

Sixty Seven Case Studies

**Clinical Presentations From
The Goldberg Clinic For Chronic Disease Reversal
Paul A. Goldberg, MPH,DC,DACBN**

**Copyright 2003
All Rights Reserved**

All Rights Reserved

Table of Contents

Preface	1
Introduction.....	2
Arthritis And Rheumatism.....	6
Rheumatoid Arthritis	7
Mixed Connective Tissue Disease.....	19
Ankylosing Spondylitis	22
Psoriatic Arthritis.....	25
Gout	28
Systemic Lupus.....	30
Additional Case Studies On Arthritis and Rheumatism.....	31
Asthma and Allergies	38
Back and Hip Disorders.....	42
Cancer	46
Cardiovascular Problems, Hypertension, High Cholesterol	49
Chronic Fatigue	55
Digestive Disorders	64
Female Disorders and Infertility.....	67
Headaches and Migraines.....	72
Memory Loss.....	75
Multiple Health Disorders	76
Obesity	79
Seizures.....	83
Skin Disorders	85
Thyroid Disorders	89
Ulcerative Colitis.....	92
Crohns Disease	97
Underweight Condition	99
Yeast /Fungal Related Illness.....	100
Gallbladder Disease	102
General Rejuvenation.....	104
Additional Case Studies	105
Paul A. Goldberg, MPH, DC, DACBN	109

Preface

This series of case studies, with letters, were selected from patients I have cared for over thirty years of practice. I have written this for students and practitioners I have instructed in Gastroenterology, Clinical Nutrition, and Rheumatology and for the interested layperson to show how a wide variety of health problems respond to properly applied principles of Natural Hygiene, Nutritional Biochemistry and Clinical Epidemiology.

In the healing arts text book learning is insufficient if not accompanied by ample amounts of clinical experience which students often graduate with too little of. Most also graduate without having seen the results that can be obtained through professionally applied clinical epidemiology and natural, biological, health care in a practice where the *focus is on the etiological (causal) factors involved with each patient's problems.*

These case studies cannot substitute for the experience of working directly with patients, but do exemplify how a program that addresses etiological factors can be of enormous benefit, particularly with the more difficult, chronically ill patient.

The following patient letters express elements of the case history and the emotions involved in being chronically ill and then experiencing a renewal on life when effective measures, under professional guidance, have been taken.

Paul A. Goldberg, M.P.H., D.C., D.A.C.B.N.

The Goldberg Clinic
Marietta, Georgia
June 2003

INTRODUCTION

Over the past century the United States has gone from a nation in which infectious diseases were the primary cause of morbidity and mortality to a nation in which chronic disease conditions such as Cancer, Heart Disease, Stroke, Diabetes, Autoimmune Conditions such as Rheumatoid Arthritis, Lupus, Ulcerative Colitis, Crohns Disease and a variety of functional diseases e.g. chronic fatigue and depression have become the predominating health issues.

Patients with chronic degenerative conditions find themselves in a precarious situation since our medical system can offer them only symptom suppressing pharmaceuticals which may dull their symptoms but do not address causal factors and inevitably complicate their conditions, often contributing to increased discomfort and disability. The key to reversing chronic disease conditions is to address causes, yet modern medicine lists most chronic disease conditions as “etiology (cause) unknown.”

The properly combined application of Clinical Epidemiology, Hygienic Principles and Nutritional Biochemistry *where causal factors are addressed* with the patient and practitioner working together as an enthusiastic team, can reverse many illnesses regarded as “incurable.” Indeed, these conditions are “incurable” if addressed with drugs, but when causes are sought out and addressed, the outcome can be very different and most rewarding to the patient.

My professional career has been dedicated to addressing the etiological factors in my clients illnesses and applying the essentials of nature *in a scientific manner*¹ to reverse the problems. The term “*etiology*” is of utmost importance. It is the cause(s) of each person’s illness that must be identified to allow for successful recovery. *Not treatment of symptoms.*

Over the past 30 years I have worked with clients with a variety of conditions, including the following medical diagnoses:

- Rheumatoid Arthritis and other Autoimmune Disorders e.g. psoriatic arthritis, psoriasis, lupus, ankylosing spondylitis, etc.
- Allergies of many types
- Chronic Fatigue Syndromes
- Fibromyalgia
- Gastrointestinal Disorders including Crohns Disease and Ulcerative Colitis, irritable bowel syndrome and other G.I. related complaints
- Multiple Sclerosis

¹ I strive to combine the best of science and nature incorporating the lessons of experience and a measure of intuition.

- Hypertension
- Cardiovascular Disease
- Elevated Cholesterol Levels
- Obesity
- Migraines
- Asthma
- Yeast Related Problems
- Female Health Problems
- Depression and Anxiety
- Diabetes and related blood Sugar Disorders
- Chronic Musculoskeletal Disorders
- Cancer
- Endocrine Disorders
- Infertility
- Other Chronic Diseases

The following studies exemplify the results that can be achieved with careful analysis and hard work. Much of the hopelessness and agony seen in patients need not occur. Such suffering is the result of practitioners whose training focused on symptom suppression rather than removal of causes and who have likewise trained their clients that symptom suppression is the best that they can hope for.

The results I have obtained with the following cases and numerous others is not because of the possession of any secret products or therapies. It is the evaluation of the patient and the manner in which our clients are approached that is different but not revolutionary. I follow a similar investigative manner as the Greek Physician Hippocrates did adding my training and experience in Clinical Epidemiology, Natural Hygiene and Nutritional Biochemistry along with my conventional studies in Public Health, Chiropractic, Preventive Medicine and Clinical Sciences such as Gastroenterology, Microbiology, Pathology, Endocrinology, etc. Diagnosis is achieved by seeking out causes rather than simply assigning a name to a person's symptoms.

Laboratory testing can be of great value and is conducted on most of our clients including the ones presented in the following pages. The types of tests performed and the manner in which the tests are utilized differs, however. Tests performed are specific to the unique needs of the patient. My goal in doing laboratory analysis is not to make medical diagnoses but rather to:

1) Help identify causal factors in the persons illness.

and

2) Monitor patient progress to determine if the course being followed is of benefit to the client and should be continued or if alterations are required.

Emphasis in these cases is always placed on the uniqueness of each person, their personal and biochemical individuality which focuses both on genetic and environmental factors. An assembly line approach to patient care fails to deliver the help people with serious health problems require.

In each case the questions posed must include; what makes this person different? What inherited traits, and environmental factors, make this person unique? What individual characteristics are causing the particular problem(s) he or she is encountering? What course of action is required specific to this individual's biochemistry & lifestyle to improve their condition?"There is no specific plan for patients that can be based simply on their medical diagnosis e.g. rheumatoid arthritis, psoriasis, cancer, fibromyalgia chronic fatigue, etc. Each protocol has to be determined based on the entire picture of the individual, not by the medical title assigned to them.

Thorough evaluation requires time. The all too common assembly line practices as seen in today's practices, particularly those in HMO's and PPO's do the patient with their complex needs a disservice². The modern day Doctor and patient must understand and trust each other. Working together as detectives, they must uncover the factors responsible for the patient's condition so the correct answers may be determined and a positive outcome occur.

I was trained at the University of Texas Medical Center Graduate School of Public Health how to identify the causes of disease(s) in population groups, the science known as Epidemiology. As a private practitioner I utilize those skills to identify the causes of diseases in individuals i.e. "Clinical Epidemiology".³

In many of the following studies a synopsis of the patient's case along with a letter from the patient are included. In some cases to illustrate the evaluation process a full outline of the case is presented. In others a letter from the patient along with doctor comments are presented. For any letters to be included they had to include the patient's full name for authenticity. Where the patient hesitated to display their full name the case is presented without an accompanying letter.

Regardless of the patient's medical diagnosis, there are steps that should be undertaken in any good patient work-up:

I. A thorough *case history* that should be conducted by the doctor. This should allow enough time for the patient to respond to questions posed by the doctor as well as

² As do those practices whose chief aim is reaching for a high volume of clients rather than making the needs of individual clients a priority.

³ Epidemiology is the study of the frequency and distribution of disease in a population and is used to determine causal factors for why diseases occur. When employed in the case of individuals this may be referred to as *Clinical Epidemiology*.

permitting time for the patient to speak comfortably and freely to express what is troubling them.

II. A *physical examination* oriented to both the client's general health and to their specific complaints.

III. Appropriate *laboratory testing* and/or radiological studies based upon and specific to the patients case history and physical examination. These should only be proceeded with after explaining the nature of the testing to the patient and obtaining their consent.

The original patient files and letters that follow are located at the Goldberg Clinic.

Comments and questions are welcomed and should be sent to the following e-mail address:

drpaulgoldberg@yahoo.com

For further information & related links of clinical interest, The Goldberg Clinic Website can be found at:

www.goldbergclinic.com

Special Thanks: A sincere thank you to all of the patients who allowed their clinical experiences to be shared with others and took the time to make a contribution to the education and welfare of others with similar problems.

Note: All of the following materials are presented for educational purposes only and are not intended to be utilized in any manner for the diagnosis or treatment of any disease condition.

None of the following material may be reproduced without the expressed written permission of Paul A. Goldberg, MPH, DC, DACBN

ARTHRITIS AND RHEUMATISM (RHEUMATOID DISEASES)

Systemic arthritic disorders cause great suffering. Pain, disability, fatigue, loss of work and social life are all problems patients must endure, in addition to numerous side effects that are caused by utilizing medical pharmaceuticals. Patients with rheumatoid diseases suffer not only with inflammatory joint and muscle pain but also with systemic complaints such as chronic fatigue, depression, gastrointestinal dysfunction, etc.,

The patients whose cases are presented here had been to medical physicians and under drug therapy which failed to bring about improvement in their condition and generally resulted in a further decline in the patient's state of health.

A serious error made by both medical and many "alternative/complementary" practitioners is to address the patient's disease name rather than the individual nature of the patient themselves. Even where two patients have the same medical diagnosis (e.g. rheumatoid arthritis) it is important to analyze each person as an individual to see what is occurring in their case.

To reverse rheumatoid diseases requires hard work by doctor and patient. These are conditions in which no part of the patient's family and medical history, lifestyle or biochemistry can be overlooked. These conditions generally take an extended amount of time to evolve into and usually take an extended amount of time to evolve out of. How encouraging for the patient, however, is the new attitude and reality that reversing these conditions can occur and a life of continuing disability and endless suffering need not be the case.

The medical perspective on rheumatic disorders is a bleak one of progressive disability, reduced mobility and a lifetime of suffering. One need only visit a Medical Rheumatologist's office to see the legions of patients with arthritis and rheumatism taking toxic medications, suffering ongoing side effects and getting continually worse year after year. Little thought is given to the individual needs of the patient, and causal factors are left untouched. The patient becomes a pawn in their own sad state of affairs going back visit after visit for drugs that draw the patient deeper and deeper into a state of imbalance and toxicity. The following examples from our files illustrate that this tragic scenario need not be the case if causes of ill health are removed and the essentials of health are supplied.

Rheumatoid Arthritis

Found in people of all ages, this is the best known and most feared of the rheumatoid diseases. The medical perspective on rheumatoid arthritis is a gloomy one, stating that its causal factors are unknown and that medical treatments can serve only to lessen discomforts and perhaps slow down disease progression but not halt or reverse it.

Rheumatoid Arthritis is found more commonly in females than males with more than two million people in the U.S. having been labeled with this condition. Many become severely disabled with significant disability.

Medical diagnosis is based upon the patient's symptoms and the results of blood tests. Patients are informed that their disease is incurable and given a variety of anti-inflammatory drugs, steroids, and immunosuppressants all with toxic side effects.

As with the other rheumatoid diseases, careful investigation followed by hard work is required to obtain favorable results. The earlier the patient proceeds with a Biological/Hygienic Program of care and the less drugs that have been involved, the greater are the chances for success. Once favorable results have been obtained a return to former habits or excessive levels of stress is likely to cause a resumption of disease activity so the patient must understand the need to be disciplined in taking proper care of themselves on an ongoing basis.

Case Number One : Rheumatoid Arthritis Patient: Mr. David Murphy

December 13, 1999

Dear Dr. Goldberg:

I want to express my sincerest gratitude for your guidance in restoring my health. I hope that your future patients can find encouragement and inspiration in what you have been able to do for me.

As an active 27-year-old man, I exercised daily: lifting weights in the gym four nights a week, running on weekends and playing softball in my company's league. I studied martial arts. I loved playing guitar and riding my motorcycle. All of this stopped because of a disease.

In the early spring, I began experiencing pain in my wrists when exercising and typing on my computer. I started taking ibuprofen to kill the pain, but eventually the ibuprofen was less effective masking the pain and I was consuming several times the recommended dosage.

After a month of enduring the pain I went to a medical doctor. After less than a minute's examination the doctor said it was "probably tendinitis". The doctor prescribed me an anti-inflammatory drug and told me to ice my wrists.

Two months later I returned to the doctor with considerably more pain in my wrists and by that point a couple of my fingers had become so swollen I could not bend them. After examination of my x-rays the doctor changed his diagnosis to "arthritis" later classifying it as "rheumatoid arthritis". The doctor said there is no way of knowing why or how our bodies develop this disease and there was not a cure. His treatment was a higher strength anti-inflammatory drug. He said my body would develop a tolerance to the drugs I was taking and I would eventually move on to more powerful anti-inflammatory drugs.

As the weeks went by I watched more fingers swell with tremendous pain. Then my elbows began stiffening. Each day I was horrified to see my body deteriorating as the disease spread to my shoulders then to my feet, knees, and hips. I no longer was able to enjoy playing sports or exercising. My muscle mass and body weight began to decrease dramatically. My body degraded to a point where I struggled just to walk. I became depressed and very unpleasant to be around.

During this time of treatment by my medical doctor I was following a routine of chiropractic treatment also. My chiropractor had witnessed the progression of my symptoms over the period of several months. He recommended I seek treatment from Dr. Goldberg, saying if his mother was suffering from this disease the only person he would trust treating her would be Doctor Goldberg!

I drove four hours to Atlanta to see Dr. Goldberg. From the very beginning there was a noticeable difference. Where my medical doctor was concerned with identifying and treating my symptoms and hurrying to the next patient, Dr. Goldberg took a significant amount of time to interview me and perform a detailed analysis of my entire lifestyle including diet, sleep patterns, and areas of stress.

After several laboratory tests, Dr. Goldberg not only explained how my body was reacting to the disease but also how it started. He then prescribed a method of treatment without any use of drugs!

In just a few weeks of changing my diet and other areas of my lifestyle based on Dr. Goldberg's recommendations, I experienced a significant decrease in the severity of pain and swelling. After continued visits to Dr. Goldberg the disease has withdrawn from my feet, knees, hips, shoulders, and elbows. I do not have problems walking. My strength has begun to increase again.

There have been many amazing side effects from implementing the changes recommended by Dr. Goldberg. Since childhood I have had asthma. After the initial

changes to my diet I noticed a decrease in the frequency and severity of attacks. I have since stopped using my steroid based inhalers that I have used four times a day for years to control the asthma.

I used to become very tired and anxious if I did not eat something every couple of hours. I would experience mood swings because of these dramatic fluctuations in energy levels. Since changing my diet my energy has remained constant and my disposition has been very calm.

I can not thank Dr. Goldberg enough for my returning health and the education I have received during my treatment. I have a much greater awareness of my diet and my responsibility to maintain a balanced lifestyle or continued health.

Sincerely,

David Murphy

Savannah Georgia

The following is an analysis of Mr. Murphy's case:

Presentation / history: Mr. Murphy came to see our clinic in the late summer of 1999. As he describes in his letter, he had gone from being an active young man of 27 to a partially disabled person who felt considerably older than his years. Like many patients, his symptoms had started out slowly taking some time before the diagnosis of rheumatoid arthritis was made. Increasingly powerful anti-inflammatory drugs were employed by his medical physician and a negative outlook for the future was forecast. In addition to the joint and muscle discomforts the patient complained of significant fatigue.

Examination/Laboratory Analysis: The patient had obvious signs of discomfort including inflammation in his wrists, fingers, elbows, knees and other joints causing him to move with discomfort. The joints were stiff and slightly swollen. The sedimentation rate was modestly elevated. Dietary analysis showed a high intake of refined carbohydrates. Allergy testing revealed a number of foods the patient had a high titer to. There was evidence of imbalance of the patients blood sugar which coincided with the patient's high intake of soft drinks.

Program of Care: The patient was placed on a short liquid diet followed by nutritional reform specific to his needs. Specific nutrient supplementation was recommended. The patient's condition began to improve in less than thirty days.

Comments: This patient is a clear example of how problems such as allergies, blood sugar imbalances, and dietary inadequacies can, in susceptible people, cause serious

symptoms that are medically interpreted as rheumatoid arthritis. Under medical care, patients with this diagnosis are told to expect to get worse. Mr. Murphy's reversal was quicker than most due to this youth, positive attitude and compliance with the program. It is tragic to realize how many people could be helped if these problems were addressed from an etiological basis rather than a pharmaceutical one.

Case Number Two: Rheumatoid Arthritis
Patient: Ms. Linda Shore

February 23, 1995

Dear Dr. Goldberg:

This letter has been a while in coming. Forgive me for not writing sooner after you did so very much for me. I am a new person. My fatigue and joint pains are gone better than 99% of the time and when I have them, they are now very mild and very temporary. I sometimes forget that I had Rheumatoid Arthritis for over eight incredibly painful years.

I saw my Rheumatologist just to see what he would have to say. He told me he thought that the things we did together in reconstructing my health during the five months you worked with me had nothing to do with my feeling better. He says it is just coincidence, that I am probably only having a temporary remission of the Rheumatoid Arthritis, that diet, good digestion, nutrients, allergies, etc., have nothing to do with arthritis. So what does? I asked him. He said it is all genetics.

He is a fool. I was sick with the arthritis for over eight years. I was under his care for over seven of them during which time I only got sicker and more deformed. I only felt bad and worse, never any real signs of improvement while under him, while being poisoned with all the steroids, methotrexate and gold. Now I am consistently well for over six months and he says it is just a "coincidence." He cannot admit that he failed where you succeeded. What pride!!! You know what else? I never saw any of his patients get real improvement nor any of my friends who have serious arthritis get any better under medical care... they just go on suffering and taking drugs and suffering and get worse and worse!

Your ability to figure out for each patient what is best for them and teach them at the same time how to stay well are what I admire most about the way you practice. Thank-God I had the good sense to stay with the program and do what was needed rather than give up and stay in a sick condition on drugs and lead a miserable life. The difference between you and all the other medical doctors and chiropractors I went to, is like night and day. You made me work (and work hard I must say!!!!) to get well and gave me the

tools to stay well. Thank-God I am now free of the Rheumatoid Arthritis that made life a living hell for me.

I hope you know how much I appreciate you!!!

Linda Shore

Case History of Ms. Shore:

Presentation/History: The patient, a forty-one year old female presented with a diagnosis of rheumatoid arthritis from her rheumatologist seven years prior to being seen at our office. She complained of joint pains throughout her body, most severely in her hands, wrists, and knees.

Examination: The patient was significantly underweight at five feet five inches tall and 95 pounds. She found it difficult to gain weight due to poor digestion. She was pale and depressed looking. The blood pressure was low at 96 over 62 and the pulse was rapid at 86 beats per minute. *The tongue was bright red and had patchy smooth areas.* The *sedimentation rate was elevated at 68 mm. per hour.* A number of *abnormal stool flora* was identified including the presence of *Klebsiella pneumonia.*

Program of Care: The patient was placed on a reduced carbohydrate diet centered primarily around lean proteins and non-starchy vegetables. Steps were taken to normalize the bowel flora. Extra rest and sleep were advised. Spinal adjustments were given along with massage to help ease the patient's discomforts and to encourage healing.

Comments: The Rheumatologist's remarks regarding her recovery are unfortunately all too common. It is unfortunate that he did not show more interest in her recovery and give her encouragement rather than take a "sour grapes" attitude about her improvements.

Case Number Three: Rheumatoid Arthritis

Patient : Ms. Bea Shaffer

Dear Dr. Goldberg,

I'm writing to let you know of the great improvement in my condition of rheumatoid arthritis.

I got off all medication in mid November of 94. I had a CBC and a Sed rate 12/5/94 and everything was just about in the normal range, and the Sed. Rate was 7 ! That's the first time things have been normal in nearly three years. I had a Sed Rate run again 1/3/95 and it was 20, but it was back up to 45 2/7/95.

I had been doing very well on my diet, but since the holidays I've been having white flour and sugar products occasionally. I still have not had any chocolate, alcohol, or caffeine.

The results of the Sed Rate tells me I must get back to a very strict diet, though, as I made such great improvement.

My fingers and wrists are still swollen and bother me a lot, but all the other swelling is practically gone. Dr. Shaffer got a wrist brace for me that has special support to improve and prevent Ulnar Deviation, and it is helping. I've been very active and the swelling in my feet, ankles and knees is still practically gone. Since last summer I've been riding an exercise bike and lifting one pound weights. I'm up to four miles per day and lift weights about another 10 minutes. I've developed a lot of muscle; as a matter of fact, I think that's one reason I started putting on weight. I'm also able to walk up and down stairs now, one foot right after the other (slow, but I can do it).

I've made great progress in conquering this illness, and I owe a lot of it to you, Dr. Goldberg. Thanks you for your care and guidance on good nutrition, (which enabled me to get off the damaging drugs). With patience, time and faith, the natural healing route has and will continue to pay off.

Thanks again for everything, Dr. Goldberg.

Sincerely,

*Bea Shaffer
Brookville, OH*

Comments:

Ms. Shaffer had undergone a hard time for a number of years with medically diagnosed rheumatoid arthritis. A very pleasant lady in her forties it was painful to watch her walk as each step required much effort and suffering. We did not have easy nor quick results, but fortunately Bea persevered in what was a difficult case. She underwent repeated fasts, liquid diets, and dietary programs along with other biological reforms. Despite her pain she remained optimistic and pleasant throughout her care. While she was not able to obtain total reversal of her condition, she nonetheless had significant improvement as her letter states. Bea was not only a patient, she also was a teacher as I learned a good deal about perseverance, optimism and determination from Bea who exhibited all these admirable traits.

**Case Number Four : Rheumatoid Arthritis
Patient : Ms. Charlotte Kiley**

FEBRUARY 16, 1996

TO WHOM IT MAY CONCERN:

I am writing this letter to say thank-you to Dr. Goldberg for helping me feel rejuvenated.

My first encounter with Dr. Goldberg was when my daughter brought a friend home and he noticed my counter top filled with pills. He happened to be attending the School of Chiropractic in Atlanta. He started to question me about the drugs and I told him that I have arthritis and was presently taking:

Lodine an anti-inflammatory 400 mg three X daily

Methotrexate 3 weekly

Prednisone 2 daily

Carafate daily

Darvocet for pain

He then proceeded to tell me about Dr. Goldberg and gave me the telephone number. I decided that it was worth a try since I was feeling miserable all the time and could not see my future getting any better.

I went to see Dr. Goldberg in September and he informed me of his program. He told me it would not be easy for the first few weeks and he was right. I left feeling very skeptical but would try; after all how could any program make me feel better when for the last six years I have been suffering, and doctors told me that you have to learn to live with the pain and depression of this disease.

I never went through anything so difficult and was ready to give up after the first week but kept in mind that this was my only chance to try and have a normal life, so I kept going with the encouragement of Dr. Goldberg. As time went on, I started giving up the drugs little by little and started feeling better.

At present, I am only taking 2.5 mg of Prednisone every 2nd day and have given up all the rest and will give up this one soon.

