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## Roundup News - Weed Killers in your bread and pasta

### **Monsanto's glyphosate found in seed crops other than corn and soybeans**

Conrad LeBeau

Wheat seeds, wheat flour, pasta, wheat bread, sunflower seeds and safflower seeds may also contain undetermined amounts of Roundup's Weed Killer glyphosate. Sunflower and safflower seed oil may also be contaminated with glyphosate. In Milwaukee, trace amounts of glyphosate have been found in the city's tap water as reported by Milwaukee Waterworks.

How does Monsanto's weed killer end up in the city's tap water? Ever heard of Feed and Weed? You probably can find this product at your local hardware store. The answer is as simple as homeowners applying these kinds of products to their lawns, or when lawn maintenance companies spray lawns with glyphosate's to kill off dandelions, wild flowers and weeds. Guess what, when it rains after an application, the runoff water will contain some of the cancer causing weed killer glyphosates.

In the City of Milwaukee and its surrounding suburbs, these runoffs go directly into Lake Michigan. Now guess where Milwaukee gets its base water for processing potable drinking tap water? They run a pipe to draw water from lake Michigan where runoff fertilizer and weed killers are also present in the lake water.

In fact, in reviewing data from the city's water department lab results, I counted more than 100 contaminants in the City of Milwaukee drinking water. While the contaminants measure in parts per billion, these chemicals add up to a few milligrams per day for each consumer. Those parts per billion include dozens of drugs and other medicines, and various chemicals. In spite of all the filtration done at the city's water plant, they are unable to remove 100% of these contaminants.

While the individual amount of each contaminant may not be harmful per se, the EPA

and other regulatory agencies fail to consider or study the cumulative effects when all these numbers are added together. The federal regulatory agencies (FDA, DOA, EPA etc) are notorious for protecting the bottom line of chemical companies, drug companies, Wall Street bankers and big corporations that are also major political donors.

### **How Monsanto's Weed Killer glyphosates ends up in wheat, pasta, bread and many other seed products**

Normally Monsanto's weed killer sprays are applied early in the season to kill small growing weeds in corn and soybean fields. By harvest time, some of the glyphosates are thought to have broken down from microbial action. Grains with high moisture content may mold, so they must first be dried. At the end of the growing season, farmers who are responsible take their grains to centers that use heated air to dry them and prepare them for storage or shipment.

Well - guess what? Farmers have discovered that spraying their mature wheat and other grain fields just before harvest with Monsanto's Roundup helps dry the seeds. (1) Apparently, spraying the farm fields with weed killers can eliminate the expense of harvesting and transporting the grains to commercial dryers. In other words, using glyphosate on the fields as a desiccant (drying agent) before the final harvest saves the farmers money.

The worst possible time to apply weed killers is just before harvest. The plants absorb the glyphosates and it ends up in the seeds. From there it ends up in wheat flour and in pasta and breads, then on the kitchen table and finally in your stomach. From there it becomes yet another cancer causing chemical in the food supply chain.

Ref: 1. Crop desiccation- Wikipedia

## **Wikipedia on desiccants**

Glyphosate (Roundup®) is the principle pre-harvest systemic herbicide used for desiccation of a wide variety of crops. As a systemic herbicide it is not a true desiccant as it can take weeks rather than days for the crop to die back and dry out after application.[15][19]

Glyphosate works by poisoning the shikimate pathway which is found in plants and microorganisms but not in animals. Specifically, it inhibits the EPSP synthase enzyme which is required for plants to make certain amino acids.....[20]

In the UK, glyphosate began to be applied to wheat crops in the 1980s to control perennial weeds such as common couch.... End of quote

Is it just a coincidence that the worldwide obesity epidemic also got its start in the mid-1980's when glyphosates were first introduced to farmers and the consuming public?

Gluten intolerance from wheat may not be the primary cause of the current obesity epidemic; rather, it could be that glyphosates as endocrine disruptors are causing weight gain.

### **Inflammatory Effects of Subacute Exposure of Roundup in Rat Liver and Adipose Tissue**

Aparamita Pandey,1 Prachi Dhabade,2 and Anand Kumarasamy etal  
Dose Response. 2019 Apr-Jun; 17(2):  
Abstract

“Roundup is a popular herbicide containing glyphosate as an active ingredient. The formulation of Roundup is speculated to have critical toxic effects, one among which is chronic inflammation. The present study analyzed adverse inflammatory effects in the liver and adipose tissue of rats after a subacute exposure of Roundup.

