



THE CHIROPRACTIC BASIC SCIENCE RESEARCH FOUNDATION

A HISTORY

A SUMMARY

A RESEARCH UPDATE

1235 Lake Plaza Drive Suite 129 Colorado Springs, CO 80906
(303) 576-2000 / 1-800-525-3879

PREVENTIVE MEDICINE INSTITUTE

STRANG CLINIC
55 EAST 34 STREET
NEW YORK, N.Y. 10016
(212) 679-6899

ADMINISTRATION

July 17, 1987

To Supporters of Renaissance International:

It is PMI/Strang's very great pleasure to be associated with you in a research project whose goal is prevention. That is the hallmark of this institution, founded nearly 50 years ago to advance the science of early detection and prevention.

Since Strang first opened its doors, private donors, foundations and grateful patients have kept them open with their generous gifts. We are indebted to them for their commitment, and we are extremely pleased to add so many chiropractors to this family of supporters.

Doctors Ronald Pero and Desmond Johnson have briefed many of you on Strang's international research program, and a number of chiropractors are participating in the research themselves. I have wanted to add to your familiarity by sending "Strang", the brochure which tells the story of research at the clinic.

Our trustees and staff look forward to excellent results from Strang's collaboration with Renaissance International.

With sincere regards,

Paul D. Turnley
Paul D. Turnley
Administrator

THE CHIROPRACTIC BASIC SCIENCE RESEARCH FOUNDATION

HISTORY

On December 10, 1980, Dr. Ronald Pero officially accepted the position of Chairman of the Scientific Board of Advisors of Renaissance International. Following a series of discussions held in San Francisco, CA. dealing with appropriate research directions which Renaissance International should be involved in, Dr. Pero reported that the Scientific Board of Advisors had decided on an initial research course intimately involved with his own research priorities.

In 1983, Renaissance International founded the Chiropractic Basic Science Research Foundation, a nonprofit fund raising institution committed to research into the diagnosis, treatment, and prevention of the Vertebral Subluxation Complex. The Foundation received it's Internal Revenue Service tax exempt 501 (c)(3) status in on September 18, 1986. One of the main scientific hypotheses the Foundation wishes to test concerns the relationship between an individual's genetic ability to react with environmental hazards and the relationship of such interactions to hormonal imbalances induced by the Vertebral Subluxation Complex.

The evidence for such a hypothesis resulted mainly in the work of Dr. Suh who established that abnormal nerve impulses and nerve injuries result from the Vertebral Subluxation Complex. Hormonal imbalances controlled by aberrant neural functions such as these were shown by Dr. Hans Selye, Dr. Pero, and several other scientists throughout the world. Dr. Pero had also connected hormone imbalance with susceptibility to cancer. All of these findings implicated the role of the Vertebral Subluxation Complex in regulating an individual's health.

In June of 1983, Drs. Judy Forrester and Clayton Campbell of Canada were examined in Dr. Pero's laboratory in Sweden for the genetic ability of their blood cells to resist a standardized exposure to a model carcinogen (N-Acetoxy-2-Aceylamino fluorene.) The results of these tests were extremely unusual compared to previous standards because Drs. Forrester and Campbell tested so normal. Why two Chiropractors were so normal was of great scientific interest to Dr. Pero.

On January 18, 1984, the Chiropractic Basic Science Research Foundation accepted the proposition paper by Ronald Pero, Ph.D., and Desmond Johnson, Ph.D. (a full professor in bio-chemistry.) This document was to become the scientific prerequisite to the genetic research project.

On February 1, 1986, the Foundation initiated a \$200,000. grant to the Preventive Medicine Institute, Strang Clinic, New York to begin the genetic testing of 400 Chiropractic patients, over a four year period, who have had long term appropriate Chiropractic supervision of Dr. Pero and Dr. Johnson at the Preventive Medicine Institute the genetic testing began. By the end of 1986, the first 50 Chiropractors, spouses, staff, and patients were tested at PMI's research facility. The prerequisites to be tested are; a minimum of 5 years of appropriate Chiropractic care (appropriateness is determined by the Foundation), over the age of 21 and a \$1,000 donation to the Foundation.

MEMBERS OF THE BOARD OF DIRECTORS OF THE FOUNDATION

Joseph M. Flesia, Jr., D.C., Chairman
 Ronald W. Pero, Ph.D.
 Desmond Johnson, Ph.D.
 Guy F. Riekeman, D.C.
 Edward Cohen, D.C.
 Peter Kevorkian, D.C.
 Claudia Anrig, D.C.
 Margaretha Lund-Pero, M.D.
 Rowena Ziemba, Co-ordinator

WHY GENETIC RESEARCH?

