LETTER TO THE EDITOR

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Dear Editor,

My research in the importance of hygiene and its remarkable association of extending life span may be correct, after all! Between 1980 and 1987 I appeared on numerous national radio and TV shows in Australia explaining the importance of hygiene and that it is the major factor in increasing life span through the ages.¹ I reached a wide audience and wondered what impact this would have on the national Australian average life expectancy.² The latest *Wall Street Almanac* (1988) reports, using the National Center for Health Statistics, that life expectancy in Australia is now second to Japan, with females reaching 82.74 years, compared to Japan with 82.79. I believe I can take some of the credit for this because today (1998) approximately 15 years has passed since our Press Conference in Australia and the major coverage that ensued. I can say for certain that millions of Australians responded to my interviews with great enthusiasm (unfortunately the medical establishment did not). Person hygiene explains why the life span in Japan and Australia are the highest in the world.

In 1995, AGE published my letter/research "Albumin and Alzheimer's" (v. 18, 1-2). Research from The Netherlands Institute for Brain Research, in Amsterdam, led by Fred Van Leeuwen, indicates that buildup of garbage in the brain may be the basic cause of Alzheimer's disease (*Science*, 279: 174, 242-247, 1998). I believe this is further strong evidence that I am, at least, on the right track. Albumin is the "garbage remover" from the brain or body tissues!

¹ In 1985, I uncovered the importance of albumin in aging and began studies with volunteers in 1986 attempting to raise the level in the elderly by new techniques of personal hygiene. Outlines of these studies are available in "Autoinoculation, Autoimmunity, Autoinfection, & Aging", Feb. 20 '86, Advanced Health Products, ph: 1-305-523-1612.

² Techniques of advanced hygiene can dramatically reduce the stress on the immune system by reducing acute-phase reactants. A double benefit from this is markedly higher concentrations of albumin and

CHARTER

From the founders, greetings: Know that we have formed this foundation without political or religious bias for the following reasons:

1. Despite advances in medical science, infectious diseases still remain a major cause of morbidity and mortality.
2. Modern society is stressful and there is a tendency to overeat which weakens the immune system.
3. Population pressures result in newly evolved and adapting microorganisms.
4. Hygiene will always remain the most important factor in the history of medicine.