THE FORGOTTEN THYMUS

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NOTE PLEASE: THE TABLE OF CONTENTS IS NEXT GIVEN FIRST SO THAT LINKS CAN BE MADE TO ANY TOPICS THAT YOU DESIRE TO GO TO IN THIS BOOK ON THE THYMUS GLAND:

Table of Contents

Disclaimers

Historical Look at The Thymus Gland

What Patients and Others Say in Their Testimonials

A Look at the Immune System

• What Is The Immune System?

The Two Types of Immunity Within The Immune System

Humoral Immunity

Cell Mediated Immunity

The Thymus Gland

• Origin Of Its Name
• Blood Supply Of The Thymus Gland
• Location And Functions Of The Thymus Gland
• T Lymphocytes From The Thymus Gland

The Affects of The Thymus Gland On You

• Affects Your Growth

What Affects The Thymus Gland

• Dietary Changes
• Physical Changes
  • Positive Changes
    • Stimulating The Thymus Gland
    • Listening To Good Music
  • Negative Changes
    • Putting On Sun Glasses
    • Wearing Certain Clothes And Using Certain Fabrics
    • Stress Changes Due To The Physical, Mental, and Emotional

Diseases Associated With The Thymus Gland

Foods For the Thymus Gland

Tests For Thymus Gland

Glossary of Terms Relating to the Thymus Gland

Other Books By The Author

Sources of Information on The Thymus Gland

Bibliography

**Healthy Life**

**Once Again!**

by Dr. Ronald Alan Duskis, B.A. in Zoology from UCLA, A.B.M.P., A.B.D.A.,Ph.D. in Nutrition, D.C.,former assistant researcher at UCLA

**The Forgotten Thymus Gland**, a compilation!

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Table of Contents

Table of Contents 3
Disclaimers 4
Historical Look at The Thymus Gland 5
What Patients and Others Say in Their Testimonials 9
A Look at the Immune System 12
The Thymus Gland 16
The Affects of The Thymus Gland On You 27
What Affects The Thymus Gland 28
Diseases Associated With The Thymus Gland 33
Foods For the Thymus Gland 41
Tests For Thymus Gland 43
Glossary of Terms Relating to the Thymus Gland 44
Other Books By The Author 45
Sources of Information on The Thymus Gland 48
Bibliography 51

Disclaimers

"Important Notice...The recommendations and information in this book are appropriate in most cases. However, the advice this book contains is general, not specific to individuals and their particular circumstances. Any plant substance, whether used as food or medicine, externally or internally, can cause an allergic reaction in some people. Neither the author nor the publishers can be held responsible for claims arising from the mistaken identity of any herbs or from the inappropriate use of any remedy or healing regime. Do not try self-diagnosis or attempt self-treatment for serious or long-term problems without consulting a medical professional or qualified practitioner. Do not undertake any self-treatment while undergoing a prescribed course of medical treatment without first seeking professional advice. Always seek medical advice if symptoms persist." (Ody, page 4)
"Has it yet fallen to the lot of any writer upon the thymus to write the truth and be believed?-Beard, 1902." (Diamond, M.D., page 8)

"A recent case described in a medical journal is that of a young boy who was admitted to the hospital in coma from a severe viral pneumonia. He was unconscious, with a high temperature, and was on forced respiration, being unable to breathe unassisted. Everything was done to resuscitate him, but it was quite obvious that he was going to die. The equivalent of a T-cell count was performed; approximately one fifth the normal level was found. He was then given an injection of thymus extract, and within twenty-four hours the entire process had reversed itself. His temperature was down, he was breathing unassisted, and he was conscious. This is the kind of dramatic recovery we are going to see more and more as accurate testing of thymus function and administration of thymus extract, when indicated, becomes routine in medical practice, as I am sure it will in the next five or ten years. As one of the most eminent workers in the field has said, 'The second golden age of 'thymology' is just beginning.'* (Diamond, pages 10-11)(*J.F.A.P. Miller, Lancet. December 16, 1967, p. 1302.)

"In spite of modern research findings, the myth of the shriveling, useless thymus dies hard. Whenever I lecture on the thymus gland to medical audiences, I am reminded that 'everyone knows that the thymus gland has no function in adult life.' But the evidence accumulated over the last twenty years on the thymus gland's role in immunology is so overwhelming that it is hard for me to believe that there is not some unconscious factor working to deny it the recognition due to it." (Diamond, M.D., page 9)

"The thymus gland lies just beneath the upper part of the breastbone in the middle of the chest. It is present in all mammals, and is called the sweetbread in calves. until the 1950s little was understood about the thymus, although there had been clues to its function for many years. As far back as 1902, Foulerton, a London physician, was using thymus extract in the treatment of cancer. However, the standard teaching was that the thymus gland had no function at all in the adult, a delusion fostered by the fact that during autopsy the thymus was usually found to be quite small and atrophied. This is because the thymus gland, in response to acute stress such as an infection, can shrivel to half its size in twenty-four hours. No wonder it was in a state of atrophy when examined post-mortem!" (Diamond, M.D., page 8)

"The fact that the size of the thymus was generalized from autopsy observations led to a tragic misdiagnosis of illness in children in the 1920s to the 1940s. It was known from routine autopsies that children have larger thymuses than adults. however, when children who died suddenly, as in 'crib death,' were found at post-mortem examination to have particularly large thymus glands, they were thought to have died from a thymus-related disease, a disease given the name 'status thymicolymphaticus.' Research on the thymus gland in the 1950s, along with further evidence from post-mortem examination, brought this disease into question. Pathologists took note of the fact that battlefield autopsies thymus glands than men of the same age who died from chronic illness in a hospital. Eventually it was realized that the thymus shrinks rapidly during serious illness or great physical stress. The children gland had time to shrink; their large thymuses were actually the normal size. A whole disease had been constructed on the erroneous idea that the thymus gland had swollen and caused death. To think that children's thymus glands had frequently been irradiated to make them smaller on the assumption that this would reduce the chance of illness! What it did was
destroy a vital part of their immune system and make them susceptible to infections, cancer, and chronic diseases!” (Diamond, M.D., pages 8-9)

