

## INDEX

- Acid reflux (GERD), 105, 237
- Acne
  - tetracycline treatment, 96, 381
- Acupuncture, 19, 36, 211, 303
- AIDS/HIV, 44, 58, 66, 128, 173, 175, 181, 190, 199, 304, 348, 427
  - funding, 323
  - treatment, 92
- Allergens
  - and antibodies, 121
  - and junk food, 394
  - and the immune system, 47, 103
  - eliminating, 123, 205, 333
  - environmental, 101, 161, 187, 222, 301, 335
- Allergy
  - and eczema, 237
  - and RA, 185
  - and Vitamin C, 55, 103, 123, 419, 425, 428
  - homeopathic remedy, 124
  - response releases toxins, 100
  - testing, 108, 183, 184, 218, 276
  - to common foods, 217
  - to mold spores, 166
  - to penicillin, 72
- Alzheimer's disease
  - and CoQ<sub>10</sub> deficiency, 114
  - and Cpn infection, 80
  - and high blood sugar, 233
  - and infections, 329, 392
  - and metal toxicity, 258
  - cause and treatment, 77, 81, 427
  - prevention, 287
  - tests, 279
  - treatment, 94
- Ankylosing Spondylitis (AS), 1, 10, 67, 194, 196, 361
- Antibiotics
  - action of, 79, 119, 121, 148
  - against MRSA, 119
  - alternative to Dr. Brown's protocol, 28, 171, 393
  - and atherosclerosis, 221
  - and biofilms, 115
  - and Candida, 197, 398
  - and Herx reaction, 335
  - and Lyme Disease, 152
  - and metalloenzymes, 223
  - and MS, 145, 203
  - cautions, 392
  - for diverticulitis, 220
  - multiple, 145, 306, 321, 327, 391, 392
  - natural, 81, 103, 344, 347, 348, 351, 353
  - penicillin, 71, 87
  - plus bromelain, 112
  - resistance, 120, 122, 124, 136, 273, 275, 321, 381
  - tetracycline, 87, 88, 92, 95, 96, 99, 157, 189, 252, 297, 390
  - treatment, 143, 320, 372
- Appendix

432 *Arthritis and Autoimmune Disease:  
The Infection Connection*

- importance to immune system, 48
- Arthritis
  - and body weight, 217
  - and caffeine, 260
  - and calcium, 229
  - and diet, 6, 28, 32, 172, 183, 187, 197, 217, 229, 262, 283, 300, 302, 348, 359, 362, 385, 394
  - and hyaluronic acid, 261
  - and inflammation, 130, 193
  - and Lyme Disease, 317
  - categories, 1
  - CDC statistics, 8
  - diet, 218
  - effect of copper, 224
  - fish oil for, 21, 347
  - Foundation, 297, 329
  - in pets, 19
  - infectious trigger, 84, 196
  - reactive, 2, 72, 96, 128, 129, 193, 195, 376, 380
  - research funding, 323
  - septic, 2, 155, 164, 174, 377
  - symptoms, 4, 9, 185, 243, 374
  - treatment, 20, 239, 296, 298, 308, 326, 334, 336, 341
- Asthma
  - and enzymes, 55
  - and eosinophils, 52
  - and infection, 80
  - helminthic therapy, 60
  - supplements for, 59, 426
- trigger, 57, 165, 185, 230, 261
- Autism, 10, 30, 60, 146, 158, 404
  - and allergies, 161
  - and dental fillings, 223
  - and gut dysfunction, 267
  - and infection, 137, 159, 322
  - and NK cell dysfunction, 198
  - and ultrasound, 162, 318
  - and vaccines, 140, 242, 318
  - and vitamin deficiency, 159, 160
  - epidemic, 328
  - helminthic therapy, 60
  - statistics, 163
  - treatments, 45, 427
- Bacteria
  - "flesh-eating", 45, 128
  - beneficial, 110, 274
  - cloaking ability, 89, 118, 126
  - colonies, 133, 320
    - biofilms, 270
  - streptomycin-resistant, 95
  - trigger allergies, 99
- Barometric pressure
  - effect on arthritic joints, 100
- Biofilms, 30, 48, 84, 105, 115, 136, 271, 274, 292, 313
- Bones
  - and calcium, 256
  - and enzymes, 113
  - and tetracycline, 378