I feel better, look better and have more energy than before. My arthritis is still there but only noticeable at times and much more tolerable.

I want to thank Dr. Goldberg and recommend any one to give his program a chance and you will come out a winner in the end.

*Charlotte Kiley
Panama City, Florida*

Comments: Ms. Kiley presented originally in an understandably depressed state over

her condition. She made repeated trips to our clinic which was a six hour drive for her and followed directions to the letter. Her determination paid off allowing her not only to rid herself of the severe arthritic pains but also allowing her to have more energy and look years younger than when she had started. She was also fortunate in having a very supportive husband. Having a spouse or other person that is helpful and supportive is of great value in the recovery process.

Case Number Five: Rheumatoid Arthritis
Patient: Ms. Rachel Sharon

April 23, 1999

*Dr. Paul Goldberg
2480 Windy Hill Road
Suite 203
Marietta, Ga. 30067*

Dear Dr. Goldberg:

I came to your office about eleven months ago with severe rheumatoid arthritis that was complicated by an overweight condition, lousy digestion, and much fatigue.

My troubles began when I was 29 years old and I began to get very stiff after even just a small bit of exertion. This got worse and worse until one morning I woke up to find my wrists and ankles swollen and red. The hell was just beginning. The pains spread from joint to joint and were with me all the time not allowing me to rest or know any peace. I consulted with both my family chiropractor and my family medical doctor both of whom I had gone to for many years for care. My medical doctor did some lab tests and said I had rheumatoid arthritis and sent me to a rheumatologist who said my family doctor was correct. I was first put on prednisone which at first gave me a little relief, but soon caused me to gain weight and I also experienced severe depression while on it. After a few weeks my face began to swell and the pains started to hurt very badly again anyway. I was then put on a number of other drugs including plaquinel which bothered my stomach and did not afford me much relief.

My Chiropractor whom I have always trusted tried his best to adjust my bones but I was so stiff he had a hard time doing so and it was painful. He finally said he could not help me and sent me to another Chiropractor who adjusted my top spinal bone twice a week for ten weeks but it did not help either and I continued to worsen. Both of the chiropractors were nice men, but they did not seem able to help a serious problem like rheumatoid arthritis, but at least I did not get sicker from drugs from them like I did from the medical rheumatologist.

In time I could not lift my arms more than a few inches without excruciating pains and my knees had to have the fluid drained off them continuously. I had only been married for a little over a year at the time and this was very hard on my husband. I gave up hope of being able to have children although the rheumatologist said I might want to have a couple babies as it would likely make the pains better while I was pregnant.

I grew disappointed with the rheumatologist and went to see another one who wanted to give me the same drugs and add some drug that would suppress my immune system he said. I tried it and it made me nauseated, so I went back to the first rheumatologist to get monitored, but he did not do me any good for all the years I saw him. I just got worse and worse. I then went to see another chiropractor who said she did nutrition and called herself a "nutritionist" and she gave me a bunch of herbs and vitamin pills and told me to eat lots of fruit each day to clean out my intestines. All I got from all that was a good case of gas and after spending a lot of money and seeing her about ten times I quit her care.

At thirty five years old, six years after the problem got severe I heard of you through a friend whose son's wife went to you with lupus and she did very well. I was skeptical after already having been to a number of doctors and I did not think anybody could help me. My friend encouraged me however, and I had my husband drive me to see you. I was impressed that you actually listened to all my complaints and were understanding, or as you said "it takes one to know one."

After you ran a number of tests I came back a month later from Kentucky and was under your care for a period of five weeks. The five weeks I was in Atlanta were the best decision I made in my life. You put me on a water diet for five days at first, followed by a few days on juices. I had tried fasting myself once before but did not know how to do it properly nor for how long, nor what to do while I was fasting, nor how to monitor myself, nor how to break it, etc. I must say that speaking to other patients at your clinic that were also under special care plans including diet reforms and fasting was helpful. You then had me eat a special diet for five days followed by a few more days on water. During this time you had me rest extensively and occasionally do some very light exercises. It took about three weeks before I noted any significant improvement and during that time I wondered if I was doing the right thing. The next two weeks gave me more improvement and when I went back home to Kentucky (with a special diet and supplement plan as well as with counseling for healthier living and special exercises) I was more than 33% better than when I had come down. For the first time in years I had real hope!

The next several months gave me more improvement although there were some ups and downs....and I was drug free!!!

Today, almost a year later I am more than 75% better and am able to take fairly long walks without significant discomfort, swim freely, have much better digestion, and thank

God I am enjoying my life again. I know, as you have encouraged me, that I will continue to improve more as time goes on. What a miracle, however, that I am not only not getting worse with time anymore but am actually getting better with time!

You are right you know, your having been sick for so many years yourself is undoubtedly what makes you so knowledgeable and caring. All that garbage they teach doctors in colleges does nothing to help one at all and makes you lose faith.

By the way, my original chiropractor thinks you are great! He says he can now adjust my back easily again, although I find I don't need his services much anymore. He has been encouraging, however, of me to continue to follow your advice but I don't need encouragement with such wonderful results.

I spoke once with the rheumatologist I first went to. He says that I am simply in a "remission" and that diet, and digestion, and nutrients and toxins have nothing to do with any type of arthritis!. A remission? How strange that I never had a "remission" anytime for all the years I saw him and just kept getting worse, and then I came to see you, and went into "remission" in just a few weeks and continue to be in "remission" and getting better now almost a year later! How strange that when I went to see him I continued to have poor digestion, be overweight and fatigued and full of pain, and now I am 50 pounds lighter, almost free of all pain and stiffness, energetic, have better laboratory results, am optimistic, and have good digestion. What a coincidence!!!

Please give my best to your family.

Sincerely,

Rachel Sharon

Comments: The patient's improvements were due to improvements in her overall health, not due to the treatment of her "rheumatoid arthritis." We can expect that as digestion improves and vitality increases that there will be a corresponding improvement in the patient's joint and muscle pains.

**Case Number Six : Rheumatoid Arthritis, headache, irritable bowel, chronic fatigue, hypercholestermia
Patient : Ms. May Wilkins**

June 25, 2001

Dear Dr. Goldberg:

My deepest thanks to you for bringing me “back to life”. As you know I had received a number of medical diagnoses prior to coming to you including:

- 1) Cephalgia*
- 2) Rheumatoid Arthritis*
- 3) Irritable Bowel Syndrome*
- 4) Chronic Fatigue Syndrome*
- 5) Hypercholestermia*

I accepted these diagnoses blindly never stopping to think that none of them told me anything about what was causing my problems. I remember getting my diagnosis of rheumatoid arthritis for example and being scared out of my gourd and yet thankful to the medical rheumatologist that he had discovered “what was wrong with me”. It was not till years later that it finally got through my thick head that his diagnosis was based only on my signs and symptoms and not on causal factors. My treatments for all the above were drugs which did nothing to improve my health. How could they? All were based on suppression of symptoms and nothing to do with whatever was causing my problems.

After five years of drug treatments for all the above during which I continued to worsen with the arthritic pains throughout my hands, feet, neck, knees, shoulders, and hips being worse and having to rely on a walker and having to have my husband assist me just about everywhere I went (at 34 years of age), I get fed up. I was getting worse and worse, I was sick all the time, increasingly crippled up, my bowels were a mess, my marriage was about at an end, and I was tired of running from medical physician to physician for ongoing drugs with numerous side effects.

I was referred to you by Jane Cooper who also had bad bowel problems, fatigue, and joint pains along with psoriasis for years and had a wonderful recovery under your care. I asked her how you had treated her and she said you had not treated any of her symptoms but had worked with her to uncover the underlying problems and then worked to remove those problems while increasing her vitality.

My husband who has a Ph.D. in Chemistry was impressed with you and your extensive knowledge of Internal Medicine and Clinical Nutrition (he had at first tried to dissuade me from going to you based on you having a Chiropractic Degree) and I was impressed with the amount of time you spent with me and the thoroughness with which you went over my case on my first visit with you. (Your medical technician Linda is also very good at drawing blood and is very kind).

The three months I worked intensively with you were much easier than I had thought they might be. Amazingly my overall health began to improve after the first three weeks of care (those were a little hard as I had to give up a lot of foods I used to be addicted to

as well as get over my dependency on a lot of toxic medications) as my energy climbed, my joints became more flexible, my muscle pains melted away, and my plumbing became normal again (I know you must get sick of people telling you about their beautiful bowel movements after they begin to work under your care). I did not feel like I was your patient as much as I felt like you were my teacher as I learned to address the factors that had made me ill and to understand how to stay healthy without being dependent on doctors of any kind.

The blood tests showed what I already could feel...the joint and muscle inflammation died down (my sed rate went from 84 down to 24 within the first five weeks!) and my cholesterol went from 220 (on medication before)to 140 (now off all medication).

My hair took on a new gloss and my fingernails now grow long and strong (I know, I know, you did not treat my fingernails or my hair) and I am taking long walks with my husband and our relationship is much better now that I am out of pain and not such a pain anymore to be around.

The move to Ohio, which I dreaded, with the heavy lifting was a breeze and I like our new house.

Joseph sends his best.

Gratefully,

*May Wilkins
Columbus, Ohio*

Post Script: I did see my old rheumatologist before I left. The same one who told me that Rheumatoid Arthritis would only get worse as I got older and that it was "incurable". He says I must be in "remission". Its now been a year of "remission" drug free with the symptoms only trying to return when I don't follow your directions.

Comments: Note how all the medical diagnoses were inter-related and yet were being treated (unsuccessfully) as separate entities by her medical physicians.

OTHER RHEUMATIC DISEASE CONDITIONS

There are over a hundred different medical diagnoses of rheumatoid disease that involve joint and muscle pains among other symptoms. Many of these are as severe and disabling as rheumatoid arthritis can be. Medically the same general types of drugs are used for all these conditions.

Case Number Seven: Mixed Arthritis, skin disease, chronic fatigue, & shortness of breath.

Patient: Ms. Pat Nichols

September 30, 1998

Dear Dr. Goldberg:

I want to thank you for giving me back my health.

When I first came to you five and half weeks ago I was in terrible shape. My skin was broken out with a rash; all my joints and muscles ached. I could hardly walk upstairs due to my aching joints and shortness of breath. I had been to many doctors looking for help over the past ten years with no improvement. The past one and half years it has been hard for me to work. In the nine months before coming to see you, I had missed over five weeks of work. I was feeling hopeless.

I went to see Dr. Lisa Williams who recommended that I see you. My whole life has changed since walking into your office among other things I have a positive outlook now because I feel so good! I no longer have joint and muscle pains. I can run up steps with no shortness of breath, my skin has healed, no rash or cracks that bleed... I feel like a new person. All my family is very excited over the changes.

Today I am retiring and I will be 66 years old in December. I am so excited about feeling good enough to travel and have fun in my retirement. Had I not found Dr. Goldberg, I am afraid I would have been unable to enjoy the rest of my life.

*Thank you so very much.
Sincerely,*

Pat Nichols

Comments: Ms. Nichols had worked hard for many years and was facing a well earned retirement with severe pain and fatigue limiting any hope that she would be able to enjoy it. Medical physicians had given her pain killers of various kinds to mask her symptoms. Rather than “treat” her individual symptoms, a program was undertaken to

address her general health and vitality. As her health, vitality and resistance improved her symptoms of pains, fatigue, shortness of breath, skin problems, etc., went away. The removal of causes and the development of an individualized program of health always serves patients best and allows them to take control of their own health destiny.

Case Number Eight: Arthritis & Severe Fatigue
Patient: Christina Kupper

February 12, 2002

FROM : CHRISTINA KUPPER

TO: ANYONE DIAGNOSED WITH RHEUMATOID ARTHRITIS, UNKNOWN DISEASE, OR "INCURABLE" DISEASE"

I am 27 years old and a new person!!

About 2 years ago I started noticing a lack of energy. This progressed until I was always tired, had developed joint pains in my wrist and was having chronic abdominal cramps. I discounted all of this thinking that I had "overdone it".

Last year it all got worse. My joint pain was now accompanied by muscles spasms. It got to the point where it was difficult to perform simple tasks like brushing my teeth, opening jars and even lifting a gallon of milk. I went to my primary doctor who tested me for everything under the sun with no results. I was beginning to think that he thought I was crazy. He wanted me to take anti-depressants, antiinflammatory drugs, & a slew of others. Finally he referred me to a Rheumatologist who barely listened & also made me think it was all in my head. But, she wanted to add six new drugs for me to take - the side effects alone were worse than anything I'd been through.

*Last November I came to see Dr. Goldberg. At this point, I was having difficulty doing most daily / routine tasks and the joint pain had spread all over. Sometimes it was difficult to walk. **The pain was always there - sometimes it was just annoying and others it would bring me to tears.***

Since being under Dr. Goldberg's care and following the recommendations he gave me I have improved 85% already (in less than two months). I spent 10 days on a liquid diet, followed by a number of specific changes for my particular case. Now the mild pain I get is only intermittent and I have more energy than I have had in years. Although the changes have to be made consistently (this is a lifestyle change), I am certain that within a few months I will be completely pain free - so long as I stick to the plan that Dr. Goldberg made for me.

I can't thank Dr. Goldberg enough for everything he has helped me get through.

Thank you Dr. Goldberg!

Sincerely,

Christina Kupper

Comments: There are many patients like Ms. Kupper who go to a number of doctors and get different medical diagnoses. Rather than arrive at the right name for the disease it is far more important to arrive at what are the causes of the disease.

Ankylosing Spondylitis

By definition ankylosing spondylitis primarily involves the spine, sacroiliac joints, with other large joints of the body being affected depending on the individual. Some cases are mild while others are very severe and result in fusion of the vertebra and with disability as the ligaments calcify. The entire body can be affected including involvement of the chest and lungs.

There is significant scientific evidence to support the observation that there is significant involvement of the gastrointestinal tract and its immune components in the development of this condition in many people. Frequently inflammatory changes can be detected in the small and/or large intestine.⁴ There is evidence that bacteria such as Klebsiella Pneumonia may provoke inflammatory responses in people with the right genetic predisposition⁵. It is important to investigate gastrointestinal functioning carefully and take appropriate measures to improve its efficiency. In many cases specific nutritional changes can create an environment in the gastrointestinal tract that discourages the growth of intestinal bacteria that may trigger the immune system and promote the ankylosing spondylitis condition.

Dietetic, allergic, immunological, gastrointestinal, endocrine and lifestyle factors require careful examination so that a course of effective action may be developed. This includes the necessary effort by the patient. Some cases respond more quickly and more completely than others. Ongoing specific exercises, particularly swimming and Hatha Yoga are often of benefit to complement the individual's program. Hard work, patience and perseverance are required by the patient. Those expecting a quick fix will be disappointed.

Case Number Nine : Ankylosing Spondylitis Patient : Mr. Mark Padfield

Dear Fellow Patient:

I am writing to describe my experience to date under the care of Dr. Goldberg. Hopefully, you may find some similarities with your own symptoms that may give you reason to try some of the behavioral and dietary changes that Dr. Goldberg suggests that may improve your health

About 18 months ago, I began to experience severe middle and lower back pain. The pain was particularly bad early in the morning. It gradually worsened until it felt like my

⁴ Mielants H, Veys EM, Cuvelier C, De Vos. M. "Illecolonoscopic Findings in Seronegative Spondyloarthropathies," British Journal of Rheumatology, Vo.27, (suppl.) pp.85-105, 1988

⁵ As evidenced at least in part by the HLA-B27 antigen genotype

entire chest and spinal area were inflamed. It hurt to breath deeply. A sneeze caused excruciating pain. I developed a soreness in the area just below my left knee which ultimately prevented me from running and playing tennis. The top of my right foot even became inflamed and it hurt to walk. At night, at first I was unable to sleep on my stomach as the back pain would wake me. Then later, even on my side, I would be waken up with back inflammation. I would start in bed, but after only 2-3 hours of sleep, I would be forced to try and sleep in a chair sitting up. It was the only way I found the pain subside enough for me to sleep.

Of course I went to a "doctor" (a standard MD). After several tests, I was sent to a rheumatologist. There, after several other tests, I was definitively diagnosed as having ankylosing spondylitis (which means arthritis of the spine). There's a scale (the sedimentation rate) which they measure the level of inflammation in your body. The normal range is 0-10. Mine was 56.

I was immediately put on anti-inflammatories. Alter a couple of weeks, I began to experience severe stomach aches associated with the drugs. Two more types of anti-inflammatories were tried with similar results. Finally, I was able to obtain some arthritic relief with minimal stomach pain with Trilisate (an aspirin like drug). However, I was taking a high dosage and the prospects of long term damage to the kidneys were present with this drug.

At this point, I decided to give Dr. Goldberg a "try". I had heard he had once had the same disease as me and had found certain dietary changes, which dramatically improved his condition. My first visit to Dr. Goldberg was 6 months ago.

Under Dr. Goldberg's care I have made substantial changes in my diet and other behaviors.

My diet was probably very typical of most Americans when I initially came to Dr. Goldberg. I ate a large variety of foods, but I am sure it consisted of too high a percentage of meats, dairy items, and sugars.

Under his care, I initially started with an 11 day fast and then gradually added back certain vegetables and fruits. This was done to give my digestive system a chance to heal.

Today, I am eating lots of vegetables, nuts, whole grains, fish and chicken. Every once in a while I will eat a portion of red meat. I take in very little sugar, and have avoided almost all desserts. I have also avoided most dairy products and "white" flour and rice. I now drink water almost exclusively. I do not drink milk or sodas, and rarely have fruit juice. I have also avoided almost all alcohol, although occasionally I will have a glass of wine.

The results have been fairly dramatic improvement. My back pain has gradually subsided. The inflammation in my chest has disappeared. My foot is healed and even

the pain below my knee is much better (although still present). I am playing tennis again and it feels wonderful. I am not cured however. I still wake up with some morning back stiffness (which stretching exercises helps to overcome). I also have a tender spot (to the touch) on my middle back which remains with me constantly. However, each of these symptoms is minor compared to the pain at the height of my illness. I should add that I am no longer taking any anti-inflammatories. In addition to the improvement with respect to pain, I am clinically in better health as well (as the various blood tests can attest). For example, my cholesterol dropped from 226 to under 150 during the last six months.

My new diet does take quite a bit of discipline and will power. Others around you are constantly eating and offering those delicious desserts. The availability of soft drinks and rich food abounds. It is not easy. However, it is better than the alternative, which for me was debilitating pain. I am convinced that a person's diet does have a lot to do with their overall health. In a way it seems so obvious. What you take into your body does affect how you feel in a very real way. For me, changing what I ate and drank on a regular basis was far more effective than any drug I could take in helping to improve my health. Of course, it has only been 6 months, but so far, so good.

I hope this letter can be of help to you or someone you know in a similar circumstance.

Sincerely,

Mark Padfield

Comments: Each case of ankylosing spondylitis is different. Mr. Padfield's case was in the early stages when he began care which helped make his rapid improvement possible.

Psoriatic Arthritis

Psoriasis, like Rheumatoid Arthritis, is classified as an autoimmune condition. In psoriasis the superficial layers of the skin multiply at an excessive rate leading to an ongoing flurry of scales that can prove both uncomfortable physically and socially to the patient. A small percentage of patients with psoriasis (perhaps 10% to 15%) will develop joint disease associated with psoriasis termed Psoriatic Arthritis. The severity of the skin problems has little to do with the severity of the joint disease. In those that do have joint symptoms, however, the arthritis can be severe and disabling. Joint symptoms are often similar to those seen in ankylosing spondylitis with typical involvement of the sacroiliac joints and spine along with secondary involvement of the knees, shoulders and other joints. Psoriatic Arthritis is treated medically much like other rheumatoid diseases with steroids, immunosuppressants, anti-inflammatory drugs, and skin ointments. These are toxic and do not improve the patient's overall health.

Case Number Ten: Psoriatic Arthritis

Patient : Ms. Brandy Bethune

August 30, 1999

Dear Dr. Goldberg:

I wanted to let you know how much I appreciate everything you have taught me. My life has drastically changed because of you. When I was 14 years of age, I was having a great deal of trouble walking, my first days of high school. I went to multiple bone specialists, and they all told my parents I was just having growing pains. Pain yes, growing no! The pain proceeded and someone finally suggested that I had arthritis. My parents were referred to an arthritis specialist in Chattanooga, Tenn. and they made me an appointment. We went to an appointment and at 14 years old I, was diagnosed with Psoriatic Arthritis. The doctors gave me so many medicines that made me sicker by the day. The doctor would drain my knees with huge needles to get the fluid off of them. Soon it spread to every joint in my body. The doctor told me there was no cure, that it was a chronic illness and I would have it forever. I was prescribed some anti-inflammatory medicine to prevent the swelling. When we left the office I did not know what to say, I had a disease that will never get better and would only get worse. I took the medicine which was prescribed and followed the other orders I had been given.

Time progressed and my condition only got worse. The arthritis became worse and soon was in my elbows, hips, spine, and ankles. The next problem that arose was weight gain, I began to gain until I had went from 140 to 206 lbs. All of my symptoms only got worse and the medication made me nauseous. I began to not sleep at night because the pain was so bad. I was no longer able to do the things I enjoyed with my friends because I could barely walk. So one day my mom heard of Dr. Goldberg from a

friend. Her friend told her that the doctor had really helped him, so my Mom contacted the office and made me a appointment.

My mom went with me on the first visit, I met Dr. Goldberg and he talked about really getting better. He ran several tests on me, I found out I was allergic to several things that only making my arthritis worse. My cholesterol was a grand total of 289. (I was a major junk food addict.) I had lost my self-esteem from all the weight I had gained. Dr. Goldberg put me on a special diet and gave me some nutrition supplements. I went home and had to totally adjust everything I did. I had to exercise, I now walk a mile every day. The results started to show within three weeks. I began to lose weight, sleep better, regaining my self-esteem and energy. The constant pain has disappeared, I would have never known these things could get this good after the pain I had.

I owe my good health and happiness to Dr. Goldberg and his help to show me how I could get well and live a better life. If I could give any advice to anyone with the same health problems to allow Dr. Goldberg to help them it would be the best help they could ever receive. Also I thank my mom and dad and my mom's friend for taking me to find Dr. Goldberg so I could get well. Thank You!

*Brandy Bethune
Cleveland, Tenn.*

Comment: Ms. Bethune's history was typical. No effort had been made to identify the causes of her symptoms. A medical diagnosis was made and drugs were given for that medical diagnosis. The disease was being "treated" but not the patient.

By addressing Ms. Bethunes overall health status she not only was able to get rid of the symptoms of her disabling disorder and avoid the ongoing progression of disability, but also able to lose excess weight, improve her ability to sleep, improve her appearance, gain new energy, and in her own words, regain her self esteem. When we address the health of the patient rather than just the disease symptoms the whole body benefits.

**Case Number Eleven: Psoriatic Arthritis
Patient : Mr. Robert Chapman**

To Whom it May Concern:

My name is Robert Chapman. I am twenty six years old and live in Lefayette, Indiana. I have had psoriasis for ten years and Psoriatic Arthritis for about a year. My condition finally got to the point that I had to try a new treatment. The drugs and creams were not working. I heard of Dr. Goldberg from my sister and decided to give him a try. Well, I'm glad that I did. I have been under his care for a month and most of the pain and swelling from the arthritis has gone. I also have seen a remarkable improvement in the psoriasis. I have great faith and respect for Dr. Goldberg's method of healing and would

recommend that anyone that has health problems of any kind could benefit from his treatment. I feel that I owe Dr. Goldberg for my new life.