“Adult male rats were exposed to various doses of Roundup (0, 5, 10, 25, 50, 100 and 250 mg/kg bodyweight [bw] glyphosate) orally, everyday for 14 days.

“On day 15, liver and adipose tissues from dosed rats were analyzed for inflammation

markers. .... Cumulatively, our data suggest development of inflammation in lipid and hepatic organs upon exposure to Roundup. Furthermore, liver histological studies showed formation of vacuoles, fibroid tissue, and glycogen depletion in the groups treated with doses of higher Roundup.

“These observations suggest progression of fatty liver disease in Roundup-treated adult rats. In summary, our data suggest progression of multiorgan inflammation, liver scarring, and dysfunction post short-term exposure of Roundup in adult male rats.

### **Buy Organic to minimize your intake of Roundup and other herbicides**

The answer is to buy organic seeds, and organic oils like Extra Virgin Olive Oil, organic cold pressed avocado oil, other organic oils, organic flours and all other food products certified organic and certified NON-GMO. This also means giving up coupons to buy cheap grades of pork and beef from farm animals who are fed Monsanto GMO corn and soybeans and contain unknown amounts of Monsanto's Roundup weed killing glyphosates.

### **Shocking News**

#### **Trump's EPA and Dept. of Justice back Monsanto claims that Roundup is safe**

The following excerpts are taken from the website insurancejournal.com as reported by Maria Ponnezhath and Ben Klayman. Edited by Leslie Adler

“The U.S. Environmental Protection Agency and the Justice Department said a federal appeals court should reverse a lower court verdict finding Bayer AG liable in the case of a California man who blamed its Roundup weed killer for his cancer.

“The government said in a friend of the court brief filed on Friday that glyphosate, the weed killer's active ingredient, is not a carcinogen and as a result a warning on the label was not required as California state law demands.

“The backing by the EPA and Justice Department comes days after Bayer asked a U.S. federal appeals court to throw out a \$25 million judgment it was ordered to pay Edwin Hardeman. Bayer had denied its Roundup weed killer causes cancer.

“In April, the EPA reaffirmed that glyphosate does not cause cancer. Farmers spray glyphosate, the most widely used herbicide in U.S. agriculture, on fields of soybeans and other crops that are genetically engineered to resist it.

“Roundup is also used by consumers on lawns, golf courses and elsewhere. Hardeman’s lawyers previously accused Roundup maker Monsanto, which Bayer acquired last year in a \$63 billion deal, of having failed to warn consumers about the herbicide’s cancer risk.

“Bayer stock has lost about 23% in value since the first Roundup verdict for plaintiffs in August 2018. Bayer argued it would be impossible to comply with the Hardeman verdict, a lawsuit brought under state law, because any warning label would be in conflict with guidance from a federal agency.

“The EPA and Justice Department agreed in their Friday filing. “It is unlawful for manufacturers and sellers to make claims on their labels that differ from what EPA approves,” the U.S. government said. End of article.

Editor’s comment: Mr. President- what happened to your 2016 pledge to drain the swamp?

### **A note on EPAs’ record of infallibility**

On Sept 12, 2001, the day after the Twin Towers in New York were brought down by Saudi Arabian terrorists. Carol Browning, the EPA Administrator at the time, stated the air from the collapsed towers was safe to breathe. Following that pronouncement on TV, the New York City Health Dept. advised First Responders that they did not need to wear face masks.

Those who took that advice later lived to regret it – many have since developed lung cancer and died. Others are living with COPD. Congress has since appropriated billions of dollars to cover their current and future medical expenses. Why has Carol Browning never been questioned by members of Congress?\_\_\_\_\_

### **Garlic increases cd4/cd8 ratios and Natural Killer Cells in mice**

In 2014, Iranian scientists ([Tabari M A, Ebrahimpour S](#)) reporting in the Indian Journal of Cancer found that Garlic extract increases cd4/cd8 ratios and Natural killer cells in mice with implanted cancer. The reported in their Abstract that \_

**“Aged garlic extract (AGE)** has many biological activities including radical scavenging, anti-oxidative and immunomodulative effects. Aim: In this research work, the antitumor and immunomodulatory effects of AGE against fibrosarcoma-implanted tumor were studied.