- cause of loss, 22, 74, 230, 370
- chips cause inflammation, 29
- genetic factors, 195
- healing, 427
- infection in, 78, 153, 397
- marrow
  - damage, 23, 375
  - health, 350
  - stem cell source, 30, 47
  - transplants, 41
- preventing loss, 21, 256, 347, 421
- spurs, 36
- stress fractures, 16
- testing, 192
- Caffeine
  - adverse effects, 36, 46, 229, 234, 239, 260
- Calcium
  - absorption inhibited, 229
  - in diet, 21
  - nodules, 3, 69, 71, 88, 192, 373
  - sources of, 231
  - supplements, 347
- Campylobacter
  - and peptic ulcers, 105
  - in food, 125
  - in reactive arthritis, 2, 72, 380
- Cancer
  - and aspirin, 238
  - and biofilms, 273
  - and carbohydrates, 286
  - and cholesterol, 264
  - and contaminated vaccine, 318
  - and CoQ<sub>10</sub>, 83, 254, 256
  - and dairy products, 230
  - and defective gene, 91
  - and DMSO, 38
  - and enzymes, 116, 288
  - and free radicals, 138
  - and gut balance, 109
  - and gut dysfunction, 267
  - and immune system, 44
  - and infection, 107, 137, 267
  - and inflammation, 261
  - and nutrition, 182, 283
  - and retroviruses, 130
  - and T-cell activity, 58, 198
  - and trans-fats, 241
  - and vitamin C, 289
  - biochip implants for, 282
  - calcium nodules, 3
  - caused by hepatitis, 177
  - drugs, 252, 305
  - enzymes trigger, 250
  - in bone marrow, 23
  - in pets, 242
  - prevention, 244
  - remission, 69
  - risks, 25, 43, 219, 226
  - supplements for, 51, 249, 348, 350, 352
  - tests, 205, 274, 277, 280
  - thrives on sugar, 235, 285
  - treatment, 20, 30, 42, 53, 65, 82, 92, 94, 212, 236, 280, 303, 322, 385
  - vaccine, 309
- Candidiasis, 95, 106, 107, 132, 164, 165, 171, 183, 194, 197, 204, 311

434 *Arthritis and Autoimmune Disease:  
The Infection Connection*

- Carpal Tunnel Syndrome (CTS)
  - possible infection, 11
  - treatment, 20, 114
- Cartilage
  - damage to, 12, 15, 69
  - rebuilding, 261
  - types, 14
- Chlamydia/Chlamydophila pneumoniae* (Cpn), 75, 79, 80, 89, 98, 105, 118, 403
  - and arterial plaque, 221, 232, 427
  - and Lyme Disease, 72, 153
  - and Multiple Sclerosis, 144
  - co-infections, 144, 196, 392
  - symptoms, 135
  - testing, 194
  - vaccine, 183
- Chlorine
  - failure to kill bacteria, 126, 172
- Cholesterol, 154, 220, 221, 352
- Chronic Fatigue Syndrome (CFS)
  - and Herx reaction, 352
  - and infection, 41, 89, 137, 140, 391
  - symptoms common to Lupus, 377
  - symptoms common to Lyme Disease, 146, 269
  - tests for, 157, 194, 403
  - treatment, 156, 166, 207
- Chronic Fatigue Syndrome (CFS) in Gulf War Illness, 142
- Clostridium*, 61, 140, 160, 384
  - destructive enzymes, 14
  - toxins, 106, 109
  - vaccine, 183
- Coenzyme Q<sub>10</sub>, 101, 118, 145, 253
  - and Alzheimer's, 114
  - and brain cells, 420
  - and fatigue, 209, 260, 264
  - and heart health, 426
  - benefits, 245, 254, 258
  - depleted by statin drugs, 113
  - depleted by stress, 301
  - for heart disease and cancer, 83, 256
  - for stamina, 206
  - in good fats, 248
- Collagen
  - and vitamin C, 16
  - and vitamin deficiency, 12
  - component of arterial walls, 83
  - destruction, 5, 16, 56, 169, 196, 261, 379
  - forms connective tissue, 14
  - rebuilding, 20, 44, 256
- COPD (Chronic obstructive pulmonary disease), 10
  - and faulty nutrition, 283
  - and good fats, 241, 244, 248
  - and infection, 274, 322
  - and weak lungs, 302
  - antibiotics for, 88, 96
  - supplements for, 426
  - symptoms, 332
  - treatment, 115

- Copper
  - and COX-2 enzyme, 256
  - as algaeicide, 173
  - jewelry, 224
  - pipes to avoid biofilms, 172
  - toxicity
    - and atherosclerosis, 224
    - and migraines, 224
- Cortisone
  - alternative to, 170
  - natural vs synthetic, 68, 356
  - potentiates tetracycline, 104
- COX-2 enzyme
  - and copper, 256
  - and Cpn infection, 80
  - and Mycoplasma infection, 119
  - linked to arthritis, 182
  - risks with inhibitors, 297
- Crohn's disease, 10, 170
  - and enzymes, 116
  - and epithelial dysfunction, 59
  - and infection, 230
  - risk, 48
  - tests, 274
  - treatment, 60
- Dairy products
  - allergies, 110, 237
  - and health problems, 230
  - and iron supplements, 260
  - and migraines, 46
  - inactivate tetracycline, 97
  - organic, 249
- Detox, 13, 46, 55, 108, 110, 152, 223, 249, 257, 263, 266, 346, 348, 352
- Diabetes, 11
  - and carbohydrates, 286
  - and dairy products, 230
  - and diet, 220
  - and enzyme imbalance, 114
  - and faulty nutrition, 283
  - and gut bacteria, 143
  - and heart disease, 233
  - and inflammation, 261
  - and insulin, 208
  - and lack of sleep, 76
  - and periodontal disease, 77
  - and sugar, 235
  - and trans-fats, 242
  - drug side effects, 26
  - risks, 74, 167, 225, 370
  - statistics, 233, 287
  - stem cell therapy, 30
  - supplements for, 256, 343
  - treatment, 41, 44, 281, 322
  - vitamin C deficiency, 428
- Diet
  - affects immune system, 9
  - chemicals and additives, 217
  - deficiency
    - and arthritis, 32
    - indicators, 182
  - fiber, 220
  - guidelines, 218
  - salt, 236
  - sugar, 232
- Diseases