Bob Chapman

Case history and Comments:

Patient Presentation: A twenty seven year old male, Mr. Robert Chapman presented with severe psoriatic arthritis with profuse scaling of the skin over more than eighty percent of the body. Accompanying the psoriasis was severe joint pain (sacroiliac joints, knees, elbows, fingers, and toes.) Radiographic studies revealed spondylosis (degeneration) of the neck with arthritic changes. There was moderate joint destruction of the toes. The patient was depressed, having consulted both Medical and Chiropractic Doctors for the past three years without success. He had been on numerous anti-inflammatory drugs which had caused gastrointestinal distress.

Laboratory tests: The patient's sedimentation rate was elevated. Multiple food allergies and increased intestinal permeability were found. Blood studies revealed yeast overgrowth. The diet included junk foods and alcohol.

Program of Care: The patient was briefly fasted to rest and desensitize the G.I tract. He obtained fresh air and natural sunlight daily along with an individualized natural foods diet (eliminating all allergens) with nutrient supplements and materials to reduce yeast growth.

Outcome: Within three weeks the joint pains disappeared, other than some minimal residual discomfort in the cervical spine. The psoriasis reduced by 70% by the fourth week with the remainder being less severe.

Discussion: Dermatological problems often originate in the gastrointestinal tract. A simultaneous occurrence of both skin and musculoskeletal problems is common. Imbalance of the G.I. tract caused by poor diet, allergen exposure, emotional stress, etc., can lead to both conditions. By correction of gastrointestinal problems, arthritic & Dermatological complaints are often corrected simultaneously.

GOUT

Gout is a metabolic disorder that can produce severe pain and joint destruction. Rather than address the causes of the problem and the overall health of the patient, medically these patients are given drugs to disperse accumulations of uric acid. While this relieves some symptoms it does not address the overall health of the patient.

Case Number Twelve: Gout Patient : Mr. Michael Lebhaft

July 22, 1994

Dear Dr. Goldberg:

I have promised this testimonial concerning why, when and how. This story starts 40 years ago but I had no real control then. I was always having problems with weight control, ear and sinus infections, high cholesterol, bad blood work indicating future heart and arterial problems, digestive disorders, fatigue, zero energy, blood pressure problems and the one main reason why I sought Dr. Goldbergs help, which was severe joint pains that I was having and getting worse by the day. I received treatment from every type of doctor and specialist. My condition still got worse even after taking medication. The medication had side affects that was going to kill me. My liver, stomach and other organs that I can't even begin to tell how, but I knew my health was doing down hill at age 40. My job was on the line also, because I am required to pass a flight exam every six months so I may act as a pilot.....The testing Dr. Goldberg wanted to do was different and I had never heard of it. After it was completed the results were analyzed by him and we went over all of them in detail. He then gave me a plan of action. The responsibility was then on me to follow through.

I had to first detoxify my body. Boy was this tough. I was in pain before I started this but within a week or two it got even worse. Dr. Goldberg warned me that in my case this might happen. After a period of a several weeks the pain began to get better. After the cleansing was over my healing began. I began to lose weight without trying. My joint pains got better, my blood work showed an improvement. I did everything I was told to do.....It has now been six months since I started. I have lost 55+ pounds and my joints are much better. I have stopped any and all medications. My blood pressure is normal. My blood work is perfect. Dr. Goldberg has given me the tools to live a healthy life. I could go on and on about how this has changed my life and the way I feel about myself. I will close by stating, It is wonderful to have someone dedicated to help people achieve good health as Dr. Goldberg has helped me.

*Thank-you,
Michael Lebhaft*

History and Presentation: A forty one year old male, Mr. Michael Lebhaft presented with severe gout. It was painful and difficult for him to walk. The condition was getting worse despite drugs given by his medical physician. He was also troubled by fatigue, high blood pressure, an overweight condition, digestive disorders, and ear and sinus infections.

Laboratory Testing: Laboratory testing revealed elevated uric acid, cholesterol and triglyceride levels. The patient's food allergy test showed numerous allergies. Mineral imbalances were noted.

Program of Care: The patient was placed on a liquid diet lasting 21 days. His symptoms initially worsened, and the blood uric acid level increased. By the tenth day the pain began to subside as did the uric acid, cholesterol, and triglyceride levels. He was later placed on an elimination diet along with nutrient supplementation based upon his condition and blood work.

Outcome: In forty days the patient lost thirty pounds. His cholesterol dropped from 258 to 165 and triglyceride levels dropped to 80. Blood pressure normalized. The patient reported feeling very well with no more joint pain and with increased energy. He give up all high blood pressure and gout medications. At last contact three years later, the patient had maintained excellent health. His ear and sinus infections were no longer present.

LUPUS

Case Number Thirteen : Systemic Lupus

Patient: Ms. Amanda Nash

August 14, 2002

Before I came to see Dr. Goldberg I had experienced years of bouts with medications and surgeries. When I was seventeen I was diagnosed with lupus. Heart complications, achy joints, and kidney problems are just a few of the symptoms I was facing. I was seventeen and until I was twenty-one I thought this was how I would spend the rest of my life. I had trouble leading a normal life and being sick was a focus.

Then I met Dr. Goldberg. We did tests and though I may not always have enjoyed his treatments.... they worked! Within months I had minimal problems and now after two years I feel as though I can carry on a normal and healthy life. Lupus is no longer a focus and I love that.

Thank you Dr. Goldberg for making me eat rice – and for making me do the things needed to get better. You have done what no medical doctor could do for me.

I will always be grateful.

Thank-you,

*Amanda Nash
South Carolina*

Comments: Systemic Lupus Erythematosus is an inflammatory connective tissue disorder of unknown (medically) etiology. Symptoms can be similar to rheumatoid arthritis due to the joint and muscular involvement. About 90% of cases occur in women. Medically the patients, as happened with Ms. Nash are put on anti-inflammatory drugs, steroids, and immune suppressants as with other rheumatoid diseases. Though Ms. Nash had a diet largely of hot dogs, soft drinks and other junk foods, her medical physician had made no inquiry as to her dietary habits and as is typical, started her immediately on pharmaceuticals. When I first saw her she was depressed looking, pale, underweight, and clearly in discomfort. She is now drug free, working, active, of normal weight and energy, and a bright, attractive, pleasant young lady.

Additional Case Studies On Arthritis and Rheumatism

The following are additional cases with clinical details involving Rheumatoid Diseases from the Goldberg Clinic without names concerning patients who wished to maintain anonymity. These cases have been presented professionally to practitioners as part of continuing education seminars.

Case Number Fourteen: Rheumatoid Arthritis

Presentation/History: A forty three year old female presented with complaints of fatigue, severe joint pain and swelling, and generalized stiffness. She had been under medical care for eight years with her condition continuing to worsen. Her medical physician administered repeated courses of steroids and other anti-inflammatory drugs along with gold and methotrexate. These drugs resulted in a number of side effects including liver inflammation, gastric bleeding, and facial swelling. She had received numerous Chiropractic Adjustments which gave partial temporary relief only. She was anxious over her deteriorating condition but did not know what to do. Examination of the patient revealed joint stiffness/pain/swelling in multiple areas including the knees, ankles, wrists, and low back. The patient frequently had indigestion.

Laboratory Studies: A blood chemistry, CBC/w. differential., rheumatoid panel, diet and mineral analysis, intestinal permeability study, food allergy profile and sedimentation rate were performed.

The sedimentation rate was over 60mm./hr (0- 20 normal for a female). The diet contained a great deal of refined carbohydrate. The mineral profile revealed several mineral toxicities including aluminum. There were multiple delayed (IGg4) type allergies to wheat, corn, milk, and beef. The patient had increased intestinal permeability, i.e. a "leaky gut"⁶.

The patient was put on a detoxification program followed by a rotation diet with allergens being eliminated. Refined carbohydrates were eliminated. Steps were taken to reduce gut permeability and appropriate nutrient supplementation was given.

Outcome: The first two weeks of the program were difficult and the patient experienced an exacerbation of her symptoms. During the third week she noted improvement with reduced joint pain and improved vitality. By the fifth week **joint swelling, redness and stiffness dissipated** and the patient was able to take long walks with her husband. The sedimentation rate dropped from sixty to twelve. A follow up on the intestinal

⁶ This is found in many patients and is an important concept. It should not, however, be considered to be the cause of the patient's problems, it is simply reflective of the changes that are occurring. The reasons behind the "leaky gut" are what need to be identified and addressed. Currently there are standard protocols being offered for people who have "leaky gut". This is not wise. People can have this condition occur for many reasons and it again must be stressed that it is those reasons that need to be addressed. Patients with rheumatoid diseases, allergies and inflammatory bowel condition will almost always have this present.

permeability showed it within normal limits.

Follow Up: Two years later the patient continues to be healthy and symptom free as long as she continues her diet, obtains adequate rest and observes other hygienic factors.

Case Number Fifteen: Rheumatoid Arthritis With Ulcerative Colitis

Patient Presentation: A forty year old female presented with complaints of ulcerative colitis over an eighteen year period, accompanied by severe arthritic complaints in the hands, elbows, shoulders and knees. Prior care included eighteen years under a gastroenterologist *resulting in removal of fifty percent of the colon* and ongoing antibiotics. She also saw a rheumatologist who placed her on prednisone. The patient had received Chiropractic Care for two years for low back pain which nonetheless persisted. The patient complained of chronic fatigue, ongoing bloody diarrhea, severe stiffness and pain, and depression. She described her condition as "desperate".

Laboratory: The patient was tested for intestinal permeability, mineral imbalances, and food allergies. Intestinal permeability was elevated. Mineral testing showed a pattern of general depletion and malabsorption. Food allergy testing was positive (mostly of the IgG4 variety). Foods the patient was allergic to such as egg, wheat products and dairy were *the same foods recommended to her by her gastroenterologist and medical dietitian to "sooth the colon"*. The patient had subluxations of the low back which her Chiropractor adjusted but could not get to hold.

Program Of Care: The patient was put on a hypo-allergenic liquid diet for a period of ten days followed by a diet of cooked vegetable foods and moderate amounts of proteins excluding all allergens. The patient was instructed on hygienic measures to take e.g. additional rest and sleep, fresh air, emotional poise, etc. The patient began to reduce the amounts of corticosteroid compounds prescribed for the colitis and arthritis. Appropriate natural anti-fungals and antibacterials accompanied by probiotics were employed to restore a healthy flora balance to the G.I. tract.

Outcome: During the first two weeks the patient went through a stormy period of discomfort. By the eighth day the bowels began to quiet. Joint pain subsided by the sixth week accompanied by an increase in the energy level. In three months the patient reported her stools were partially formed without blood and that joint pains had reduced by 80%. In her fourth month of care she went off her plan and ate a variety of foods she had been warned to avoid. Within ten days she was again passing bloody stools and experiencing severe joint and muscle pain. We gave her a program for resting the gastrointestinal tract and urged her to follow the entire health program carefully. She was soon feeling well again and reported she had "learned her lesson."

Follow up: The patient has continued well for four years without joint pain or colitis.

Only mild looseness of stool (no blood or mucus) remained due to having had 50% of her colon removed. Had she come to us earlier this operation, I believe could have been avoided.

Comments: It is common to see patients with medical diagnoses of Crohn's and ulcerative colitis, report that they also have rheumatoid arthritis, fibromyositis, etc. These patients frequently have poor digestion and allergic problems. Medical care including corticosteroids, anti-inflammatory drugs (NSAIDs), and surgery serves to aggravate and complicate the clinical picture. Resolution of the patient's digestive dysfunction frequently results in ending the bowel problems and rheumatic complaints simultaneously.

Case Number Sixteen: Rheumatoid Arthritis

A forty five year old female, the wife of a Doctor of Chiropractic presented with Rheumatoid Arthritis of over fourteen years duration, getting progressively worse. Her knees, ankles, hands, and shoulders were painful with much redness and swelling. A rheumatologist had put her on prednisone and methotrexate. She had tried numerous herbal remedies, colonics, chiropractic, homeopathics, and acupuncture. The drugs had produced side effects including liver inflammation from the methotrexate (an immune suppressant) and dependency on corticosteroids.

Laboratory Testing: The sedimentation rate was 90. Blood chemistries showed the patient to be anemic with elevated liver enzymes, due to methotrexate usage. There were multiple food allergies. Stool cultures exhibited abnormal bacterial flora. Dietary analysis showed excessive carbohydrate intake and low B complex intake. The patient's heavy metal indices were elevated.

Program of Care: The patient was placed on a reduced carbohydrate diet with ample amounts of steamed non-starchy vegetables, along with free form amino acids per her amino acid test results. After four weeks, the patient was placed on a liquid diet for a period of eight days which was later repeated.

Food allergens were removed. Sources of heavy metals were identified and steps taken to remove them from her system. Individualized stretching and deep breathing exercises were utilized. Careful attention was given to hygienic factors such as sleep and rest.

Outcome: For the first three weeks as the patient underwent detoxification, she complained of exacerbation of symptoms and increased fatigue. By the fifth week her sedimentation rate dropped to 40 and she experienced a dramatic reduction in pain and stiffness.

Four years later the patient's sedimentation rate is normal, her energy level is good and

she engages in swimming, walking and gardening. She has no more pain in her knees, or ankles and only occasional mild stiffness in her hands and shoulders.

Comments: This case is illustrative of a number of factors. First, the futility and damage suffered with most drugs. Second, the fruitless searching of patients seeking elusive cures with herbs, homeopathics, etc., only to be disappointed. Thirdly, the need for a program aimed at addressing problems identified by the doctor by a careful case history, physical examination, the doctors experience and intuition, laboratory testing, and for proper hygienic care of the patient.

Case Number Seventeen: Mixed Arthritis/Rheumatism

A fifty two year old female presented with a seven year history of joint & muscle pain with chronic fatigue and indigestion. The discomfort was getting progressively worse. She was taking an "Herbal Formula" recommended to her by an "herbalist." She related that when she began to use it (six months earlier) there had been a dramatic reduction in discomfort. With each week she had to increase the amount of "herbal compound" to receive the same effect. In time her symptoms reverted to worse than when she had started the compound. She appeared weak and in distress. She was tender and sensitive throughout her spine and joints with poor muscle tone and muscle

Laboratory Studies: A blood chemistry, sedimentation rate, and amino acid profile were performed on the patient's blood. The diet was carefully analyzed. The sedimentation rate was elevated at 45 and amino acid levels were depressed. The patients dietary intake was inadequate and included a high percentage of processed foods.

Program of Care: The patient was placed on an individualized program to improve digestive function and restore nutrient balance. She was urged to increase rest and discontinue the "herbal formula." Upon withdrawal from the formula, the patient had an exacerbation of her symptoms. Investigation of the formula revealed it to contain steroid compounds. The patient's diet was improved to eliminate refined foods, increase essential nutrients and avoid food allergens. The gut was rested with a week long liquid diet. Essential fatty acids were given as was an amino acid mixture according to the blood analysis.

Outcome: Following withdrawal symptoms occasioned by discontinuing the herbal formula, the patient experienced gradual improvement in symptoms and an increase in energy. As her digestion improved the joint and muscle pain dissipated. The sedimentation rate returned to normal. Amino acids returned to healthy levels. Two years later the patient reported a 90% improvement in her overall health.

Discussion: This patient exemplified the importance of good digestion. With digestion

improved, amino acids, fatty acids, minerals and other nutrients become available to tissues for repair while inflammatory compounds entering the bloodstream were reduced.

Case Number Eighteen : Fibromyositis/Mixed Arthritis

Presentation: A thirty three year old female, presented with acute rheumatic pains. She was experiencing joint swelling with pain in the ankles and shoulders with stiffness in other joints/ muscles. She had severe bloating and stomach pains. The ankles would swell so large and hurt so severely that she would find herself unable to ambulate. She had tested negative for rheumatoid arthritis and lupus and had been diagnosed with “mixed arthritis” by a Rheumatologist.

Laboratory Testing: The patient had increased intestinal permeability, a number of food allergies, and an elevated sedimentation rate along with modest anemia.

Program of Care : A program was initiated to improve gut functioning, eliminate allergens, and rest the patient’s entire system. A period of detoxification was followed with a modified dietary program accompanied by nutrient supplements to assist in the repair process.

Outcome: In two months the joint / muscle pain dissipated, her energy level increased, and the sedimentation rate normalized.

Case Number Nineteen : Psoriatic Arthritis

Presentation/History: A forty one year old male presented with a twenty one year history of progressive joint and muscle pain. Most severe were the sacroiliac joints. As frequent as twice per month the pain would cause him to be unable to walk and, according to his wife, he would at times cry with pain during the night. The shoulders and knees were badly affected. There was severe fatigue, modest psoriasis in the genital region, and moderately severe ulcerative colitis of several years duration, resulting in bloody stools and cramping. The patient felt cold. He had been to numerous Rheumatologists, Acupuncturists, and Osteopathic Physicians. He had tried a wide variety of dietary measures, herbs, nutrient supplements and other remedies all without improvement. The patient had been receiving Chiropractic Adjustments since age fifteen. The patient’s history also included having hay fever since childhood, a vegetarian diet with high amounts of whole grains and other complex carbohydrates and extensive job and familial stress over an extended period of time.

Laboratory Studies: A six hour glucose tolerance test revealed severe hypoglycemia. Gut permeability was high, and there were a number of airborne pollen allergies. Blood amino acid levels were low. Dietary analysis revealed a mostly vegetarian diet with an emphasis on starchy carbohydrates e.g. rice, corn, wheat, etc., along with copious

amounts of fruit & vegetable juices. This resulted in (what I term) "carbohydrate intoxication" with intestinal fermentation, increased gut permeability and impaired glucose tolerance/altered insulin responses. Stool analysis revealed yeast overgrowth with abnormal bacteria and protozoa (blastocystis hominis).

Social Factors :The patient's job was stressful. He felt frustrated by his poor health despite his long time interest in living naturally and his sincere attempts to live healthfully. He had been athletic in his youth and young adulthood and continued to try to be so, but found himself hampered by severe pain and fatigue.

Program of Care: The patient was placed on a drastically reduced carbohydrate intake with increased amounts of animal proteins and vegetables. All juices were discontinued. Warm fluids, warm baths, meditation, careful chewing of food, and absence of worry were advised. The patient was counseled to seek out other employment or do his best to not internalize his working environment. No fasting or liquid diets were advised but the patient was encouraged not to overeat and to eat only in peaceful surroundings.

A diet largely consisting of broiled animal proteins plus steamed vegetables were advised with little starch. Stretching exercises, swimming in warm water, and walking out doors when his joints permitted was recommended. Nutrient supplements to replenish depleted nutrients along with a mixture of free form amino acids as per his amino acid test results were given on a temporary basis.

Probiotics were employed temporarily to reduce pathogenic bacteria in the gastrointestinal tract, followed by antifungal agents to discourage yeast growth. This resulted in the patient passing stools without blood for the first time in many years. *The patients arthritic pains and bowel problems improved simultaneously.* The patient notes that a return to old habits results in the return of symptoms. The patient is addressing work and familial issues having recognized that they played a contributing factor in his ill health.

Comments : Another example of the need to address gastrointestinal health in rheumatic disease conditions along with the necessity to address social issues that have resulted in stress overloads for patients.

Case Number Twenty : Systemic Lupus

Presentation: A twenty nine year old female presented with a ten year history of severe fatigue, joint pains, skin problems, and immune dysregulation. She had been diagnosed with Systemic Lupus Erythematosus, and undergone years of corticosteroid usage including prednisone and methotrexate. She described her situation as "desperate" and was on the verge of suicide. Her husband, a medical physician, tried to dissuade her from consulting with us since there was "nothing of any usefulness for her condition outside of the drugs that she was already taking".

The patient appeared weak, pale, and had poor muscle tone. She was despondent over her condition and had been convinced by her medical physicians that her condition was permanent and would get worse with time. *This had become a self-fulfilling prophecy.* It took some time to convince the patient that her attitude needed to become more optimistic. I cautioned her that any recovery would be slow and difficult but in light of her age, we were hopeful that with effort she could improve her health and vitality.

Laboratory Studies: The patient proved to be anemic, had low amino acid levels and very abnormal bowel flora. The diet consisted of refined carbohydrates, coffee, and fast foods. She had numerous food and inhalant allergies. A glucose tolerance test revealed dysinsulinism. There was evidence of heavy metal toxicity.

Program of Care: Major dietetic reform was initiated with elimination of allergens and refined carbohydrates. The patient was advised to avoid future dental silver/mercury amalgams and consider replacements with composite fillings.⁷ An amino acid blend was constructed based on her laboratory study. In addition to a whole foods diet, specific supplements were given to improve functioning of the body as a whole and the immune system specifically. Accupressure and spinal adjustments were employed. The patient began training in meditation and relaxation disciplines. The first several weeks were rough. The patient missed the stimulation of her coffee and junk food and suffered withdrawal symptoms as she avoided food allergens. Within two months she began to notice improved energy and a decrease in muscle and joint pain. Her skin and color began to improve. Encouraged by the improvements, the patient increased her efforts and continued to reap health rewards. She gradually ceased taking the steroids and methotrexate.

Comments: Four years later the patient is pursuing a nursing career and enjoys good health. She has only occasional joint discomforts which she describes as "minor in nature."

⁷ I am hesitant to encourage wholesale replacement of mercury amalgams as this can be traumatic and costly. I generally suggest to the patient to not use further mercury amalgams and as replacements are needed to use composite materials.

Asthma & Allergies

Asthma is a rapidly increasing problem in the United States. In some individuals asthma can be life threatening and in others a major detriment in the quality of their lives. In children the incidence of asthma has doubled over the past thirty years. Much of this increase may have to do with our children being raised in too clean an environment and receiving numerous vaccinations. The effect of this is to not allow the body to adequately develop its own defenses and thus make it more susceptible to problems in interacting with the outside world.⁸

While genetics plays an important role, many environmental factors come into play as well. Taking a close look at each individual and reducing unhealthy habits along with bolstering the vitality of the body through hygienic methods often leads to a vast improvement in the patients well being and their quality of life.

Case Number Twenty-One : Asthma Patient: Mr. Tony D'Esposito

October 25, 1996

Dr. Goldberg:

Thought I would let you know how great I have doing. As you can see in the enclosed blood results there has been a significant drop in my cholesterol and triglyceride numbers.

I have yet to use my inhaler nor have I had to use any (other) medication for asthma.

Thanking you again for all your help.

*Sincerely,
Tony D' Esposito*

Case Number Twenty- Two : Asthma Patient : Ms. Julianne D. Misra

July 13, 2000

⁸ This theory is referred to as the "Hygiene Hypothesis".

Dear Dr. Goldberg,

I wanted to take a few minutes to thank you, and to share my success story with your patients in hopes of encouraging them to follow your words of wisdom. Although I write for a living, I am truly at a loss for words in expressing my gratitude to you. Your care has been truly priceless.

I came to Dr. Goldberg after suffering from allergy-induced asthma for more than eight years, I had a chronic cough and shortness of breath both of which were growing increasingly worse, greatly affecting the quality of my life. The smallest climate change, exercise or odor would set off a horrible asthmatic coughing episode. My family, friends and co-workers were concerned for my health, and my worst fear was that my condition was getting so bad it would surely turn into something life threatening if I didn't get help. Over the past 8 years I had seen a host of doctors. You name it, I tried it, spending a small fortune in the process. I saw Pulmonologists, Allergy and Immunology Specialists, Acupuncturists, Chiropractors, and Psychologists. Most agreed I had allergy induced asthma, but scratch tests were inconclusive for food allergies and environmental allergies were not severe enough to warrant the severe symptoms I was suffering from. I also did all kinds of reading on my own and tried elimination diets to no avail. My husband, a student of Dr. Goldberg's encouraged me to see him. I was hesitant, thinking what else could he possibly do or tell me that none of the other doctors had. Desperate, I eventually made an appointment. I was immediately impressed with Dr. Goldberg and read his book "Your Questions Answered" from cover to cover. It was easy to read, filled with truth and made so much sense. Within a week of my first visit, the lab work Dr. Goldberg ordered revealed that I have severe allergies to milk and eggs. (scratch tests and tests done by allergist over the years had repeatedly showed no evidence of food allergies). It was that simple but so many other doctors had failed to help me.