**“Materials And Methods:** WEHI-164 fibrosarcoma cells were implanted subcutaneously on day 0 into the right flank of 40 BALB/c mice at age of 8 weeks. Mice were randomly categorized in two separate groups:

“First received [Aged Garlic Extract] AGE (100 mg/kg, IP), second group as the control group received phosphate buffered saline. Treatments were carried out 3 times/week. Tumor growth was measured and morbidity was recorded. Subpopulations of CD4+/CD8+ T cells were determined using flow cytometry. WEHI-164 cell specific cytotoxicity of splenocytes and in vitro production of interferon gamma (IFN- $\gamma$ ) and interleukin-4 cytokines were measured.

**“Results:** The mice received AGE had significantly longer survival time compared with the control mice. The inhibitory effect on tumor growth was seen in AGE treated mice. The CD4+/CD8+ ratio and in vitro IFN- production of splenocytes were significantly increased in AGE group. WEHI-164 specific cytotoxicity of splenocytes from AGE mice was also significantly increased at 25:1 E: T ratio.

**“Conclusion:** Administration of AGE resulted in improved immune responses against experimentally implanted fibrosarcoma tumors in BALB/c mice. AGE showed significant effects on inhibition of tumor growth and longevity of survival times.

Citation- Tabari M A, Ebrahimpour S. Effect of aged garlic extract on immune responses to experimental fibrosarcoma tumor in BALB/c mice. Indian J Cancer [serial online] 2014 [cited 2019 Dec 4];51:609-13.

## **Diagnostics - C Reactive Protein (CRP)**

**C-Reactive Protein (CRP)** is a protein produced in the body in response to inflammation. It attaches to dead or dying cells or microbes. CRP levels increase in response to elevated levels of interleukin 6, a pro-inflammatory cytokine produced by macrophages or other types of white blood cells. Elevated CRP levels have been found to be a marker of increased risk for high blood pressure, heart disease, and diabetes. Cancer patients also have elevated levels of CRP. Persons with active infections have elevated levels of CRP due to increased cell destruction.

When CRP levels are elevated, further tests are needed to determine the underlying cause. CRP is a common test that your doctor can order for you. An anti-inflammatory diet as outlined in the chapter in the "Immune Restoration Handbook" that also includes adequate support for glutathione levels will help reduce CRP levels.

In addition to monitoring the CD4/CD8 ratios, testing for C-reactive protein will provide an indication of a chronic infection or inflammation presence in the body.

### **Centurions, Fiber and Longevity**

Two folks who used Metamucil for decades

The year was 1978. Paul was 9 years old when his parents, Braxton and Patricia Baker moved to an old farmhouse in Dinwiddie, Virginia. The property they bought had an abandoned greenhouse on the premises. Inside the greenhouse they found several hundred empty bottles of Metamucil, a psyllium husk supplement sold over the counter for promoting digestive and heart health.

This story might not be newsworthy if it were not for one small and important detail. Paul's parents talked to the neighbors who lived close by and they reported that the married couple that had previously lived there died at the respective ages of 102 and 104.

While neither Paul nor his parents considered that there might be a connection between the longevity of its previous occupiers and all those empty bottles of Metamucil, I am drawing this

correlation here because fiber is critical to gastrointestinal health; and gastrointestinal health is a critical requirement for immune health; and immune health is needed to prevent or delay the onset of disease, including the two killers in old age - heart disease and cancer.

Suggestion - try mixing one tablespoon of psyllium husk powder with one heaping teaspoon of ground flaxseed powder with a glass water or fruit juice. Take this once a day to support gastrointestinal and immune health. Store both powders in a freezer or frig to keep them fresh.

### **Case Report**

#### **Aged Garlic Extract increases cd4/cd8 ratios - lowers triglycerides.**

Europe –One reader from Europe (alias M.T.) is now attempting to duplicate the 1989 study (1) using 5 grams of Kyolic aged garlic extract powder each day to determine what effect it will have on his cd4/cd8 ratio and his overall well being over a 2 month period.

