

# A Patient Who Said "No" to Surgery, and Was Happy She Did

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The patient is a former nurse who first came to The Center in 1980 with a history of arthritis and hypertension for a number of years. She complained of constant pain and was taking eight "pain pills" and two "blood pressure pills" daily. She also used a nitroglycerin spray at night for chest pain.

Her family physician told her that she needed three operations. Her right knee and left hip joints needed to be replaced and she needed cataract surgery on both eyes. Wanting a second opinion, she came to The Center and was seen by Dr. Riordan. A complete physical, history and comprehensive nutritional laboratory evaluations were performed.

The Cytotoxic Food Sensitive test showed that she was sensitive to 32 out of 90 different food and additive antigens.<sup>1,2</sup> These included many dairy products and potatoes. Potatoes, a member of the nightshade plant family, are known to cause joint and muscle pain.<sup>3</sup> A diagnostic chelation and 24 hour urine mineral analysis showed a heavy metal burden in her body. Since this may have contributed to her hypertension, a series of EDTA chelations were started to correct her hypertension.<sup>4,5</sup>

She was also deficient in many vitamins and minerals. Her plasma vitamin C was low and urine vitamin C was not detectable. An intravenous vitamin C infusion of 15 g was administered to correct the low vitamin C level. One aspirin (81 mg) a day was also prescribed.

Her progress during the first year was remarkable. On a return visit she reported, "I have never had any of the recommended surgery. I take no blood pressure medica-

tion and do not use the nitroglycerin spray. I have totally changed my diet based on the food cytotoxic results." The changes were so remarkable that she returned to her job as a private duty nurse working over 60 hours per week.

It was during her private duty nursing that her second incident occurred. While lifting one of her patients, she injured a disc in her lower back. She had to use a "walker" and a cane to get around. A referral to an orthopedic surgeon resulted in a recommendation for surgery to repair the disc. Instead, she returned to The Center and was given a series of acupressure and auricular therapy treatments.<sup>6</sup> After the treatments were completed, she did not need the walker or cane, nor did she have the back surgery.

Later, during a visit to an OB/GYN physician, it was recommended that she have a total hysterectomy to "correct some problems she was having." The surgery was scheduled and she donated several pints of blood to be used on herself, if needed. While the surgeon was reviewing her history, the previous heart problem was noted. She was informed that a "clearance" was needed from a cardiac specialist before the hysterectomy could be performed.

Another visit with Dr. Riordan at The Center resulted in a nutritional approach to her problem. She reported "the condition no longer exists and she did not have the surgery." She is now in the eighth decade of life. Several years ago she stated, "I now work a 33 hour work week and function very well for a 79-year old."

This case represents one amazing individual's approach to managing her health care. Not all patients may respond as she did. By seeking second opinions and using

1. The Center for the Center for the Improvement of Human Function- ing International, Inc., 3100 N. Hillside, Wichita, KS. 67219

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an orthomolecular approach for her problems, she avoided six different surgeries and lived to confound the experts and enjoy life!

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