436 *Arthritis and Autoimmune Disease:  
The Infection Connection*

- carried by ticks, 144
- treatment in foreign countries, 303
- Diverticulitis
  - and infection, 221
  - cause and treatment, 220
- DMSO
  - for fungal infections, 401
  - for inflammation, 250
  - used on animals, 39
- Drugs
  - "magic bullets", 120
  - conflict with
    - supplements, 32
  - cortisone, 43
  - high cost of, 325
  - immune system-suppressing, 9, 175, 299, 320
  - nonsteroidal anti-inflammatory drugs (NSAIDs)
    - deplete folic acid, 87
    - limit enzyme action, 56
  - overuse, 120
  - prednisone, 362
  - Prednisone, 205
  - side effects
    - aspirin, 237
    - ibuprofen, 239
    - OTC drugs, 30
    - prednisone, 22, 25, 208, 366, 370
  - sulfasalazine
    - for JRA, 28
    - for ulcerative colitis, 27
- Dysbiosis
  - gut imbalance, 106, 111, 160, 267, 284, 332, 368
- E. coli*
  - and biofilms, 272
  - and bladder infection, 73
  - and reactive arthritis, 2
  - and septic arthritis, 174
  - found in RA patients, 72
  - in food, 125
  - resistance, 122
  - resistant to chlorine, 126
  - vaccines for animals, 182
- Eczema
  - role of allergy in, 237
- Emotional Freedom Technique (EFT), 211, 363
- Enzymes
  - action of, 52, 122, 247
  - and asthma, 55
  - and metals, 222
  - beneficial, 205, 224, 232, 236, 259, 288, 312, 333, 398
  - destroyed in milk processing, 228
  - destructive, 14, 182, 192, 250, 261, 299
  - digestive, 56
  - for detoxing, 109
  - made by microbes, 119
  - natural anti-inflammatory, 32
  - suppress Candida, 109
  - suppress H<sub>2</sub>O<sub>2</sub>, 47
  - treat infections, 108
  - types, 111
- Exercise
  - gentle but effective, 206, 214, 215
  - increases antibody production, 64

- jogging, 206
- strength training, 207
- Fiber
  - benefits, 107, 225, 395
    - for asthma, 59
    - for immune system, 60
    - lowers cholesterol, 220
- Fibromyalgia (FMS)
  - and cholesterol, 245
  - and co-infections, 72, 128, 137, 315
  - and CoQ<sub>10</sub>, 254
  - and DMSO, 38
  - and fatigue, 209
  - and low blood pressure, 157
  - caused by biotoxins, 156
  - epidemic status, 155
  - excess fibrin, 114
  - symptoms common to
    - Gulf War Illness, 142
    - Lyme Disease, 146
  - tests for, 157, 194
  - thyroid dysfunction, 157, 200
  - treatment, 20, 41, 135, 166, 189, 207, 219, 291, 372, 386, 389
- Food
  - affects immune system, 59
  - allergies, 123
  - and chronic illness, 32
  - antibiotics in, 123
  - best source for calcium, 21
  - contributes to infection, 82
  - cravings, 75, 263
  - enzymes in, 111
  - essential fats, 113
  - folic acid from, 87
    - for a healthy gut, 109
    - histamine poisoning, 55
    - inadequate fiber, 60
    - junk, 13, 242, 395, 420
    - organic, 64
    - safety, 125
    - that favors bacteria, 107
    - triggers allergies, 46
- Food and Drug Administration (FDA), 125
  - amalgam safety, 223
  - and blood supply, 180
  - and oxygen treatments, 44
  - animal feed additives, 123
  - approval
    - 714X treatment, 305
    - cancer treatment, 65
    - Candidiasis test, 108
    - DMSO, 37
    - Enbrel, 296
    - genome chip, 277
    - new drugs, 275
    - tests, 203
    - tigecycline, 122
    - treatments, 327
    - UVBI treatment, 41
    - vaccines, 140
  - aspartame, 191
  - cleanliness standards, 228
  - dietary guidelines, 251
  - food labeling, 241
  - food safety, 125, 282
  - hyaluronic acid treatment, 262
  - pathogen database, 312
  - pathogen research, 323
  - recommended daily allowance, 258, 284
  - safety standards, 225