Dr. Goldberg put me on a strict diet. It wasn't easy at first, but is worth the effort. Within a week I was feeling better. Within two weeks I had more energy than I had in years. I can't tell you how much better I feel and much the quality of my life has improved. I am grateful beyond words.

Dr. Goldberg also helped me to truly understand the importance of what we choose to fuel our bodies with. I thought I was a pretty healthy eater, having been an athlete childhood, a personal trainer and yoga instructor and reading and writing all about health and nutrition in my work over the past ten years. I was wrong.

As a patient and as a life-long friend of Dr. Goldberg's I congratulate you for taking this step. I encourage you to read Dr. Goldberg's book and to take whatever steps he prescribes. You will not be disappointed. You are in great hands.

Thank you again, Dr. Goldberg.

Sincerely

*Julienne D. Misra
Writer/Producer
CNN's "Your Health"*

**Case Number Twenty Three : Asthma. allergies, chronic fatigue
Patient : Ms. Carol A. Rundle**

June 5, 1995

Dear Dr. Goldberg:

It has been five months since I first came to see you, and I wanted to let you know what has happened as a result of your care and expertise.

I originally came to see you because I was sick of being sick. Having suffered with asthma and allergies all my life, I was susceptible to every virus that came along. In 1994, I was on antibiotic therapy six different times.

I felt tired all the time. Even with nine hours of sleep a night, and often a nap during the day, I still felt sluggish and listless. I had no energy to live my life.

I am absolutely amazed and delighted by the results I have gotten. During the past five months, I became sick only one time, and I recovered in one week! That is amazing. I have cut down on the medications I take for the asthma and allergies, and I have completely eliminated allergy shots. My energy level has increased, and I need less sleep. As an added bonus, I have lost 30 pounds!

*Your program is something I can stay with for the rest of my life.
Thank you for your help and encouragement.*

Sincerely,

Carol A. Rundle

Case Number Twenty Four : Allergies
Patient : Mr. Ken Woolard

June 10, 2009

Dear Dr. Goldberg:

I am grateful that I have finally received help. Before I knew that I had food allergies from your analysis and testing, I lived a miserable life. I was tired all of the time. I woke up tired and went to bed tired. I suffered from excessive sweating and bloating. Sometimes my abdominal areas would swell up like I swallowed a basket ball. I could not concentrate on my school work. My grades were not good by my standards. My pulse was very high (88 beats per minute). I could walk up a small incline and my heart would beat out of my chest. I had to push myself hard to survive. I got to the point where I did not know how I was going to make it. I would eat something and then feel my nerves going weak to pass right out. I fought to stay awake in the classroom. I did not feel like exercising. Before I came to Life University I did an hour of aerobics everyday, I loved to work out. I had excessive gas. My girl friend would often push me away because when she hugged me my body would be wet from sweat. I suffered from so much chronic fatigue. This went on for many months. I tried everything and saw many people for help, including two trips to the Veterans Medical Center which yielded no results. I finally crashed as my body could take it no more. I crashed in a big, tragic way. Only after I crashed did I get the love and the help that I needed, for which I give thanks.

Now after working with Dr. Goldberg I am alive with energy and want to live again. I feel the joy of life. I can now exercise without my heart beating out of my chest. My resting pulse rate has dropped from 88 to 60 beats per minute, a 32% decrease. When my mother was staying with me and I ate something wrong she would see me pass out and go to sleep. I would wake up hours later and feel groggy as if I had taken a sleeping pill. The foods I was allergic to, as you found out by testing and analyzing me, would do a number on me.

I am so grateful for all the help I have received from you and your teaching me how to live in better health.

Thanks!
Ken Woolard

Back/Hip Disorders

A common misconception is that back problems are always due to a problem within the back itself. In fact, the back reflects problems throughout the body and many so called back problems represent metabolic disorders elsewhere in the body.

Most back problems that are due to minor injuries will get well within a few days. Problems with discs that have degenerated, ruptured, or herniated are far more difficult, but can usually be identified by proper physical examination and/or radiographic studies. Many back and joint problems are also due to disturbances in the gastrointestinal tract.

Case Number Twenty Five: Back/Hip Disorders **Patient : Ms. Lori Ballington**

March 24, 2000

Dear Dr. Goldberg:

*Thank-you for helping me get on a healthy track. For the last ten years I have been in declining health. The breaking point was after the birth of my second baby. I had no energy, severe insomnia, **low back pain**, blood sugar imbalances, and **severe hip pain** and was overweight. At 30 years old I was looking at years of ill health. The first place I went was to my chiropractor. He did numerous x-rays and adjustments. I wouldn't hold my adjustments and found no relief from the excruciating pain. It was depressing! Next I was referred to an orthopedic doctor. Two MRI's and six weeks of physical therapy didn't do any good. I was just out of a lot of time and money but saw no relief. I went to an endocrinologist for my blood sugar and thyroid problems. All he said was it was something "I just would have to deal with for the rest of my life". That was not encouraging! I was at my wits end. I was in so much pain I couldn't do anything but lay on the couch. My husband and I had to have meals brought in by our Sunday school class and we hired someone to come in and take care of our two little girls. I went back to the chiropractor and just happened to ask about a "nutritionist". That is when I found Dr. Goldberg. My first visit I cried because I knew this was my last hope of maybe restoring my health and quality of life.*

Dr. Goldberg told me he wanted me to concentrate on getting me healthy and that as a result my complaints could be resolved. He recommended I have several tests done to see what was going on with me. I had the tests done and they revealed high cholesterol, low amino acids, yeast overgrowth, food allergies, the wrong kinds of bacteria in my intestines, along with high blood pressure. This along with my insulin and thyroid made me a walking time bomb.

*First Dr. Goldberg put me on a liquid diet for ten days. Within five days my hip pain was completely gone. My blood pressure normalized and I lost 12 pounds. After day ten we began to introduce some whole natural foods. To date as of six weeks later, my blood pressure is normal, **my hip pain has not returned**, I sleep great, I have lots of energy, I have lost 20 pounds, and my cholesterol is down 37 points, and last but not least my adjustments have held for six weeks!*

I have learned that the right food is so important for optimum health. If we don't take care of ourselves we get sick. I am living proof that poor eating habits can result in poor quality of life and ill health. I am just glad that I got the right help and am now healthy and happy. Thank-you Dr. Goldberg.

*Lori Ballington
Marietta, Georgia*

Comments: The path to chronic ill health is frequently begun when we are young. Fortunately, when the causes are identified a life of illness and suffering can often be averted. Patients are frequently astounded at how quickly some serious discomforts in their early stages can be reversed by a proper biological program of care.

**Case Number Twenty-Six : Back Pain/ Indigestion
Patient : Mr. Alfred Summers**

Dear Paul:

Hope this finds you well. I know a few months ago you asked me to write about my experience in being treated by you.well, I have been so busy enjoying life again now that you have given me a new life (and a new lifestyle!!!), that I forgot about doing it for awhile. I remembered the other day as I was enjoying my food (who would have ever thought that I could enjoy simple natural food so much!) and remembering how I used to hate to eat because I knew I would get so much indigestion and gas afterwards... and because the aching in my back made everything I did miserable.

You know how many doctors told me to "learn to live with the pain" from my back. You know I went to four different Chiropractors, who were all much nicer than the Medical Doctors, but really did not help me much either. I had tried everything I thought might help and a few things I did not think would help, but gave them a try anyway. At only forty seven years old (and feeling like 147 years old) I knew in the back of my mind that there had to be answer somewhere, AND YOU WERE IT! When Alice Steiner recommended you to me, I told her I had already been to a bunch of Chiropractors. I was to find out that not all Chiropractors are the same. I really think it was your background in nutrition and preventive medicine and all those years that you have been teaching at a College and doing research that made you able to help me when no one

else could.

One big difference with you is that you required me to be responsible for getting well. I had to eat differently, you insisted that I had to understand the laboratory tests and what they meant, you badgered me into getting more sleep, and you required me to drink all that damn distilled water and take mild exercise. Five and a half months later I was literally reborn. I woke one morning to find the pains in my back gone. My nasty breath got sweet again (goodbye mouthwash), and I started to use the toilet for a few minutes each time rather than have to sit there and grunt and groan for a half hour and still be disappointed! !!

Almost six months care with you, plus all my laboratory tests, plus all my supplements cost me less than a thousand dollars. I had probably spent \$13,000.00 before coming to you including that Chiropractor who radiated the hell out of my spine (\$400.00 worth of x-rays for nothing) and the medical internist who I spent about \$3,500.00 with for him to tell me that I had an "irritable bowel"!!!

I tried to refer someone to you last week who has been suffering quite a bit and has been downing drugs from the local M.D. for the past four years or so and only getting worse. She says you are "too far away". Doc, knowing what I know now I would have traveled half way around the world to get to you.

I know you have been working to get money for the kids in Bangladesh who are starving after the typhoon. Enclosed please find a check for them, which I give to them in your honor.

*Sincerely Yours,
Alfred Summers*

P S. If you want type this letter up and share it with others. Send the typed version back and I will sign it and send it back to you. One thing you did not fix was my handwriting!

**Case Number Twenty Seven: Hip and Knee Pain
Patient : Susan MacMillan**

February 1999

Dear Dr. Goldberg:

A note to let you know that the severe knee and hip pain I had for over five years has now gone away entirely. As you recall it was about 85% better when I saw you last.

No one believes it! There I was for five years virtually incapacitated starting at 43 years of age. I had been to all kinds of doctors including the Chiropractor who sent me to you

plus one orthopedist, a rheumatologist and my family doctor. I had been given adjustments to my back more times than I can count by my Chiropractor, a load of drugs by the orthopedist and rheumatologist, and mostly sympathy from my family doctor.

Without a doubt the supervised fast was a major factor that allowed me to get well. As you recall another doctor tried to fast me but did not know what he was doing and I ended up quite ill. On the tenth day of the fast with you almost all the pains went away. A few came back after I started eating but your detective work figured out how to modify the diet so that I am now pain free.

I am walking long distances again (how glorious!) and doing stretching like you showed me. I keep waiting for the "other shoe to fall", but five months later and all I keep getting is better.

My sister will be calling you for an appointment. She was doubtful that what you ate or did not eat could affect your health and thought I was wasting my time...but now she is convinced.

*Your grateful patient,
Susan MacMillan
St. Louis, MO.*

Cancer

Cancer is the second leading cause of death in the United States. I had the opportunity to witness some of our modern day “cancer therapies” when I worked as a graduate assistant at the University of Texas Health Science Center in Houston, Texas, which included the well known M.D. Anderson Tumor Institute/Hospital. There are significant problems with attacking cancer cells with radiation and highly toxic chemotherapeutic agents as opposed to addressing causes and establishing homeostasis in the body and should be given serious consideration.

Cancer is always a serious problem and no one has all the answers. Prevention is vital and with a world that is becoming more toxic with pollution of the air, water, and food supply this is an increasingly difficult problem. When conventional medical therapies have been decided upon it is important that they be accompanied by biological measures to strengthen the body and protect it from the ill effects of chemo and radiation therapies. Many clients choose to have conventional therapies performed but also utilize the protective measures offered by a biological/hygienic evaluation and care.

Case Number Twenty Eight : Cancer Patient : Ms. Dora Lewis

*April 14, 1997
Dear Dr. Goldberg,*

It is with great pleasure and gratitude that I write this letter to you. I came to you just after Christmas of '96 having exhausted all my means of getting better. It was a choice between you and Dr. Burzynski in Texas. It wasn't much of a choice, I had neither the money nor the time to go to Texas. Thanks to my son, Steven Rawson, who told me that you were highly respected at Life College as a fine doctor specializing in Nutrition and Holistic Health Care and with many years of cancer research under your belt. I made my choice more out of desperation and I can now tell you that I made the right choice.

The lump on my neck is pretty much gone and I have lost close to 50 lbs., but the best part of all is how it has made me feel. Now I'm not saying it was easy! The temptations are many, especially for a person with my lifestyle. Twice I've given in to my desire for forbidden food; last night for instance, there was a commercial on T.V. of something that I happen to have in my freezer. It looked so good that I decided that just this once wouldn't hurt... Within five minutes however, I broke out in a cold sweat. I became itchy, I was grasping for breath and all the aches and pains that I had previous to starting my program, all reappeared; particularly my elbow which I had injured moving some heavy furniture.

I had a terrible night and swore that no food was worth all that suffering. When I got up this morning, I took my nutrients and drank lots of distilled water to flush my system. I welcomed the diarrhea that followed as a cleansing and I am feeling much better.

I hope I haven't done any real damage, but I wanted to share this with you and tell you how much I appreciate having met you and having you as my doctor.

I look forward to getting together with you again for further tests as a reassurance of how I'm coming along. If I can feel as well as I have been and no chemotherapy, even if you don't cure the cancer, that's good enough for me.

I do hope you can get away sometime soon; but I can certainly appreciate your position, as I similarly struggle to get away.

I'm Grateful To My Lord For People Like You!

*Sincerely,
Dora Lewis
April 14, '97*

Case Number Twenty-Nine : Breast Cancer

Patient : Ms. Mary King

August 20, 1996

Dear Dr. Goldberg,

It has been a long hard six months of knowing you. Thanks for all of your patience and caring. When I was diagnosed with breast cancer in November 1995, my whirlwind of doctor interviews began - surgeon, plastic surgeon and oncologist. I felt something was missing and after my second chemo treatment, I was referred to you. You are the foundation of good care. I have finished my eight treatments, while you tested, evaluated and boosted my strength with diet and supplements. They told me it would be six months after my last treatment before I "felt like me." It has been two months and I am roller blading and starting to get back in to the gym to weight train. The old me is coming back much faster than they anticipated.

Our association will continue as you boost my immune system but I want to stop and thank you for your expertise in getting me to this point.

You are truly a leader in the world of health.

*Sincerely,
Mary S. King - Ferguson
Duluth, Georgia*

Case Number Thirty : Colon Cancer

Patient : Ms. Jane Koelsch

August 27, 1999

Dear Dr. Goldberg,

I would like to thank you for helping me get through this last year! When I was diagnosed with colon cancer in September of 1998, I guess the "fear of the unknown" was my worst nightmare.

When I came to see you in late September of 1998, I had undergone surgery to remove the cancer and part of my colon. The medical doctors recommended follow-up treatments of chemotherapy and radiation. They did not recommend any changes in my diet or life style. I knew that if I continued to do the same thing that I had been doing in the past I could not expect any different results.

While I always felt alternative solutions were in the best interest of my health, my family strongly encouraged me to go for treatments. My son, Daniel R. Koelsch, D.C. felt that if that was the option I chose, then I needed to be in the best nutritional state possible. I give him credit for setting up the first appointment with you.

It was amazing to me that in only one visit with you and an initial exam that you knew what tests to order to see what was really going on with my body. No medical doctor had ever checked my amino acids, which you found to be so extremely unbalanced. Little did I know this played such a key role in my immune system.

With your guidance on my diet and your management of nutritional supplement, I was able to get through the treatments in very good shape. By following your advice, I was able to maintain my work schedule through the treatments and carry on my normal lifestyle. Not once during the treatment did I become anemic or have any problems with my platelets.

I found you to be very conscientious in regard to my health issues and appreciate how you have worked so diligently to solve the problems. I feel I am on the right track to getting well and staying well.

Sincerely,

*Jane D. Koelsch
Knoxville, TN*

Cardiovascular Problems/Hypertension/ High Cholesterol

**Case Number Thirty One: Elevated Cholesterol/ Back/Disc disease
Patient : Mr. Rufus Parker**

September 1, 1992

Patient Reference

To Whom It May Concern:

If you are a patient of Dr. Goldberg or if you are considering becoming a patient of Dr. Goldberg, please allow me to applaud your decision to do so. I would also like to share with you my recent experience under his care:

A few months ago I suffered what should have been a paralyzing injury. I had the disc at L5/S1 completely rupture. Before I came to Dr. Goldberg, I had been treated by an orthopedic surgeon, a physical therapist, a chiropractor and 2 neurosurgeons -- no help! Immediate surgery was ordered by both neurosurgeons. These were not quacks; one was chief of staff at the finest hospital in the south.

In addition to the ruptured disc, I was suffering from a multitude of additional problems for which I had been treated for many years to no avail. I was 100 pounds overweight and my diet was the same as my wife's who was half my weight and healthy. My blood pressure was at stroke level and was unresponsive to several prescription medications. My cholesterol and triglycerides were at heart attack levels and had continued to worsen in spite of a watched fat intake. I was in constant pain and bought the maximum strength pain relievers in the giant economy size and stored them in my vehicles, home, office and wallet. I felt as if I were a witness to my own death and was powerless to help. Dr. Goldberg was my last chance.

My home is 440 miles from Dr. Goldberg's office and in my physical condition it takes over ten hours to drive it. He is not a convenient choice for me.

After 1 month under Dr. Goldberg's care I can report the following:

- 1. I have lost over 30 pounds.*
- 2. My blood pressure is within the normal range,*

3. *My cholesterol & triglycerides are within the normal range.*
4. *I have not taken any medication whatsoever for anything whatsoever.*
5. *I have lost over 4 inches in my waist.*
6. *I was able to discard a heel lift that had previously been prescribed for me by three different doctors.*
7. *The pain from my ruptured disc has been reduced aprox. 30%.*

The above results alone constitute a success story for me but that is only Phase I for me. After a 3 to 4 month stabilization period, I intend to spend my 1993 and 1994 vacations under Dr. Goldberg's care attending to Phase II.

I wish you well and strongly recommend Dr. Goldberg for your continued good health.

Sincerely yours,

Rufus H. Parker, Jr.

Case Number Thirty-Two : Elevated cholesterol, triglycerides, fatigue, high blood sugar, overweight, gout

Patient : Mr. Byron Kopman

September 28, 1998

Dear Dr. Goldberg:

I came to consult with you for the first time Saturday, August 15, 1998. It will be a day I will never forget. At the time I was experiencing, amongst other things, the following health problems:

- * High blood pressure for which I have been on medication for the last 8-10 years;*
- * High uric acids resulting in recurring gout attacks almost every other week;*
- * High triglycerides for which I have been on medication for the last 3-5 years;*
- * High blood sugar which given my family history of diabetics was of utmost concern;*
- * Overweight at 5'11 and approximately 205 lbs.*

Reading this one would think that I was an old man "on his way out." I felt that way and yet I have just turned 39 years old. I was desperate to do something about these

problems but did not know where to turn. My brother-in-law, who recently joined Life University, suggested I consult with you. You had lectured him and had made an obvious impression on him.

After our first consultation, we began working in earnest on addressing these problems by:

- * Conducting blood and stool tests to provide a road map of where I was and where I needed to go.
- * Identifying foods I had severe allergic reactions to;
- * Commencing a 5 1/2 day detoxification program;
- * Following the detoxification program, you introduced me to a high vegetable and carbohydrate, moderate fruit, and low protein diet.

While I have only just begun the program, I felt compelled to write you after receiving my most recent test results. I am a businessman accustomed to setting goals and measuring performance. I, therefore, expected to see improvements especially given that I felt better. However, the test results I received on September 9, 1998 revealed astounding information:

- * My blood pressure was now normal. In fact I am at a point where I may consider stopping the medication;
- * I have experienced NO gout attacks or discomfort;
- * My triglycerides are normal, having dropped from 186 to 67. I have now reduced my medication by 50%;
- * My blood sugar was in the normal range;
- * My weight is now approximately 184 lbs. (Not far off our goal of 180 lbs.)

All of this in just 25 days. It's not about the weight loss, but my entire chemical constitution. I feel and look like a different person. Obviously, we are what we eat. I want to thank you for everything you have done so far and what you will do as we continue this program. I understand that given these results, I am now eligible to be a part of the Goldberg Hall of Fame. I am proud of that achievement and pledge to continue on this course.

Yours Sincerely,

Byron S. Kopman
Atlanta GA

**Case Number Thirty-Three : Hypertension
Patient : Bernice Gladson**

May 7, 1995

*Dr. Paul A. Goldberg
2480 Windy Hill Road Suite 203
Marietta, Ga. 30067*

Dear Dr. Goldberg:

A follow up on my condition and a letter for your patients to see:

I originally came to see you on the reccomendations of my Chiropractor who along with three different Medical Professionals had been unable to do anything about my high blood pressure. At 46 years old my blood pressure was consistently at 185 over 150 or more without drug medication. With a medication we were able to keep it at around 150 over 95, but I suffered with considerable side effects (headaches, skin outbreaks, and jitteriness) to the point where I stopped taking the medication altogether, but lived in fear of having a stroke or heart attack in light of my family history and the fact that my blood fat and cholesterol was considerably elevated. (My Mother died at 52 from a stroke and my father has heart disease).

My friends told me to take various vitamins and other "natural herbs" which I tried with no effect. When my Chiropractor told me I should see you I figured one last time one last thing and what the hell.

You analyzed me, fasted me, and, removed allergens, and then a special diet. In five days, with no medication the B.P. dropped to 140 / 90. A week later to 130 / 85, and now two months later it is consistently at 114 / 72. I lost twenty pounds, my cholesterol is at 140, blood fats are normal, and I have much more consistent energy. My skin is soft like ten years ago. I have thrown away the drug medications. My "specialist" could not believe it. (took my B.P. four times when I went back to see him)....he even asked for your phone number!!!!

I know everyone is different and some people do not respond as well as others, but I am referring my sister with the same problem (she lives in Texas) to you.

*Listen people this is real stuff!
Be well. I hope to see you in November.*

With many thanks,

Bernice Gladson

**Case Number Thirty-Four : Hypertension
Patient : Ms. Grace Masone**

A Letter of Thanks

November 1, 1993

In July 1993 I discovered I had high blood pressure.

I am 49 years of age and have suffered discomfort from menopause as well. My husband suggested I see one of his teachers, Dr. Goldberg. Careful examination and a series of tests confirmed my extreme high blood pressure accompanied by a high LDL cholesterol count.

Dr. Goldberg made recommendations based on his wealth of knowledge concerning fasting, dietary changes and nutritional supplements. He asked me if I were able to commit to a program of health care. I had to agree to follow his instructions and if I could, he felt that I would experience dramatic changes. I made the commitment because I was literally afraid of getting a stroke or even worse, dying at a relatively young age.

I am happy to announce that my blood pressure is normal, my cholesterol count is normal; I've lost about 10 lbs. And I feel terrific. Without Dr. Goldberg's advice and caring, I don't believe I would have accomplished this revitalization.

My sincere thanks to a real professional,

Grace Masone

Case Number Thirty-Five : Hypertension, erratic heart beat, indigestion, obesity, arthritis, fatigue, anxiety attacks.

Patient : Mr Thomas J. Faustino

February 16, 1998

Marietta, Georgia

Dear Dr. Goldberg,

This letter is a testimony to the success we've had in improving my health and quality of life in just one short month. When I decided to seek your help I had numerous problems that had accumulated during my 64 years of life; high blood pressure (for which I had been taking medicine for six months), missed heart beats, almost constant digestive disorders, being overweight, arthritic, sluggish, aching all over, and nervous with anxiety attacks.

