

# Breakthroughs for Chronic Fatigue/Fibromyalgia, Allergic Disorders, Candidiasis, Parasites and Permeability

by Steven Rochlitz

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Much of chronic, degenerative, physical and "emotional" illness is ultimately caused by allergies. Specific recent maladies are known to be intimately tied to allergies. These include Chronic Fatigue Syndrome (CFS), Fibromyalgia, Candidiasis, Parasitosis, environmental illness, MCS (Multiple Chemical Sensitivities). This article has several goals. First to demonstrate the link between all these maladies, secondly to hypothesize common cause(s), and thirdly, to briefly describe a plan of action. As a physicist, this author realizes that there are a potentially infinite number of "treatment" options for an illness. However, only a methodology that deals with the earliest possible cause(s) can be the most effective.

After researching the above maladies since the 1970's (and unfortunate personal experience with them as well), it became clear to this author, ten years ago, that there are common links in all these illnesses. They are, in fact, variants of one disorder. I propose a term, which encompasses these ills and their cause and treatment: PPDEI. Parasitosis Permeability Disorder (with accompanying) Energy Imbalance. The remainder of this article will clarify the factors in this acronym.

All of these maladies have some set of severe food, chemical, electromagnetic, and pollen allergies as the cause of much symptomatology. Of course, fibromyalgia is the term that orthodox physicians use for chronic fatigue and muscle/joint pain. In those quarters, only drugs are considered for treatment and so those patients often do not ever learn of their severe allergic states (and blood sugar anomalies) until they see more holistic practitioners who might then find the different types of allergies. In fact, this kinesiologist realized years ago that some of the pain points listed for "fibromyalgia" are none other than the Chapman neurolymphatic reflex points that *must* be rubbed if wellness is to be attained! (Rubbing these points can increase lymph flow to associated organs and meridians. When these reflex points are out of balance, they are painful and there can be general debilitation.)

Let us return to allergies which plague all the sufferers of these linked maladies.

The cause of the type of allergy we are discussing is *permeability*. People afflicted with these maladies do not usually possess the original, high-IgE, classical, allergic responses. They suffer because their bodies have become hyper-permeable to the outside world. The gastrointestinal tract is too permeable, allowing food constituents to enter the blood improperly and cause reactions *directly*, not through an IgE-mediated response. (Seemingly paradoxically, a hyper-permeable gastrointestinal tract often simultaneously leads to a *lessening* of absorbability of many nutrients.) But the gastrointestinal tract can even allow pollens and chemicals to enter the blood too! The breathing apparatus and the skin, and their mucous membranes can become hyper-permeable also and allow for chemicals (or pollens) to enter the blood through these routes. (This is why we don't use the term, "leaky gut." We believe that more than just the gut is leaky, and permeability is a better term.) Electromagnetic sensitivities, we shall learn, can have a similar etiology to chemical sensitivities.

What causes these severe permeability states? Severe gastrointestinal permeability may be caused by several factors. But the most frequent cause is protozoan parasite toxins, usually arising from *Entamoeba histolytica* or *Giardia lamblia*. With severe, immediate and "universal" food allergies, the above amoeba will usually be causative. Unfortunately both the usual medical stool tests and the one commonly used by alternative practitioners have a great inability to detect these protozoans. Only the rectal swab (Parrish-Bueno) test, or an enlightened use of Advanced Kinesiology methods is accurate in our experience. While some authors want to blame certain worms for all illness, we have found this is rarely the case. Though liver flukes or other worms are harmful to the human host and should be eradicated when found, we have ascertained that worms do not usually cause severe permeability and are relatively rare in comparison to amoebiasis or giardiasis.