In reports of the AIDS cure of "Mary from Brooklyn" in the last issue of this newsletter, I advanced the theory that the garlic Mary used was a critical factor in returning the cd4/cd8 ratio to normal. Also, that restoring a normal cd4/cd8 ratio was a prerequisite to attaining total viral eradication that would eventually allow for an end to the daily use of HIV drugs and other remedies.

Unlike "Mary's" case that set out on a track early after exposure (less than 2 months), MT has been HIV positive since 1995. Here are excerpts of what he recently wrote:

*I have been following keephopealive since 1995 when I got HIV positive, but know I was infected in 1993. You don't know how much your information has helped me during the years, both before and after I started HIV medicine in December 2006 with a cd4 count of 170.*

*Did you know that from 1995 to 2006 I did the whole lemon drink, and every time it cut my viral load in half in 3 months? Never failed. I'm often thinking what would have happened if I had done the lemon drink twice a day instead of once.*

Did you know I have been taking **naltrexone (low dose)** everyday since 1999. In all these years I have not been seriously ill with anything, not even when my cd4 was down to 170 and had to start taking prescribed drugs.

Many of my HIV friends on medicine became very badly ill, especially with cancer. Just this year my friend got cancer and died last month, he was 47. He had a Cd4 of 1000. During the years I have been stable with a Cd4 count around 450 to 500. Something else in my immune system must be working; I give the low-dose **naltrexone** a great deal of credit for that.

In everything I will do in the coming years to raise the Cd4s, I will have a close look at the Cd4/Cd8 ratio. There is no purpose in raising the Cd4 count if the ratio doesn't rise also, leaving you with a weaker immune system than when you started. We have to find all the things that do that, there must be more than garlic.

But now I will give the garlic a try, and hope to see a raise in the ratio. By the way, bovine colostrum and mushroom blend is also two of the things that have never failed in raising my Cd4 quite a lot. At that time, I did not know about the ratio.

Maybe some of your readers would also test the aged Kyolic garlic also. Note: I take 8 capsules a day of Formula 100 made by Kyolic. I take 4 in the morning and 4 in the evening.

Ref: 1. (1)A Report of 7 AIDS patients taking 5 grams of aged garlic daily for 2 months by H. Abdullad, D.V. Kirkpatrick and J. Carter; Published in Deutsche Zeitschrift Oct 1989.

Dec 3 2019. Email from M.T.

Hello.....

I'm first having new blood test done next week. I hope there will be answer to the test next week, so we can see if anything happened. My last blood work is from 19 august with Cd4 at 0.64 (640) and Cd8 at 1.1 (1100) and Cd3 at 1.9 (1900) and Cd4/Cd8 ratio 0.57

I started the Kyolic powder capsules 13 October with 5 grams a day (about 8 capsules). So when going next week for new blood test I will have been taking the Kyolic for 2 months (8 weeks).

Dec 11 2019 .....

MIT wrote-

" I had blood test done today, and the results started coming in. Still no answer to Cd4, Cd8, Cd4/Cd8 ratio, viral load, but all the rest regular (22 test), like liver, kidney, cholesterol, triglyceride,

glucose, total white blood cells etc. are in the normal range. My triglycerides have never been so low, also very good total cholesterol.

So I can tell you now, that the Kyolic had no bad effect on liver, kidney, and even lowered my triglycerides The final results just came in from the Dec 10 test today -

CD4 was last time 640. Now 560  
Cd8 was last time 1.1 (1100). Now 0.90 (900)  
Cd3 was last time 1.9 (1900). Now 1.6 (1600)  
Cd4/Cd8 ratio was last time 0.57. Now 0.62

This is only for 2 months. And I have been taking only 8 capsules a day. That is only 4.8 grams. Something right has happened. A little drop in Cd4, and in Cd8, giving me a better ratio. I have never been at 0.62 in ratio before.

Do you think the ratio will raise more if I keep on. Maybe take a bigger dosage? But do you think the results are good? Regarding the triglycerides, the reference range in Denmark is below 2. Mine was 1.06 on latest test. Never been that low:) M.T.

In addition to the above, the following comments were received by email on Dec 14, 2019 from MIT-

You are also welcome to use the following, if any need the information.

