amino acids, or other nutrients, that are needed by the person's own body. This may result in the mysterious headaches and exhaustion that many people feel, often associated with gas, about a half-hour to an hour after eating. It is altogether possible that many people, other than people with A.I.D.S. or

A.R.C., suffer from a syndrome malabsorption and resulting headaches and/or depression. It seems likely, however, that these effects are much greater in people with A.I.D.S. or A.R.C., because of an increased and uncontrolled proliferation of micro-organisms.

I occasionally also take dietary supplements, such as multi-vitamins, amino acid tablets, pancreas enzymes (Pancreatin) and papaya enzymes (Papain) to help with the malabsorption problems. Again, I avoid taking these every day. I take multi-vitamins only when I feel the lack of, or need of, a vitamin pill. This is very subjective and unscientific, but over the years, I have learned to recognize when I need vitamins or amino acid pills. Taking these pills when I do not have this subjective feeling, that I associate with needing them, can quickly make me tired and depressed. This takes some experimentation, but usually the adage, "Less is more", proves to be true, both with dietary supplements and with medications. The important thing is to find the *minimum effective dose*, rather than the maximum possible dose. Maybe that is what is wrong with the presently accepted dosage of A.Z.T.

I deliberately try to avoid taking any substance every day. I try periodically to change the chemistry in my body, as completely as I can without making myself sick, so as to confound the microbes. Microbes are generally one-celled organisms. An adult human being consists of about three trillion cells. A person can afford to lose a few million cells, but each microbe has only one cell to lose. The microbe only has its own cell membrane to protect it from its environment. A minor change in temperature, salinity, or acidity, or other chemical change, can be instantly fatal to micro-organisms. Large animals, such as human beings, are composed of so many cells, that they can withstand all kinds of environmental changes that kill microbes. This is why we automatically raise our body temperature, as a defense against certain diseases and infections. This is also the basic theory behind such treatments as chemotherapy. Spices are, almost by definition, irritating, caustic substances that inhibit or kill various microbes, but which are safe for human ingestion. All of the commonly available

spices have been eaten by people safely for thousands of years, and they are sold as food in supermarkets with no controls whatsoever. The major importance of spices, other than simply improving taste, is that they prevent spoilage of food by micro-organisms. Before the invention of refrigeration, spices and salt were about the only ways to keep food from spoiling. It is probably not just a coincidence that most of the people in almost every tropical country in the world eat spicy food. It may well be the result of natural selection. In the tropics there is no winter to control the microbe population, and many dangerous parasites, bacteria and fungi proliferate and cause intestinal problems and diarrhea. Over the generations, perhaps only the people who liked to eat spicy food managed to survive to adulthood, and this has resulted in the spicy national cuisines in those lands.

I think that having A.I.D.S. or A.R.C. is rather like taking a trip to an unfamiliar tropical country. If the tourist does not eat the hot spicy food that everyone who lives in that country eats, he will get an extreme case of diarrhea from the unfamiliar intestinal microbes that his body cannot control. In this case, the microbes may be familiar and usually benign, but the person with A.I.D.S. can no longer control them.

The reason for using many different spices is that the microbes seem to adjust rapidly to just about any agent used against them. They have extremely short lifespans, and their evolutionary strategy is to procreate quickly and prolifically, so that some mutant strains will survive any kind of problem. This is the same strategy that has worked so well for mice and roaches for the hundreds of years that man has been trying, unsuccessfully, to exterminate them. By using many different agents in rotation, the microbes' chances of survival by mutation are greatly reduced. This treatment strategy is very similar to that used in chemotherapy, in which many different powerful and corrosive agents are used alternatively.

It should also be remembered that tropical plants are themselves constantly under attack by fungi and other microbes. The plants that have managed to survive in

tropical climates have probably done so precisely because they have developed some kind of chemical strategy for inhibiting such attacks. Some tropical plant substances that are not particularly spicy seem to have beneficial effects. This appears to be true of coconut juice, coconut oil, coffee and chocolate. One current theory suggests that people with A.I.D.S. sunbathe for several hours each day. The benefit to these people may actually be coming from the coconut oil they are applying, rather than from the sun.