Though intestinal parasitosis may be accompanied by diarrhea, constipation, or foul stool odors, some people suffer from allergies, environmental illness, MCS, Chronic Fatigue Syndrome, Candidiasis

and Fibromyalgia even though the amount of intestinal parasitosis may be quite small and none of these intestinal symptoms need be present. That is, in some people, the *smallest amount of protozoan overgrowth immediately triggers permeability and energy imbalance*, and the other changes cited in this article. But it is interesting to note that many with food, chemical and electromagnetic allergies ignore their diarrhea or constipation and thus the ultimate cause of their problems. Once the gastrointestinal tract is hyper-permeable, caffeine, sugar, wheat, dairy, corn and yeast/mold often cause severe allergy or addiction or both, and should be completely eliminated. Eating *any* food often may result in a severe allergic reaction. Many sufferers end up eating foods everyday that were once safe and thus the formerly, safe foods become their worst foods unknowingly. Food rotation thus becomes necessary, though it is not a cure.

Vitamins, vitamin injections, and neutralizations often become allergenic and are also seen here as not dealing with the cause of the problem. Homeopathic remedies become problematic as they usually come in sucrose, lactose or alcohol - all highly allergenic. Two decades of experience has also revealed that energy balancing *alone* - whether via kinesiology, or homeopathy, or acupuncture - is insufficient to kill off strong "critters" such as protozoan parasites. "Strengthening the immune system" is the cry now heard continually. But we must never lose sight of two facts. 1) That eliminating the parasite (or other) toxins that are the *cause* of the weak immune system is the primary goal, and 2) Specific, anti-parasite agents (herbs or drugs), *not* general "immune boosters" are what is needed!

Now we have found that chemical and electromagnetic allergies usually have a viral etiology. Epstein-Barr Virus (most frequently), or Cytomegalovirus (CMV), or Coxsackie or Herpes variants or other viruses, or all of these may be the causative agent(s) for chemical and electromagnetic allergies. Electromagnetic allergies may also arise from mercury or other heavy metal toxicity. To detect heavy metal toxicities, everyone should have a hair mineral analysis regularly. We believe that nearly everyone has the above viruses

within themselves. The problem only arises when one or more of these viruses runs rampant. And the usual prerequisite for this type of rampant, viral syndrome is none other than the same cause of severe gastrointestinal permeability: protozoan parasite toxins. But we see one difference between a sufferer of severe food, chemical and/or electromagnetic allergies, and another sufferer who truly possesses only food allergies. Both will have protozoan parasitosis and gastrointestinal permeability. But the former will also have the viral syndrome as well, while the latter will not. Only full antibody panels (or Advanced Kinesiology) reveal the Chronic Epstein-Barr Virus, or CMV, or Coxsackie, or Herpes presence or the immune response to them. Unfortunately many who suffer from, and/or treat, chemical and electromagnetic allergies have no knowledge of the *causative* factors described above. It is common to read "chemical exposure causes chemical allergies" and "electromagnetic exposure causes electromagnetic allergies." While we should avoid these unnatural, toxic things as much as possible, it is *not* the exposure that causes the sensitivities, otherwise the entire population would have them. Most of the time, a sufferer feels the allergic responses to chemicals or electromagnetic fields *after* s/he has developed overgrowths of (and internal energy imbalance from) the above cited microorganisms!

Now *Candida albicans* continues to be blamed for almost everything by some. But 80-90% of the time that such claims are made, chronic Candidiasis either is not actually present, or has long ago been killed off, or – if present – is secondary to protozoan parasitosis. Of course, *Candida albicans* does lead to its own unfolding of specific illness, which we have revealed even includes learning disorders/dyslexia and ADD/ADHD. Indeed, in 1984, this researcher hypothesized that acetaldehyde from *Candida* overgrowth in the mother would be able to cross the placental barrier and affect the fetus' brain resulting in corpus callosum anomalies by blocking acetylcholine receptors therein and resulting in dyslexia and other problems. This was called the RADH (Rochlitz Aldehyde Dyslexia Hypothesis). By 1989, medical science proved that acetaldehyde (not the alcohol in alcoholic beverages) does indeed cross the placental barrier and causes fetal brain disorders! This led to warnings against pregnant women drinking alcohol, now found in all bars and supermarkets in the USA. However, those – including myself – who have written books on Candidiasis have overplayed its role in causing allergic diseases. While even the earliest (1988) edition of my "Candida" book included a parasite

section, it was not until 1991 that it became clear that most of the time protozoan parasitosis occurs first and this causes the severe permeability disorders and that Candidiasis (if present at all) is a secondary, opportunistic organism.