438 *Arthritis and Autoimmune Disease:  
The Infection Connection*

- Stevia, 234
  - supplement labeling, 253
  - supplement regulation, 342
  - ultrasound settings, 162
- Gastrointestinal (GI) Tract
  - and antibiotics, 106, 110
  - and arthritis symptoms, 9
  - and aspirin, 238
  - and autism, 160
  - and dairy products, 230
  - and ibuprofen, 239
  - and metal toxicity, 258
  - and RA, 6, 183
  - antibodies in, 63
  - barrier to infection, 49,  
104, 122
  - cancer, 350
  - cholesterol drug side  
effects, 154
  - drug risks, 368
  - infection, 95, 137, 174,  
195, 332
  - pathogens in, 136, 266
  - supplements, 246
- Genes
  - linked to disease, 91, 124,  
130, 195
- Genome
  - chip, 277
  - decoding, 259, 260, 275
  - DNA integration, 133
  - viral, 42, 82, 134, 267, 282
- Gluten, 10, 76, 108, 161, 183,  
194, 217, 237
- Gold salts, 23, 27, 92, 224
- Gout, 3, 69
- Gulf War Illness (GWI), 89
  - multiple vaccines, 140
  - symptoms, 142
- Heart disease
  - and aspirin, 237
  - and carbohydrates, 286
  - and cholesterol, 244, 247,  
264
  - and CoQ<sub>10</sub>, 256
  - and dairy products, 230
  - and diabetes, 233
  - and diet, 248
  - and drug interaction, 367
  - and faulty nutrition, 283
  - and HSV, 173
  - and magnesium, 238, 257
  - and stress, 208
  - and sugar, 232
  - and trans-fats, 242
  - and vaccines, 319
  - arterial plaque, 232
  - as deadly as RA, 358
  - CoQ<sub>10</sub>, 83, 426
  - risks, 74, 297, 369
  - role of Cpn, 80
  - testing, 190, 202, 280
  - treatment, 243, 322
  - vitamin C deficiency, 221
- Herbs
  - dosage cautions, 342, 346,  
349, 355
  - for immune system, 345
  - for RA symptom relief,  
341
  - inhibit bacteria, 349, 350,  
355
  - inhibit cholesterol, 352
  - potency, 343
  - regulation of, 342
- High blood pressure
  - and barberry, 344
  - and carbohydrates, 286



- and CoQ<sub>10</sub>, 254
- and diet, 220, 243
- and excess fibrin, 114
- and insulin, 74
- and lack of sleep, 76
- and licorice, 27
- and lymph fluid, 273
- and stress, 301
- treatment, 212
- Homeopathy
  - compared to
    - immunization, 34
  - examples, 35, 93, 124
  - remedy interactions, 35
- Hormones
  - added to animal feed, 123
  - and blood sugar balance, 233
  - and cholesterol, 247
  - and immune system, 65, 113
  - and thyroid, 157, 200
  - cortisol and stress, 73
  - in birth control pills, 165
  - in meat, 220
  - made by ingested food molecules, 260
  - made by the thymus, 46
  - regulate digestion, 68
  - therapy for RA, 67
- Human Genome Project, 259, 317, 324
- Hyaluronic acid treatment, 262
- Hydrogen peroxide
  - treatment, 47
- Hyperbaric oxygen therapy (HBOT)
  - for anaerobic infections, 44, 142, 397
  - for autism, 158
  - for blood poisoning, 426
  - for diabetes wounds, 45
  - for Gulf War Illness, 142
  - for MS, 145
  - for RA, 99, 101
  - for stroke, 158
- Hypnosis
  - during surgery, 210
  - to manage stress and pain, 210
- Immune system
  - and dormant infection, 199
  - dysfunction, 9, 44, 175
  - effect of diet on, 216
  - improving, 255, 333
  - types of antibody response, 62
- Infection
  - after food poisoning, 195
  - amoebic, 169
  - bacterial, 1, 3, 43, 105, 129, 131, 143, 159, 328, 352, 391, 392
    - and folic acid
      - destruction, 103
  - childhood, 71, 120
    - Otitis media*, 90
  - dormant, 199
  - fungal, 2, 120, 159, 328, 392
  - GI tract, 95, 106, 174, 195, 332
  - malaria, 86
  - most common cause of disease, 45
  - multiple infections, 319