What Patients and Others Say in Their Testimonials

"The point I want to make here is this: I have never seen a patient with a chronic degenerative illness who did not have an underactive thymus gland...All illnesses start with a diminution of the Life Energy. Should this decrease continue, some organ of the body will be the target for the illness. Thus, if we can achieve optimum thymus gland functioning and maintain it...assuming we don't already have too many fixed pathological conditions...we should have before us a much healthier, happier, and longer life than would otherwise be the case...The controller of energy flow in the body is the thymus gland...the thymus gland monitors and regulates energy flow in the meridian system." (Diamond, M.D., page 25-28)

Now these are testimonials given by patients or other participants since this research has started in December of 1995. Many others have given me their testimonials orally and only those with written permission are given as follows:

Patient had symptoms of, "While I have had incredible results over-all with all problems, I still feel somewhat fragile. Heart pulse not consistently normal." She said the following: "With the thymus gland supplements I have had an over-all sense of inner strength. Fewer emotional swings. My irregular heart pulse has stabilized and eventually my heart was able to remain stable on 2 Brazil Nuts daily. I no longer need supplements as long as I feed the thymus. It's taking time but my health has really stabilized without colds or any flu all winter. P.S: I volunteer as Doctor Duskis' secretary 1/2 days, M-F. If I can be of help with free videos or phone numbers of any of his patients please call me at 970-223-5440. It is so exciting watching people's bodies restore themselves through nutrition. Isn't God great to give us bodies that want to heal themselves!" This testimonial was given by D.T. who has given out her phone number with permission as 970-223-5440 and she signed this testimonial on 3-23-96.

Patient had symptoms of, "Bellyaches, dizziness, fatigue, diet sensitivity." He said the following: "I developed Candidiasis as a result of repeated use of prescription antibiotics as a treatment for misdiagnosed allergies. I was very ill. By treating my thymus gland with good supplements, I am no longer diet-sensitive or fatigued and now I can eat anything (2 months of treatment)." This testimonial was given by Chris M. of Fort Collins, Colorado, who has given signed permission to put this in this book on 5-24-96.

Patient had symptoms of, "Belle's Palsy and poor immune system." She said the following: "Belle's Palsy usually doesn’t go away for at least a couple of months. After taking Dr. Duskis’ herbs/nutrition for only three weeks, the condition had disappeared. I haven’t been ill since then, either." This testimonial was given by Julie Mankin and dated 3-1-96.

Patient had symptoms of, "hypertension with high blood pressure and headache." She said the following: "Went to emergency room because blood pressure up to 183/127 and had a headache for over a week. Have blood pressure medicine and had irregular EKG. That night vomited, flushed and my husband said I quit breathing. He hit me in the back and chest. I started breathing but never woke up from sleep or remember it. Next day came to Dr. Duskis office. He did CRA and gave me Thymex and E2. The next day my headache was almost gone. I also had to eat 1/2 yam, 1/4 sweetpotato, 2 artichoke hearts and 12
Spanish nuts and watermelon. The day after that my headache was gone and my blood pressure was down to 155/114. Two days after that my blood pressure was 162/98. Each day I feel stronger and I’m better. My indigestion is also better. I and many others were also praying to God for my healing. He, God, definitely answered." This testimonial was given by Connie Ring who signed to give permission to state the above on 4-9-96.

Patient had symptoms of, "lack of 'sense of well-being' and fragile mentally, emotionally, motivationally." She said the following: "In treating the thymus gland I have had a greater 'sense of well-being' and more inner stability. I have also had more energy in general." This testimonial was given by S.C. on 3-23-96

Patient had symptoms of, "chemical poisoning and diarrhea". He said the following: "I take Thymex and Parotid and get the foods Doctor recommends. First thing I began feeling better. My strength and I was more alert on my job. I thank God that He led me to Doctor Duskin." This testimonial was given by Ray Asher whose phone number is 1-307-637-5348. Ray Asher says anyone can call him that needs to. He signed on 4-1-96.

Patient had symptoms of, "fatigue and general malaise, and near-panic 'value ' findings in low sodium and low potassium." She said the following: "Using Thymex for my thymus plus eating thymus-activating food, potatoes, peanut (Spanish), have restored my energy in just a few weeks." This testimonial was given by Alice Joyce whose address is P.O. Box 2226, Estes Park, Co. 80517. She has given her phone number by permission as 970-586-0603. She signed her testimonial on 3-29-96.

Patient had symptoms of, "red dot (irritation), tired, and sick." She said the following: "I was experiencing extreme tiredness and sickness a while ago. There was also a red irritation right over my thymus. I went to Dr. Duskin and he put me on Thymex and Thymus (PMG). Within 4 days I was doing much, much better and the red dot had vanished." This testimonial was given by Beth Kinzie of 1930 Derby Ct. and she has given permission for anyone to call her at 1-303-226-4229. She signed this testimonial on 3-29-96.

Patient had symptoms of, "weakness, no strength, hard to concentrate, lump in my throat, and feeling ill and no motivation." She said the following: "I, Joy Asher, no longer have weakness since I take the Brazil Nuts and Artichokes that Dr. Duskin recommended me to take. Also, I no longer have a concentration problem and a lack of strength, or a lump in my throat. I take the foods for the thymus and I feel great and I am very alert and have a feeling of well being all over. I also take the Thymex faithfully. I am excited to feel well again. I have had these symptoms for a long time and they had never cleared up until now, until I did the recommendation that Dr. Duskin spoke to me to do." This testimonial was given by Joy Asher whose phone number is 1-307-5348 and may be called if you need to by her permission.

Patient had symptoms of, "Belly aches, dizziness, fatigue, diet sensitivity." He said the following: "I developed Candidiasis as a result of repeated use of prescription antibiotics as a treatment for misdiagnosed allergies. I was very ill. By treating my thymus gland with food supplements, I am no longer diet-sensitive or fatigued and now I can eat anything (2 months of treatment)." This testimonial was given by Chris M. of Fort Collins, Colorado who signed permission to give this testimonial on 5-24-96.

A Look at the Immune System:
• What is the Immune System?:

"The immune system is the most important homeostatic system for defending the body against foreign substances. We can define its action as a defense against non-self substances which are potentially harmful." (Chaffee, page 304)

"The immune response can be defined as the body's ability to recognize materials that are foreign to it and the ability to make specific responses to these materials.