I had always considered the human body to be a wondrous chemical plant, unique to each person, that if fed the right nutrients, would perform at a peak efficiency for a

healthy and vigorous life. We had tried to eat properly, restricting the diet, and seeking the help of MD's, but it just wasn't working.

Now, happily and healthfully, I can say that under your care my life has been turned around. My blood pressure is now normal and I am off the blood pressure medicine. My heart beats evenly now with no missed beats. My weight is now where it was when I was 21 years old. The ache I had in my right shoulder for years is gone. My arthritic joints don't ache anymore. My nervousness is gone. I feel great again! I want to thank you for using the vast knowledge and experience you possess to make me feel good again.

Sincerely,

Thomas J. Faustino

CHRONIC FATIGUE

("CHRONIC FATIGUE SYNDROME")

Everyone suffers fatigue occasionally. It is a normal signal broadcast by the body to rest and/or sleep. For healthy people, a good nights sleep restores them to healthy functioning. The individual awakens with their cells charged, a feeling of gladful anticipation of the challenges of the day ahead, and a spark in their step. Increasing numbers of individuals today, however, find themselves in a persistent fatigue that is deep and unrelenting, altering only between feeling tired, very tired, and exhausted. For many their condition has now been medically labeled "Chronic Fatigue Syndrome"(C.F.S.).

The popularity of the term (C.F.S.) began in the late 1980's. C.F.S. as a medical diagnosis has grown in popularity as physicians encounter growing legions of patients complaining of fatigue, depression, difficulties in concentration, irritability, muscle and joint pains, and a host of other complaints *not traceable through either physical examination nor standard laboratory testing to a specific diagnostic entity*. Symptoms are often severe to the point of debility and weary patients may be found doctor shopping trying desperately to arrive at a diagnosis and treatment plan.

The one common denominator for chronic fatigue and chronic fatigue syndrome is *poor health. Patients fail to improve as long as their basic health picture is overlooked.*

Patients often hesitate to say how poorly they feel overall, rather just stating their most bothersome symptom, e.g. bad headaches, poor digestion, low back pain, arthritic pains, etc. Further probing often reveals a person who has not felt well in many years. In most patients the decline in health has been gradual that they do not recognize how poorly they feel overall until a full health building program improves their vitality. Many patients have learned *to accept feeling run down as a way of life.*

The patient who initially states that their health is "excellent" often later reveals that they have constipation and/or diarrhea, need to eat frequently to "keep going", have frequent gas, are irritable, have trouble awakening in the morning, must rely on coffee, cigarettes, soft drinks, protein shakes, or other stimulants to get through the day, have skin problems, bad breath, muscle or joint stiffness, etc., but that "overall their health is excellent." After all," the patient continues," doesn't everyone have these kinds of problems?"

Sadly, many people do. Increasing number of individuals in our society are experiencing physical degeneration at earlier ages, and chronic fatigue becomes the norm, accompanied by muscle pains headaches, indigestion, irritability, skin outbreaks, reliance on coffee and other stimulants, sleep disturbances, and gradually and

insidiously these have been swept into the realm of normalcy. I have seen this frequently with students in their twenties already experiencing early signs of physical decay, yet many accept their digestive problems, reliance on stimulants, lack of focus and concentration, fatigue, depression, etc., as being “normal.”

The initial step in addressing a chronic fatigue problem is to address the overall health picture and to determine the etiological factors that are involved. Included in this are hygienic factors e.g. rest, sleep, sunshine, activity, significant others, pure water, fresh air, appropriate diet, avoidance of overeating, mental poise, absence of toxic habits e.g. coffee, tobacco, drugs, alcohol, etc. In addition, specific factors relating to the patient's individual make up must be explored.

Other etiological factors relating to the individuals make up include:

- 1) Food Allergies
- 2) Amino Acid Imbalances
- 3) Mineral depletion, anemia and other nutritional imbalances
- 4) Hypothyroidism
- 5) Hypoglycemia/diabetes/blood sugar dysregulation
- 6) Toxic Conditions
- 7) Impaired Liver function
- 8) Hypoadrenalism
- 9) Candidiasis
- 10) Autoimmune diseases
- 11) Depression of psychological origin
- 12) Prescription Drug Medications/side effects from.
- 13) Environmental Illness
- 14) A thorough family history

The following case studies, illustrate how an individualized approach to patients with chronic fatigue can bring about good results not only with the fatigue but also with overall health and vitality.

Case Number Thirty Six: Chronic Fatigue

Patient : Ms. Andrea Glick

Regarding My Care With Dr. Goldberg:

I suffered from chronic fatigue along with a number of other chronic health problems including irritable bowel syndrome, acne, and problems with concentration for most of my teenage years. In my search for help I went to many doctors including medical physicians and chiropractors but no one was able to help me other than assigning a lot of titles of diseases on me. I was given drugs for depression and other symptoms but they did not help.

While I did have many symptoms, the worse by far was the severe fatigue that did not allow me to do normal activities. I was depressed, but I now can see that the depression came directly out of my being so tired all the time. My family was sympathetic but did not know what was wrong with me either and gradually this led to my being disconnected from them.

I am a dietitian and work in a hospital as a R.D. (a registered dietitian). I ate what I thought was healthy based upon my training including plenty of fruit juices and a low fat diet with plenty of pasta and other low fat carbohydrates. I also worked out regularly and vigorously at a health club pushing myself even though I found it very difficult with my fatigue along with chronic back and muscle pains that I had. Every day became more and more difficult and I began to question how I was going to keep going.

An acquaintance of mine suggested that I see Dr. Goldberg. I was very skeptical since he is not a medical doctor and I did not see how he could help me with my nutrition as I felt that certainly I knew more than he did since I am a registered dietitian.

When I saw him, however, I was impressed with his professional manner and his obvious knowledge. He ran a number of tests which were scientifically based and showed imbalances in my system, many of which I now realize were brought about by habits I had that were destructive such as drinking coffee, going to bed late, eating foods I was allergic to, etc., but that no doctor had thought about looking into before.

The program I was placed on by Dr. Goldberg was difficult at first, but the results were fairly rapid in appearing. In three weeks I felt as if a curtain had been raised and I began to feel alive again. My bowels began to move normally (something new for me!), I felt a new surge of energy, and my old emotions of depression and pessimism began to fade. It was dramatic to say the least!

I shudder to think what the rest of my life would have been like if this transformation had not taken place. I realize now that my education as a dietitian as well as the education of the medical doctors I went to is largely based upon commercial interests of the food processing and drug companies and not based upon uncovering the causes of ill health. Many medical doctors are sincere, it simply is that despite all the science they learn while undergraduates, they simply do not make proper application of it when they go to medical school...everything is drugs, drugs and more drugs.

Part of the benefit of my contact with Dr. Goldberg afforded me is that I have learned to be an independent thinker in many aspects of my life. I am going through a relearning process, particularly as regards many things that I was taught as a dietitian. Today as I look at how we feed patients in the hospitals and how we teach them to eat in their homes and I understand why we have become a nation of so many chronically ill people. I also have learned the necessity of seeing each person as an individual, not as

simply a case of some disease.

Sincerely,

Andrea Glick

Case History and Patient Presentation

Presentation: A twenty four year old female was referred to the Goldberg Clinic by a Doctor of Chiropractic. The patient's chief complaints were severe chronic fatigue of two years duration, generalized muscular pain, low back pain, depression, poor memory, irregular periods, and acne. She had been to two internists a psychiatrist and two Chiropractors and given diagnoses of "*chronic fatigue syndrome*, chronic depression, fibromyalgia, and irritable bowel syndrome" by the medical physicians. Her medical work up had included blood chemistrys, CBC, thyroid profile, radiographic studies, sed rate, Epstein Barr Virus study, serum ferritin, and a screen for hepatitis (all negative). Prescriptions of muscle relaxants, naprosyn, and Prozac had been given. Following twelve months of medication, the patient had consulted with the two Doctors of Chiropractic who worked with the patient diligently for an additional year without improvement.

I found the patient to be discouraged with her ongoing chronic fatigue and to be pessimistic regarding her future.

A review of the patients lifestyle revealed the following history & habits for years prior to the onset of the fatigue.

Health/Social History:

- 1) Family history of asthma and hay fever
- 2) Nourished on conventional foods as child.
- 3) Use of birth control pill
- 4) No regular family contacts.
- 5) Dissatisfaction with her employment as a hospital dietitian.

Personal Habits

- 1) Drank a large amount of fruit juices daily along with eating copious amounts of pasta products, accompanied by irregular eating habits.
- 2) Went to bed habitually after two o'clock in the morning.
- 3) "Worked out" vigorously at a health spa, six days per week one to two hours each

day, saying that she "had to do it".

4) Drank two to three cups of coffee daily.

5) Received little sunshine and fresh air.

Physical Examination:

Normal weight for height. Blood pressure low at 96 over 56. Despite heavy exercise, the muscles were small and flaccid. Skin tone was poor. The tip of the tongue was sore. Spinal palpation revealed multiple reoccurring misalignments and muscle spasms. The patients hair and eyes were dull. Significant gastric rumblings noted upon auscultation.

Laboratory Studies:

In reviewing the laboratory reports from her physicians the patient had brought, I noted a fasting blood glucose of 112. This is excessive although commonly thought of as normal by medical physicians since it is not pathological. Her cholesterol levels were low at 100 as were her triglyceride readings at 50.

I ordered a glucose tolerance test (six hours) which showed a drop to under 35 mgs. of glucose per 100 cc. of blood on the fourth hour, a hyperinsulin reaction.

Computerization of the patients diet revealed a protein intake of aprox. 55 to 75 grams per day, and a large intake of refined carbohydrates accompanied by minimal intakes of B complex vitamins and trace minerals.

Delayed allergy studies (IgG4) revealed severe food reactions to five different foods including wheat, which was a staple in the patients diet.

Plasma amino acid analysis showed the patient to be low in seven of the ten essential amino acids including phenylalanine and tyrosine, important precursors to hormones and neurotransmitters.

Course of Action:

The patient eliminated foods which she tested allergic to and rotated other foods in the diet. Refined carbohydrates were eliminated. She was instructed to eat small amounts of food three times per day and to be in bed by 10:00 P.M. each night. Coffee was eliminated. She was instructed to reduce her exercise at the spa to every other day for a maximum of 30 minutes each time. On a temporary basis, the patient was given extra amounts of the amino acids that tested low, along with a multivitamin and a B complex tablet. Attention was given to chewing well, eating slowly, and establishing regular bathroom habits. I encouraged her to reestablish ties with her family as it was clear that she missed them.

Outcome:

Within ten days the patient noted a marked improvement as the fatigue gradually lifted. There was markedly improved digestion and elimination followed by significant improvement in her energy level. She discontinued all drug medications. While difficult at first, her reduction of "working out" led to her feeling refreshed after her exercise rather than feeling an "exhausted high". She felt good about renewing family contacts. The sore tongue abated and the hair and eyes took on a new glow. Her muscle strength improved as did her skin tone. The skin problems cleared up. Muscle stiffness and low back aching were gone within four weeks.

Comments:

Improved digestion and assimilation are critical for improved energy, healthy skin, and good mental functioning. With her digestion improved, food could be efficiently transformed into healthy human tissue. Elimination of allergens helped inflammatory reactions in the muscles and joints to abate. Food allergies are common in individuals who have a family history of hay fever, asthma, and other environmental allergies. Bolstering low amino acid levels, and implementing proper eating habits along with a varied diet of whole foods were also critical to recovery and supplied greater amounts of minerals and vitamins to serve as catalysts for energy production. The refined carbohydrates, food allergies, poor eating habits and the patient's coffee intake had resulted in problems in maintaining blood sugar levels as revealed by the six hour glucose tolerance test. By reducing exercise, more energy was available for repair and recuperation. I have found that hyperinsulinism is often connected with general poor health including inflammatory responses.

Establishing familial ties allowed the patient a more secure feeling of being a part of a social structure and a sense of belonging. The Doctor of Chiropractic reported that with the changes the patient made her spinal adjustments were holding for extended periods of time and that her need for Chiropractic Care had been minimized.⁹

Case Number Thirty- Seven : Chronic Fatigue, Overweight, General impaired health**Patient: Ms. Jill Wohlfeil***November 4, 1998**Dear Potential Patient:*

⁹ We should work towards the patient over time, seeing the doctor as little as needed, aiming for as much patient independence as possible.

If you are contemplating seeing Dr. Goldberg for the first time, please read on. Working with Dr. Paul Goldberg has produced miraculous results in my life - it has been the best investment I have ever made in myself.

Good friends who are patients of Dr. Goldberg referred me to him because I had been complaining for two years about my minor, seemingly insignificant, medical problems. I now know that left untreated, these symptoms would have manifested in serious, debilitating health conditions later in my life.

In my lifetime I had never had a weight or energy problem, never counted a fat gram or a calorie, and never regularly exercised in my entire life - I was pretty lucky. At age 36, I felt relatively healthy, but had gained 30 pounds shortly after my 36th birthday. I had gone from a size 8 to a size 12 in short order. I felt like someone else had taken over my body. I was constantly exhausted, had chronic aches and pains, and I was always bumping into things and had bruises everywhere. Climbing a flight of stairs was a significant effort. I had to give up my hobby of dancing because I was so tired and my balance was so awful.

I finally sought medical advice from several medical doctors. Each ran tests and could find nothing wrong with me. These doctors kept telling me that I would "just have to get used to it - everybody slows down as they age."

I didn't buy that explanation so I decided to try Dr. Goldberg as my last resort. After extensive testing it was determined that I was highly allergic to most of the foods I was eating every day, I was also eating way too many refined carbohydrates, I had a significant Candida yeast problem and intestinal problems. My system was becoming more and more toxic and I was headed for trouble.

Dr. Goldberg put me on a detoxification program and strict diet regimen. I went through a period of withdrawal which was moderately uncomfortable, then a period of being very tired while my body rebuilt itself in a new and healthier way. At first sticking to my new diet was very tough because it required me to give up the foods I craved the most and thought I couldn't live without. In retrospect, it was a very small price to pay for the tremendous benefits I have come to enjoy over the last year.

My mind and body changed in ways that I never thought possible. The thirty pounds I had gained literally melted off my body. I slept soundly, my energy level soared, I had no more chronic body aches and pains, my mind was clear, my memory improved, my coordination and balance improved, my nails and hair grew at a phenomenal rate and were incredibly healthy, and the texture of my skin even changed.

I was feeling terrific and getting compliments from people I didn't even know about how great my skin looked and that I was so healthy I "glowed". I now have the energy to

work out three times a week, I work a full time and a part time job, and still have enough energy to dance twice a week!

Although my initial presenting problems were not serious, I am certain that left untreated they would have eventually killed me. My family medical history is filled with various types of cancer, heart disease, and digestive disorders. I am confident that because of Dr. Goldberg's treatment, I will live a much longer and healthier life. I have so much gratitude to Dr. Goldberg for helping me see the light down the road to good health and to God and good friends for giving me the strength, courage and dedication to follow Dr. Goldberg's plan. I constantly refer new patients to Dr. Goldberg because I know how from my own experience how much better they can feel if they will just take the initiative and try a different approach to managing their own health.

If you have any questions about my experience, please feel free to call me at 770-806-5815 and I will be glad to share my story with you.

Sincerely,

Jill Wohlfeil

Comments:

Ms. Wohlfiel's scenario speaks to the fact that most people with chronic fatigue have other health problems such as digestive problems, weight issues (over and underweight), aches and pains, etc. Chronic fatigue in fact was found in most of the sixty patients presented in these studies.

Case Number Thirty-Eight : Chronic Fatigue, weight gain, constipation, low back pain, high cholesterol and triglycerides, hypoglycemia.
Patient: Ms. Melissa Armbrust

Dr. Goldberg,

I wanted to share my story with your patients to help encourage them in their quest for health.

In the early months of 1997 I began experiencing the following symptoms: fatigue, weight gain, constipation and low back pain. My brother was a student at Life University at the time and encouraged me to see Dr. Goldberg because I could not hold spinal adjustments. Of course I procrastinated, mostly because my insurance would not cover the expense to see Dr. Goldberg, However, my symptoms gradually got worse and by May it was harder and harder to get out of bed in the morning because I felt like I was in a fog of some sort and just couldn't wake up. For someone who is 28 years old I decided that this was definitely not normal and finally made an appointment with Dr.

Goldberg.

Dr. Goldberg recommended several tests including a glucose tolerance test as I had been told by an Endocrinologist that I was hypoglycemic, along with allergy testing, diet analysis, mineral analysis and some standard blood work.

I started on a program of avoiding all foods that was allergic to, I honestly felt a lot better. The fog lifted in the mornings and I had already began losing weight. I then cut out all processed foods and drank only water and even more weight came off. I continued to see Dr. Goldberg and started the detoxification program. I felt even better after that.

A few weeks later we retested my cholesterol and triglycerides and believe it or not, in a little over a month, my cholesterol had gone from 241 down to 191 and my triglycerides had gone from 186 to 119. I also continued to lose weight, the back pain disappeared, I was no longer constipated, and I could hold chiropractic adjustments. I was really amazed that eliminating specific foods could make you feel so much better.

I continued to see Dr. Goldberg regularly and by October I had lost a total of approximately 30 pounds. I continue to take vitamins, drink water, and watch my diet carefully. I have made exceptions to my diet occasionally but always pay the consequences after I eat.

I can honestly say that the money I spent was probably the best thing I could have done to help get myself healthy.

*Best of Luck Always,
Melissa Armhurst*

Comments:

A young person, Melissa needed only to make some simple changes to effect dramatic improvements in her biochemistry and health.

Digestive Problems

Disturbances of the gastrointestinal tract are one of the most common complaints seen in doctor's offices. In addition, there are many other problems that patients present with that have their origins in the digestive tract such as chronic fatigue, skin problems, and musculoskeletal disorders. By improving function of the digestive tract by hygienic/nutritional measures the body as a whole benefits greatly. Over the years I have seen so many patients whose health problems were either directly or indirectly tied to the functioning of their gastrointestinal tract that I have come to fully appreciate the adage that:

"A good set of bowels is worth more than a good set of brains."

The influence of the G.I. tract in health and disease cannot be emphasized too strongly. To many persons, the gastrointestinal tract is a separate area having little connection with the rest of the body. In fact, the gastrointestinal system serves as a basic connection with the outside world, transforming materials from the earth (food) into human tissue. *Impairment of its functioning may result in a host of health problems affecting virtually any area of the body.*

The G.I. tract has *a surface area equal to two tennis courts*, through which it interacts in a myriad of ways with the rest of the body. The intestinal folds, villi, and microvilli dramatically increase the surface interface. Through this enormous area passes voluminous amounts of antigenic (foreign) materials daily, (the foods we consume), three times per day, 365 days per year.

Impaired Functioning

The potential for ill effects should the gastrointestinal tract become impaired is great. The G.I. tract is involved in keeping foreign materials out i.e. immune exclusion, through its mucosal surface and its production of an antibody called secretory IgA which is found secreted in most mucus membranes. The G.I. tract provides an environment in which a wide range of microbial flora grow and in turn give off their own metabolites.

Much consideration is given by many as to what we eat (our diets), but little thought is usually given as to how our dietary intake is digested, absorbed, and assimilated by the body i.e., nutrition/metabolism. When digestive functions are efficient and the diet is well suited for the individual and their specific needs, good health will likely prevail. Should the diet be ill suited for an individual, and/or the G.I. tract be incapable of processing food properly, numerous problems may arise.

How often do patients complain of chronic indigestion, gas, bloating, constipation, lack of ease after eating, diarrhea, bad breath, cramping, irregularity, "heartburn," abdominal discomfort, fatigue after eating, and numerous other G.I.-related complaints? Both

doctors and patients frequently overlook the relationships between these indicators of G.I. malfunctioning (perhaps because they are so common that they have been swept into the realm of normalcy), and *yet the patient's musculoskeletal complaints, arthritis, headaches, chronic fatigue, skin problems, and other complaints often are directly tied in with G.I. malfunctioning.* To ignore G.I. competency is to overlook an important cause of many patient's complaints, and allow health problems to persist and become chronic in nature.

Intimately related to G.I. dysfunction are food allergies. Food allergies have been related to numerous health problems (see table), including chronic fatigue syndrome, colitis, a host of dermatological problems, arthritic syndromes, colitis, depression, asthma, back pain, anxiety, etc.

Food allergy testing may reveal offending foods which can then be removed from the diet. This frequently yields great benefits, but often there is either no improvement or the improvement is only of a temporary nature, (new food allergies soon develop and replace the old ones), *if the source of the allergic tendencies has not been addressed. That source frequently is malfunctioning of the G.I. tract.*

Arthritic/rheumatic problems exemplify this important relationship between the G.I. tract, allergies, and chronic diseases. Where bowel anatomy and/or physiology is altered, bacterial overgrowth can lead to the formation of immune complexes that may result in inflammation of the synovial membranes. Where there is abnormal bowel permeability, as seen in many allergic conditions, the groundwork may be laid for rheumatological diseases. Patients with arthritic problems are often observed to have G.I. problems. Abnormal permeability has also been observed in cases of rheumatoid arthritis and other connective tissue diseases such as ankylosing spondylitis, psoriatic arthritis, and mixed connective tissue diseases.

The G.I. not only affects the health of the rest of the body, it is also affected by the general health as well. No portion of the body exists independent of the whole.

The effects of imbalances in the microflora of the intestine, toxic components given off by bacteria, yeast, and fungi, the role of parasites, insufficient digestive juices and enzymes, improper gut pH, and emotional influences on gastrointestinal function, are other important areas deserving attention by conscientious practitioners working with patients with unresolved chronic health problems.

Case Study Number 39: Digestive Problems/Arthritis

A 38-year-old female came to our office upon referral from a doctor of chiropractic. She had gone to the D.C. with complaints of swollen, painful joints and fatigue and a

diagnosis of mixed connective tissue disease (arthritis). A series of adjustments had not brought about a significant change with this patient. The doctor related that, while the patient had numerous spinal problems, the adjustments given did not hold for more than a few hours.

Laboratory studies revealed an elevated sedimentation rate of 120. Other standard blood work was within normal limits. Digestive stool analysis showed an absence of normal bacteria (e.g., lactobacilli, *E coli*) and a preponderance of abnormal flora. Intestinal permeability was significantly elevated.

Upon allergy testing (IgG), the patient was seen to be highly sensitive to wheat and egg. The patient was given specific dietary advice along natural hygienic counseling, to help correct the abnormal flora, reduce gut permeability, eliminate allergens, and to increase her overall vitality. Within a month, the patient's joint inflammation subsided significantly, her sedimentation rate dropped from 120 to 25, her energy level improved; and her doctor of chiropractic reported to me that her adjustments were now holding for extended periods of time. Subsequent stool analysis showed improved flora balances and subsequent permeability testing revealed that bowel permeability had returned to normal limits.

Comments: A clear case of the relationship between digestive problems/gut competency and arthritic disorders.

Case Number Forty: Digestive Problems and Urogenital system
Patient : Mr. Samuel A. Mielcarski, P.T.

Dear Dr. Goldberg,

I am writing this letter to thank you for your expertise. I have experienced remarkable positive changes regarding the problems I was having with my gastrointestinal tract and urogenital system since fasting and following your dietary advice. The restoration of my individual wellness is an invaluable gift. I feel much happier on a physical, emotional, and spiritual level since eating hygienically. The nutritional changes have helped me progress on my life path and have allowed me to help others too. As my father's saying goes: " There are no problems in life, only solutions waiting to be used." I want to thank you for being part of the solution waiting to be used.