440 *Arthritis and Autoimmune Disease:  
The Infection Connection*

- Mycoplasma, 85, 87, 88,
  - 90, 99, 119, 121, 135,
  - 137, 139, 142, 143, 149,
  - 157, 159, 175, 197, 200,
  - 322, 335, 361, 377, 403
- opportunistic, 132
- respiratory, 48, 79, 84, 96,
  - 101, 102, 104, 114, 122,
  - 129, 131, 134, 137, 175,
  - 189, 193, 196, 247, 258,
  - 274, 313, 329, 332, 349,
  - 351, 356, 376
- sinus, 165
- strep throat, 119
- types in Persian Gulf, 139
- urinary tract, 2, 72, 104,
  - 189, 195, 263, 344
- viral, 1, 40, 42, 43, 45, 53,
  - 62, 66, 81, 88, 105, 120,
  - 128, 129, 131, 134, 143,
  - 159, 161, 176, 179, 181,
  - 190, 194, 198, 213, 241,
  - 246, 257, 263, 264, 267,
  - 288, 305, 328, 352, 391,
  - 392, 394, 404, 425
- Inflammation
  - and cortisone, 74
  - and hormones, 68
  - caused by allergy, 183
  - destroys cartilage, 13
  - in Alzheimer's Disease, 82
  - in autism, 161
  - in cancer, 261
  - in *Chlamydia pneumoniae*,
    - 80
  - in diabetes, 242, 261
  - in RA, 69, 70, 375
  - location
    - coronary arteries, 78,
      - 173, 206
    - eye, 3, 200, 203
    - gums, 77
    - gut, 59, 79, 161, 183
    - heart, 202
    - joints, 1, 5, 18, 50, 202,
      - 215, 356, 377
    - liver, 179
    - nerves, 346, 428
    - sinus, 124
    - spine, 1, 195, 215
    - tendons, 6, 356
    - tissues, 344, 419
  - reaction to toxins, 117, 283
  - systemic, 8, 12, 60, 63,
    - 187, 208, 332
  - treatment, 19, 25, 28, 31,
    - 37, 42, 46, 43, 56, 93,
    - 109, 112, 114, 158, 167,
    - 185, 251, 264, 316, 320,
    - 330, 341, 356, 428
  - trigger, 69
- Influenza pandemic
  - Hong Kong flu (1968), 134
  - SARS (2003), 134
  - Spanish Flu (1918), 133
- Insecticides
  - dangers, 43, 335
  - overuse, 120
- Irradiation
  - blood purification
    - treatment, 41
- Irritable Bowel Syndrome/Inflammatory Bowel Disease (IBS/IBD),
  - 27, 96, 109, 115, 183, 197,
  - 322

- Jarisch-Herxheimer reaction,  
 34, 44, 93, 95, 101, 103,  
 138, 189, 217, 265, 311,  
 320, 321, 335, 352, 359,  
 385, 393, 425
- Joints  
 blood supply, 5  
 cartilage in, 14  
 collagen in, 5, 12, 15, 56,  
 83, 170, 193, 261, 378  
 deformity from RA, 6  
 effects of weather changes,  
 altitude, 101  
 pain, 4, 19  
 swollen, 17  
 toxins trapped in, 13, 117
- Kinesiology  
 diagnosing and treating  
 allergy, 205  
 relieves inflammation, 185
- Koch's postulates, 292
- Low blood pressure  
 and Fibromyalgia, 157  
 and stress, 208
- Lupus, 11, 28, 63, 357  
 and estrogen, 68  
 and infection, 84, 164, 188,  
 316, 377, 403  
 genetic factor, 195, 261  
 herbs for, 344  
 symptoms, 12  
 test results, 190, 198  
 treatment, 41, 143
- Lyme Disease  
 carriers, 147  
 co-infections, 72, 137, 146  
 contraindicated treatment,  
 152  
 spirochete, 171  
 symptoms, 144, 149, 154
- Malaria  
 drug for *M. pneumoniae*  
 and Cpn, 81  
 drug resistant, 155  
 drugs for Babesiosis, 321  
 microbe life cycle, 316  
 similar to Babesiosis, 144  
 synergy with HIV, 175  
 treatment, 93, 331, 349,  
 401  
 vaccine, 182
- Massage  
 benefits, 6, 13, 36, 117,  
 212, 213, 250, 303, 355  
 risk with WD-40, 43
- Meat  
 additives, 125  
 and cholesterol, 243  
 and low vitamin B<sub>12</sub>, 182  
 excess favors bacteria, 107  
 excess in diet, 229  
 hormones in, 220  
 mold toxins, 168  
 organic, 249  
 processed  
 link to leukemia, 226  
 triggers allergy, 46  
 source of taurine, 64
- Meningitis  
 and sepsis, 174  
 aseptic, 10, 269  
 infection, 132  
 linked to *S. pneumoniae*,  
 129  
 symptoms common to  
 Lyme Disease, 146  
 treatment, 119  
 vaccine, 141, 182