What I experienced while taking Kyolic (Formula 100). The first 2—3 weeks I had a feeling of being warm in the body. I also had a little red irritation in my face. A few times I had a little stomach ache also. It all disappeared within the 2—3 week initial period. Then, I began to notice several changes.

1. My stomach got so much better. Really big floating stools.
2. So much better sleep. Sleeping through the whole night without waking up, unless my cat woke me up.
3. More fresh waking up, and more energy during the day. No nap.
4. Going fast up the stairs without being out of breath.
5. Pee much better.
6. After my resent blood test, I was happy to find out that the Kyolic does very good together with my HIV medicine. That is important to know. MIT

My reply to MIT: First, congratulations for sticking to your regimen for the past 2 months. I would certainly keep using the aged garlic and retest in a few months again. You have taken a small but important step not only for your own benefit, but also, for the thousands of people who will read about your results on this website.

Essentially, as you pointed out to me in an earlier email, a friend with HIV who had very high CD4 counts died from cancer. I have heard of many similar cases where high CD4 alone did not protect against cancer or new infections. So it needs to be asked - what good are high CD4 counts if they don't protect you?

It has been consistently reported in the scientific literature that garlic improves **Natural Kill (NK) cell function**. NK cells protect us from cancer and numerous other diseases. The purpose of increasing the cd4/cd8 ratio is to eventually reach the goal - a cure for HIV/AIDS that will allow drugs to be eliminated and the ankle bracelet that makes this effort a continuous lifelong battle removed.

For the non-HIV population, especially the elderly, who may also have a low cd4/cd8 ratio, (below 1.0) recent published research indicate a higher ratio (1.0 to 2.9) is associated with fewer infections, faster recovery, better immunity against cancer, and just possibly a longer life. (1)

Published studies indicate that not only is AIDS progression directly associated to a low cd4/cd8 ratio, but also infections and mortality are also directly connected to a low cd4/cd8 ratio in both HIV+ and HIV- populations. (1)

In fact in a non-HIV aging population, longevity depends on a high cd4/cd8 ratio and early death is linked to a low cd4/cd8 ratio. Also, in babies breast fed from HIV+ mothers, the babies with the highest cd4/cd8 ratios do not get AIDS! (1) Yes, functionality of the WBC cells is critically important.

Doctors and patients alike have been distracted for decades by lab results that are impressive in their numbers, but, unfortunately, do not deliver conclusive results. These lab results often support drug sales that "control" but do not "cure" AIDS and many other diseases. Real progress goes beyond controlling disease and instead seeks to cure it.

Ref: (1) HIV-Infected Individuals with Low CD4/CD8 Ratio ..... and Increased Risk of Non-AIDS Morbidity and Mortality. Authors - Serrano-Villar S, Sainz T, Lee SA, Hunt PW, Sinclair E, et al. (2014) PLoS Pathog 10(5)

## Scientific Opinion on the Cd4/Cd8 ratio and its health implications

Since publishing the report of the HIV/AIDS cure of "Mary from Brooklyn" last month, several persons have sent me emails seeking to learn more about the cd4/cd8 ratios and its importance. In the mid 1980's, it was reported that the first immunological event after HIV infection is the flipping or inversion of the cd4/cd8 ratio. This inversion also occurs with cytomegalovirus infections.

The normal ratio range is from 1 to 2.9 with an average of 1.6. The ratio can be determined in two ways. One is to divide the absolute CD4 counts by the absolute CD8 counts. The second way is to divide the Cd4 percentage by the Cd8 percentage. Either way you get the same ratio.

Example of a normal ratio: 900 absolute Cd4s divided by 560 absolute Cd8s = 1.60 - an average normal ratio. With AIDS, the ratio of cd/cd8 is almost always less than 1.0. A typical cd4/cd8 ratio is .50 or less.

To get a ratio of .50, your Cd4's could be 300 and your Cd8's 600. If you have 300 Cd4 cells and divide it by 600 Cd8 cells, you also get a ratio of 300/600 or .50. If you have 400 Cd4 cells and 800 Cd8 cells, your ratio is still .50.

For a ratio of .20 you will need 5 times as many Cd8s as Cd4s. If you divide 100 Cd4 cells by 500 Cd8, your ratio is .20. The following is excerpted from **PLOS Pathogens**, a free open access scientific publication from the National Library of Medicine.