Once again, I thank you and God bless you!

Sincerely,

Samuel A. Mielcarski, Physical Therapist

FEMALE DISORDERS/INFERTILITY

In the early years of practicing I felt a bit intimidated by “female disorders” in that being a male I was unsure I could adequately relate with the problems the person was experiencing. I have found, however, that “female disorders” of women are in *the vast majority of cases tied in directly with their overall health and vitality* and by addressing causal factors involved with their overall health we have had a high level of success with most “female problems”. *Failing to address the overall health of the person including general hygienic factors and issues such as blood sugar control, digestive efficiency, allergy, and toxicity, “female problems” rarely improve.* On the contrary by working with the overall health of the person, these problems almost always respond nicely and the patient experiences not only a resolution of their chief complaint but also a dramatic improvement in overall vitality. *The female organs do not exist in a vacuum.* They are intimately tied in with the other organs and glands. The needs of the entire body must be addressed. The wholesale removal of ovaries and uteri (among other tissues) so common in this country is a testament to the failure of the current ways in which medicine approaches these problems, as well as the large number of women who are treated for their symptoms with toxic medications that fail to address the causes of their health problems.

Case Number Forty One : Female disorders, obesity, low back pain, skin blemishes

Patient : Ms. Ruby Watkis

8/16/1999

My name is Ruby Watkis, from Tucson, Arizona and no longer "Mrs. Miserable " thanks to Dr. Goldberg. I was known as "Mrs. Miserable" because my numerous health problems were constantly bringing me down. I had consulted with many medical doctors over the past fourteen years for my health problems, and things just seemed to get worse. I had heard about Dr. Goldberg through one of his students. I must admit that I was skeptical at first, and thought that Dr. Goldberg would be like all the other doctors that had seen. The student assured me that he was different and could help me get better, so I decided to come to Marietta all the way from Tucson, Arizona to see Dr. Goldberg.

When I met with Dr. Goldberg, I told him about my problems: heavy menstrual bleeding that would last for over thirty days at a time (seriously), bad skin blemishes and discolorations, obesity, low back pain, and carpal tunnel syndrome. He told me that he did not specialize in any of these problems, but could help my health status improve, and the problems would hopefully start to resolve. I trusted him and began his care plan.

After a series of laboratory tests, He started me on a detoxification program. At this time, my skin actually got worse, and I did not feel well. Dr. Goldberg assured me that most people get worse before they get better. I still trusted Dr. Goldberg and continued his care plan. He took me off of my detoxification program and onto a strict diet.

It wasn't too much later before I began to see the positive results of the program. I began to lose weight, my skin started clearing up, my back and wrist pain started subsiding, and best of all...my heavy bleeding stopped! I began to have a regular menstrual cycle (something I haven't had in over fourteen years!). I really began to feel better. I began to think that Dr. Goldberg was an angel sent from above. Dr. Goldberg continued to advise me on proper nutrition and wellness. He taught me how to properly care for my body so the problems would not return. My skin is still clear, my pains are gone, and my menstrual cycle is regular.

I am now back in Arizona, and to this day I see my health improving. I have lost a lot of weight, feel better, and can actually lead a normal life now. I feel great, and I owe it all to him. The only doctor that I ever needed was Dr. Paul A. Goldberg!...

All the way from Tucson, Arizona, I send all my love!

Ruby N. Watkis

**Case Number Forty Two : Dysmenorrhea, Fatigue
Patient : Dr. Judith Rabin**

October 11, 1993

Dear Dr. Goldberg,

I want to thank you and convey to you what tremendous results I have experienced under your care.

I had been experiencing digestive and a number of other problems, including fatigue and dysmenorrhea for several years. Being a health care provider myself, I had explored many avenues in attempt to improve my body's ability to heal and function better. I eventually began to realize the area in which I had not received expert advice was nutrition. This is when I consulted you. In the short two months which I have been following the therapeutic diet, which you developed for me, my health has improved dramatically.

I am so pleased with the care you have provided. I will not hesitate to refer to you any one of my own patients in need of expert nutritional counsel.

Sincerely,

Judith L. Rabin, D.C.
Marietta, GA

**Case Number Forty-Three: Infertility
Patient Shannon Pengitore**

August 22, 2001

Dear Dr. Goldberg:

I am documenting my progress in hopes that it can help others, like myself, who are having problems becoming pregnant.

In April 1996, my husband and I were married. We used no form of contraception and after over two years of marriage we were wondering why I never just "got pregnant". In the summer of 1998, we began Natural Family Planning (NFP) classes at our Catholic Church not only as a means of having a natural form of contraception, but more to know when the fertile times were so that we could choose to pan a family. After a couple of months we were seeing that my charts didn't look like the examples of those seen in class. My instructors said we might want to consult a doctor if my charts did not change which concerned me. We charted my cycles for many months and by May 1999 it appeared that I had only had once cycle with a true ovulation. It was obvious to us that without a release of eggs there would be no baby.

In May 1999 I sought out a doctor who was familiar with NFP or Symmpto-Thermal Method). Not many doctors are knowledgeable about this method. My experience with gynecologists over the years had been the same when I asked about my irregular and extremely painful periods - they all say, "take the pill". I tried it for 1-2 years in my early 20's and stopped because I knew that was not solving my problems, only covering them up.

Upon my first visit my GYN looked at my charts and stated that I was ovulating, that by most standards one possibly two ovulations in almost a year's time is considered sterile, and I had polycystic ovarian disease. I was devastated. I was in a daze as I underwent tests to check my thyroid, blood sugar and hormone levels. She wanted to put me on glucophage, a drug used for diabetics, but I was not. And her words still ring in my head "I can get you pregnant." Tempting offer, but I felt that was not a sickly person that should need artificial to conceive.

Starting September 1999, I began seeing Dr. Goldberg. While he was detoxifying me I started feeling clean, light and empty in a good way on the inside. My mind became very clear and her came a sense of freedom from not having to figure out, find and cook

food three times a day. When I started eating solids it was amazing how good everything tasted. Weight came off quickly and steadily which was an added benefit. I was determined to be healthy and to have a baby and it really was not that difficult to stay on Dr. Goldberg's plan.

Time went by, I lost weight quickly at first then slowly and I kept charting my cycle as before. In the beginning of 2000, I finally had a cycle with a true ovulation and I was so excited, but the next cycle was anovulatory as before and I became discouraged. I recall crying in Dr. Goldberg's office that I was never going to have a baby. He told me to remain patient and to stay the course and that it can take time to see results. I did notice results already- I was physically feeling great, I had no headaches anymore, my periods were no longer painful, my skin cleared up and I lost 28 pounds (wearing a size 3 pants!), but I still did not have the result I wanted. I was still sad.

April and May 2000 were difficult. My birthday reminded me I was getting older and being childless on Mothers day is too depressing for words, not to mention the well meaning, unsuspecting people wishing me a happy Mothers Day as though they were wishing me a Happy New Years. It was more than I could bear My husband took me out to lunch and then we went to a park. We sat in the car crying, he trying to reassure me that everything would work out. I finally let go of the need to give birth. We did not want to go through artificial means. We came to the agreement that what we really wanted was just a child to love and that if we couldn't conceive , then there were plenty of children in the world that we could adopt. We really discussed the issue thoroughly and were content to do so if "Plan A" did not fabricate.

I had also been evaluating my job situation which was unrewarding and I hated it. Besides guiding my health, Dr. Goldberg questioned why I was in an unsatisfying job and asked me about what I wanted out of my work. I wanted to make family a priority and to have a job that I enjoyed. I stumbled into massage therapy. Both my husband and I started school for massage. I was very happy and preoccupied with school when, guess what? I GOT PREGNANT!!! June 13th to be exact (I kept very good charts). We took a home pregnancy test on July 8th and we jumped for joy! We were so excited it almost did not seem real.

I received excellent prenatal care from Dr. Goldberg and my midwife. I had a wonderful, healthy pregnancy -no morning sickness, no edema, no headaches - it was text book. I loved every minute of it, every kick and every stage of development.

On March 14, 2001, I gave birth to a gorgeous, healthy baby boy named, Jake. 7 lbs. 2 ozs. he was truly perfect. I have never felt so much gratitude to my Lord, my family and friends with their countless prayers for us, my birth team and of course Dr. Goldberg for "getting me pregnant"!

I don't think it was any one thing that enabled me to become pregnant, but it was the

cumulative effect of my physical, spiritual, emotional and mental housekeeping that prepared the nest for my Jake. It all started with Dr. Goldberg and for that I will forever be thankful to him.

I now lead a wonderfully mundane life of changing diapers, breast feeding 5-7 hours a day and spending precious amazing fantastic time with Jake!

Thank you. My life will never be the same!
Shannon Pengitore

P.S. Please feel free to give out my name and number to anyone who is having similar problems and would like to ask me about my experiences.

Headaches and Migraines

Chronic headaches and migraines can turn life into an ongoing misery. There are a variety of factors that may produce these problems, including environmental conditions, allergies, general body toxicity, emotional stressors, work related conditions, hormonal imbalances, and organic tissue disorders. The emphasis, again, must be on working to determine the underlying factors rather than "treating symptoms." Women have migraines far more frequently than men, suggesting hormonal imbalances in many patients. A comprehensive work up followed by giving attention to the weaknesses that are identified in the patient brings about the most favorable results.

**Case Number Forty-Four: Headaches, Fatigue, Digestive problems, Allergies, etc.
Patient: Ms. Barbara White**

October 14, 1996

Dear Dr. Goldberg:

I can't begin to thank you enough for the improvement I have seen in my health in just a short period of time.

I started with your prescribed "healthy diet plan" on September 1st and within 4 days, I started to feel better. I feel I have been very lucky in that you said I would probably feel worse before feeling better. I did not go through that stage. I think some of the things I was eating made me feel so bad, (ie; sugar) cutting those things out made a difference right away. I have to admit at first the liquid diet wasn't the best tasting meal plan I've ever had, but now it's not so bad, and in fact, after I drink my liquid diet I feel more satisfied and don't want something else to eat.

Let me list a few things that were a problem when I first came in to see you:

Extreme fatigue, colon problems, heartburn, headaches, allergies so bad I looked as if I had been beaten by the end of the day, (I took 4 allergy shots every 2 to 3 weeks), ear infections, fluid on the eardrum, backache, and overweight. Because of these problems I had been to many medical doctors including; General Medicine, Allergy Specialist, Ear/Nose/Throat Specialist, and Psychiatrist. The medicine these doctors prescribed were: Decongestants, Antihistamines, Cortisone (40 tablets the last visit), Chronic Fatigue Drugs, Depression Medication, and I took 2 Excedrin to try to get the day started and 2 late in the afternoon, trying to make it through the rest of the day.

I had been feeling so bad, that I was ready to give up. A friend at work told me about Dr. Goldberg, and as a last resort, I thought I would try one more thing. It was the best medical decision I've ever made. Through his tests he found I had low blood sugar, my minerals were low, my cholesterol and triglycerides were high, I was severely allergic to

eggs (which my allergy doctor had not told me), and because of all the cortisone I had taken I had an extremely high level of yeast in my body.

Today I feel great and have gone from taking 11 different medicines a day to 2. I have been trying to get off one of the medications for a long time because it makes you gain weight, but I could never leave it off. Thank goodness, I no longer take that drug, and I've lost 22 pounds. Of course, the foods Dr. Goldberg has me eating is the major reason for the weight loss. I've gradually stopped taking one pill at a time, seeing what I could or could not eliminate. I plan to discontinue the other 2 pills.

On the initial visit, with all the tests that were run, I felt this was going to be expensive. The way I look at it now, is totally different. I won't be going to a doctor every couple of weeks and going to the drugstore and picking up 5 or 6 prescriptions. The way I was doing it all before on a regular basis, for many years, cost me a lot of money.

I can't begin to tell anyone how much I respect Dr. Goldberg's methods of treating patients, and I am so thankful he has the knowledge of the body and it's nutritional needs.

Thank you very much,
Barbara White
Powder Springs GA

Case Number Forty-Five: Migraine Headaches
Patient : Ms. Patti Hansen

Before becoming a patient of Dr. Goldberg I had suffered debilitating migraine headaches just prior to my monthly period for over 20 years. At their worst, these migraine attacks would have be bedridden for 12- 24 hours and generally feeling ill for 3 to 4 days.

Dr. Goldberg's treatment was immediately successful in reducing the symptoms of the migraine attacks. Over subsequent months of treatment my monthly periods have been reduced to just some manageable discomfort that rarely lasts longer then 12 hours.

Needless to say I tried many types of treatment during my years of suffering with the migraine attacks. Regular chiropractic care and following Dr. Goldberg's treatment and recommendations has been he only thing that has had a lasting effect. I have not had a migraine attack for the last 3 months.

Thank you Dr. Goldberg.

Patti Hansen

Case Number Forty -Six: Migraine Headaches
Patient : Ms. Bridget Seibert

Dear Dr. Goldberg:

For the past seven months I have been to eight different doctors. I have had severe headaches that interfere with my daily life. No one has been able to figure out method of relieving these headaches. I was referred to you as a last resort.

When I first started coming to see you, I did have my doubt because of all the let-downs in the past. The idea that my diet could affect my headaches was something that could not believe. But, I was willing to try anything.

As my visits to you increased I saw some major improvement in the condition of my headaches. i also found that I much more energy that I had had in quite a while. The Chiropractic approach is also to be credited. Between both approaches and some time, I have seen drastic changes in my health. My headaches have decreased in both frequency and severity.

I will never be able to express my gratitude toward you, Doctor Goldberg. I truly believe that you have accomplished something that no one else has been able to do without the use of drugs. I thank you.

From your patient,

Bridgett Seibert

Memory Loss

Problems with mental functioning including memory loss, inability to focus and concentrate, etc., have direct relationships with our general state of health and vitality. Rather than simply designate names for symptoms such as “senility, alzheimers, etc” or attribute such problems to “old age” it only makes sense to first work to improve the body’s overall health and vitality and to root out causes of poor health. Time and time again I have seen significant improvements in mental functioning when the body’s overall health is improved. It is incorrect to separate mental functioning from physical functioning. Our mental functioning comes from the brain, which like any other organ is deeply influenced by nutrient flow, toxicity, and by a host of physical stressors. Simply saturating the entire body with pharmaceuticals should be the last resort, not the first one.

Case Number Forty Seven: Memory Loss, fatigue, depression and dizziness Patient : Ms. Jackie Griswell

Thanks to Dr. Goldberg there has been a different direction in my life.

The beginning of 1992 had a definite turn in my life. I was having memory loss, fatigue, depression and dizziness. I was given a CT scan and MRI: however the finding from the tests did not show a reason for my symptoms. Then in August, through the help of my son you were recommended to me.

Dr. Goldberg made tests to determine the reason for the way I felt. After analyzing the tests and weeks on a special diet, he has made me feel like a new person. The way I look and feel reflects my overall good health. I am much more alert, able to cope, no longer dizzy and have a lot more energy. Dr. Goldberg and I together accomplished my overall good health through improved eating habits, supplements, and Chiropractic Adjustments.

Dr. Goldberg, I again thank you and appreciate your knowledge in helping me.

Jackie Griswell

Comment: CT Scans and MRI’s are important tools and frequently are invaluable in helping ill people. It should be noted, however, that most ill people, particularly in the earlier stages have functional problems, not organic ones. Functional problems cannot be identified by CT scan and MRI’s.

Multiple Health Problems

**Case Number Forty-Eight: Fatigue, overweight, joint pains, fatigue.
Patient : Ms. Anne Humphrey**

December 20, 1995

Re: Treatment from Dr Paul Goldberg

I came to see Dr Goldberg in September 1995, because a friend was literally transformed before my eyes by his treatment. She had lost weight, felt great and had energy. I was overweight, had no energy, had numerous aches and pains, and felt lousy all the time. So I thought if he could help me get "energy", maybe the other things wouldn't be so hard to endure.

At last I get to write what has changed for me! I remember reading through all those letters and I wondering if anything would work for me. The testing, etc. showed a number of food allergies, the severe ones being: wheat, milk and eggs. What a shock. I had been following many "good eating" plans that included low fat milk and lots of whole grains, etc. - which only added to my distress. I started a fast and soon saw some changes.

First, my vision got clearer and my contact lens were too strong to wear. I now have new contact lens which are not as strong as the prescription I had used for at least the last 5 years. My hand writing got neater and easier to read (Had just thought I was getting sloppy).

My hair is not as gray as it was. Had been having my hair colored for at least 10 years and now I don't even need to have colored (the little bit of gray that is there doesn't look very bad for a 54 year old that has lost weight and feels great).

My hands used to have some swelling and would break out and be sore a lot. That has stopped and I don't have to go around with band aids all over my hands. My ankles no longer stay swollen like they had since childhood. I still have some aches and pains but through some x-rays, Dr Goldberg found out that I have degenerative disk disease.

I generally feel so much better and know I will not end up in a wheel chair in another 10 years - which is what I thought would happen before I came to Dr Goldberg. I tell everyone that asks about the changes that "Dr Goldberg is a genius when it comes to nutrition".

*Sincerely,
Anne Humphries
Marietta, Georgia*

Case Number Forty-Nine : Fibromyalgia, headaches, digestive problems, allergies, aches, weight gain
Patient : Ms. Cheryl Davio

May 14, 1997

In march of 1997 I came to Dr. Paul Goldberg with several problems previously diagnosed as fibromyalgia, lactose intolerance, food allergies and intestinal malfunction. Symptoms included weight gain, bloat, fatigue, headaches and aches all over.

Dr. Goldberg's testing provided better insight to the base of all my illness. By following his instructions in just a week I was greatly improved. His continued guidance the past 2 months have produced amazing results. Gone are aches, headaches, bloat and excess weight.

*Though all my problems aren't resolved, I feel 100% better.
In the last 15 years thousands of dollars were spent on doctors and tests with negative results.*

*The money spent with Dr. Goldberg is the first to pay off!
With deep appreciation for my renewed health.*

*Cheryl Davio
Marietta, Ga.*

Case Number Fifty: Digestive Problems, Yeast Problems, Fatigue, Muscle and joint pains, Mood swings, Irritable bowel syndrome.

Patient: Ms. Joanne Lewis

December 26, 1995

Dear Dr. Goldberg:

This is my testimonial to you and the improved health you helped me achieve.

Through working with Dr. Goldberg from June to September 1996, I felt better than I had in about 30 years. When I initially came to him, I was a physical wreck from years of abusing my digestive system. While I was not overweight, I was at a weight that made me physically uncomfortable. My symptoms included: irritable bowel syndrome, severe abdominal pain, candidiasis, mood swings, skin and tissue disorders, weakness, fatigue, muscular and joint pain.

After years of spending lots of money with many doctors who said "take this prescription and it will fix you right up," who paid no attention to what I was telling them, and getting

worse, Dr. Goldberg was recommended to me. What a relief! Dr. Goldberg is the only one who took a look at the big picture and ran the appropriate tests to develop a program designed specifically for my needs. Through my own research, I knew these tests existed and needed to be run, but before Dr. G. I couldn't find a physician intelligent or dedicated enough to figure it out. Society and "traditional" doctors have programmed us to believe that we have to take pill which was prescribed by the doctor which was created by a multi billion dollar pharmaceutical firm in order to feel better. What a load of crap. Taking prescription drugs creates a need for another pill to treat the side affects of the original pill which creates another set of side affects or problems, and on and on. Hey, if they cured you they wouldn't be able to charge you additional outrageous fees?

Boy, are you in for a big surprise!! Instead of taking a pill to mask your symptoms, work with Dr. Goldberg and you will find out how to eliminate those symptoms and take back control of your health: It's hard work and you may "fall off the wagon" a time or two, I did. You didn't get this way overnight so it stands to reason you are not going to fix it overnight, be patient. In 3 weeks I lost 12 pounds, and after 3 months the majority of my symptoms were gone with the remainder greatly diminished. In only 3 months Dr. Goldberg did what numerous doctors had not accomplished in years at, I hope you are sitting down, reasonable fees.

Alter working with Dr. G. i developed my personal philosophy which I would like to share with you. If God intended for you to eat something, he would have made it easily accessible and naturally good for you. You wouldn't have to chase it down, carve it up and cook it. And if you do, you'll suffer the consequences.

Alter moving to Ohio, I fooled myself into thinking it wouldn't hurt to eat what I wanted until I could find a replacement for Dr. Goldberg. Ohio is conservative and I was unable to find someone. The stores do not carry good produce like they do in Georgia, and I "fell off my wagon" with a major thud. Now I am working with Dr. Goldberg long distance to regain the ground I lost. Dr. Goldberg is genuinely concerned about making you better, will monitor your progress and be your support system. Listen, learn, follow his directions, and enjoy improved health.

Sincerely,

Joanne Lewis

OBESITY

The most important point to make to those concerned about an overweight situation is the importance of addressing their overall health rather than focusing only on their weight. It is the health of the obese patient that must be addressed. In 25 years of practice this has proven itself to me over and over again. Those factors leading to the impaired health are the ones to be addressed so that good health can be restored and maintained.

When the causal factors involved in the overweight condition are addressed and health is restored, the patient not only finds that their obesity has dissipated, but also that energy levels are improved, nagging aches and pains are reduced, their skin, hair and nails are more attractive, and that the vital signs of good health are enhanced.

Losing weight by a variety of "weight loss" gimmicks does nothing but distract the person from achieving good health and vitality. Temporary weight loss may or may not occur with the myriad of "weight loss plans" and weight loss products that are presented to the public by entrepreneurs each year, but good health is never obtained in such a fashion. The weight loss (if it occurs) is temporary, and the side effects can be horrendous (*see letter of Ms. Jean Good which follows*). Popular "weight loss centers" have proven to be very poor choices. *More than 90% of all persons going to such centers gain all the weight they lost back within a year.* The health of the patient is not addressed and in many cases declines even further in many of these weight loss schemes.

When we approach the individual as a whole person, addressing the causes of imbalance, all the body's imbalances have a chance to improve with improved health and a new and more enjoyable way of living resulting. Interestingly my patients have discovered that by addressing their health rather than their weight, the body quickly allows excessive weight loss to occur naturally and often times, very quickly.

Case Number Fifty One: Obesity Ms. Jean Good

February 14, 1998

Dear Dr. Goldberg,

I want to take this opportunity to document my pathway to healing and wellness. My road began after many surgeries, with the most detrimental being, stomach stapling which occurred in March of 1982. Since that time my health spiraled downward. I not only lost 145 pounds, but I lost my health as well. For anyone who is entertaining this

elective surgery, PLEASE DON'T. You will suffer for your choice.

Please allow me to relay my story after making just such a choice. It affects so many things the medical "experts" fail to inform you of, as well as the weight loss is only temporary. Your body will begin to shut down and you think that you are starving yourself and the weight slowly begins to return because your body stores every bite and this evolves into a nutritional nightmare. I have experienced physical weakness, hair loss and been diagnosed with stomach dumping syndrome and malabsorption syndrome, chronic fatigue, hypoglycemia, cataracts in both eyes, dental loss, depression, food allergies, spastic colon, and many other maladies too numerous to go in to.

I sought out all that the medical profession had to offer searching for help. Medical Doctors, Gastroenterologists, dietitians, nutritionists, Family Practitioners, the list is endless. Each had their entourage of testing with the usual results. They could offer me no help other than to issue me medication that would give me additional negative symptoms to deal with and very minimal relief and tell me that I would just have to learn to live with this chronic pain and a life of total misery due to my surgical choices.