442 *Arthritis and Autoimmune Disease:  
The Infection Connection*

Metabolic

- actions of endocrine system, 68, 247
- disorder, 23, 114, 121, 225, 232, 246, 270, 286, 368, 372, 394
- enzymes, 112, 116
- regulation, 46, 200, 207, 259, 262, 264, 266, 351
- Syndrome, 74, 242, 283, 285, 286
- system and sugar, 235

Metronidazole

- for fungal infections, 400
- for Lyme Disease, 149
- for Rheumatoid Arthritis, 171, 393

Migraines

- allergy indicator, 186
- and copper toxicity, 224
- cause and treatment, 46, 357

Minocycline

- benefits of, 98
- cost, 298
- dosage, 39, 390, 392
- tigecycline derivative, 123
- treatment, 321
- treatment for RA, 25, 41, 87, 95, 98, 143, 310, 359, 378

Mold

- allergy symptoms, 166
- and Fibromyalgia, 389
- produces mycotoxins, 165

MSM

- and other vitamins, 32
- oxidized DMSO, 38

Multiple Sclerosis (MS)

- and *Borrelia* infection, 203
- and Cpn, 80
- and dairy products, 230
- and HHV-6, 128, 144
- and *Mycoplasma* infection, 137, 143
- and vitamin C, 144
- and vitamin deficiency, 284
- stem cell therapy, 30
- treatment, 41, 44, 203

Mycoplasmas

- affinity for joints, 84
- bind to fat cells, 118
- cofactors in AIDS, 175
- detected in chronic illness patients, 142
- linked to RA, 119, 193
- M. fermentans (incognitus)* similar to HIV, 182
- tests for, 194
- trigger autoimmune reaction, 91
- vulnerable to tetracycline antibiotics, 86

Mycotoxins, 144, 165, 167, 313

National Institutes of Health

- (NIH), 26, 265
- funding for chronic illness research, 324

Nerves

- absent in cartilage, 18
- affected by polio virus, 213
- affinity of *Borrelia mylophora* for, 203
- and glucose levels, 233
- and histamine reaction, 55

- damaged by HHV-6, 144
- damaged by surgery, 30
- enzymes rejuvenate, 113
- pain in, 16, 216, 302
- supplements for, 255, 257
- targets for infection, 270
- Nutrition
  - adjunct to therapy, 142, 206, 270, 298, 307, 318, 333, 390, 426
  - affects red blood cells, 202
  - analysis, 182
  - and aging, 6
  - and allergies, 185
  - and artificial sweeteners, 286
  - and autoimmune disorders, 99
  - and blood circulation, 251
  - and cancer, 236
  - and carbohydrates, 247
  - and child development, 17, 228
  - and Chinese medicine, 36
  - and fats, 240, 241
  - and food labels, 251
  - and heart disease, 221
  - and Osteoarthritis, 13
  - and rheumatic disease, 171
  - and supplements, 254, 258, 268, 284, 420
  - and thyroid dysfunction, 200
  - deficiency, 263
  - guidelines, 103, 152, 218, 283, 302, 360, 361
  - limiting sugar, 364
  - need for public education on, 328
  - patient profile, 32, 116, 263, 332
  - role in chronic illness, 144, 319, 394
- Osteoarthritis
  - and inflammation, 94
- Osteoarthritis (OA)
  - and faulty nutrition, 13
  - bone destruction, 17
  - differs from RA, 17
  - statistics, 13
  - treatment, 18, 20, 172
- Osteoporosis
  - and dairy products, 230
  - and diet, 21
  - and fish oil, 21
  - and nutrition, 182
  - and supplements, 260
  - drug side effects, 25
  - effects of caffeine on, 260
  - linked to protein excess, 230
  - prednisone-induced, 208
  - preventing, 207
  - risks, 370
- Oxygen
  - dangers of ozone, 46
  - pathogen's need for, 101
  - suppresses anaerobic organisms, 206, 350
  - treatments, 43
- Pets
  - allergies, 206
  - arthritis in, 19, 212
  - bacteria in drinking water, 271
  - carcinogens in food, 242
  - stem cell therapy, 428
- Pneumonia