• The Two Types of Immunity within the Immune System:

"The type of immunity known as humoral immunity is due to a specialized group of plasma proteins called antibodies. Specific antibodies are formed against foreign materials called antigens. The humoral immune system is mobile. Antibodies are found in the blood and lymph and may travel to the surface of the body to become the secretory immune system. Another type of immunity, provided by the phagocytic cellular system, is known as cell-mediated immunity." (Chaffee, pages 304-305)

• Humoral Immunity:

"The B cells, which are responsible for humoral immunity, are so named because it was found that, in the chick, lymphoid tissue of the lower intestinal tract, called the bursa of Fabricus, is responsible for the development of humoral immunity. Since humans lack this bursa, it is postulated that bursal equivalent tissue exists in the bone marrow and possibly in the liver and spleen." (Chaffee, page 306)

"The body makes millions of antibodies." (Thomas, M.D., page 186)

"All the humoral antibodies are found in the globulin fraction of the blood proteins and, thus, are referred to as immunoglobulins (Ig)...The presence of five classes of immunoglobulins...IgM, IgG, IgA, IgD, and IgE...as well as many subclasses indicates that the different immunoglobulins probably react with different types of antigens...IgG is the smallest molecule and constitutes about 85 percent of plasma antibody." (Chaffee, page 307)

"The IgG and IgM antibodies use the enzymatic activity of a group of plasma globulins referred to as the complement system to accomplish their final goal. The complement system consists of eleven proteins which become active enzymes through a sequence of steps activated by the presence of an antigen-antibody complex. The antibody recognizes the antigen (foreign cell) and binds with it to form a complex which then fixes complement on the surface of the foreign cell where the enzymatic reactions take place. The result usually is lysis of the invading cell and probably phagocytosis." (Chaffee, pages 306-307)

• Cell-Mediated Immunity:

"The T cells, responsible for cell-mediated immunity, are so named from the determination that activity of the thymus and its secretory product, thymosin, is essential for the normal development of cell-mediated immunity." (Chaffee, page 306)
"The lymphocytes responsible for Cell-mediated immunity are designated T cells. Like B cells, T cells originate from primitive stem cells and go through stages of maturation...The most noteworthy step is the transformation of pre-T cells into mature activated T cells by the action of the thymus hormone thymosin. This step may be carried out within the thymus gland or elsewhere in the body by the action of the circulating thymosin. These activated T cells may circulate in the blood and lymph or they may come to rest in the inner cortex of the lymph nodes where they appear to form subgroups of T cells with different functions in the immune reaction." (Chaffee, page 308)

"The primary activated T cell is the effector cell. This is the cell that determines the responses we recognize as cell-mediated immunity. This cell can produce and release a series of factors (lymphokines). A very important lymphokine for the final and tissue destruction, is migration-inhibitory factor (MIF). MIF attracts monocytes and macrophages to the site of foreign tissue where the monocytes are transformed into so-called angry or killer macrophages which nonspecifically destroy all cells in their way by lysis and phagocytosis." (Chaffee, page 308)

"Helper T cells appear also to arise from activated T cells. These cells produce a soluble factor that is required, in some cases, for antibody formation by B cells. Such helper action from T cells appears to be most important for IgE and IgG production." (Chaffee, page 308)

"Other T-cells regulate the strength of the immune response. Those known as helper cells secrete substances that turn on antibody production and stimulate phagocytes and other T-cells in times of need..." (Thomas, M.D., page 196)

"Suppressor T cells are cells that appear to regulate or suppress the activity of the B cells in the production of antibodies. There is also evidence that these suppressor T cells are active against helper T cells and other aspects of cellular immunity." (Chaffee, page 308)

"Other T-cells regulate the strength of the immune response...those known as suppressor cells produce chemicals that turn off antibody production and suppress the action of other T-cells." (Thomas, M.D., page 196)

The Thymus Gland

• Origin of its name:

"At one point in the Iliad, Achilles says: 'Waking like smoke in the breasts of men, even as Agamemnon angered me, but we will let bygones be bygones, quieting the thymos in our breasts.' Thus, thymos was metaphorically a rising of smoke in the breast, as its Indo-European roots imply." (Diamond, M.D., page 129)

"Although thymus comes from the Greek word thymos, its roots go deeper. Tracing it back beyond the world of Socrates and Plato, we find that thymos is from the Indo-European root dhea, which is the base of a wide variety of derivatives meaning 'to rise into flames,' 'to rise in a cloud,' 'to smoke.' In Sanskrit the word was dhuma, from which come 'fume' and 'perfume'." (Diamond, M.D., page 128)

"Interestingly enough, the word thymus is derived from the Greek thymos...which is untranslatable into modern terms but denoted life force, soul, and feeling or sensibility. As
Onians points out, *thymos* originally referred to the breath. It was the stuff of consciousness, the spirit, the breath-soul, upon which depended a man's energy and courage. Even the earliest origins of the word implied rising into flames, as a cloud, spirit, which relate it to the concept of soul and Life Energy." (Diamond, M.D., page 29)

"L., from G, *thymos*, thyme: so called because shaped like the thyme flower." (*Webster's Dictionary*, page 1,906)

"...thyme derives its Latin name from the plant's serpentlike growth. Pliny recommends it as an antidote for snakebites..." (Ody, page 104)

"In the second century, Galen gave the name *thymus* to the pinkish-gray two-lobed organ in the chest because, it is said, it reminded him of a bunch of thyme." (Diamond, M.D., page 129)

"But the thyme plant itself was so named because it was burned as incense to the gods. Indeed, the altarlike elevation in the center of the orchestra of a Greek theater was called the *thymele*, and sacrificial incense was placed in the *thymiaterion*, or censer. *Thymos*, then, was a rising of smoke, a burning of incense, a sacrificing up to the gods—all taking place in the chest, the inner altar. It was aspiration, songs of praise, spirit, and the putting out of love. It was the breath-soul, on which depended a man's energy and courage." (Diamond, M.D., page 129)

"...the thymus...this vital organ." (Weston, M.D., page 99)

"the thymus of an animal, when used as food, is called sweetbread..." (*Webster's Dictionary*, page 1,906)