My son is attending Life University to become a Chiropractor and had the opportunity to experience a course of study conducted by yourself. He mentioned this to me and over the course of the year continued to express to me that he felt if anyone could help me, it would be you. I would be hesitant for two reasons. One I live over 1,000 miles away and the second was the inconvenience that I would have to endure by being away from home and family for at least a month; But Thank God he was persistent, and when I had exhausted my list of all the medical help I was aware of I consented. I headed for your office by drive myself, which was difficult.

I started this process on September 17th, 1997. I went through tests I was unfamiliar with but knew I had tried all the traditional methods and had nothing to lose by trying your approach.

You found that I was deficient in all but four out of the tested twenty important Amino Acids as well as many other problems that had been undetected by our so called "medical experts". I began your program immediately as your test results returned.

Miraculously by October 10th, I felt that I was cured. Literally! I had such glorious energy. Gastrointestinal cramping, diarrhea, bloating, and continued pain, and my attitude had improved so much that everyone that knew me before were totally amazed. One of my major concerns was the fact that I had cataract removal surgeries with lens implants on both of my eyes in August and October of 1996 and my eyesight was continuing to decrease by the month. I had been evaluated at the point of release from my eye surgeon with 20-30 eyesight. Then in January of 1997 it started to decrease again on a monthly basis with my glasses having to be updated and replaced 6 times

prior to my arriving in your office in September.

Now in January of 1998 I was evaluated by the same Doctor and he was amazed at the improvements. My vision has been restored in nearsighted, farsighted, and astigmatism. It has returned to the point of my release from my surgeon at 20-30. The only changes I have made is your supplementation and implementing your dietary suggestions. I now am absorbing the nutrients, therefore my body has been resurrected from it's shutdown mode.

The results are miraculous! I know without a doubt, that If my son had not been persistent and had I not made the sacrificial effort to take this step forward to seek your care, I shudder to imagine what state my health would have been by now. I've noticed many other health benefits. I had been diagnosed with bone spurs on my heels as well as other foot and ankle pain. The Podiatrists' recommendation was cortisone shots and surgical intervention. After following your plan by November 1997 I no longer have any of these symptoms. Cured by your nutritional genius.

The return of my energy level, has astounded everyone. I've not experienced any blood sugar problems, my hair has stopped thinning. I've lost 25 pounds, which resulted in a loss from a dress size of 24 Plus down to a Regular size 14 and occasionally 10. This is really unbelievable considering all the diets I had tried prior to your care plan. I must say I as well as all of my family and friends have been markedly impressed.

*Thank you Dr. Goldberg. Those words seem so inadequate, but are deeply felt. You have no idea how much you have helped me to return to health. But of ultimate importance you have restored my hope that continued good health is now actually obtainable for me. I look forward to writing another letter to you in another year telling you how many other improvements have occurred. If anyone reading this finds anything in here that you relate to, just throw your hesitations or doubts or excuses out the window and give it a chance. **WHAT DO YOU HAVE TO LOOSE? I can tell you!** You don't have to force yourself out of bed each day with nothing to look forward to but dragging yourself through your day with pain, ill health, and hopelessness. What a choice! I don't know about you, but I choose health, happiness and the opportunity to enjoy my life, as well as live longer. I hope you will be encouraged to do so also.*

Thank you, Dr Goldberg for showing me how to restore my health, and the possibility I can experience quality of life that I thought was no longer an option available to me. I thank God for bringing you and your expertise into my path as I travel through my journey through life and I also thank my son and daughter-in-law for there efforts and encouragement and the role they played in saving my life.

Gratefully Submitted and God Bless You,

Jean Good

Comment:

The reader will note that overweight/obesity was part and parcel of many of the case histories presented here. The first thing I explain to all clients seeking weight reduction is to identify the causes of their ill health and learn how to reverse them. Once that happens, weight problems will take care of themselves.

Seizures

There are few things more terrifying to a person than to see a loved one in the throes of a seizure. The contorted facial expression, violent body movements and the general appearance of an uncontrollable state is a sad and desperate state of affairs.

Seizures can occur at any age and for a multitude of reasons. The majority of persons experiencing them are told by their physicians, including the most prestigious of neurologists, that the causal factors are unknown. Typically the patient is put on one of several potent drugs which suppress neurological activity. Such drugs have toxic side effects and reduce the persons ability to experience life in a normal fashion. In addition, they are not always effective in stopping seizures.

There are numerous stimuli which may make a person subject to having a seizure. Such factors include bright light, emotional tension, fatigue, overexcitability, etc. It has been my experience that the best way to approach these problems, once the patient has had a medical examination to exclude the possibility of organic lesions being involved, is to do everything possible to bring the individual to a higher level of overall health. Factors such as the removal of allergens, the provision of abundant rest and sleep, the improvement of blood sugar control, the improvement of digestion, and other factors specific to the individual all lead to lowering the level at which a seizure will take place. By taking such an approach I have been successful in enabling a number of individuals to greatly reduce seizure activity as the following case study illustrates

Case Number Fifty-Two: Seizures

Patient : Ms. Britne Bone

November 22, 2000

Dear Dr. Goldberg:

My name is Britne Bone. I was a patient of yours about a year ago. I came to you with seizures. I had tried everything but nothing seemed to work. YOU SAVED MY LIFE!!! I had been to every medical doctor to try to find out what was wrong with me. No one could find anything

Today is a very special day in my life because of you. I have gone six months with having a seizure (in the past they occurred daily)!! And today is the exact day from the very beginning when I first started having them. I cannot begin to tell you how grateful I am to you. I have started a job and I am going to begin school in January to get my degree in education.

Not being able to drive or work for a year really took its toll on me but time has passed. I am so much stronger mentally and physically since beginning your program. I finally realized that I have to listen to my body. I get proper rest and I eat good. I feel like a new person.

I wanted to let you know how I was doing and that I made it to the six months "grace period". I am very confident that I will never have any more problems as long as I do what I am supposed to. Thank you so much for everything you've done. I am forever grateful to you. Bless You!!!!

*Britne Bone
Jackson, Tennessee*

Comments: *Each patient is different and a thorough investigation of each person is needed to identify what types of factors are involved in each case.*

Skin Disorders

The skin is the largest of all the body's organ systems, often referred to as the *integumentary* system. It does more than simply contain all of our insides. It contains blood vessels, nerves, fat and is a dividing system between an often hostile outer world and the body's internal environment.

When the internal environment is overloaded with waste materials the skin may carry away some of the excess that the other organ systems cannot handle.

There are numerous "diseases" of the skin each with a medical name. Few of the names given to skin disorders reflect causal factors. Common medical diagnoses of the skin given by physicians include dermatitis, eczema, and psoriasis. None of these diagnoses are based upon etiology...all are based upon the presenting symptoms. Dermatitis, for example, simply means inflammation of the skin, for which many factors may be responsible. The physician prescribing drugs, salves and lotions to suppress the body's inflammatory response does not address the source(s) of the inflammation.

The health of the skin is directly reflective of the internal condition of the body.

Case Number Fifty-Three : Skin Disorder Patient: Paula Newmark

October 2, 1995

Dear Dr. Goldberg:

I decided to write you a letter for two reasons: One is to express my utmost gratitude for the way you changed my life. The second is so that if there is ever anyone who is skeptical of your natural healing methods, you can show them this letter to dispel their misunderstandings.

I have had minor problems with my skin all my life. As a kid I manifested allergies thru my skin and had eczema for years along with seborrhea, acne, etc. Over the past three years it escalated to severe levels: the eczema, acne and a severe manifestation of blisters. The blisters itched so badly that I could not sleep night after night, so I went to the dermatologist. When the blisters spread from my legs to my face and neck, the dermatologist gave me all kinds of drugs including Zovirax, cortisone, antibiotics, and topical creams, and wanted to put me on other medication for my acne. I took all but the acne medication out of fear when he told me he had just hospitalized someone for the same condition. The drugs cleared most of the skin lesions temporarily, but because part of the treatment was corticosteroids, I retained a lot of water and was bloated for

months.

In March, the condition came back even worse, so I went back to the dermatologist, who along with three other dermatologists studied it and decided they had misdiagnosed me the last time when they had called it "eczema herpaticum" and rediagnosed me with "Linear IgA Disease". This new diagnosis only came after biopsies and immunofluorescence studies. When I asked them what Linear IgA disease was, they explained that it is a rare disease that usually happens in children and occasionally in adults. They said they had never seen a case themselves before, only in textbooks. That did not give me much comfort.

With more fear came more drugs including more steroids. For the two weeks I was on them, the condition lessened and I got a little sleep, but the day I went off them the condition not only came back, it came back with a vengeance, much worse than it had before. I stayed ill for the next 4 months. At that point I was angry, upset, and irritable from eight months without sleep, raw skin all over my body, oozing blisters, plus I was feeling the terrible side effects of all the drugs. I was much better before the Medical Doctors had gotten hold of my body!!! In essence, they were telling me they had no idea what to do with me. Eventually they wanted to put me on a drug called Dapsone which is used for a variety of skin conditions including Leprosy! They told me that once you begin Dapsone you need blood tests to get blood tests once a week to make sure the drug hasn't burst too many red blood cells! This is where I decided that this experiment with my body would end.

My last resort, was to go see Dr. Paul Goldberg. I had gone through eight months of pure hell and Dr. Goldberg had to undo all the damage from the drugs first and then figure out what was really wrong. I should have gone to him first rather than to the dermatologists.

After several tests, Dr. Goldberg found that I had extremely high gut permeability and that I was allergic to almost everything put in my mouth which was manifested through my skin. I consider myself lucky in that I could not ignore my problem due to its visibility. Other people have no idea what their body is doing because it usually happens internally. If they could see what was going on inside their body as Dr. Goldberg and his tests allowed me to, they would stop masking their symptoms and start really finding the causes.

Dr. Goldberg designed a program based on all of the causal factors in my case and put me on the road to recovery. In just a couple weeks my skin began to settle down and I could get sleep and relief without drugs or any other treatment. In a couple more weeks the blisters really began to shrink, flatten and dry out. A modified carefully supervised liquid diet along with special instructions for my case from Dr. Goldberg, aimed and began to heal my intestines and my skin lesions began to clear along with my acne.

Now just eight weeks later I am 80% or more better, but I am still following a strict regimen because I know there is still a lot of internal healing to be done after all the sickness I had.

I truly hope that more people will get away from the "quick fix" of drugs and surgery or randomly trying this cure and that cure and look for the real answers to their illnesses.

Dr. Goldberg has proven to me that by finding the causes, one can follow a clear path to healing the entire body.

*I also hope this letter is helpful in dispelling any misconceptions regarding the special, holistic, approach to **real health** that Dr. Goldberg has developed through years of experience and utilizes with his patients. Those looking for help will hopefully learn from my experience.*

Thank you Dr. Goldberg!!

*Sincerely,
Paula Newmark
Marietta, Georgia*

Comments: The connection between the gastrointestinal tract and the skin is remarkable. It is sad that dermatologists do not appreciate this more and look to improve the health of their clients through better nutrition and methods to promote healthy gut functioning rather than through drugs and topical ointments.

Case Number Fifty Four : Hives

Patient : Dr. Ryan Alter

August 7, 2002

I have been under the care of Dr. Goldberg for three months and am probably about 80 to 90% better.

When I first came in I had HIVES all over my body EVERYDAY. Now I have days with minimal discomfort/hives.

I am on a disciplined diet along with some supplemental nutrients including ten Primal Defense Caplets per day and following individualized recommendations from Dr. Goldberg for my case.

My life was very uncomfortable....almost UN-LIVE-ABLE three months ago and now I can put more of my focus on living rather than just surviving.

Today is whole new world compared with three months ago.

Sincerely,

Ryan Alter, D.C.

Comments: Dr. Alter had tried many remedies without success. He was doing his best to achieve good health but had missed a few needed modifications that allowed a dramatic improvement to occur.

Thyroid Disorders

The thyroid is an endocrine gland of great importance located in the neck. Taking its primary orders from the pituitary gland (the master gland of the body) the thyroid's basic function is to control the basal metabolic rate of the body. The majority of disorders of the thyroid either involve it being under active and not producing sufficient amounts of thyroxine (hypothyroidism) or being overly active (hyperthyroidism) with the underactive type being more common.

The approach taken by the medical profession in addressing hypothyroidism can be tragic in some cases. When a patient (usually female) presents with symptoms such as fatigue, overweight, feeling sluggish, getting cold easily, depression, etc., the physician may order a check of thyroid function. If the level is low the medical physician usually prescribes synthetic thyroxine hormone for the patient to take. While this may appear to be a logical solution and in some cases does bring about improvements in the way the patient feels, it may entail long term side detrimental side effects that could have been prevented.

It has been my approach when I find the patient to have a low thyroxine output to ask the crucial question: Why is the patient not producing sufficient amounts of this vital hormone? If this can be determined, appropriate steps can be taken that will allow the patient's body to improve its efficiency and produce sufficient hormone on its own.

The normal production of thyroxine is dependent on numerous factors including the well being of the other glands with which it is intimately interconnected with, the nutrition of the patient including the availability of amino acids, vitamin and mineral precursors and the overall vitality of the body. These are the factors to be analyzed and corrected as needed. I have frequently found that once the patient is rested, digestive and nutritional problems corrected, and overall vitality restored, that the thyroid gland, (now restored to good health) produces the correct amounts of hormone as nature intended it to do. The patient not only experiences the restoration of normal thyroid production but also finds their overall health and resistance improved simultaneously.

Conversely, for the patient who goes on synthetic thyroxine ("Synthroid"), the underlying poor health conditions leading to the thyroid's under activity continue and the body's overall health status remains crippled. The use of extraneous synthetic thyroxine has associated risks. The patient is constantly at risk of taking too much or too little synthetic thyroxine since the needs change constantly. Too little intake produces a sluggish body with many subsequent side effects. Too much thyroxine produces a state of overactivity for the entire system. This in turn produces nervousness, fatigue, a wearing down of all the body's functions and an increased risk of osteoporosis. The patient finds themselves tied by the umbilical cord to the pharmaceutical industry and the physician who must attempt to monitor drug levels for the rest of the patient's life. How much

better when we address causal factors and allow ourselves to enjoy good health and health independence!

The overactive thyroid gland poses a great risk to health as do the medical treatments for it. The patient presents herself (again the majority of patients are female) with symptoms of anxiety, hyperactivity, being hot when others are comfortable or cool, diarrhea, bulging eyes, and other symptoms of an overly charged system. Upon diagnosis (the medical diagnosis often given in these cases is “Graves Disease”) drugs may be tried, but are frequently ineffective. This is followed by one of two medical options:

- 1) Surgical removal of the thyroid gland
- 2) Having the patient drink a radioactive iodine solution to “burn out” the gland.

In both cases the end result is that the patient loses the function of the thyroid gland. The hyperthyroid patient now becomes the hypothyroid patient without the thyroid and (as with the original hypothyroid patient) now has a lifelong dependency on the administration of synthetic thyroxine via the medical physician and all the disadvantages that entails as previously mentioned.

There are reasons why the body malfunctions and the causes need to be sought out and healthful actions taken. Surgical excision of glands, radioactive solutions being injected through the body, and the lifelong administration of synthetic hormones in many cases are not the most judicious manner to proceed to address causes and support.¹⁰

Case Number Fifty -Five: Thyroid Disorders
Patient: Ms. Claire Vinick

December 1993

I came to Dr. Goldberg because I wanted to stop using a synthetic thyroid medication (Synthroid) I had been taking it for seven and half years. I had heard Dr. Goldberg speak saying that he had success in helping people reduce the dosage or eliminate the drug altogether. Until that time I had never even thought that I could get off of Synthroid.

In 1985 I had symptoms of hypothyroidism. I was feeling sluggish, cold and lacked energy. I had a test done that showed my thyroxine level to be too low and endocrinologist prescribed Synthroid to me. He said it would alleviate all of my symptoms and it did. What he did not tell me was that over time Synthroid can cause osteoporosis or it could actually “burn out” your thyroid gland.

¹⁰ This is not to imply that the use of extraneous thyroxine should never be utilized, only that a natural, hygienic approach should be tried first. One can always take the synthetic hormones later if they are unresponsive.

On my first visit to Dr. Goldberg he asked me how I felt. "Fine" was my reply - although I did get my share of colds and was tired at times, I thought I could handle things alright. I was skeptical at first because I felt I had a pretty well balanced diet. After some tests were done he found out that I was low in two amino acids that play a role in thyroxine production. With supplements and a better diet I have been able to eliminate Synthroid.

It is hard to describe how much better I feel! I have gone from low energy to high energy. Its as if I was just getting by before. I am sleeping better and my appetite is much healthier....Dr. Goldberg is very good at figuring out your particular health puzzle.

Sincerely,

Claire Vinick

Comments

We were fortunate that Ms. Vinick was able to achieve restoration of her thyroid functioning after so many years on synthetic thyroxine. After a year or so on Synthroid most patients will become physiologically dependent on it.

Ulcerative Colitis

(Inflammatory Bowel Disease)

Inflammatory Bowel Disease (Ulcerative Colitis and Crohns Disease) causes numerous people in our nation extensive suffering and disability. Unless one has had this type of condition it is hard to imagine the problems that are involved with ongoing cramping, bloody stools, fatigue, and resulting disability affecting the patient physically, emotionally, socially, and economically. Medically these conditions are considered "etiology unknown" and are treated by giving the patient one or more of about a half dozen popular medical drugs including prednisone, other steroids and immunosuppressant agents. These drugs do nothing to address the causes of the problems (which are different from patient to patient) nor to build their health. Many of these patients end up ultimately having surgery for the removal of their colons or for resections of their small intestines. These surgical procedures which do not address the causal factors in the disease (and oftentimes in the cases of resections of the small intestine have to be repeated) can frequently be avoided.

Patients willing to have a proper work up performed aimed at identifying causal factors followed by diligent reforms on the part of the patient are often remarkably successful at reversing these serious problems and reestablishing good health.¹¹

Case Number Fifty-Six: Ulcerative Colitis **Patient : Rosalyn Baker**

June 23, 1996

Dear Dr. Goldberg and Bianca:

This was not an easy letter to write. I am full of joy at being out of pain and able to be active again, but angry that I suffered so intensely for many years by Medical Doctors and Chiropractors I went to who allowed me to keep coming to them without addressing the causes of my illness.

For your patients that read this, here is my account:

In 1988 after three years of having "irritable bowel syndrome" I began having chronic diarrhea with mucus and blood in my stool. I also had had my share of gas and bloating for years before that, and as you pointed out, also had been having a good deal of fatigue for a number of years. I did not realize how deep the fatigue was until after you worked with me and I recovered my vitality. I had forgotten what it was like to feel

¹¹ For further information on inflammatory bowel disease the reader is directed to the series [Inflammatory Bowel Disease](#) by Paul A. Goldberg, MPH,DC, DACBN

good.

I went to my Chiropractor who I'd seen for back care for years. He said I should see a Medical Doctor. The Medical Doctor had my bowels scoped and diagnosed ulcerative colitis. I was given steroids and, and the symptoms went away for 3 months, although I remained fatigued and my bowels irritable. I began to suffer with side effects from the steroids and the amounts had to be reduced. Then all symptoms came back worse than before. I was passing blood and mucus with severe cramping. I began having muscle pains, and became afraid to go out for fear of having to run to the bathroom. The pains became worse and my joints began to hurt. I became very depressed.

I liked to walk but it hurt too much. My back hurt worse and I went to Chiropractors as I had been, except more often but got no relief despite going back and back. They smiled a lot and gave me hugs, but after years of going to them without help, I began to feel it was an act and that I was being used simply to squeeze out my insurance.

I remained under the care of a medical doctor and gastroenterologist, and they gave me lots of drugs which made me more ill.

This went on for about six years with ups and downs (mostly downs). My social life was gone. At thirty five years I felt more like eighty five. I went through a divorce. I don't blame my husband who put up with all my complaining and indifference to him. I felt myself aging far more quickly than I should have. Every day became a burden. My gastroenterologist began to talk about removing half of my colon as he feared by leaving it it would become cancerous. In desperation I tried all kinds of health food products like juice plus tablets, Shaklee and Herbalife, Natures Way, protein drinks, etc. I drank gallons of Aloe Vera juice, took enzyme tablets. I tried acupuncture treatments, and shark cartilage, and every other fad that came on the market. They were all worthless. I read a book on juices and drank them for two weeks and the colitis got worse.

The gastroenterologist sent me to a Psychiatrist who placed me on antidepressant drugs. I had more colonoscopies (at \$3,000.00 plus apiece) and all I got was that he said the condition was getting worse...I could have told him that!!!

By 1993 I was having skin outbreaks and my hair was getting thin. I was anemic. I began to seriously contemplate suicide.

My cousin Cathy, who was one of your patients years ago when you were in Fairmount, continued to urge me to go see you in Marietta. I told her that I had been going to Chiropractors for years without getting help, and that I had seen Nutritionists without help either, but she was insistent and said that you came from a Hygienic perspective, had a variety of skills in your background, and would be able to get down to the source of my problems without crazy gimmicks or secret potions.

I was skeptical but called and talked with your wife Bianca who was very sweet and encouraged me to come in to talk with you. I delayed coming for another four months as I had become sick of doctors, and was running low on funds... but Cathy continued to urge me so I came in.

I waited an hour in your office filling out forms before you saw me, but then you spent an hour with me. After examining and talking with me at length you told me that it was likely that I could get better, but that I would need laboratory tests to analyze how my body was functioning. These were different then the many tests the M.D.'s had performed. You said that getting well would take effort on my part. Unlike other Chiropractors I had been to, you did not twist my arm to be under your care, but explained what it would entail and the costs of testing telling me that you did want me to go through the expense of testing if I was not going to follow through with the necessary effort.

For the first five weeks under your care the symptoms increased as you warned me would likely happen. Then gradually my bowels stopped cramping, I passed no more blood, my muscle and joint pains went away, and my energy returned. I felt like I was in a dream state, it did not seem real. I quit all the drugs I was on. You fasted me, put me on a series of different diets, removed all the allergens I was sensitive to (some of the allergens were foods that I was particularly fond of), had me take different nutrients based on my lab. tests, got rid of a yeast overgrowth, and had me do special breathing exercises as well as modify some of my other habits.

Now a year later I can report that I am renewed. I feel better then I did when I was in my twenties. I threw away the phone numbers of all the doctors I saw before (after telling them that they needed to go back to school and learn natural healing). I have an active work and social life and am exercising again. My skin has taken on a glow, my office workers tell me how great I look, and I thank the Lord that he brought me under your guidance with all the experience you have and your insights into health problems.

I know your job is a hard one. You have to not only deal with patients who have been brainwashed by their doctors, and by other so called health professionals, you also have the endless job of having to undo the damage that is done by other doctors who are so foolish as to treat patients with never ending drugs and even stupid so called natural remedies....doctors who keep their patients coming back over and over and over again, rather than getting down to the cause of their problems and addressing them at the root level.

You have my never ending gratitude.

Rosalyn Baker

Case Number Fifty-Seven : Ulcerative Colitis
Patient : Ms. Lora Kosa

To All Future and Current Patients of the Goldberg Clinic:

On Dec. 21, 1997 I was diagnosed with Crohn's Disease, a diagnosis that came after months of pain, discomfort, and embarrassment. Prior to getting medical attention, I was basically terrified to venture out of the house - namely due to the fear of having urgent bowel movements with little or no warning. If I did decide to go anywhere, I made sure I was with someone who understood my need to locate the nearest restroom possible at every stopping place. So, you can imagine, I was opposed to going out to the store (that was only 10 minutes away), or even to going out socially, regardless if it was to the movies, hiking, or even driving to a Cleveland Indian's game.

