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DEGENERATION, REGENERATION
(Commentary on book by W. I. Davis)

Doctors of all branches of the arts and sciences have longed for a yardstick which was constant. Well, Dr. Page and his associates seem to have found the yardstick. It has been said that "We are what our glands make us." The more we know of endocrinology, the more we feel that it is true, and Dr. Page's system concurs. Also, we know that the glands control the autonomic nervous system. The 64 dollar question has been not only which branch (the Sympathetic or Parasympathetic) is dominant NOW and the 120 dollar question is which branch was dominant at 20 years of age. Dr. page has the answer to both, and Doctor, if it holds water (and personally I think it does) we will have a science instead of an art as we now have.

The nice thing that I like about his work is that he has no secret formulas. He calls a spade a spade, and tells exactly how to do it, so any doctor can follow through. He is interested in the good he can do for his fellow man. Here is a boiled-down resume of his work as I have been able to get it from his book: "Degeneration, Regeneration." Supply the body each day with all the things that it needs for upkeep, meaning all the vitamins, proteins, such, together with TRACE MINERALS, which include Kelp; NOT giving the body anything that it doesn't need or that would impede repairs, which includes all refined foods, as well as white sugar, which is a drug. (He stresses a high protein, low carbohydrate diet.) Now to which branch of the autonomic nervous system is dominant? The Calcium-phosphorus ratio, Ca 20 :: P 4, seems to be the proper balance to keep the endocrines in shape to keep the sympathetic and parasympathetic balance, but there is a catch to that. Until one has been on a high protein, low carbohydrate diet long enough to let the body chemistry become balanced, any test for Ca : P ratio is not valid, for it is a known fact that carbohydrates, and especially the refined ones, sugar and the like, will steal Ca from the blood and tissues (See enclosed booklet "A practical way to avoid Malnutrition"). After the above High Protein and Low Carbohydrate diet (See Holiday magazine for June, 1950) then the blood tests are made. They tell which branch of the autonomic is dominant NOW, and they do something that is so simple to determine which was dominant at the age of 20. We know that if the Sympathetic was dominant during growth, we grew most above the waist, whereas if the Parasympathetic was dominant, we grew most below the waist. Well, they measure from the knuckle to the elbow joint and divide the space by four. Then five different measurements, equally spaced, are taken, beginning at the wrist. Then they measure the leg from the ankle joint to the knee just the same as the arm was measured. By dividing the arm measurements into the leg measurements (say wrist measurements into ankle measurements) they have established a ratio which shows whether the imbalance of the autonomic system at the age of twenty was toward the sympathetic or parasympathetic. Now we know if the patient has changed dominance somewhere along his life and can govern ourselves accordingly.

Naturally, if the patient was Sympathetic dominant at 20 and is now Parasympathetic, it stands to reason that it would not require as much hormones to balance him up as though he was slightly Parasympathetic dominant at 20 and is the same now, personally, I wonder if that is not the reason why so many patients have not responded to hormone therapy. My idea is that if the patient was at 20 the

same dominant as now, he would require more hormones to balance him, but if he has changed he should need very small doses of hormones to balance him up, and Dr. Page and his associates use as little as 1/1200 of some unit of, let's say, anterior pituitary, and as little as one unit of insulin.

Now, Dr. Little, I too, have passed my three score years and naturally have seen many patients. I have been able to correlate his system with other systems that I have used for years to determine which branch of the autonomic nervous system is dominant. I have known the pains of arthritis and was relieved by simply changing from wheat bread to rye bread. Dr. Page mentions a case of gout that was relieved by de-caffeinated coffee. Until we know how a red cow can eat green grass, give white milk and makes yellow butter, we will not know it all. PLEASE order a copy of this book and get ready to STUDY it - - not just read it - - then think it through. The next time you go through it, compare his case records with the findings of patients that you have had, and I think that your enthusiasm about his work will be as contagious as mine.