"The thymus gland...is present in all mammals, and is called the sweetbread in calves." (Diamond, M.D., page 8)

**Blood Supply of the Thymus Gland:**

"The internal thoracic (mammary) artery arises from the undersurface of the subclavian and descends into the thorax. Its branches supply the thymus and the pericardium in the mediastinum, the pectoral muscles, the mammary glands, and the skin of the anterior thorax. The superior epigastric artery is a terminal branch of the internal thoracic; it supplies the muscles and the skin of the anterolateral abdominal wall." (Chaffee, pages 337 and 340)

**The Location And Functions of The Thymus Gland:**

"THYMUS GLAND…Lying beneath the sternum (breastbone) and above the treachea (windpipe) and heart is the two-lobed thymus gland; each lobe is made up of LYMPHATIC tissue. The thymus gland plays a significant part in the establishment of the immune system from the 12th week of gestation until PUBERTY, after which it begins to shrink gradually." (Stoppard, M.D., page 84)

"Against the dark silhouette of a human form, two of the system's organs glow bright: the thymus, a small two-lobed organ just behind the breastbone, and the soft, gelatinous tissue of
the marrow deep within our long bones. In these primary lymphoid organs, lymphocytes grow and develop." (Thomas, M.D., page 172)

"In addition to the heart, the space between the lungs (mediastinum) contains the trachea, esophagus, thymus, large blood vessels, lymphatic vessels, and nerves." (Chaffee, page 22)

"thymus...a ductless, glandlike body, of undetermined function, situated in the upper thorax near the throat: it is most prominent at puberty, after which it disappears or becomes vestigial: the thymus of an animal, when used as food, is called sweetbread..." (Webster's Dictionary, page 1,906)

"There is still considerable ignorance about exactly how the thymus does its job, but it is now known that it is essential for the proper running of the lymphatic system, and that it has really carried out its major function during the first few years of life." (Weston, M.D., pages 98-99)

"Thymus gland. An imperfectly understood gland, the thymus is believed to produce thymosin, which promotes the development of antibodies, especially T lymphocytes, or T cells. The thymus stops working after puberty." (Time-Life, page 75)

"The thymus is found in the upper part of the chest, where it lies just behind the breastbone. In a young adult it is a few centimeters long and weighs about 15 gm. (one-half ounce). However, this simple statement conceals the most remarkable thing about the thymus, and that is the way that, quite unlike any other organ, it is at its largest at about the time of puberty when it may weigh up to 45 gm (one and one-half ounces). In a baby, the thymus is really very large compared to the rest of the body, and it may extend quite a long way down the chest behind the breastbone. It grows quite quickly until about the age of seven; after this the thymus continues to grow, but much more slowly until puberty. After the age of puberty the thymus starts to shrink in size--a process called involution--until in an elderly person there may be no more thymus tissue present apart from a bit of fat and connective tissue." (Weston, M.D., pages 98-99)

"Apart from the heart and lungs, the chest contains the gullet, or esophagus, which carries food from the mouth into the stomach, which lies just below the diaphragm. There is also a gland called the thymus, which lies at the top of the chest in front of the trachea. This is important in controlling the body's defense mechanisms." (Weston, M.D., page 14)

"Left and right lobes of thymus." (Weston, M.D., page 99)

"Hormones secreted by the bilobed thymus stimulate the production of white blood cells" (Thomas, M.D., page 239)

"Thymus...This lymph gland, which plays a role in the body's defenses, is large at birth but shrinks over the next several years." (Clayman, M.D., page 212)

"...Lymphatic System...Besides lymph, the system includes lymphatic capillaries and larger vessels; lymph nodes, or glands; the spleen; the tonsils; and the thymus." (Reader's Digest, page 110)

"Over the last two decades it has become clear that the thymus sits at the center of the remarkable web of interconnected organs and tissues that make up the lymphatic system and
are involved in the immune response - that is, defending us from attack by sources of infection." (Weston, M.D., page 98)

"The outer layer of the thymus, called the cortex, has many lymphocytes. Inside this is an area called the medulla which contains lymphocytes in addition to other types of thymus cells." (Weston, M.D., page 99)

"There seems to be little doubt that in the early years of life the thymus is concerned with programming the way in which the body resists infection, and in particular, it seems that the thymus is responsible for making sure that the system does not turn its activities against the body's own tissues." (Weston, M.D., page 99)

"The thymus, a member of the lymphatic system, is located in the anterior/superior mediastinum (just above and in front of the heart). It is known to play a critical role in the seeding of the lymphatic organs (lymph nodes, diffuse lymphatic tissue, etc.) with potential "T" lymphocytes, which secrete a substance that attacks the protein of certain tumor cells, foreign cells, and micro-organisms (cellular immunity). There is evidence that the thymus produces a hormone (thymosin) that enhances the development of "T" lymphocytes. Activity of the thymus wanes significantly after puberty; it ultimately atrophies to be replaced with fibrous tissue." (Kapit and Elson, Anatomist, page or plate 106)

"Endocrine System...Pituitary, Pineal, Thyroid, Parathyroids, Thymus, Adrenals, Pancreas, Ovaries, Testes..." (Kapit and Elson, Anatomist, page or plate 106)

"The endocrine glands secrete hormones, substances that transmit humoral information (commands) throughout the body. Communication between the endocrine glands, sexual functions, and functions of the autonomic nervous system are controlled by hormones." (Takahashi, page 134)

"Hormones are chemical messengers that are produced by the ductless, or endocrine glands. These chemicals are secreted directly into the blood to target cells and organs, where they regulate body processes and keep them in balance. In fact, the bloodstream carries hormones to all tissues, but only the target tissues respond...the pea-size pituitary gland...secretes hormones that control other endocrine glands..." (Time-Life, page 74)

"Thymus hormones travel through the bloodstream and continue to exert their influence over the departed T cells. Thus, the thymus can be considered to be a true endocrine gland-- carried to another part of the body where it will have its effect. We know that the thymus continues to secrete hormones and to 'train' and export T cells until late in life. After puberty it diminishes in size because it is no longer concerned with growth. Any further shrinkage is due to stress and other factors to be discussed in this book." (Diamond, M.D., page 10)

"The thymus is a hormone secreting organ, but after puberty, it begins to degenerate. By the age of 40, almost all of it is converted into adipose tissue." (Takahashi, pages 134-135)