I have been fighting a constant battle to keep microbes from growing on my tongue or in my mouth. I do not think it is helpful to the immune system to allow thrush or other infections to accumulate on the tongue, or anywhere else. If left alone, my tongue becomes covered with a plaque of microbial matter, which I periodically have to clean off. I do everything possible, using topical agents, to get rid of the thrush, and every other kind of microbial infection in my mouth, so as to take pressure off of the immune system. After I eliminate the thrush and other microbes, I usually feel much better than when there is an accumulation. So far I have always been successful in getting my tongue clear of infections, although it is a continuous battle. The various infections always begin to reappear every few weeks, but several substances that are commonly available in grocery stores usually make the infections disappear rapidly.

There are at least three different kinds of microbes that accumulate on the tongue and cause pain, lesions or other problems. I do not pretend to know definitively what they are, or their scientific names, but I do know how to get rid of them. The white growths on the top of the tongue and on the sides (which are different from each other) both seem to respond to the age-old douche remedy of apple cider vinegar, diluted to one-third strength, held in the mouth for about three minutes to ten minutes. Another microbe, which is colourless and causes painful parallel vertical lesions on the sides of the tongue, responds to a similar bath of straight vodka, again held in the mouth for a few minutes. Straight mouthwash, diluted Hydrogen Peroxide and/or strong salt water, also held in the mouth for a few minutes,

all seem to help to clear up microbes that do not respond to the vinegar or the vodka. So far, my tongue is usually clean with no lesions and no pain. Using these mouthwash techniques, I have repeatedly removed thrush and other infections on my tongue and in my mouth. The results are dramatic and almost immediate, with the condition completely disappearing within one day.

Occasionally, some microbe gets established in my mouth that does not respond to any of the above treatments. When that happens, I follow the reverse procedure that I described above. I eat yogurt and string cheese, and hold them in my mouth, so that their microbes can get well established. I know that I can easily get rid of these microbes, after they have crowded out the more resistant strains. This kind of complete reversal of strategy is found throughout nature. It is probably part of the reason why we have to sleep, and why we function best if we change our routine on weekends and take vacations.

Incidentally, I am very much afraid to travel, and I believe that any trip to a foreign country, particularly any tropical or developing country, would be quickly fatal. I am having more than enough trouble controlling the microbes that I already have. For the same reason, I avoid all close physical contact with other people. This may be an extremely unpopular thing to say, and totally baffling to opera lovers, but I have completely avoided all kinds of sex, including safe sex, for the past six years. I avoid all other physical contact, including hugging and kissing. I am not at all worried about catching the so-called "A.I.D.S. Virus", since I undoubtedly already have it. I am very worried, however, about catching someone else's microbes that I may not already have. I am always trying to limit the number and mass of the microbial threats to my system. I do not want to cope with someone else's cold, or skin infections.

With skin infections, I take a similar approach, using external agents as much as possible. Many months ago, I had little rashes and scales appearing on my skin, including my face, head, arms and legs, which would bleed when picked,

and would never completely heal. I began to wash these areas with Betadine, a preparation of iodine that is readily available over the counter in most drug stores. The Betadine initially cleared up the scales on my face and head completely, and helped the other scaly rashes very much. Eventually the microbes apparently mutated and stopped responding to the Betadine, or else my immune system deteriorated further, so that more stringent measures were required. I also had bad rashes near my groin, probably fungal, which did not respond to topical anti-fungal medications. Because of this, I began to experiment, and finally started to use a mixture of aloe shampoo, apple cider vinegar and Betadine, shaken vigorously to a foam in a small, one-serving, plastic food container. The small container allows the mixing of very small amounts, and the complete mixing, shaking and foaming. This mixture penetrates the skin and kills almost everything that has worked its way into the skin. Almost all of the skin irregularities seem to go away or improve greatly after washing with this mixture. In a variation on this mixture, I sometimes add an equal amount of water to the vinegar. This seems to absorb more completely, tingles a little more, and is more effective against some kinds of infections and less effective against others.

The outer layer of the skin consists of dead cells, which overlap each other like scales or shingles on a roof. Microbes of various kinds are constantly trying to work their way down into the skin to reach live tissue. In most people who have a functioning immune system, the microbes that reach live tissue are usually killed immediately by the immune system. If the microbes cannot be killed quickly, the skin reacts by isolating the microbes, forming scabs, pimples, sweating and all of the other skin eruptions that indicate infection. It is probably no coincidence that people with A.I.D.S. or A.R.C. have spots and scabs and sores that refuse to heal.