I have had dentures many years. At times there will be a deposit on them, and then it will disappear. Dr. Page described arthritis as of two stages - - depositing and dissolving. When the phosphorus is high, it dissolves; when the calcium is high, it deposits. Of Course, I do not let my body chemistry get to the arthritic stages, but I can see how it works just as he says.

Perhaps I should tell you one of the reasons I am so enthusiastic about this work. Being primarily interested in the human eye and, of course, the associative and supportive functions thereof, cataract has been my No. 1 headache, for I have known that is not an eye disease of itself. Therefore, I have kept my ear to the ground for anything that would throw light on cataracts. Many years ago, a patient had to have surgery for cataracts. Good results followed, but when his grandson entered medical college, I asked him to continually keep in mind the experience of his grandfather and get all the information he could on the manner in which the human body used calcium in its economy. Well, he will be out next June and he was the one who gave and autographed for me the first copy of "Degeneration, Regeneration." He said he thought that was the answer to the one question I wanted to know, and believe me, Dr. Little, I think it is. If so, why not the answer also to arthritis, gallstones, kidney stones, dental cavities, and oodles more of the so-called diseases.

NEVER MAKE ABRUPT CHANGES IN YOUR DIET. In other words, DON'T stop all white sugar abruptly. Do it gradually so the system can adapt itself to the changes gradually. Dr. Page tells of one man who stopped using all sweets abruptly and that let his calcium drop until it put him in such a bad chemical balance that he could not work. You see, refined sugar goes into the blood at once and artificially forces the calcium up immediately and when it is withdrawn abruptly, the system has no chance to balance its minerals normally. It takes time to get the proper ratio of CA to P. From his works, we can now see that the chain smoker, the drug addict, and the alcoholic are all in the same boat, and as soon as the chemistry is balanced by the kelp and other foods, the desire for alcohol, sweets and nicotine "are as they never existed." (Quotation from Dr. Page's Book.)

Now, back to the adaptability of the human body. They tell us that the Esquimaux have a very short intestinal tract, whereas the folks in India have the longest of any people, so we can see that it must take time for the body to adapt itself to diet changes. The human body is the most adaptable thing yet made, but it cannot change overnight.

Dr. Little, I would like to give you a case history of three generations of malnutrition. My grandmother Davis was taken ill, having been bedfast for months, when one of the doctors suggested that she take up smoking tobacco. She, being a Quaker, would not do that so Grandpa started her to smoking mullen leaves and secretly put in a little tobacco. She improved and was later told that she was smoking tobacco and that was what was helping her, so she kept it up. That was before my father, who is past 85, was born. We now know that she had pellagra, or Beri Beri, and the B vitamins (which have only been named vitamins for that last thirty-odd years) were what cured her. Well, we now know that she died of Nicotinic Gangrene from smoking (continuously during her waking hours). We also know that it was the refined sugar and white flour that the poorer neighbors could not afford that caused her original trouble. Well, I now see that Grandmother was never well, and we know now that B vitamins could have been obtained from other sources that would not have carried the poisonous coal tar products that finally killed her at age of 96. My father also shows signs of deficiency of the B vitamins and I, too, at one time and it took many years for me to dig out the cause. I only weighted 128 pounds until I learned about nutrition. Now I weigh 160 pounds and am in pretty good shape for my age except for the permanent destruction that was caused by the lack of nutritional knowledge in years gone by. Evidently, I inherited a set of endocrines that impede my utilization of these B vitamins, but I am working on that. I take Kelp every day and expect to as long as I live.

I am hoping to go to St. Petersburg in January to study and watch Dr. Page work, as it has been said that one picture is worth one thousand words.

We know that patients with a Sympathetic dominance have certain diseases and visa twisted. (See Pageant magazine for March, 1950)

Please do not sell your place until you read Dr. Page's book. Yours for better health which usually means happiness.

Fraternally yours,

W. I. Davis, O.D., F. C. S. O.