Treating *Candida* with antifungals has been so ineffective, in part, because the underlying parasitosis is not dealt with. *The Candidiasis, if actually, originally present would have been eradicated within a month or so of antifungal treatment.* But antifungals won't kill protozoans. Some physicians still treat their patients for months, even years, with newer, powerful, *potentially-dangerous antifungal drugs* without any benefit because the original cause – protozoan parasitosis – is never dealt with. Indeed, the manufacturers of some of these antifungal drugs recommend a maximum 10-day trial due to potential liver or kidney toxicity. But some physicians employ them non-stop for many months! *Candida* dies much more readily than the two protozoans cited above. The protozoans, when attacked, will enter the cyst stage and become even more resistant to herbal or drug agents. *Candida* is much weaker than these protozoans. e.g., both Kinesiology and actual trials indicate that grapefruit seed extract is often sufficient if only Candidiasis is present, but it is not strong enough to combat protozoan parasites.

Just how parasite toxins cause the severe permeability states is described in more detail in my book. Briefly, I hypothesized an "improper potassium metabolism" induced by parasite toxins. (There may also be a genetic predisposition with an overabundance of histamine receptors on gastrointestinal cell membranes.) I have found that taking extra potassium, though wise, will not be sufficient here as this problem is an *electromagnetic* one whereby *many of the body's cells in effect lose the ability to recognize potassium while the "gain" is turned too far up for sodium.* A set of seven conditions then shortly develops in many people: gastrointestinal permeability, adrenal shock, pancreatic shock, serotonin (and/or other neurohormonal) decrease or blockage, stomach acid/pepsin insufficiency, secondary microorganism overgrowths, and severe energy disturbance in the body (see below). Due to the permeability, parasite toxins readily get into the blood and can affect any organ. The liver and pancreas (blood sugar anomalies) may be overloaded in dealing with these toxins. The brain is often seriously affected in specific ways resulting in depression, anxiety, schizophrenia, paranoia, autism. It is a joy to see the termination of these brain disorders (as well as dyslexia, ADD/ADHD) when

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ecology and energy work are performed on the actual causes of these problems.

It is crucial to be aware that one anti-protozoan herb commonly used, *Artemisia annua* (wormwood), *itself in many people strongly interferes with the body's ability to recognize potassium.* Since the parasite toxins are *already* interfering with potassium recognition, this is a very serious problem and has caused grave illness. We know of asthma, suicide, and near-death reactions from this effect from *Artemisia annua*. Those with an eastern European ethnicity often have this intolerance to *Artemisia annua* or the even more potent and even more potassium-interfering strain known as *Artemisia annua vera*. It is important to realize that *taking extra potassium does little here.* Many practitioners do not comprehend the electromagnetic nature of this problem and might recommend extra potassium. It is almost worthless for this problem. We have devised a special kinesiology test for this *Artemisia annua*-induced potassium recognition problem – it's not an "allergy." *If this test is not performed, we strongly advise against using the Artemisia annua form of wormwood.* I've found that *Artemisia absinthum* does not usually cause this problem. This again is especially important for those with any eastern European ethnicity. Fortunately there are many other herbal remedies available now to combat parasitosis.

We should also note here that "friendly flora" often feed and do not displace the much stronger protozoans. (This is why so many people, even after years of ingesting all forms of "friendly flora," don't have much, or any, in their guts. The stronger "critters" have just eaten them all along.) Friendly flora should, in some people, be provided only after herbal or drug eradication of anomalous overgrowths has been successful. We must also specifically caution against "soil-based" microorganism ingestion. These microorganisms may be totally unnatural to the human gut and may cause detrimental overgrowths and severe illness on their own!

