

# Discovery of HIV (AIDS) Virus

by Clark M. Thomas

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Acquired Immune Deficiency Syndrome (AIDS) was first described in America in 1981. African HIV viruses predate 1981 by many years, possibly hundreds of years. In 1983 the virus itself (actually more than one variant) was discovered by scientists at Paris' Pasteur Institute, and they were later awarded the Nobel Prize, along with expectations for a speedy vaccine cure. Dr. Gallo in America was close on their heels, but the French got the glory.

Previous to anybody publishing their laboratory discovery there was no known cause of this syndrome, and no treatment. That's where I naively and curiously stumbled into the picture:

In 1983 I was in Santa Fe, New Mexico. I had just been appointed editor of the nationally respected tabloid monthly, *New Life News*, published by a large local natural foods co-op with 5,000 members in a city of 50,000. I had also formally studied for a year with the nation's top clinical herbalist.

When I took over the editorship I looked at the 24 blank pages staring at me, along with some ads, and started building my first edition. I had just heard of a strange malady in Albuquerque that had two afflicted people, both of whom died. What caught my interest was that nobody knew how or why they died. The French HIV discovery was not yet published.

It took me about five minutes of thinking to figure out that the mystery Albuquerque deaths were caused by a virus, and clearly nothing else. I also worked up a seed-and-soil model for its treatment, explained in a later booklet. I never had a laboratory to isolate that mystery pathogen, so no Nobel Prize for me. That's fair, since diligent scientists had been puzzling over this elusive problem since 1981.

Being the new editor, I had freedom to insert whatever articles I chose. I placed on page 20 of the 24 pages a half-page article, complete with an original commissioned illustration. *[View it below at 300% zoom.]* The previous editor sharply chastised me for wasting space on something not worth writing about, since there had only been two deaths in another New Mexico city.

Two years later I was living in Dallas near the epicenter of the Dallas gay culture, and also working as editor for another local publication. By then I was ready to come up with a booklet for AIDS sufferers. I wrote a thirty-page manuscript and distributed it for free within Dallas and Houston: *Aid Your Immune System* was a valuable resource, but was not accepted by most of its intended readers for three reasons: One, I was not an MD (as if MDs had anything to offer back then). Two, I was married and not gay (as if gays had some special empathy or insight). Three, I didn't offer a magic pill, but instead prescribed a collection of botanicals and individual actions that could help. I no longer have any copies of that 1985 booklet.

## Natural Therapies for A.I.D.S.?

by Clark M. Thomas

Every few years a new disease captures the headlines. Just as some were getting bored hearing about herpes on every other talk show, along came Acquired Immune Deficiency Syndrome (AIDS). Beyond the media hype, however, lies the tragedy of over 1,000 Americans recently afflicted with the baffling failure of their immune systems, leading to a 40% death rate from subsequent diseases.

Organized medicine has no answers, just a few working hypotheses. There is no successful protocol of

humans the most common victims have been Haitians, gays, hemophiliacs, and intravenous drug abusers.

As a trained clinical herbalist I believe some "old fashioned" ideas and therapies should be tried against AIDS by modern physicians. Lassa fever was contained when the *Mastomys natalensis* rat was removed from villages (public hygiene), and victims were rescued by plasma transfusions from recovered individuals (vaccination, an 18th century idea).

Certain herbs and vitamins can stimulate the immune system. There

world what might be tried clinically: *Echinacea angustifolia* tincture is a powerful blood cleanser. It specifically excites the activity of white blood cells, among its other alterative virtues. Other herbs may help, such as *Clivia miniata* (Kaffir lily), *Thymus vulgaris* (thyme), and *Allium sativum* (garlic). Allied with these powerful botanicals should be herbs to stimulate the liver, and active enzymes from chlorophyll-rich vegetables. There are also many herbal ways to manage acute disease symptoms (such as fever, or diarrhea) without recourse to toxic synthetics.

Vitamin C in massive dosages has been shown to be helpful with acute viral invasions. Part of its healing powers may be due to this vitamin's ability to stimulate the body's own interferon. Aspirin, a common palliative for viral conditions, has a depressive effect on the body's interferon.

Natural therapies seek to build the body's immune system, from a wholistic perspective of the body as an energy field. Modern science has generally learned to look for details, at the expense of the whole view. Chemotherapy for cancer is allopathic medicine's multibillion-dollar fiasco. Why has chemotherapy generally failed? Simply, chemotherapy damages the body's immune system while it destroys a few cancer cells.

1983 could become a year of reconciliation for medicine in America. Wisdom from the past could join with



technology of the present, through the search for an effective treatment of AIDS. With this joint victory achieved, healers of all stripes could march together against other critical diseases.

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therapy. People are dying just as westerners once did when they contracted Lassa fever in Africa during an outbreak in the late 1960s. Lassa fever has been traced to a rodent carrier—but today's fears are centered around human blood and other human fluids as the carrier. Primates are now believed to have an AIDS-type syndrome, with equal mortality. Among

are naturopathic therapies which stimulate the body to cleanse itself through circulating humors. Acupuncture and other so-called New Age modalities could be brought to the fight. AIDS is probably of viral origin, and viruses can usually be handled better by natural therapies than by viricidal synthetic drugs.

Let me illustrate from the herbal

### Board report continued from page 14

Kalish, and Gretchen Nordstrom were officially voted in on February 22.

\* With a full Board now in place, we can

- (4 porciones)
- 1 cebolla mediana, picada
  - 1 tallo de apio, picado
  - 1 zanahoria pequeña, picada
  - 1 cucharada de aceite
  - 1 libra de Carne Molida
  - 1 libra de TOFU, molido con tenedor
  - 2 huevos
  - 1 cucharada de salsa Worcestershire
  - 2 cucharadas de pan rallado
  - sal de ajo y pimienta al gusto

At the same time, the Board thanked Allen for her volunteer time. They authorized Rick Allen to hire others

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ble primarily to the Board. It was feared that serving two interests would hinder the secretary's ability to meet the

\* Disappointment and anger was conveyed to the Board by workers at the Warehouse about the "..."

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