We're frequently asked, "Why would Renaissance choose as unlikely an area as genetics for Chiropractic research? I would think you would choose an area within the more well known conditions that Chiropractors treat, such as low back problems and the like. That's real Chiropractic research.... isn't it?

Look at it this way. It seems that only Chiropractors need reaffirmation that appropriate spinal manipulative intervention results in a more normal bio-mechanical profile. Medicine has already proven this many times and is using this scientific information as the clinical basis of their takeover of our core Chiropractic skills.

If Renaissance were to sponsor a "low back" research project... what would it offer to the profession and its relation with the health care consumer? Perhaps, a place on the medical library shelf with hundreds of similar reports in medicine. It's old hat! As is almost every research area Chiropractic embarks on.

What we need is to find research projects in new and clinically significant areas within the Vertebral Subluxation Complex that doesn't repeat old, uninteresting and often duplicated research efforts. Our unique factor (at least at the time of this writing) is, without a doubt, the benefits resulting from precise

long term spinal bio-mechanical care; allowing the spine as a functional organ, to regrow back to or toward a more normal functional pattern. The key words here are "regrow" and "repattern." Now, that's what we want to determine. That is a clinical concept we can hang our hat on!

Great, but how do you scientifically document something like that. Genetic measurement, that's how! The only well documented laboratory vehicle that is accepted today to measure the environmental impact of virtually anything on the body. That's why the genetic approach. If another authentic scientific vehicle were a better choice, we would have chosen that one. Genetic measurement it is!

Well, what does this offer? A place that is brand new and clinically exciting to the health care consumer searching for credentialed therapies for spinal related problems and for well-patient care... a place on the library shelf of science and medicine as yet unduplicated and at the same time clinically significant... a place that will shine within contemporary science and not get lost among a host of other research projects.

That's the idea... new, unduplicated and first class research boosting our profession closer to a leadership position in the health care sciences and in the mind of the health care consumer than ever before. A research plan that stands an excellent chance of success because of positive preliminary studies.

How much time do we have before medicine takes over our last unique factor (reconstructive care)? We think they are stumbling on it right now. How long?... a few years, perhaps. But that's all we need! No, that's not all we need... we need you to participate.

Remember that the purpose of this project is, through the use of a number of genetic markers, to measure the impact of long term Chiropractic care on the human body. The genetic markers will indicate two major factors in human function: 1.) genetic susceptibility to endogenous gene-damaging agents, a measurement that is inherited and has not been proven to change in humans; 2) how the body adapts to these agents (DNA excision repair mechanisms.) This is an acquired factor and is available to change. The second factor will determine the Chiropractic edge. This is why, genetic research.

CONGRUENCY CHECK

Dr. Joseph Flesia, Chairman of the Board of Directors of the Foundation visited the Preventive Medicine Institute on December 29, 1986 for a conference with Dr's Pero and Johnson. They reported that the first 50 participants have been tested and are now undergoing the scientific process of searching for

congruency. A preliminary report will be presented at the next "Extravaganza," May, 1987, in San Francisco, CA. The results of the 50 tests will indicate the strength of the "case" and the research direction for the next group (remember we will be testing 400 people during the entire project.) Over the next 4 years of this project, variables will be eliminated, direction will be absolutely defined and the final group tested will be assumption-free and will represent a clean, definitive, unambiguous report as to the long-term effects of Chiropractic spinal bio-mechanical care.

PRELIMINARY RESEARCH REPORT ON THE FIRST 50 PEOPLE TESTED

Desmond Johnson, Ph.D. - Extravaganza 1987 - Research Report:
Editor's Note: This article is an edited transcript of Dr. Johnson's address at Extravaganza '87. It will serve as an interim comment (report) concerning the status of the Genetic Research Project of the Chiropractic Basic Science Research Foundation. The final report will be published when the research project is completed. The target number of individuals to be tested under this project is 400; fifty have been tested to date. The following comments are based upon the data gathered from this initial fifty.

"On previous occasions I have addressed you on the scientific basis and validation of Chiropractic. On this occasion, there is an important difference. Now we can discuss new science - not just what other scientists are saying about aspects of spinal biomechanics and its implications. This new science, created by Dr. Flesia and Renaissance, with Dr. Pero and his team, is forming the first phase of testing that was carried out on fifty Renaissance volunteers. The outcome of this phase is exciting, and has produced results beyond my expectations. We are not presenting individual results here. We do not wish the volunteers who were tested to focus on minor differences in their readings, when the major objective is an appreciation of the overall importance of the project, and of its potential for the future.