Chronic inflammation and a failure of an effective immune response is involved in nearly every disease known in the civilized world. Scientific studies have established that the immune system function in people declines, as they grow older. In some studies, immune system failure and an inverted (low) cd4/cd8 ratio is linked to mortality from all causes.

Age Related Immune Dysfunction (ARID) may not be classified as a disease as it is a result of growing older. However, in comparing AIDS to ARID, the immune system failure follows a parallel path. AIDS is a condition of chronic inflammation that accelerates the aging of the immune system.

In this newsletter, I discuss a parallel condition of immune stress and aging that compares ARID to AIDS. Both conditions involve chronic immune inflammation and in both conditions, there is value in looking at the inverted cd4/cd8 ratios.

A low cd4/cd8 ratio (less than 1.0) has been associated in numerous studies with chronic infections, inflammation and partial or complete immune response failure in an aging population, AIDS mortality, cancer progression, multiple other chronic infections, and even heart disease.

### **The inverted CD4/CD8 ratio ... in 66-year-old individuals:**

**Age** (Dordr). 2013 Jun; 35(3): 985–991. Authors - J. Strindhall, M. Skog, J. Ernerudh, M. Bengner, S. Löfgren, A. Matussek, B. O. Nilsson, et al.

Abstract-

The Swedish OCTO and NONA immune longitudinal studies were able to identify and confirm an immune risk profile (IRP) predictive of an increased 2-year mortality in very old individuals, 86–94 years of age. The IRP was associated with persistent **cytomegalovirus** infection and characterized by **inverted CD4/CD8 ratio** and related to expansion of terminally differentiated effector memory T cells (TEMRA phenotype).

The study was done with 424 adults 66 years of age. Persistent cytomegalovirus (CMV) infection was associated with a low CD4/CD8 ratio. The authors found - *“The mortality rate in individuals with an inverted CD4/CD8 ratio was increased above the age of 60 years. In addition, the proportion of individuals with an inverted CD4/CD8 ratio was significantly higher in men than in women.”*

The inverted cd4/cd8 ratio might partially explain why men have a shorter life span than women or why women live longer. Whoever has a higher cd4/cd8 ratios and can maintain these higher ratios throughout their life will have fewer chronic infections, and have a higher degree of immunity to cancer and most other diseases associated with aging (heart disease, memory loss, dementia, Alzheimer’s, osteoporosis, failure of eyesight and hearing, and joint damage.)

### **A prognostic model combining CD4/CD8 ratio and N stage predicts ... metastasis for patients with nasal carcinoma**

**Oncotarget**. 2016 Jul 19; 7(29): 46653–46661. Authors - Chang-Juan Tao, Yuan-Yuan Chen, Feng Jiang, Xing-Lai Feng, et al

China: In a study of 719 persons with non-metastatic nasal cancer, researchers in China found that *“Patients with higher CD4/CD8 ratios ( $\geq 1.77$ ) showed better 5-year DMFS than patients with lower ratios.”*

DMFS stands for distant metastasis-free survival, which in layman’s language, means that the cancer did not spread or metastasize over a 5 year period. The patients who had the worst outcomes had a cd4/cd8 ratio less than 1.77 (Normal reference range is from 1.0 to 2.9)

They also stated:

*“Previous reports have shown that the ratio of CD4/CD8 T cells reflects the immune system status as a surrogate marker of immunosenescence, and may independently predict all-cause mortality [12, 16]. Indeed, Shah et al. reported that the decreased CD4/CD8 ratio was significantly associated with the poorer prognosis of patients with cervical carcinoma [17]. In this study, we found a lower CD4/CD8 ratio is associated with poorer DMFS in patients with NPC.”*

### **Study - Limitations - Important dietary and lifestyle issues left out**

The study was limited to the effects of specific diagnostic tests and discussing conventional cancer treatments on clinical outcomes. The study did not consider cancer producing diets and lifestyles and their effects on the cd4/cd8 ratios. The study did not ask patients how much alcohol they consumed or if they smoked or they ate Monsanto’s GMO corn and soy that was treated with Roundup’s Weed Killers.

The study did not evaluate the role of **sulfur** in the diet and whether eating garlic or onions as sources of sulfur would have increased the cd4/cd8 ratios and thus increased the survivability of the patients. The study failed to propose creative or dietary proposals to solve the problems unmasked by the study.