Using this mixture, I have made most of the scabs and sores heal quickly within a day or two. The mixture does dry out the skin, and may cause a burning or tingling sensation for hours later. There does not seem to be any permanent damage to the skin, and this mixture may even stimulate

skin growth. A moisturizing lotion, such as aloe, applied to the skin, helps the dryness and seems to increase the absorption of the Betadine into the skin. I have been using this mixture now for almost one year, and I do not seem to have suffered any adverse effects. My skin looks younger and smoother. I do not know if it has actually become thinner, or if there is any long-term danger to this treatment. This treatment may also be a good cure for wrinkles — or it may be potentially dangerous. I do not know, but for me, the possibility of long-term skin damage is less worrying than the immediate threat of uncontrolled skin infections.

My basic working hypothesis in all of these treatments is based upon a combination of the H.I.V. theory and the immune overload theory. In my model, the H.I.V. (or some other agent) begins to weaken the immune system in such a way that it can be further debilitated by many other microorganisms, in the intestines and in the skin. These microbes, certainly include yeast (*Candida albicans*), but probably also include numerous others that usually do not cause problems in people who are not immune suppressed, and which are therefore generally considered to be benign. These common microbes may not be benign for people with A.I.D.S. or A.R.C.

I have been testing additional food chemicals on myself at the rate of about one new substance every two weeks. I have had spectacular, but temporary, results from the application of a tiny amount of coconut oil in my mouth. I felt unbelievably invigorated and energetic for about three days, but eventually became exhausted for another three days. My T-4 cell count does not seem to have been affected. I had a similar result from holding a quarter-teaspoon of ordinary mustard in my mouth for a few minutes. Again, I experienced three days of energy followed by three days of exhaustion. Following this experiment, my T-4 cell count dropped to about 50 from a previous level of about 100. The mustard may or may not have had anything to do with the drop.

These treatments are highly experimental and unproved, and possibly dangerous. I am an inveterate tinkerer and experimenter.

If one of my experiments eventually to have been a big mistake, I will at least have the pleasure of knowing that I did not simply lie down and feel helpless. At an absolute minimum, these experiments give me a feeling of control over my condition. The beneficial effects of mental attitude, known as the "placebo effect" is not some kind of nonsense. Its existence is recognized as scientific fact. That is why it must be carefully eliminated from scientific experiments — because it works. That it cannot be easily explained does not make its existence any less of a scientific fact. Its close connection to hypnosis, self-hypnosis, meditation and the sort of faith healing that is recognized by almost every organized religion in the world, also does not make it any less of a scientific fact. A feeling of control, positive thinking, and the belief in the possibility of a cure, increase the benefit of the placebo effect. Since the effect works, it should be used, if possible. It is probably very harmful for a doctor to tell a patient that there is nothing else that can be done for him. Any glimmer of hope can trigger the release of chemicals produced by our own bodies, that have not yet been discovered or studied. Just because science has not yet discovered a substance certainly does not imply that it does not exist. The systematic chemical analysis of the human body is in its infancy. The recent discovery of endorphins is probably only the tip of the iceberg, and there are probably thousands, or even millions of undiscovered chemicals, present only in trace quantities within the human body, and inside of every other kind of

animal and plant in the world.

The medical profession, governmental agencies, and even A.I.D.S. organizations seem to be completely preoccupied with finding and curing whatever is the basic underlying cause of A.I.D.S. I think that more attention should be paid to helping people avoid the ravages of the disease, and to helping people survive until a cure is eventually found. I am not claiming that any of these strategies will cure the underlying causes of A.I.D.S., or cause the recovery of the immune system. I am only suggesting that fighting all of the secondary infections, however minor, may well be the only way of staying alive, and relatively well, until some cure for the underlying causes is found.

Most of the substances that I am using are considered to be foods, and are readily available in any supermarket. Most of the other substances are available off the shelf in any discount drug store. I assume that no self-respecting medical doctor would ever consider prescribing, or even mentioning, a food substance to help treat A.I.D.S. I am sure the medical profession, the legal profession, and the pharmaceutical industry would be all too willing to punish and silence any medical doctor who dared to suggest that ordinary food substances could help in any way. Certainly, no pharmaceutical company would sponsor expensive testing procedures on ordinary cider vinegar, mustard, garlic or peppers. There is very little profit potential in spicy foods. Then again, these are not controlled substances, and they certainly seem to be helping me.