



hepc.bull

BC's Hepatitis C News Bulletin

"Promoting HCV Wellness"

May, 1996

MEMBERSHIP DESK by Jim Lodge

First, I would like to say thank you to the many volunteers who have already come forward after our appeal for help. The load which was escalating on a few members is now much lighter. However, as we all know, Hepatitis C, with it's up and down days, leaves a void here and there at times, so I feel that we should continue our appeal a little longer until we have a back up to take care of those down times. The list is the same and is as follows:-

Library -
Joan Diemecke 479-5290
Ingrid Brundin 920-5708
Fund-raising -
Ryta Tracy 475-1860
Publicity -
David Smith 658-4991
Afternoon meeting minute taker -
Rae Supeene 478-1974
Telephoning -
Priscilla Ekman 652-6499
Tea and Cookie helpers at meetings -
Joy Hull 656-4938
Info Packet Project -
Rae Supeene 478-1974

Please contact the coordinator listed, or phone me at 386-8227.
A note about Membership in Hepatitis C Survivor's Society:-
To become a member of HeCSS, a membership application form has to be completed, and, with the minimum dues of \$15.00 per year, forwarded to the National Office in Toronto. (This can be done through the Victoria Chapter. Also, the dues can be paid at the rate of \$1.50 per month for the ten months the Victoria Chapter holds meetings in the year). Application forms are available at each meeting or on request. Benefits through the National Office are an Income Tax Receipt, membership through November each year, plus the National News Letter. Your Victoria Chapter benefits, too, by a portion of the dues being returned, to help with our Chapter operating expenses.

Reminder:- Any change of address, phone number or Postal Code, please let me know at your earliest. Thanks.

Jim Lodge 386-8227
Co-chairperson.
Membership Chair

APRIL MEETING -

Our guest speaker was Judith Sedivy, of Living Foods Educational Health Center, 5046 Rocky Point Road, Victoria, BC (Tel. 474-2455), who was assisted by her friend Laurie. They are exponents of the teachings of Ann Wigmore, the "Wheat-grass Lady", whose Hippocrates Health Institute was instituted 37 years ago. Judith talked to us about the use and benefits of learning to prepare and eat "living foods". These foods are basically fruits, vegetables, nuts, and seeds, prepared and eaten raw or only barely cooked, or they can be sprouted or fermented. Samples were passed out generously. Judith also discussed lifestyle changes. The complete minutes can be found in the library. Please call Ingrid at Tel. 920-5708 to borrow them.

ADVICE FROM THE WEB

Dear All,

No, I haven't retired. I have pre-tired. That is where you slow down before you get tired. See, a lot of people believe in purification through fasting. But I think things are already too fast, so I am recommending slowing. In fact, I am just coming off a seven day "slow"-and feel terrific!

During a slow, I take as long to open my eyes as it takes the sun to come over the horizon. When I get out of bed, I do it one cell at a time. The rest of the day is spent doing wait training and 'robics- that is where you sit in your robe and do nothing- and brushing up on my languish arts skills. Yes, I was indeed a harried krishna, but no more. I've shortened my tension span and achieved equal-librium. I feel lighter, brighter and younger. When I started my slow, I was 45 going on 78. Now I feel 33 1/3 - which is perfect if you want to be long-playing. (Anonymous)

INTRABODIES

SAN FRANCISCO, Mar 13 (Reuters) - Chiron Viagene, a subsidiary of Chiron, has entered into a research and development collaboration with the Virus Research Institute of Cambridge, MA.

The two organizations plan to develop intracellular immunizing agents for HIV and other infectious diseases. Intracellular immunization uses gene therapy in combination with "intrabodies," a new class of genetically modified molecules.

Intrabodies are genetically engineered to be expressed within a cell and are designed to inhibit viral functions, such as infection. If successful, intrabodies could protect healthy T-cells from infection by HIV and other viruses.

LIBRARY NEWS

We have had a couple of generous donations to our library this past month:

Two copies of the video "Ozone and the Politics of Medicine", an investigative documentary which has received several awards, have been kindly donated by Sol Preston, our February speaker.

Arnie Lade, of Victoria's Greenspirit Holistic Center, has graciously donated a copy of his latest book, Tao and Dharma, comparing Chinese medicine and Ayurveda.

We also have a generous supply of handouts. Please contact Ingrid to request anything on the library list. Her telephone number is 920-5708. If you don't have a library list, let Joan Diemecke know, and she can make a copy for you. Her number is 479-5290. The library list appeared in the February issue of hepc.bull. All are invited to "browse" through the library at meetings. You must fill out a card to check things out.

The deadline for any contributions to next issue of hepc.bull is May 23rd. Please contact Joan Diemecke at Tel. 479-5290.

NEXT MEETING: May 15, 1996

1 - 3 PM and/or 7-9 PM

St. John the Divine Church Lounge

1611 Quadra St. (Entrance through the rear, marked Annex) A panel of alternative health practitioners, to be announced, will speak.

NOTE:

HeCSS cannot endorse any physician, product or treatment. The guests invited to our group to speak, do so to add to our information only. What they say should not necessarily be considered medical advice. It may help you make an informed decision. Please consult with your health practitioner before considering any therapy or therapy protocol.