I should summarize briefly the background of our test procedures. They measure reactions that relate to cell damage and cell protection, and particularly, they measure reactions that relate to cellular capacity to prevent genotoxic damage, or to repair such damage should it occur. Six tests were performed; they are conveniently presented as two separate groups.

a. A drug metabolizing enzyme was measured. Identified as important in disposing of potential mutagens from the body, levels of this enzyme (glutathione transferase mu) are under strict genetic control. In this regard, the Renaissance group was normal, and showed no deviation from the general population distribution of the enzyme.

b. Another test measured the ability of cells to repair damage done to DNA by a model mutagen. We call this the DNA excision repair, or UDS test. Our measurements show that the Renaissance group had repair proficiency in the normal, healthy range.

c. A further test was conceived as an index of proliferative tendency, but is now under development for quite a separate purpose. The results obtained are not relevant to this report. When performed in blood cells from the Renaissance group, the following three tests gave results that were better than those observed with other groups studied in our laboratories.

d. Since our studies relate largely to chemical genotoxins, and there are too many such chemicals for us to test even a fraction of them, we have selected one chemical from each of two important groups of damaging agents. One of these chemicals provides us with a measure of an individual's sensitivity to mutagenic damage - the mutagen sensitivity test. In this test, a low value is desirable. With other groups, I have not seen values as low as those of the Renaissance fifty.

e. A second chemical used in the study is representative of a large group that are reactive derivatives of oxygen. Such compounds produce conditions known as oxidative stress (as opposed to heat stress or cold stress.) Use of this compound gives information on defenses against cellular damage by oxidative stress - the response to cell damage index. In this test, a high value is desirable. The Renaissance volunteers produced a mean value higher than any other group studied. In this respect three groups may be compared. A lung tumor group gave low values; a control group, of relatively healthy individuals, had a mean value about twice that of the controls, while the Renaissance value was about double that of the control group.

f. A further test uses no toxic additives, but instead measures and enzyme activity in cells that participate in the immune defenses of the body. This we call the immune response index. Again, the same three groups may be compared. The control group had a mean value greater than the lung tumor group, by a factor of two, while the Renaissance group had a mean value higher than that of the control group, by a further factor of two.

While each of the three tests, d, e, and f, may be controlled, in part, by genetic mechanisms, they are very much influenced by external factors, including those generally grouped together as "lifestyle." The last three tests indicate that the Renaissance group has a very healthy lifestyle.

Another method of analyzing the results emphasized this distinction. When the immune response index was classified, according to statistic analysis, as either high or low, we found

025
025
8/2025

the following percentages of the named groups in the low category: Lung tumor group, 75%; control group #1 (unscreened individuals, with no apparent clinical symptoms,) 50%; control group #2 (nonsmokers, normotensive, with no personal history of major organic disorders, but with a family history of colorectal cancer,) 25%; Renaissance group, 0%.

It must be emphasized that this preliminary report may not be used for the purpose of advertising. The importance of this work to the Chiropractic Basic Science Research Foundation cannot be over stressed. Misuses of the results would only serve to discredit the research, and would be a disservice to all concerned, especially to the profession that supported the work."

WOULD YOU LIKE TO PARTICIPATE IN THIS RESEARCH PROJECT?

Certainly! Then we must answer the following questions:

- Q. What factors facilitate research?
A. Many. Right.
- Q. The lack of what single factor abruptly stops research?
A. Money. Right.
- Q. What is the single need in research that never goes away?
A. Money. Right.
- Q. What is the single most important money expenditure you can make... really?
A. To research. Right.
- Q. What research?
A. The only current research actually validating the value of long term Chiropractic care... by using accepted medical scientists employing accepted medical research procedures... the Genetic Research Project at the Preventive Medicine Institute, sponsored by the Chiropractic Basic Science Research Foundation - you!

The Foundation needs 350 more patients for the results to be firm and publishable. 100 OF THESE PATIENTS ARE NEEDED IMMEDIATELY. This is an easy task. Please put your minds to it and get it done. Ongoing support is urgent and essential. The procedure is the same as it has been:

1. A complete \$1000 donation for yourself or someone else to be tested.
2. A number of doctors can pool their resources and come up with the \$1000 so one person can be tested.
3. A monthly donation on an ongoing basis.

025
025
6/2025

DONATION PROCEDURE:

The procedure for any of the above is to call Hope at Renaissance, 1-800-525-3879 or 1-303-576-2000 and tell her what you would like to do. She will set up a computer file for you and will give you further instructions. Of course, this is totally tax deductible. Receipts will be sent as pledges are received.