I found myself in the hospital in December after excessive weight loss, vomiting, diarrhea, and abdominal cramps. The doctors there diagnosed me with Crohn's, and even mentioned the possibility of Celiac Sprue (a diagnosis they still haven't dismissed). I was put on anti-inflammatory drugs, and was told that there was nothing else they could do for me -- that I may want to try and stay away from foods that obviously made me sick, but that there was no way they could determine those foods for me. Trial and error was my only way of knowing which foods to stay away from. Further, they told me, changing my dietary intake, overall, would be a waste of time. They were wrong.

Dr. Goldberg was recommended to me by my aunt, one of his students. She told me that he was able to help a lot of people with all kinds of different problems.

When I met with Dr. Goldberg, he told me exactly what I needed to do to get well, that the steps we were going to take were important, and that they needed my dedication. One of the "steps" was his famous "liquid fast." Let me tell you -- I was not thrilled about the prospect of doing it, but the results that it brought are invaluable

I could ramble on and on about the fabulous things that have happened between my visit to Dr. Goldberg and now -- but I'll only share a few. I feel wonderful as a whole. Mentally and physically I've done a complete 180 since I was first diagnosed with Crohn's. I love going on long road trips (taking only 1 restroom break on a 6 hour journey). My energy level and self confidence have resumed their glow. In short, my life is my own again, and smiles abound!

My advice to you, no matter what your ailment, is to take each day in stride. A lot of things that might sound quirky that Dr. Goldberg asks you to do are worth the time and the discipline. You owe it to yourself to get well, and your body will thank you for your efforts every day with one smile after another.

Good Luck!

Laura Kosa
Canton, OH

Case Number Fifty -Eight : Ulcerative Colitis
Patient : Sue Todd

September 8, 1993

Dear Dr. Goldberg:

I would like to take this opportunity to thank you for putting me on the right track to good health. How refreshing and encouraging to find someone who knows what tests to run and especially how to interpret them and actually use to the advantage of the patient's overall well-being.

I have suffered with ulcerative colitis for 20 plus years and in the beginning tried various treatments. Over the years, out of frustration, I just gave up on Allopaths (medical doctors) and refused to see anyone until it was absolutely necessary. Sometimes the tests and treatment are as bad as the discomfort itself. Migraines I have had since childhood and only been able to control them with drugs which I was having to take more and more frequently. After numerous expensive tests by neurologists, they can still give me no reason for the migraines. But thank goodness, Dr. Goldberg, you knew!

Yes, I came to you too, only because it was absolutely necessary. I didn't know what to do, was in pretty bad shape and getting worse. After just a couple of weeks I was fairly symptom free as far as the colitis was concerned and have been ever since with but a few minor exceptions. This was all due to changes in my diet and your adding the correct supplements. The migraines are much better and improving with every month that passes. The fact that so far I have dropped 20 lbs. hasn't hurt me either!

I realize at this point that I still have a ways to go before all is well, but at least I know we are on the right track and progressing every day. You have restored my hope.

Thank you for knowing what I needed!!!

Sincerely,

Sue Todd

CROHNS DISEASE

Case Number Fifty Nine: Crohns Disease

Patient: Nathan Logan

March 27, 2003

To whom it may concern:

I was diagnosed with Crohn's Disease when I was 21 years old. I was going to school at the University of Georgia at the time. When I was labeled with this disease I felt that my life instantly changed for the worse. I suddenly came to the conclusion that no matter what I did, I would never be considered healthy for the rest of my life. It's funny how being labeled with a disease can affect how you view yourself. My symptoms consisted of chronic inflammation of the ilium (where the small intestine meets the large intestine), diarrhea, fatigue, and fistulas (narrow openings from the intestine to the skin). I had my appendix removed and a fistula removed. Over the next seven years after my diagnosis I had to take stronger and stronger medicine to keep my condition under control. Finally, the possible side effects of the drugs were worse than the condition itself. That's about the time I came across Dr. Goldberg. My brother had brought Dr. Goldberg to my attention a few years earlier but I didn't feel I could commit to the changes in lifestyle at that time. Sometimes in life you make decisions that change your life forever. Going to see Dr. Goldberg was one of those splits in the road for me. It was the road less traveled, but it has definitely made all the difference. I would have never believed that one decision, which seemed like a shot in the dark at the time, would alter my life in so many ways.

I have been under DR. Goldberg's care for just over one year and the results have been amazing. Except for a couple minor bumps in the road, I have become totally symptom free. I have been off all my medications for almost a year now. I have regular bowel movements, no inflammation, no fistulas and no fatigue. My energy level has actually increased two folds and my outlook on life is much brighter. I used to think that you were either healthy or you were not healthy. It was just chance. But now I realize that you have to work hard at being healthy and make sacrifices. It's not just given to you in a pill or surgery. It's earned by making the right lifestyle choices. Dr. Goldberg assesses your needs and gives you a plan, but after that the ball is in your court. What you do with it is up to you.

Dr. Goldberg has an individualized plan for each patient. So mine was different than the last Crohn's Disease Patient. My program consisted of a liquid diet (under strict supervision), change in diet and lifestyle, some supplements, more attention to quality of sleep and the reduction of stress. Each patient's plan is different, however.

All I can say is that the last year has changed my life. I see it and my friends and family see it. If you follow Dr. Goldberg's advice, I promise it will improve the quality of your

life.

Thank you and God Bless,

Nathan Logan

UNDERWEIGHT CONDITION

It is difficult for many in a nation that has such a difficult problem with obesity to appreciate that there are many who have what appears to be the opposite problem i.e. being underweight. There are many thousands of individuals whom for a variety of reasons stay in a weak and underweight condition no matter how much food they try to force themselves to consume. As with obesity there are often underlying metabolic or behavioral problems that need to be uncovered and addressed and so the need to do a careful analysis regarding the entire health picture, not simply the weight of the patient

Case Number Sixty: Underweight Condition
Patient : Mr. Neil Biteler

December 14, 1998

Dear Dr. Goldberg,

At 66, I was losing weight and had drifted down to 105 lbs. from 165 lbs. in just 2 years. No one could help me reverse this downward spiral.

After reading over 100 books on health and diet, I stumbled upon the work of Herbert Shelton who used fasting and diet as the key strategy for healing. I found that the Natural Hygiene Society was publishing his works and talked with their president who recommended you. He stated you had 20 years experience refining Dr. Shelton's principles. In those 20 years, it appeared to me that you now had the newest scientific knowledge, tools and techniques to bear on afflictions like mine.

You recommended a modified fasting therapy for me, a simple diet, a special multi-vitamin and a food supplement. Slowly, I began to gain weight. The downward spiral had been reversed.

Now, after 8 months, I have put on 20 lbs. Naturally, I am delighted with the results to date and the positive trend of my weight toward my goal.

When we began our work, my outlook for my life was grim. Today I feel, thanks to you, I have my life back and am enjoying the Christmas holiday season.

Sincerely,

Neil Biteler

Yeast /Fungal Related Illness

Yeast and fungal infections are so common as to be almost universal in our population, particularly among those whom are chronically ill. During the 1980's a number of books were written regarding yeast related health problems including The Yeast Connection by William Crook, M.D. Soon after everyone and their sister were claiming to be suffering from a yeast related problem and seeking a "anti-yeast diet" to help them recover. There was both substance and error in this mad rush to stamp out this little single celled organism, usually in the form of candida albicans.

Indeed most sick people do have yeast overgrowth in their bodies which is more common in woman for a number of reasons, primarily hormonal. The major error in the yeast craze (which now many doctors are saying that they "specialize" in) *is that the yeast is not the cause of itself.* The yeast organism normally is benign as long as the general health of the patient is satisfactory. It is only when, for any of a number of reasons, that the resistance of the body becomes compromised, that the yeast overgrows and produces secondary problems including fatigue, gastrointestinal distress, depression, memory difficulties, joint pains, skin problems and many others. The mistake, however, is that the yeast is not the primary villain, rather it is the factors that allowed the resistance of the body to falter that are the problems and *it those problems which must be addressed for the patient to make a recovery.*

Some of the factors contributing to yeast overgrowth today include faulty diets with excessive carbohydrates of all kinds, particularly refined ones such as soft drinks, white flour bakery goods, candies, pizza, pasta, etc., lack of sleep and rest, the use of the birth control pill, alcohol usage, and perhaps, most importantly, the indiscriminate overuse of antibiotics by allopathic physicians and antibiotic residues found in the food supply. The repeated and ongoing usage of antibiotics has created an ideal void for yeast cells to grow in the body by destroying so much of our normal bacterial flora that normally keep yeast cells at bay. With the indiscriminate usage of broad spectrum antibiotics for many minor ailments as well as being routinely added to the milk and meat supply, millions of people have created an ideal environment for the yeast organism to thrive in.

The potent drugs used to "treat the yeast" not only do not address the causes of the yeast growth but in addition create significant side effects (liver damage being the most notable).

Case Number Sixty-One : Chronic Fungal Disorder
Patient : Dr. Inger Roug

09/02/1999

Dear Dr. Paul Goldberg:

Good news I Today's chest x-rays showed the fungus cavity on the right lung to be reduced by 50%! It is getting very much smaller at a faster rate than before. The cavity on the left lung is looking pretty pitiful for an aggressive fungus like Aspergillus Niger: the wall has been broken down and it is disintegrating. I still have some areas of bronchiectasis, but that is another challenge for the future.

My medical doctor pulmonologist is now convinced that surgery is a bad solution to my primary Aspergillus infection. My chances for recuperating are much larger if I continue with the medication and the diet you suggested that I keep.

This Aspergillus fungus has lived in my lungs for about 3 years now and if it was not for you I would not have been able to gain my health back and take control.

The medications did not seem to be working for me. My pulmonologist's recommendation was to remove the middle lobe and part of the upper lobe of my right lung. I knew that my body was the strongest healing force that I had, but how could I prompt it to heal me? Your approach was simple and common sense! No Hokus Pokus. Blood tests showed what was wrong, so I could change my diet and add some new fuel to give my body the best optimum conditions to work under. Giving my body a rest and the perfect conditions to function under, the medication and my immune system finally got the Aspergillus under control. Your perseverance and discipline has been a great help also. You showed me that I could do it.

Thank you again, Paul, you have saved my life and my lungs.

*Sincerely,
Inger Roug, D.C. D.A.C.B.R.*

Comments:

Dr. Roug a Doctor of Chiropractic and Diplomate Radiologist is an excellent example of how yeast and fungal problems can lead to serious outcomes and the need to address the problems at their roots.

Gallbladder Disease

Gall Bladder problems are common in the Western World. The most common problem are gallstones. Gallstones are more frequently seen in middle aged females whom are fertile and overweight but that males and females of all ages and weights have them.

Unfortunately, Allopathic Medicine typically regards the gallbladder as a organ that can be discarded without causing damage to the patient and surgery to remove gallbladders is a an everyday occurrence at hospitals throughout the United States.

The Gallbladder does play an important role. It stores and concentrates bile which is utilized by the body for the emulsification of fats. When it is removed bile is still produced by the liver but can no longer be concentrated. This organ was put there for a reason and it should not be discarded haphazardly with such offhand comments as physicians will say to patients “you really don’t need it anyways”.

If the gallbladder is diseased and/or if gallstones are present, there are reasons for it. Removal of the gallbladder does not address the reasons why the gallstones formed in the first place.

The gallstones are typically comprised mostly of a cholesterol and bile mixture taking on a roundish, emerald green color and waxy composition. There are undoubtedly a variety of contributing factors that lead to their formation but poor dietary habits, poor digestion and hormonal imbalances certainly play a major role in many cases. The gallstones are a sign of metabolic problems throughout the body not just the gallbladder. If cholesterol is forming in large amounts in the gallbladder it will not be surprising to find it also forming elsewhere in the body particularly in the blood vessels. A complete biological program should therefore be established with patients to not only help with their gallstone difficulties but to help bring about a healthier metabolic state for the entire body. Doing so can not only resolve the gallbladder problem, but also bring about a healthier condition for the entire body, both for now and for the future as is seen in the following case study and letter from Ms. Berard.

Patient Presentation: The Patient, a thin female teacher in her late twenties presented with a history of repeated episodes of severe gallbladder distress. She had been diagnosed with gallstones and had been advised to undergo surgery for removal of her gallbladder which both she and her husband wished to avoid. Her history included the use of the birth control pill.

Program Of Care : I explained to the patient the need to address the health of the body as a whole which would include nutritional reform and obtaining the essentials of health. She underwent a short liquid diet followed by a period of dietary restrictions to allow her

metabolism to rebalance and her digestive tract to obtain rest.

The first couple weeks entailed a number of ups and downs with the patient feeling weak no longer having the stimulation of a number of junk foods she was accustomed to and with her system rebalancing itself.

Outcome: Four months later the patient no longer has any gallbladder attacks, has increased energy and has noted that after not having a regular menstrual cycle for three years started having a regular 28 day menstrual cycle again.

Comment: The patient did not undergo any "treatment" of her gallbladder. We simply instituted natural steps to restore good health i.e. the conditions that were proper for healing and rebalancing to occur in.

Case Number Sixty Two
Gallbladder Disease and Lack of Menstrual Cycles
Patient: Ms. Amy M. Berard

January 26, 2003

Dear Dr. Goldberg:

Since I have been under your care I am amazed at how much healthier I feel. Even though I initially came to your office for a gallbladder problem I have seen much improvement in other aspects of my health.

After going off the birth control pill at 23 years old. I had not had a menstrual cycle for three years. With positive changes in my diet and supplements he suggested I was shocked to discover that not only my gall bladder attacks had ceased but I started having a 28 day menstrual cycle again!

I speak of your praises to my family, neighbors, co-workers and friends all the time. After being told by my primary care doctor that there was no other option but to remove my gallbladder and after being told by over three different ob/gyns that the only way to get a cycle again was to go back on the birth control pill, it was a true blessing to be under your care. You brought back hope as well as health!!

In much gratitude,

Amy Berard

General Rejuvenation

Case Number Sixty Three

Patient: Ms. Nancy Reedy : Physical and Mental Renewal, Feeling Youthful, Elimination of pain, Weight loss, Vast improvement in energy, Off of numerous drug medications

April 17, 2003

Dear Dr. Goldberg:

I find it hard to be writing this letter as my mind has not quite caught up with my body. Never did I dream the results would happen so quickly. Today is my birthday and instead of feeling my actual age I feel about 20 years younger than when I first walked into your office. I had been to three different doctors and was on approximately five prescribed medications. In addition to the pharmaceutical meds, I was taking over the counter meds and herbal remedies. Nothing was providing relief. I was given meds to cover up the side effects of the medications I was on. It was a vicious circle.

I must say I was skeptical in the beginning. I grew up in the age of take a pill and it will be all better. I am not sure now whether being a Registered Nurse hurt or helped my ambivalence. I was desperate and willing to try another avenue and knew in my heart that there had to be more than what I had been getting from the medical personnel I was seeing. I believe they were doing what they thought was right. I just did not have the same belief.

The changes are phenomenal. I have lost approximately 50 lbs., have twice the energy, the joint and muscle pain in addition to the depression and anxiety for the most part have subsided. This has all happened since January of this year. It has not always been an easy journey and is far from over, especially the mental aspect. Physical recovery has been quick but as I said earlier, unless I continue to change old habits and thinking I will soon be living in hell again.

Your enthusiasm, confidence, professionalism and encouragement have been inspirational. I feel more compelled to assess my own patients more thoroughly. You always take the time to listen and explain the next step of the plan. You are honest and straightforward.

I am not on any medications anymore. I can walk without constant pain. I am happier and more relaxed. I can do the things I use to enjoy once again. I have already started a flower garden and other outdoor projects. I work outside on my days off when the weather permits and it is a sheer pleasure. I went walking today in the park next to the creek and into the woods next to the stream enjoying the waterfalls, trees and all the sounds of nature. Thank you for giving me back a quality of life that is truly quality.

Sincerely,
Nancy Reedy

Additional Case Studies

Case Number Sixty Four

Patient: Ms. Donna Jackson -Rheumatoid Disease

June 7, 2006

Dear Dr. Goldberg:

You are an answer to my prayers. Thank you for committing your career to helping others. You have helped me to understand what it takes to keep the body that God gave me healthy.

About two years ago I fell from my horse. That fall was later determined to be a trigger to my rapidly deteriorating health. While my broken ribs healed in due time, I still suffered from very tender and sore elbows and noticed a decline in my energy level. My family doctor suspected rheumatoid arthritis and sent me to a rheumatologist for further blood work and tests. After seeing two rheumatologists a conclusive diagnosis could not be made. I was somewhere between rheumatoid arthritis and lupus. The doctor prescribed medication and said that he could increase it and upgrade it as the symptoms manifested themselves. I did not want to subject my body to the unpleasant and detrimental side effects that are common to those type medications. I began to ask him to wean me off of the medication. My symptoms worsened. I was increasingly tired every day and additional joints became inflamed and stiff. Long trail rides seemed dreadful. Emotionally, I was very weary. I had all of my friends praying for a solution. I needed divine guidance. That is when one of my friends told me about you.

My husband joined me on my first visit and we were very impressed with your expertise and your genuine concern for me. Since I have been under your care my energy level has soared. My inflammation and stiffness are all but gone. I am riding my horse again comfortably and she is very glad that I have lost weight. Losing weight was just an added blessing. You said that the skinny rats bury the fat rats. I think the skinny rats get new clothes!

Dr. Goldberg, you and your wife are true blessings! Thank you for all that you do for so many people. I know that you are able to tell how impressed I am with you by the number of people that I bring with me. Thank you for taking the time to really get to know the people who come to you looking for good health. God bless you.

Thankfully His,

Donna Jackson

Guntersville, Alabama

Case Number 65

Patient: Mr. Walker Griggs - Insulin Dependent Diabetes

Date: February 9, 2007

To Whom It May Concern:

Under Dr. Goldberg's care within 60 days I was able to completely get off insulin (for diabetes) with my HgbA1C dropping from 13 down to normal at 5.5. My kidney and liver function tests have also improved and my cholesterol has dropped significantly.

I am very pleased with the results and so is my medical physician who has now taken me completely off insulin.

Sincerely,

Walker Griggs Jr.

Atlanta, Georgia

Comment: Mr. Griggs related to me on his first visit to our office, that he had to improve his diabetes and get off of insulin or he would not be able to return to his former job as a truck driver. A through history, physical examination and lab tests were performed. I laid out an individualized plan of action for Mr. Griggs to follow, based on his results. He was highly disciplined and motivated, following my instructions to the letter. His compliance was rewarded with greatly improved health and vitality, being able to get off of insulin and being able to return to his occupation as a truck driver.

Case Number 66

Rheumatoid Arthritis

Ms. Linda Lamb

This is my story of recovery from 13 years of rheumatoid arthritis after a major surgery and a very stressful time in my life. Since that time I have taken every kind of medicine for arthritis know to man. Some had extreme side effects, stomach irritation and irritability. I just worked around them with my family doctor. He was a great listener but the only treatment he knew was more medication.

Two years ago I started having sciatic pain. I went to a regular chiropractor for treatment, which had helped me in the past when I would abuse my back. Long story short I had a fusion of two vertebrae. The surgeon took me off all my anti-inflammatory drugs for 6 months. I made it about 3 before my arthritis was in a constant flare. My family doctor finally told me to go to a rheumatologist as he was at the end of his expertise with any of the new drugs.

I made a poor choice and was put on 20 mg of prednisone and felt that I was going to die in a great deal of pain. My threshold for pain was pretty high but I was still having sciatic pain along with an arthritis flare. I began to think life was just not worth living. I was miserable at work, at home and the highlight of my day was to make it home to the couch! I was starting to have ill effects from all the medication.

A co-worker of mine finally said she had had great help from a doctor of chiropractic who used the activator method. I was game for anything at this point. I had missed 2 years of my life being in pain and laying on the couch. We called the doctor who was 450 miles away and he said he knew of a doctor 25 miles from us who had just opened up. She was an amazing help to me emotionally and physically. But still she knew I needed more help than she could give to get my body chemistry back on track, to make my body healthy over all. She had a book from one of her chiropractic professors, Dr. Paul Goldberg whom she took 5 classes from. She loaned it to me to look at. I was just going to read the parts regarding rheumatoid arthritis. I ended up reading it cover to cover. *I had not heard anything that made this much sense ever.*

I made up my mind that this was something I was going to do, kind of a last ditch effort. I made the trip for the initial visit and met with Drs. Paul Goldberg and Robert Lawrence at the Goldberg Clinic, then a follow-up 60 days later. At that time I made up my mind that the only way this would fail was if I did not follow it to the letter. The first two weeks I had such huge withdrawals from the 2-3 lattes a day habit. Some weakness, but after that I have felt better and better as time goes by. I was lucky enough to have total support from my husband and family. That made a huge difference in my success.

I had reached a point in my health care where I truly felt the doctors did not know what to do with me and had no real answers. My prayers were answered beyond my wildest dreams. I am thrilled with the results I have received. I have not had a shot in two months and my arthritis is getting better as time goes by.

Linda Lamb

Case Number 67

Rheumatoid Arthritis
Ms. Shirley Brantley

October 13, 2008

I first came to Dr. Goldberg in March 2008 after being diagnosed with Rheumatoid Arthritis, Lupus and pulmonary fibrosis. Dr. Goldberg put me on an individual diet plan and lifestyle changes. I now (six months later) feel 85% better after following his method of treatment. My friends and co-workers all told me how “bad” I looked before I started the program. I now feel more youthful, vibrant and I have my “color” back. My primary care medical doctor told me:

“ Mrs. Brantley, I don’t know what you’re doing, but keep on doing it.” I told him about Dr. Goldberg and his plan and he said it was working for me. I have been on toxic drug medications for years. I have now been able to discontinue them and I am looking forward to a bright and long future.

Sincerely,

Shirley Brantley

Paul A. Goldberg, MPH, DC, DACBN
The Goldberg Clinic For Chronic Disease Reversal
Causes Identified...Causes Addressed...Health Restored

Dr. Paul Goldberg is a graduate of Bowling Green State University (B.A.), Life University (B.S.) The University of Texas Medical Center Graduate School of Public Health (M.P.H.), and Life Chiropractic College (D.C.). He holds diplomate status (D.A.C.B.N.) with the American Clinical Board of Nutrition and has been endorsed by the International Association of Hygienic Physicians as a Certified Natural Hygiene Physician. Since 1983 he has practiced Clinical Epidemiology, Clinical Nutrition, Biological Medicine, and Chiropractic. For twenty three years he was a full time faculty member of Life University serving as a Professor of Clinical Nutrition, Gastroenterology, Rheumatology and Public Health.

Dr. Goldberg's focus for the past thirty years has been on the reversal of chronic disease conditions including autoimmune disorders, gastrointestinal problems, chronic fatigue syndromes, allergic disorders and other degenerative conditions. Having suffered with rheumatoid disease for over a decade as a young man he is highly motivated to assist those who have not been able to find answers for their difficult health problems. He is well known for his successful work in the reversal of chronic disease conditions by seeking out causal factors, utilizing a highly individualized nutritional/biochemical/hygienic approach.

Questions and comments should be directed to:

drpaulgoldberg@yahoo.com

Further information, related articles and links can be found at:

www.goldbergclinic.com

Note: These studies have been presented for general educational purposes only. They are not intended to be utilized for diagnostic or treatment purposes. Those with health problems should seek the advice of a reliable, licensed, health care practitioner who is familiar with the principles and practices described in this book.