Why do we have the recent explosion of allergic-related disorders and the severe permeability states? Why do we have the explosion of (hidden) parasitosis? It is this author's hypothesis that the ultimate cause of all these ills and their recent explosion may, for many, be the lack of (sufficient) breast-feeding in infancy! Breast milk contains protective antibodies that may, in effect, *coat the gastrointestinal tract for a lifetime – and/or make the gastrointestinal tract less permeable to*



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➤ *allergens and less susceptible to parasite attachment and/or overgrowth.* The absence of, or an insufficiently lengthy, breast-feeding process (at least six to nine months), thus leads to a lifetime of susceptibility to protozoan parasitosis and its subsequent permeability and subsequent Candidiasis, viral syndromes, fatigue/fibromyalgia and allergic disorders. Lack of (sufficient) breast-feeding can make parasitosis inevitable. As cited above, there is also the genetic component to these illnesses – a weakness for developing parasite-induced permeability. A weakened immune system, or digestive system, can allow overgrowths of these organisms. The opposite is also especially true: Perhaps nothing weakens the immune system as severely as the toxins from parasites, and the permeability – and subsequent allergic reactions – these toxins then cause. Lack of breast-feeding is, of course, a relatively recent phenomenon brought on in the western, “civilized” world by collusion between orthodox, medical physicians and the drug industry in order to sell the scientific-sounding “formulas” which *lack so many nutrients and the protective antibodies.* But any factor, even later in life, that alters immunity can also lead to parasitosis. As an example, the experimental vaccines that Gulf War soldiers were forced to take by the Pentagon almost certainly has led to parasitosis and environmental illnesses. Once gut or general immunity is lowered, parasitosis will be practically a given for many – especially those who were not breast-fed.

Another leading cause for the explosion of parasitosis-induced permeability and subsequent chronic illness will be a shocker to many in the holistic movement. This is *raw, organic produce.* Now we continue to recommend organic produce, as pesticides have long been linked in the etiology of degenerative, neurological disorders – particularly Parkinson's and Alzheimer's. It is only the raw aspect that needs to be altered for many people; especially those that were not (or not sufficiently) breast-fed. Organic usually means that the produce was fertilized with what comes out of the rear ends of horses and cows. But, this is the focal point for the giardias and amoebas! Much produce goes to industrialized nations from third world countries where the animal manure is again the fertilizer. The recent “One-World” trade pacts now forbid telling the consumer which is the country of origin. Pesticide-free produce is great, but *cook it* to kill the protozoans. Eat only cooked

foods! Many practitioners, who treat people with parasitosis, unfortunately do not warn their patients that they must avoid raw produce indefinitely. Indeed, we have had clients who were apparently perfectly healthy; some were even breast-fed. But *shortly after they started eating much raw, organic produce, these individuals ended up with severe allergies and often in a disabled state.* Certainly this scenario helps prove the case against eating raw, organic produce – at least for these people!

Many holistic practitioners recommend everyone eat much raw, organic produce. So we often ask people to perform a gedanken (or thought) experiment. Imagine the manure on top of a fruit or vegetable you are about to eat. Now mentally subtract the fruit or vegetable and visualize the raw substance left that you are about to eat. We ask, is it natural and is it a long-term phenomenon for humans to eat animal manure? We think not. But again it is the lack of breast-feeding and other recent harmful phenomena that have lowered our immunities, incapacitating our gastrointestinal tracts from being able to prevent parasitosis. Leading parasitologist, Dr. Louis Parrish has stated (once again contrary to much, popular holistic belief) that washing or scrubbing produce in chlorine, or peroxide solutions will not kill 100% of the protozoan cysts. Regardless of drug or herbal therapy, *those who continue to ingest uncooked produce, juices, salads, etc. will either be unable to completely eradicate the parasitosis or will soon get it back.*

Unfortunately many people think that because they may have once taken some anti-parasitic agents, they were “cured” for all time. Of course, the agent may never have been safe or effective, or the parasitosis may have immediately returned because of the above dietary “indiscretion,” or from water-borne organisms, or by kissing one's pet, or from other factors. But the non-breast-fed individual must ever more maintain sharp vigilance against ingesting new parasite cysts, or else battle parasitosis again and again.