The research is going very well. Your donations are the nutrient for continued growth of the project. I believe, the data from this project is shaking the entire foundation of sick patient and well patient care within the health care sciences. Proof, the likes of which, the world has never seen is being assembled that will catapult Chiropractic to the forefront of the health care delivery system.

Apathy is a problem... I know that... especially when it's difficult to actually touch the end result of your donation. However, I think the articles on the previous pages allows you to begin to touch the most stupendous breakthrough in Chiropractic and medicine in the history of the world. Please... Please... Please, send in your donations. To all those who continually support the project with funds a heart felt thank you - to all those who reply to this plea a heart felt thank you - to all those who will not, please reconsider. Remember you're supporting legitimate medical research validating Chiropractic!

THE BIRTH OF "THE GLORIOUS 50"

Editor's Note: The following is a copy of a letter sent to the first 50 people to be tested at PMI.

"The Chiropractic Basic Science Research Foundation was founded in 1985 for the purpose of generating the funds to support legitimate research in the health care sciences concerning the diagnosis, treatment and prevention of the Vertebral Subluxation Complex. February 1986 was a hallmark in the history of the Chiropractic Basic Science Research Foundation as it was then that a \$200,000. grant was made to The Preventive Medicine Institute, Strang Clinic in New York City with Dr. Ronald Pero as the principal investigator. The funds were raised from a small group of very dedicated Chiropractors who live for a bigger vision than merely self gain. The first 50 patients were tested by late 1986 and the results first presented at "The Extravaganza 87" by Dr. Desmond Johnson and then in the August 1987 issue of "New Dimensions."

2/2025
2025
2025
2025
2025
2025
2025
6/2025

The results were outstanding to say the least. In the next 2 1/2 years, 350 more people must be tested so as to give Dr. Pero and Johnson enough data to make solid scientific statements concerning the effect of long term appropriate statements on the human organism. The next 350 patients will receive the same tests that the first 50 did. No, there will never be another "Glorious (first) 50." They are a very special group in the history of Chiropractic and will be treated as such by Renaissance and the Chiropractic Basic Science Research Foundation.

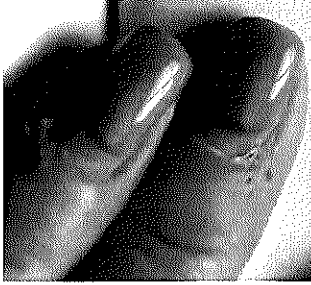
At a meeting with Dr. Ronald Pero, in Lund, Sweden on May 1st, 1987, he dubbed the individuals who participated in the genetic testing at The Preventive Medicine Institute, Strang Clinic the "Glorious 50." The results of their testing was so outrageous that Dr. Pero and I see them (the "Glorious 50") as the most special group of people in the history of civilization. They have given long term of Chiropractic care a new meaning. Wow! Let the impact of this statement settle in a bit.

As I see it, they risked it all and with much prodding and ramrodding it worked. They did it. They even did it the hard way! Not only are they the first Chiropractic group to be tested for a general health index by medical basic science researchers, but they showed such a positive variance from normal, individually and as a group, that they have become a VALUABLE LIVING SCIENTIFIC RESOURCE. Yes, the "Glorious 50", indeed!

Now that such an outstanding group has been identified, we need to know what makes them so unique and special, what processes are going on in their bodies that others do not have? What chemical mysteries are there to uncover in the depths of their physical being?

How is it that their lifestyle makes them so special? What kind of an immune system do they have? How does diet, family history, psychology, and personal habits affect their biochemical profile? What makes them so unique that they truly are a living human treasure?

You can be sure, because of their special status to Renaissance, Chiropractic and humanity, they will be accorded every courtesy we can offer. Because of the nature of their individual and collective uniqueness and because they had the courage to be the first, we are extending ourselves to assure them that with their cooperation in being at the right place at the right time there will be no charge for any and all additional medical testing and evaluation they must now undergo to determine the biochemical basis of their astounding health status. They have so much to



offer the rest of society I know they will help assure their indelible impact on the history of humankind. No, there will never be another "Glorious (first) 50," only the "Glorious 50" will undergo further testing.

An awards banquet in their honor will be held in New York City January 30, 1988 at which time their additional testing will be performed.

Too good to be true?...An exaggeration?...Not so, it's all true perhaps even an understatement of their contribution to human health throughout the globe and to the archives of science.

AN ACTION STEP

Review the enclosed brochure, fill out the donation form, send in with your donation, and become a part of a project designed create the place of leadership in the health care sciences that Chiropractic deserves.