"In embryonic and early life the thymus gland is vitally concerned with growth, as has been demonstrated by the fact that administration of thymus extract dramatically increases growth rate in laboratory animals. More importantly, it is the 'school and factory' for lymphocytes--the white blood cells responsible Under the influence of thymus hormones, these cells mature, then leave the thymus and settle in the lymph nodes and the spleen, where they give rise to
other generations of lymphocytes called T cells (T for thymus-derived). Thymus hormones travel through departed T cells. Thus, the thymus can be considered to be a true endocrine gland—that is, an organ that secretes a hormone into the bloodstream to be carried to another part of the body where it will have its effect." (Diamond, M.D., page 10)

"In the fetus and newborn animal, the thymus gland is a large organ lying in the upper mediastinum beneath the sternum. In the very young fetus it is composed primarily of epithelioid cells, but it has a reticular structure that entraps stem cells circulating in the blood. For reasons not understood, these trapped stem cells are then stimulated to proliferate extremely rapidly, and the cells that are formed are the first lymphocytes to appear in the fetus. These lymphocytes migrate into the blood and thence throughout the body, seeding the lymph nodes and other lymphoid tissue. The seeded cells then become either plasmablasts, the progenitors of the plasma cells, or lymphoblasts, the progenitors of the small lymphocytes formed in the lymphoid tissue. Thus, the thymus plays an important role in the original genesis of the entire lymphoid system of the body." (Guyton, M.D., page 122)

"THYMUS controls the production of a type of infection-fighting white blood cell in children (no known function in adults)." (Reader's Digest, page 77)

"The Vital Role of the Thymus Gland...The thymus, two oval lobes just behind the breastbone, is large in early infancy, as pictured, but by age eight or ten, begins to atrophy. In adults, the thymus has shrunk to about thumb-size. It is responsible for the development of the immune system. In infancy, it produces cells called lymphocytes that are coded to recognize and protect the body's own tissues, while they trigger an immune response against invaders. Later, the lymph nodes, bone marrow, and spleen take over the job of producing lymphocytes." (Reader's Digest, page 100)

"Failure of the Immune System to Develop in the Absence of the Thymus Gland. If the thymus gland is removed early in fetal life, the lymphoid tissue of the entire body fails to become seeded with lymphocytes, and consequently, essentially no immune system develops. Even if the thymus is removed shortly before birth of the baby or within the first few days after birth, the immune system is still greatly impaired. Furthermore, the lymphocytic type of immunity seems to be much more impaired than the humoral type, indicating that plasmablast seeding of the lymphoid tissue occurs earlier than lymphoblast seeding. However, if the thymus gland is removed from an animal a few weeks to a few months after birth, very little harm is done to the immune system, because by that time enough seeding of the lymphoid tissue has occurred for the immune system to function throughout life. One exception to this occurs as follows: If the person is subsequently exposed to some effect, such as a nuclear bomb blast, that destroys most of his immune system, he will have difficulty reseeding his lymphoid tissue without the availability of a thymus gland. Here again, lymphocytic immunity is affected much more severely than is humoral immunity." (Guyton, M.D., page 122)

"Possibility of a Thymic Hormone. Even though the thymus gland is absolutely necessary for the early seeding of lymphoid tissue with lymphoblasts and plasmablasts, once this seeding process has occurred, one might expect that the lymphoblasts and plasmablasts could proliferate within the lymphoid tissue without further intervention from the thymus gland. Yet, even so, removal of the thymus gland still stops or greatly impedes further growth of the lymphoid tissue. If the thymus gland is then re-implanted can get out of the thymus gland, the lymphoid tissue throughout the body immediately resumes its growth. Therefore, it is
believed that some hormonal substance released by the thymus gland diffuses throughout the body to activate the growth of the lymphoid tissue. This substance is called simply the *thymic hormone*. Thus far all attempts to extract from the thymus gland a specific substance that will perform all the functions of the so-called thymic hormone have failed. Nevertheless, there is still reason to believe that such a hormone might exist and that eventually it will be extracted." (Guyton, M.D., page 122)

"Immunodeficiency diseases...Treatment depends on the determination of the specific immunodeficiency and some positive results have been demonstrated by transplantation of bone marrow and thymus and by the use of the hormone thymnosis." (Chaffee, pages 308-309)

• *T Lymphocytes From The Thymus Gland:*

"There are two main types of immune cells in the body and they are both different sorts of lymphocytes. The T or 'thymus' cell lymphocytes are under the control of the thymus and are responsible for the recognition of foreign substances and for many of the ways in which the body attacks them. The other sort of immune cell-the B lymphocyte- is responsible for actually manufacturing anti-bodies to foreign substances." (Weston, M.D., page 99)

"Thymus...Stem cells are produced in bone marrow. They then migrate to the thymus, replicate, and develop into T cells." (Clayman, M.D., page 124)

"B lymphocyte...These cells begin life as stem cells in bone marrow. They develop in the lymph nodes...B lymphocytes recognize the foreign proteins, or antigens, of disease organisms since they differ from natural body proteins. Antigens trigger B cells to multiply. Some develop into plasma cells, which secrete antibodies--proteins that attack and destroy only the antigens." (Clayman, page 127)

"The thymus gland, then, prepares the T cell to do its work--to distinguish self from not self, friend from foe, and to destroy foreign cells. This role, called immunological surveillance, is directly concerned with resistance to infections and cancer." (Diamond, M.D., page 10)

"T lymphocytes develop inside the thymus gland. 'Killer' T cells react to the remains of destroyed specific antigens, attacking them, as well as any infected cells, with powerful proteins called lymphokines. 'Helper' T cells activate B and T cells, while 'suppressor' T cells inhibit the response of other cells to the invading antigens." (Clayman, M.D., page 127)

"...activated...('killer') T lymphocyte...become(s) attached to an infected target cell after having recognized antigens on its surface. As well as attacking specific antigens, T cells also attack cancer cells, slowing tumor growth." (Clayman, M.D., page 127)

"Memory T cell...These cells may survive for many years to respond to an attempted second invasion by the same antigen. They mobilize very quickly." (Clayman, M.D., page 127)