It is essential to recognize that once something terribly unnatural has been done to an individual – here the lack of breastfeeding – *that individual may be different and weaker for the rest of his/her life.* And we cannot then declare that what is good for the rest of the population – eating raw produce – must be good for such altered and weakened individuals! The ultimate lessons are not to again allow physicians or drug companies to alter the course of nature under the false pretense of science, but in reality for their own profit; and that alternative practitioners

must be able to change, when warranted, and not make the same mistakes made by the medical orthodoxy – treating symptoms and not the cause; and treating everyone identically.

Now some will immediately say, “What about all the enzymes in the raw produce?” First we note it is not the “rawness” of the produce we object to. It is the prevalence of raw produce commonly purchased to be fertilized with *manure.* Due to handling, though, any uncooked food may contain harmful microorganisms. Sufferers of the above maladies who never stop eating raw produce usually never get well! That answers the question for these people. If – *but this is a very big if* – one does not have these problems or the tendency to develop them, then by all means eat the raw, organic produce.

Our advanced Human Ecology Balancing Sciences (HEBS) Kinesiology breakthroughs actually enable the testor to ascertain which agents are safe and effective against the person's parasite imbalance, even before taking the agent. Ordinarily if the subject gets sick after ingesting a supposedly helpful agent, the practitioner cannot know if the subject is merely allergic to the agent, or if the reaction is the die-off or Herxheimer reaction. So our Advanced Kinesiology can be crucial in both rapidly ascertaining and eliminating this problem.

But we must always bear in mind the limitations of kinesiology or of energy balancing. By itself, kinesiology cannot “cure allergies in minutes” as some in the field of kinesiology have unfortunately, and ignorantly, claimed in the last two decades. As a physicist, I can state that it's easy to make an arm strong. But that is quite worthless, as the cause of allergies – permeability – and the permeability's cause ‘usually parasitosis’ is not addressed by simplistic and bogus “allergy elimination systems.” Causality reigns supreme at the macroscopic level in our Universe. *Allergic reactions cause meridian imbalance, not vice versa.* While some energy balancing may alleviate some symptoms, it is nonsense to claim that acupuncture/acupressure treatments “cure allergies.”

People with the most intense, immediate or Universal allergies quickly find out how bogus the now popular “allergy elimination” schemes are. Others may feel a little better from the meridian balancing, or the shock organ for the allergic reaction may be altered – thus fooling the patient and the doctor. Or the subject may merely be mesmerized by seeing his/her arm made strong in a bogus muscle test.

Sadly, as a kinesiologist, I must report that most of kinesiology is bogus. I will explain in detail in the future just how the

testor in many "systems" affects the test result *making it come out the way s/he wants it to*. It is also important to avoid those who claim to make "permanent" cures or corrections with kinesiology/energy work. Any energy state that is easily re-set may be easily turned off again – usually by the ecological factors discussed in this article. Some people (even numerous physicians who do this work and have come to us) get so much worse after "allergy elimination treatment" because they start eating *allergic* foods – even *toxic* foods like sugar, coffee, alcohol – because they believe they have been "permanently cured" as the muscle testing "proves" to them. It is fascinating to observe both sick patients and their physicians ignore the patients' actual symptoms because they believe the results of bogus muscle testing! "My new symptoms can't be from allergies – they were cured!" Or to hear the words from the so-called allergy eliminator: "It hasn't held." So much for "permanent" cures. Of course, it's not that it "hasn't held." It never worked. You can't make toxic foods safe! Allergies can only be halted if, and when, *permeability* is halted.