BIOGRAPHIES OF OUR MEMBERS

Our Monthly bulletin, hepc.bull, is looking for biographies of our members to print in the upcoming issues. How long have you had Hep C? How has it affected you? What do you do to stay well? Please contact Joan Diemecke at Tel. 479-5290, or send a fax to the same number. You may also send your story through email to her at 103125.1520@compuserve.com

We reserve the right to edit items submitted for publication in hepc.bull. All manuscripts will be kept by the editor, unless you include a stamped, self-addressed envelope, or make other mutually agreeable arrangements.

DAVE'S COLUMN

All right, troops. We have a very important job to do. We must surround the liver and protect it from all invaders. Nothing gets in that's not supposed to. Any sign of unwanted guests -- annihilate 'em!

This is a scenario played over and over again in my mind.

The liver is in constant danger of being swamped by killer Hep C bugs, and in order to keep them at bay, I try to visualize an Arthurian-type phalanx of armour-plated, spear-carrying soldiers standing in formation, facing their commander, who leads them forward to surround the liver, each side by side, facing outward. Here they remain stationary, indefinitely.

It is amazing the control the mind can have over the body's functions. For example, if a doctor tells you that you have cancer and only 2 months to live, chances are good his prediction will come true. If I'd have known last June that I only had 6 weeks to live (information that my wife divulged to me after my transplant), without the resource of visualization or meditation, I may have succumbed to my illness. The fact is, I didn't know, and consequently, I just carried on thinking positively and managing the best I could. If you tell yourself over and over that you're going to beat this thing, then you have a better chance of doing so than if the thought has been planted in your mind that you're going to die within a finite period of time.

Every thought we have sets up a physiological response in our bodies, and it is estimated that we have up to 60,000 thoughts per day. Only problem is, most of them are the same thoughts, day after day. Methods to control our thought processes can be pleasant and varied. Taking a warm bath with candles and incense can increase visualization. Sitting still in a quiet room can also induce desired visual results. For best results, 15 minutes in the morning and evening is all it takes.

Visualizing an army protecting a liver that has 2 strikes against it is a positive way of trying to do what's best. Sitting around worrying about it is not. Having Hep C is bad enough for the liver, but being in a body that constantly wants to reject it only compounds the problem. Visualization hopefully will keep the liver enzymes down within reasonable levels and lessen the effect of damaging inflammation in the long run.

This is not just pie-in-the-sky wishful thinking. Many tests have been done on people to prove this theory and the results have generally been favourable. I don't have actual statistics at my disposal, but our transplant psychologist has explained all this to me at length. One person I know who has Hep C from blood transfusions after being nearly burned to death in a chemical fire was taught self-hypnosis to relieve the pain, because pain-killers were ineffective. It worked for him. He was able to switch off the incredible pain by using his mind.

by David Smith -----

MOTHER-TO-INFANT TRANSMISSION of hepatitis C virus. MEDLINE Database: Resti M; Azzari C; Lega L; Rossi ME; Zammarchi E; Novembre E; Vierucci A Department of Pediatrics, University of Florence, Italy. Acta Paediatr 84: 251-5 (1995) Abstract: Anti-hepatitis C virus (HCV) anti-bodies and HCV-RNA were measured in the sera of 22 anti-HCV positive, HIV-1 negative mothers and their infants. ELISA and RIBA II were used for anti-HCV determination. HCV-RNA was measured by a nested polymerase chain reaction. HCV-RNA was found in 12 of 22 mothers. All 22 children were followed for 12 months. All

were anti-HCV positive by the fourth month; 18 became anti- HCV negative between the 8th and 12th month. HCV-RNA was detected in 5 of 22 infants in the fourth month. They remained HCV-RNA positive. All children born to HCV-RNA negative mothers were HCV-RNA negative while 5 of 12 babies born to HCV-RNA positive mothers were infected. All five infected babies were born to mothers infected through transfusions or drug use. ALT levels in mothers seemed to have no effect on mother-to-infant transmission. Hence evidence for perinatal transmission of HCV from HCV-RNA positive mothers was demonstrated in the present study.

RETICULOSE

(Advanced Viral Research) Hallandale, Fla.

---(Business Wire) -- April 18, 1996 Advanced Viral Research Corp. (OTC:ADVR) announced today that an abstract entitled "Peptide Nucleic Acids Stimulate Gamma Interferon and Inhibit Replication of Human Immunodeficiency Virus" by Shalom Z. Hirschman M.D., director of the Division of Infectious Diseases of Mt. Sinai School of Medicine, N.Y., was accepted for presentation at the Biomedicine '96 meeting to be held in Washington, D.C., May 3-6, 1996. Commenting on the abstract, Dr. Hirschman said, "Reticulose inhibits replication of the human immunodeficiency virus (HIV) in cell culture systems." He further stated, "experiments designed to examine the mechanism by which Reticulose inhibited HIV replication revealed that Reticulose stimulated the production of gamma interferon, a most important substance in the human immune system's attack on viruses and tumors."

Dr. Hirschman added, "it is well known that a drug capable of stimulating the body's production of gamma interferon --as (Hirschman) discovered Reticulose does -- has long been sought by medical and pharmaceutical researchers."

Dr. Hirschman further stated, "the results of the research at Mt. Sinai establish Reticulose as a new tool for the study of human immune functions and open new directions for the treatment of AIDS. Furthermore, based upon these results, it may be expected that additional investigations will lead to the commencement of clinical trials using Reticulose as a treatment for AIDS."

Reticulose is a non-toxic, peptide nucleic acid preparation by Advanced Viral Research Corp. which, based on previous history, has been shown to be effective against a number of viral diseases.

CONTACT:

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or

KCSA Public Relations, New York
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