444 *Arthritis and Autoimmune Disease:  
The Infection Connection*

- example of Mycoplasma infection, 88, 134
- Psoriasis
  - and arthritis, 1
  - side effect of TNF blockers, 296
  - treatment, 211
- Quinine
  - antibacterial, 321
  - anti-inflammatory, 93
  - for arthritis, 92, 326
  - for Cpn, 81
  - for infections, 393
  - for Mycoplasma, 81
  - for Restless Leg Syndrome, 93
- Reactive Arthritis, 128, 195
- Research
  - funding for, 176, 184, 323, 330, 335
  - on effects of drugs, 320
  - on the Internet, 294
  - tools needed for, 312
- Rheumatoid Arthritis (RA)
  - and Candidiasis, 164
  - and cartilage destruction, 13
  - and dental infection, 78
  - and depression, 182
  - and gastrointestinal problems, 6
  - and gluten allergy, 183
  - and immune system, 12
  - and infection, 72, 188, 198
  - and Mycoplasma infection, 99, 119, 137, 149, 378
  - and vitamin D deficiency, 364
  - antibiotic protocol, 87, 88, 92, 96, 295, 359, 380
  - calcium nodules, 3, 373
  - differs from OA, 17
  - fish oil for, 347
  - genetic factor, 195
  - herbs for, 344
  - in joints, 7
  - inflammation, 5, 8, 13, 50, 69, 94, 117, 188
    - gold salts for, 28
  - Juvenile (JRA), 201
  - resembles Lyme Disease, 145
  - R-factor, 7, 139, 191
  - statistics, 8, 143, 196, 357, 368
  - supplements, 257, 258
  - symptoms, 101, 230, 332, 374, 387
  - tests, 198, 403
  - transmission, 9, 132
  - treatment, 23, 25, 27, 40, 43, 67, 98, 113, 135, 169, 171, 172, 203, 209, 210, 260, 276, 299, 309, 320, 326, 335, 343, 366, 371, 383, 391
  - trigger, 127, 363
- Salmonella, 72, 117
  - vaccine, 183
- Sarcoidosis
  - and infection, 315
  - and R-factor, 139
  - and vitamin D toxicity, 117, 228, 291
  - inflammation, 69
  - treatment, 92, 135
- Scleroderma

- and DMSO, 38
- and infection, 84, 315
- symptoms, 1
- test, 191
- treatment, 357, 361, 384, 390
- Sinusitis
  - and allergy to mold, 165
  - homeopathic remedy, 124
- Skin
  - collagen in, 5, 16
  - dermatitis, 166
  - eczema, 237
- Spine
  - and stem cell therapy, 428
  - arthritis gene, 201
  - compression, 17
  - inflammation, 195, 215
  - location of Ankylosing Spondylitis, 1
  - pressure on nerves in, 216
  - surgery, 29
- Staphylococcus
  - cause of
    - cartilage damage, 14
    - necrotizing disease, 45
    - urinary tract infections, 73
  - co-infection with Lyme Disease, 153
  - how spread, 133
  - infection (MRSA), 119, 125
  - linked to septic arthritis, 3
  - resistant to penicillin, 120
  - treat with vitamin C, 425
- Stem cell
  - location, 23, 47
  - maturation, 263, 316
  - structure, 66
  - therapy, 16, 30, 41, 270, 428
- Streptococcus
  - and good bacteria, 226
  - and Herx reaction, 102
  - antibiotics for, 87, 94, 123
  - chronic infection, 186
  - damages cartilage, 14
  - flesh-eating bacteria, 128
  - in reactive arthritis, 2
  - inhibit with herbs, 355
  - linked to rheumatic illness, 71, 127, 190, 381
  - produces necrotizing toxins, 45
  - strep throat, 88, 119
  - test for antigens, 196
  - transmission, 131
  - treatment, 224
  - triggered by flu virus, 90
  - vaccine, 119, 129
- Stress
  - affects immune system, 9, 73
  - allergy-induced, 187
  - how to relieve, 210, 211
- Stroke, 38, 39, 45, 74, 77, 80, 114, 132, 158, 190, 215, 221, 232, 237, 238, 243, 244, 297, 367, 426
  - hypnosis for recovery, 211
- Sugar
  - adverse effects, 205, 216, 227, 286, 364, 385, 395
  - and cancer, 235
  - and chronic illness, 262, 299
  - and diabetes, 235

446 *Arthritis and Autoimmune Disease:  
The Infection Connection*

- and ketosis, 285
- and yeast infection, 383
- avoiding, 219, 333, 362
- from corn, 234
- in blood, 220, 232, 259, 421
- in fast food, 394
- in fruit juice, 227
- in milk, 231
- inhibits calcium, 229
- natural, 345, 347, 399
- Supplements
  - dosage cautions, 341, 348
  - for bone health, 21
  - for gut balance, 110
  - for healthy immune system, 255, 352
  - for MS, 145
  - for vegetarians, 259
  - minerals, 32
  - to rebuild cartilage, 261
- Surgery
  - alternative, 20, 280
  - arthroscopic, 29
  - complications after, 30
  - dental, 78
  - for joints, 13, 29
  - infection following, 44
  - influence of herb/drug interactions, 32, 33
  - recovery after, 215
  - tonsils, 43
  - unnecessary, 48, 165
  - vitamin C for healing, 427
- T-cells
  - invaded by pathogens, 91
- Tests
  - accuracy problems, 314
  - allergy, 183, 218
  - anti-toxin, 324
  - bone density scan, 13, 22
  - CRP, 190
  - diagnostic, 308
  - electron microscope, 192
  - ESR ("sed rate"), 188
  - factors influencing, 194
  - for Lyme Disease, 150
  - genetic marker, 195
  - hair analysis, 206
  - Magnetic Resonance
    - Imaging (MRI), 29, 69
  - microscopy, 203
  - MRI, 5
  - PCR analysis of synovial fluid, 72
  - self-test for allergies, 184
  - thyroid dysfunction, 200
  - using biochip technology, 278, 280
- Thymus
  - importance to immune system, 46
- Thyroid
  - and caffeine, 260
  - dysfunction
    - linked to infection, 200
- Ticks
  - Lyme Disease carriers, 147
- Tonsils
  - importance to immune system, 47
- Total Body Modification (TBM), 205, 214
- Toxins
  - and Cpn, 80
  - and gut dysfunction, 111, 161