*The Affects of The Thymus Gland On You!*

• *On Your Growth!:*
"In embryonic and early life the thymus gland is vitally concerned with growth, as has been demonstrated by the fact that administration of thymus extract dramatically increases growth rate in laboratory animals." (Diamond, M.D., page 10)

**What Affects The Thymus Gland?**

"Besides being affected by stress and emotional states, the thymus is strongly influenced by an individual's physical environment, social relationships, food, and posture. These six major factors..." (Diamond, M.D., pages 29-30)

- **Diet Changes (See the Chapter on Foods in this book):**

  "Diet can affect immune system function. Malnutrition, a deficiency of protein or the trace element zinc, or dietary excess may all have a profound effect on the development of disease. A severe deficiency of protein at an early age can slow or stunt growth of the thymus, impairing the normal functioning of T-cells." (Thomas, M.D., page 217)

  "I find that artificial foods, highly refined foods, and processed foods usually cause you to test weak. On the other hand, organically grown natural foods will almost invariably increase the Life Energy. For example, if someone whose thymus tests weak eats a bite of an organically grown apple, he will then almost always test strong. Natural foods such as fruits and vegetables, grains, eggs, nuts and seeds, chicken, and most fish should test strong for you, unless they have been heavily sprayed or contaminated...If you want to see for yourself how bad pesticides are, just spray some in the room and see how the previously strong thymus gland now tests weak." (Diamond, M.D., page 109)

- **Physical Changes:**

  - **Positive Change to The Thymus Gland By:**

  - **Stimulating the Thymus Gland:**

    "Do the thymus thump three or four times a day to activate your thymus and reduce the effects of stress." (Diamond, M.D., page 124)

  - **Listening to Good Music:**

    "...I have suggested a number of techniques for enhancing thymus gland activity...Listen to revitalizing music." (Diamond, M.D., page 124)

  - **Negative Change to The Thymus Gland By:**

  - **Putting on Sunglasses:**

    "Looking through any form of tinted glass for any length of time weakens the thymus gland and hence the Life Energy." (Diamond, M.D., page 74)

  - **Wearing certain clothes and using certain fabrics:**
"I don't know why, but synthetic fibers impair the activity of the thymus gland and thus reduce the Life Energy...I always recommend that clothing made only of 100 percent natural fiber be worn...Take a blanket or sheet of 100 percent natural fiber, one made of cotton or wool or silk." (Diamond, M.D., pages 76-77)

"I have found that unless a hat is made of all-natural fiber, it will reduce the activity of the thymus gland." (Diamond, M.D., page 75)

• **Stress Changes On The Physical, Mental, Emotional, and/or Spiritual:**

"We know that the thymus continues to secrete hormones and to 'train' and export T cells until late in life. After puberty it diminishes in size because it is no longer concerned with growth. Any further shrinkage is due to **stress** and other factors to be discussed in this book." (Diamond, M.D., page 10)

• **Due to Mental, Emotional, and/or Spiritual Factors:**

"The emotional states that weaken the thymus are hate, envy, suspicion, and fear. Their opposites, which activate the thymus, are benevolent love, faith, trust, courage, and gratitude. These positive feelings are the deepest and most beautiful emotions there are." (Diamond, M.D., page 46)

"Perhaps most provocative and least understood is the complex connection between the immune system and the brain. Mental stress, both moderate and severe, can affect the workings of our white blood cells. In one study, it was found that patients hospitalized for severe depression had suppressed or underactive immune systems, making them more vulnerable to infections and disease. Another study showed that the suffering of a widower over the loss of his wife may harm his health: Bereavement seems to prevent lymphocytes from reacting appropriately. Even the much milder strain of taking an exam appears to reduce T-cell activity." (Thomas, M.D., pages 217 and 219)

"If you find someone who is weak on test-touching the thymus point, have him smile. He will test strong. The same strengthening effect will be obtained if, instead of having him smile, you tweak his cheeks as you would a baby's. Receptors in the skin over the smile muscle seem to activate this mechanism. You have tricked the subject's body into thinking that he has smiled." (Diamond, M.D., page 49)

• **Due to Severe Injury and/or Sudden Illness:**

"The dramatic atrophy of the thymus gland in a person undergoing stress is not fully understood. Within a day of severe injury or sudden illness, millions of lymphocytes are destroyed and the thymus shrinks to half its size. This is part of the general reaction to stress described by Hans Selye.*" (Diamond, M.D., page 13)(*Hans Selye, *Stress Without Distress*...New York: J.B. Lippincott Company, 1974)
Diseases Associated With The Thymus Gland

**Immunodeficiency Diseases in General:**

"Immunodeficiency diseases are well recognized in the human. These diseases range from the selective deficiency of where both the T and B cell systems are lacking. Treatment depends on the determination of the specific immunodeficiency and some positive results have been demonstrated by transplantation of bone marrow and thymus and by the use of the hormone thymosin. Presently we know more about the specific deficiency diseases than we do about effective treatments." (Chaffee, pages 308-309)

"Diet can affect immune system function. Malnutrition, a deficiency of protein or the trace element zinc, or dietary excess may all have a profound effect on the development of disease. A severe deficiency of protein at an early age can slow or stunt growth of the thymus, impairing the normal functioning of T-cells." (Thomas, M.D., page 217)

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"Nerve cells and immune cells seem to engage in two-way conversations. Some immune cells have receptors on their membranes for neuropeptides, chemicals produced by the brain. One group of neuropeptides, known as endorphins, may at response to mental stress seem to suppress the activity of T-cells, perhaps robbing us of help in fighting cancer cells. In some cases, the endorphins appear to have the reverse effect: When we are injured, they may boost our immune response by helping to attract macrophages to the wound site." (Thomas, M.D., page 219)

**Cancer:**

"Until the 1950s little was understood about the thymus, although there had been clues to its function for many years. As far back as 1902, Foulerton, a London physician, was using thymus extract in the treatment of cancer. However, the standard teaching was that the thymus gland had no function at all in the adult, a delusion fostered by the fact that during autopsy the thymus was usually found to be quite small and atrophied." (Diamond, M.D., page 8)