## “HIV-Infected Individuals with Low Cd4/CD8 Ratios .....

From (2014) PLoS Pathog 10(5) Authors - Serrano-Villar S, Sainz T, Lee SA, Hunt PW, Sinclair E, et al. Ref (1)

Here are two brief paragraphs excerpted from the article:

*"Combining the data from four clinical cohorts and two clinical trials, we demonstrate here that a substantial subset of ART-suppressed HIV-infected adults who have achieved virologic suppression and a normalized peripheral CD4 count ( $\geq 500$  cells/mm<sup>3</sup>) have persistently elevated CD8 counts and a low CD4/CD8 ratio.*

*"This ratio is correlated with markers of T cell activation and innate immune activation (IDO induction) and with the presence of a previously described immunosenescent phenotype (i.e., low naïve T cell frequencies and increased frequency of terminally differentiated). This imbalance in T cell homeostasis measured in blood is also present in GALT, and the CD4/CD8 ratio shows lower intra-individual variability than the CD4+ or CD8+ T cell counts."*

*"Although early ART (<6 month after HIV infection) is associated with more rapid normalization of the CD4/CD8 ratio, an abnormal ratio persists even in these aggressively treated individuals. Among well-treated individuals with high CD4 count, a low ratio was an independent predictor of serious non-AIDS events and mortality. Collectively, these results suggest that a persistently low CD4/CD8 ratio during ART may be a marker of persistent immune dysfunction and inflammation, and that monitoring of this ratio—which can be readily done in most clinics with current assays—may be clinically useful. A truly successful response to ART may require both normalization of the peripheral CD4 count and the CD4/CD8 ratio."*

The full article is available at [keephopealive.org](http://keephopealive.org) in printable pdf format in the [Full Text Articles](#) link in the right column. Unfortunately, the article does not give you a step-by-step plan to achieve a normal Cd4/Cd8 ratio, which may be the immunological key to live a normal life.

Our challenge at Keep Hope Alive is to find individual success cases and report them here. I think there are HIV+ individuals who by some

combination of treatment protocols got their Cd4/Cd8 ratios back to normal and are probably taking HIV drugs they don't need any more. It is very important in the quest for find an AIDS cure for everyone affected by this disease to pay close attention not only to their viral load and CD4 counts but also their Cd4/Cd8 ratios.

In France, some of the earliest cases of AIDs in the mid 1980's were treated with **prednisone**, a powerful anti-inflammatory steroid that mimics the adrenal glands own production of hydrocortisone. Hydrocortisone or low dose prednisone would likely suppress the inflammatory Cd8 cells, Il-6, and improve the Cd4/Cd8 ratio and decrease morbidity, extend a person's life span and improve quality of life.

**Low dose Naltrexone (LDN)** (3 mg daily before bedtime) has also been very helpful by improving Natural Killer cell function, helping stop inflammation, promoting deeper sleep and even reversing cancer. The full report of LDN is downloadable at [keephopealive.org](http://keephopealive.org).

Natural remedies that are anti-inflammatory and should improve the Cd4/Cd8 ratios include stress reduction, deep restful sleep, garlic, onions, sunlight, infrared light, indoor tanning beds, detox drinks like the whole lemon/olive oil drink, cold processed whey protein, high fiber diets, flax seed, beets, organic foods, and the minerals sulfur (garlic, onions, cabbage), selenium (Brazil Nuts) and silica (oatmeal). Mushrooms and Colostrum have also been reported to be very beneficial.

Known immune suppressors are excess consumption of white sugar, corn syrup, soda, ice cream, refined and processed foods, enriched white flour, hard liquor, and tobacco products, also avoid one a day vitamin pills, individual synthetic vitamins including D3 and most of the B vitamin family. Enriched wheat flour with **“reduced iron”** can damage the intestinal lining of your G.I. tract. Avoid GMO corn and soy, and lifestyle choices that are both stressful and toxic.

Do you know your Cd4/Cd8 ratio?

Extra copies of this issue V17 N4 are available for \$3 each. Keep Hope Alive, PO Box 270041, West Allis, WI 53227 For credit card orders, call 414-231-9817 [Return to keephopealive.org](http://keephopealive.org)