- and Herx reaction, 189, 321
- and Lyme Disease, 152, 154, 167, 207
- antibody reaction to, 121
- as allergens, 166
- as antigens, 100
- C. difficile*, 106
- carcinogenic, 105
- flushing, 13, 109, 117, 180, 217, 226, 249, 263, 299, 332, 341, 352, 401, 425
- in mold, 168
- in root canal, 78
- tests for, 156
- USDA limits on, 241
- Treatment
  - antibiotic
    - acceptance, 295
    - protocol, 95, 311
    - statistics, 143
  - authorization, 325
  - hyperbaric oxygen, 44
  - obstacles to effective, 314
  - of MS with doxycycline, 203
  - prolotherapy, 19
  - ultraviolet light, 40, 211, 303
- Tuberculosis (TB), 118, 175
  - streptomycin treatment, 274
- Ulcers, 238
  - and Campylobacter infection, 105
  - and lack of sleep, 76
  - cause and treatment, 26
  - herb interaction, 346, 357
  - side effect of
    - NSAIDs, 369
    - OTC drugs, 30
    - prednisone, 26
- Urinary tract infection (UTI), 2, 72, 104, 189, 195, 263, 344
- Vaccine
  - adjuvants in, 85, 222, 283, 300
  - adverse effects, 129, 183, 319, 329
  - alternative to, 429
  - and autism, 141, 242
  - and oxidative stress, 419
  - approval process, 318
  - can transmit infection, 10
  - clusters and autism, 159
  - clusters and GWI, 140
  - contamination, 258, 270, 307
  - culture medium, 161
  - flu virus mutations, 134
  - for cancer, 309
  - for Hepatitis, 177, 178
  - for *M. pneumoniae*, 119
  - for pneumococcus, 119, 190
  - for *Streptococcus pneumoniae*, 119, 129
  - for West Nile Virus, 146
  - ineffective against
    - complex organisms, 121
  - live MMR, 263, 427
  - polio, 213, 288, 359
  - preparation with UV, 42
  - production, 282
  - safety, 324, 327

448 *Arthritis and Autoimmune Disease:  
The Infection Connection*

- trains immune system, 24, 34
- used with other drugs, 182
- Virus
  - as bioweapon, 282
  - Epstein-Barr, 175
  - Hepatitis (A - E), 176
  - HIV, 175
  - photopheresis treatment, 42
- Vitamins
  - A, 32, 59, 123, 159, 232, 255, 262, 264, 344
  - B<sub>1</sub>, 344
  - B<sub>12</sub>, 50, 97, 145, 160, 182, 220, 255, 259, 260, 344
  - B<sub>2</sub>, 96, 397
  - B<sub>3</sub>, 97
  - B<sub>5</sub>, 345
  - B<sub>6</sub>, 12, 96, 103, 255, 260, 344
  - B-complex, 12, 123, 255, 284, 395, 428
  - C, 132, 227, 255, 307, 344
    - alternative to vaccine, 270, 288, 429
    - and Lyme Disease, 154, 167
    - antibacterial, 92
    - antihistamine, 47, 103, 123
    - anti-inflammatory, 117
    - antioxidant, 83, 284
    - anti-toxin, 180, 224, 425, 429
    - antiviral, 144, 146, 160, 288
    - cancer treatment, 289
    - deficiency, 55, 77, 221, 245, 247
    - depletion, 25, 239, 302
    - detoxes metals, 258
    - fight arterial plaque, 232, 264
    - interactions, 32, 49, 97, 285
    - modulates cortisol, 76
    - promotes healing, 427
    - side effects, 428
    - sources, 419
    - stabilizes collagen, 12, 16, 261
    - suggested dosage, 206, 252, 325, 421, 423
  - D, 59, 256, 284, 347
  - E, 32, 123, 256, 284, 344, 345
  - K, 97, 344
- Water
  - and Fibromyalgia, 157
  - filtration systems, 272
  - flushes toxins, 219, 250
  - importance for cartilage, 14
- WD-40
  - dangers in using, 43
- Weight
  - and food allergies, 187
  - on joints, 217, 302
- Yeast infection (*Candida albicans*), 35, 95, 194, 197
  - self-testing kits, 165
  - supplements for, 107, 345, 349
- Zinc
  - lozenges for cold symptoms, 258