"Probably the most acceptable theory of cancer is that formulated by Sir MacFarlane Burnet, (F.M.Burnet, *Immunology, Aging, and Cancer*...San Francisco: W.H. Freeman and Company, 1976), the Australian Nobel Prize winner. Of the billions of new cells produced in the body each day, some will be abnormal. One of the functions of the T cells is to recognize these abnormal cells and destroy them. However, if the T cells are not activated by the thymus hormone, the abnormal cells may 'take' and develop into clinical cancer. Hence the critical
role of the thymus gland throughout adult life in the prevention of cancer." (Diamond, M.D., page 11)

"Now we begin to understand why cancer increases with age. It has been shown that the antibody response of old mice is only about 5 percent that of young mice. Old mice cannot reject cancer cells injected into them. However, if old mice are given thymus hormone at the same time, cancer does not develop. In all mammalian species there is a falling off in thymus activity with advancing years, and a corresponding increase in the rate of cancer. **The more we can stimulate thymus activity throughout life, the greater will be our ability to ward off cancer.**" (Diamond, M.D., pages 11-13)

"The thymus gland, then, prepares the T cell to do its work—to distinguish self from not self, friend from foe, and to destroy foreign cells. This role, called immunological surveillance, is directly concerned with resistance to infections and cancer." (Diamond, M.D., page 10)

"Above, a T cell, a thymus-derived lymphocyte, attacks a cancer cell...large sphere...which it identifies by the antigen molecules protruding from its surface. Below, the cancer These micrographs were made by Andrejs Liepins of the Sloan-Kettering Institute for Cancer Research." (Diamond, M.D., page 13, Figures 1 and 2)

"In a human being or an animal in which the thymus gland has been removed or destroyed, there is a loss in effectiveness of the immune mechanisms of the body that guard against infection and cancerous growth. For example, if a young rat that has had its thymus removed is injected with cancer cells, the cancer will take over and the rat will die. However, if the thymus gland is intact, the tumor will be recognized as a hostile invader and will be rejected. There is now considerable evidence that enhancement of the immune response by administering thymus extract can overcome some forms of clinical cancer. A search of the literature shows, as I stated above, that thymus extract was used clinically for the treatment of cancer as long ago as 1902." (Diamond, M.D., pages 9-10)

"B-cells make up one class of lymphocytes. The second class, known as T-cells, mature in the thymus (T stands for thymus). One subgroup of these T-cells, known as killer T-cells, attack and destroy certain cancer cells...cells infected by viral agents, and the cells of transplanted tissue." (Thomas, M.D., pages 186 and 196)

"T cells also attack cancer cells, slowing tumor growth." (Clayman, M.D., page 127)

"Those who suffer the disease (AIDS) become the victims of life-threatening pneumonia, other serious infections, and a rare skin cancer called Kaposi's sarcoma." (Thomas ge 196)

• **Aids:**

"Acquired immune deficiency syndrome, commonly referred to as AIDS, is a disease that destroys the body's immune system. It does this by attacking helper T cells, which play an essential role in fighting illness. With the immune system disabled, an AIDS patient will usually die from an illness, called a secondary disease, that the body could have fought off successfully if its immune system were intact. AIDS was first identified in the 1980s, and
scientists still do not understand many things about how the disease works." (Time-Life, page 136)

"In people with AIDS (acquired immunodeficiency syndrome), the normal ratio of helper to suppressor T-cells is disturbed. The AIDS virus attacks helper T-cells preventing them from carrying out one of their regular duties-to activate the immune system when a threat arises. This breakdown in normal communication between immune cells leaves the body virtually undefended. Those who suffer the disease become the victims of life-threatening pneumonia, other serious infections, and a rare skin cancer called Kaposi's sarcoma." (Thomas, M.D., page 196)

"When healthy, the immune system can fight off most of the viruses, bacteria, and other pathogens that invade the body. When the AIDS virus infects the body, the helper T cells are destroyed, resulting in a weakening of the immune system...As the immune system breaks down, the body becomes increasingly susceptible to secondary diseases, such as pneumonia, that it is too weak to fight off. These are the diseases that usually kill AIDS patients." (Time-Life, page 137)

"The HIV consists of genetic material surrounded by a coating of proteins and lipids. Unlike most viruses, the AIDS virus contains no DNA, only RNA. Such viruses are called retroviruses. As the HIV invades helper T cells, it uses an enzyme called reverse transcriptase to convert its RNA into DNA. The new DNA then instructs the T cell to duplicate the virus...Once invaded, the helper T cell dies through a process that is not understood." (Time-Life, pages 136-137)

"Upon entering the body, the AIDS virus attaches itself to a helper T cell and then injects its RNA and reverse transcriptase into the T cell...With the help of the reverse transcriptase, the cell then produces viral DNA, using the RNA as a blueprint...The newly produced viral DNA forms a ring and proceeds to penetrate the nucleus of the helper T cell...Once inside the T cell's nucleus, the viral DNA becomes an inextricable component of the immune cell's genetic material...Following instructions from the DNA, the T cell produces AIDS RNA, reverse transcriptase, and the ingredients of the virus' coat...The viral ingredients that are produced by the invading DNA assemble themselves to become new AIDS viruses...Each new virus leaves the helper T cell in search of a new host cell, further weakening the immune system...Once invaded, the helper T cell dies through a process that is not yet understood." (Time-Life, pages 136-137)

• **Myasthenia Gravis:**

"MYASTHENIA GRAVIS...This autoimmune disorder is marked by severe muscle weakness and fatigue. This is caused by antibodies that gradually reduce the number of receptors in the fibers that stimulate muscle contractions. A thymus disorder may trigger the disease; the gland is removed and immunosuppressant drugs are often part of the treatment...Muscles affected...Early symptoms include double vision and drooping eyelids as facial muscles become weaker. Throat muscles are affected, so chewing and swallowing can become difficult. The disease may eventually spread to the muscles of the arms and legs." (Clayman, M.D., page 57)

• **Pneumonia:**
"A recent case described in a medical journal is that of a young boy who was admitted to the hospital in coma from a severe viral pneumonia. He was unconscious, with a high temperature, and was on forced respiration, being unable to breathe unassisted. Everything was done to resuscitate him, but it was quite obvious that he was going to die. The equivalent of a T-cell count was performed; approximately one fifth the normal level was found. He was then given an injection of thymus extract, and within twenty-four hours the entire process had reversed itself. His temperature was down, he was breathing unassisted, and he was conscious. This is the kind of dramatic recovery we are going to see more and more as accurate testing of thymus function and administration of thymus extract, when indicated, become routine in medical practice, as I am sure it will in the next five or ten years. As one of the most eminent workers in the field has said, "The second golden age of 'thymology' is just beginning." (Diamond, pages 10-11)