Nonetheless, an enlightened use of kinesiology can be crucial to rapidly determine the cause and the protocol for the ills cited here. This is what the HEBS System of kinesiology and ecology was created for in 1983. We can't make up for not being breast-fed, but we can ascertain what parasites, bacteria, viruses, fungi, etc. we may be harboring, and can find what is safe and effective in eliminating them, and we can then eat only cooked food and make the other diet and hygiene changes. Yes, *we can finally, and completely, overcome, environmental illness, MCS (Multiple Chemical Sensitivities), Chronic Fatigue Syndrome, Candidiasis and Fibromyalgia, and food, chemical, pollen, and electromagnetic allergies* and all the other diseases that are actually caused by these factors. We can get and stay well! Often this can be achieved in weeks or months despite a lifetime of severe illness and allergic states. But to stay parasite-free, everything must be done right and must continue to be done right. It's very easy to get parasites back if one is not vigilant. However, once the patient understands all this, s/he can readily eradicate them once again, if necessary.

Finally, let us see what the "EI" or "Energy Imbalance" in our acronym PPDEI relates to. Most sufferers of Chronic Fatigue Syndrome, Candidiasis, Fibromyalgia, allergies, environmental illness, MCS (Multiple Chemical Sensitivities), etc. never learn the reason most orthodox physicians may tell them "there is nothing wrong with you" – when there most certainly is. The reason is that

these poor people suffer from *tremendous energy imbalance*, which is not detectable via blood tests. These energy imbalances include the acupressure meridians, the neurolymphatic system, the neurovascular system, chakras, the spine, the cranium and other "energy systems." One can learn – from our *Allergies and Candida* book how to optimize the brain and heart in seconds with the Rochlitz brain and heart hemisphere integration exercises. You can also learn to *rapidly* re-set blood sugar imbalance, dizziness, brain fatigue, tired legs and many other complaints. Thus the sufferers of the above maladies can actually feel good again while they eliminate their "critters." This is what we mean by *simultaneous* energy and ecology balancing. One without the other will not be effective.

Once the patient has this knowledge of allergies, parasites, and self-energy balancing, they should have the ultimate responsibility for their own wellness. However, we beseech physicians to change, and learn these methods. Please also stop wasting the patient's time and money with worthless lab(s) that cannot accurately test for the presence of amoeba or giardia. Everyone would be wise to appreciate both the value and the limitations of recent breakthroughs in kinesiology.

Thus we have seen how the acronym, PPDEI, for Parasitosis Permeability Disorder (with accompanying) Energy Imbalance, describes the cause(s) of the linked ills cited at the outset of this article, and their major manifestations: permeability, allergies and energy imbalance. The acronym also implies the two main treatments: 1. Eradicate all the infectious microorganisms with eradication of protozoan parasites being

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the primary but not the only goal; 2. Treat the energy imbalance immediately with our kinesiology breakthroughs. Our self-help book, written for patients and doctors, *Allergies and Candida: with the Physicist's Rapid Solution, 4th Edition*, expounds upon the research in this article – both the ecology and the energy balancing or kinesiology. *Allergies and Candida: with the Physicist's Rapid Solution, 4th Edition* is available from the author for \$19.95 plus \$4.50 shipping.

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Prof. Steven Rochlitz, who taught physics at two Universities in New York, cured his own incurable, life-threatening Universal allergies and chronic fatigue with the revolutionary, yet simple, methods he created. He is the author of four books including *Allergies & Candida: with the Physicist's Rapid Solution* and *Why Do Music Conductors Live Into Their 90's?: The Simple Revolutionary Discovery that can make You Live Longer, Increase Your Stamina and Stretch and Normalize Your Blood Pressure In Minutes*. He is the creator of Heart-Integration, Meridian-Integration, Meta-Integration Exercises and the Candida and Parasite Balances. He was also the first to explain the causes of dyslexia and how all brain integration exercises (cross-crawls) work.

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