When the AIDS virus infects the body, the helper T cells are destroyed, resulting in a weakening of the immune system. As the immune system breaks down, the body becomes increasingly susceptible to secondary diseases, such as pneumonia, that it is too weak to fight off. These are the diseases that usually kill AIDS patients." (Time-Life, page 137)

• Infections:

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"The thymus gland, then, prepares the T cell to do its work--to distinguish self from not self, friend from foe, and to destroy foreign cells. This role, called immunological surveillance, is directly concerned with resistance to infections and cancer." (Diamond, M.D., page 10)

• Viral Infections:

"The viruses that cause infections are smaller than bacteria and can pass through the smallest cellular filters of the body. When viruses enter the body, they live on the body's cell enzymes. Viral infections are characterized by fever, headaches, muscular aching, and chills. The common cold is a viral infection, as are some forms of croup, mononucleosis, influenza, polio, tonsillitis, infectious hepatitis, encephalitis, measles, some bladder infections, and asthma. Drugs relieve only the symptoms—they do not kill the virus. Antibiotics are not effective against viral infections; they kill bacteria but not the virus. When a viral infection gets out of hand and bacterial complications set in, antibiotics help. The body's defense system reaction against these infections is the same for all viral infections, no matter what organ is affected....NUTRIENTS...SUPPLEMENT...Important...Raw thymus...SUGGESTED DOSAGE...As directed on label...COMMENTS...Important in immune function, stimulating the thymus gland." (Balch, M.D., page 309)
"the thymus of an animal, when used as food, is called sweetbread..." (Webster's Dictionary, page 1,906)

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The following foods appear to be supportive of the thymus gland and at least one of them needs to be taken daily (Remember to check with your Doctor to see if you are allergic to any of these):

• **Nuts:**

  • 2 Brazil Nuts.

  • 7 Raw Spanish Peanuts.

• **Potatoes:**

  • 1/4 of a yam with the skin still on.

  • 1/4 of a white potato with the skin still on.

• **Fruits (Note: Fruits have seeds within themselves)**

  • The whitish part of the rind of the grapefruit.

  • The whitish part of the rind of the orange.

  • 5 Olives bought in glass jar with pits (obviously remove the pit) and they can be the black or green variety, average size.

  • 2 Raw or Cooked Okra (if Okra is fried, please do it at low temperature).
**Vegetables (Note: Vegetables do not have seeds within)**

- 2 Hearts of Artichokes.
- 2 Raw Whole Leaves of Spinach.
- 2 Brussels Sprouts.
- 5 Tablespoonful of Alfalfa, Wheat, or Bean Sprouts with the Roots.
- 5 Tablespoonful of Jicima or "Mexican Potato" with the Skin.

**Eggs:**

- 1 Egg yolk every two days.

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**Tests For The Thymus Gland**

**Using the Reflex Point of The Thymus Gland:**

"Test his indicator muscle just as you did before. It should be strong. now have your subject place the fingertips of his free hand on the skin over the point where the second rib joins the breastbone...the sternomandibular joint...This point...is directly over the thymus gland. Now, with your subject touching the thymus point, test the indicator muscle again...Is it still strong, or has it gone weak?...The thymus test-touch point. The fingers must be touching the skin...How do we know it is the thymus gland that we are testing? All we need to do is to have the subject chew one tablet of thymus extract. Instantly the indicator muscle will become strong. Other extracts will not have this effect." (Diamond, M.D., pages17,19, and 21)

"If you find someone who is weak on test-touching the thymus point, have him smile. He will test strong. The same strengthening effect will be obtained if, instead of having him smile, you tweak his cheeks as you would a baby's. Receptors in the skin over the smile muscle seem to activate this mechanism. You have tricked the subject's body into thinking that he has smiled." (Diamond, M.D., page 49)

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**Glossary of Terms Relating to the Thymus Gland**

"**Antibody**...A specific substance produced by and in an animal or person as a reaction to the presence of an antigen: they are associated with certain globulin fractions of the plasma proteins." (Chaffee, page 581)
"Antigen...Any substance which, when introduced into the blood or the tissues, incites the formation of antibodies, or reacts with them." (Chaffee, page 581)

"Endocrine gland...That is, an organ that secretes a hormone into the bloodstream to be carried to another part of the body where it will have its effect." (Diamond, M.D., page 10)

"Mediastinum is the space between the lungs. The content of this cavity include the heart and pericardium; the thoracic aorta; the pulmonary artery and veins; the venae cavae and azygos vein; the thymus, lymph nodes, and vessels; the trachea, the esophagus, and the thoracic duct; and the vagus, cardiac, and phrenic nerves." (Chaffee, page 393)

"sternum...breastbone." (Stoppard, M.D., page 84)

"Syndrome...A group of symptoms and signs, which, when considered together, characterize a disease or lesion." (Chaffee, page 585)

"treachea...windpipe." (Stoppard, M.D., page 84)

**OTHER BOOKS BY THE AUTHOR**

Other books may be presently obtained by either calling 1-800-205-6245 or by writing to ADVANCED HEALTH TECHNIQUES, P.C., 3307 SOUTH COLLEGE AVENUE, SUITE #200, FORT COLLINS, COLORADO 80525. All books can be paid for by check, money order, visa, or master card. The cost for all books is only $20.00 (but the Grocery book is $30.00 since it is 448 pages) each or three for $50.00 (if the Grocery book is one of your three choices, then it is three for $60.00). Please add $3.00 to your order for shipping and handling charges. All books are sent out book rate. We try to get all orders out within 24 hours of receipt of order. We want to thank you in advance for your order and wish you happiness in all that you learn and put into practice from each book you purchase! Please also note that each book may be reproduced or copied for any reason other than monetary gain or commercially; you may make copies for your friends and neighbors in order to spread this good information!

Please note that the book on **THE DIVINE NATURE: BE AT HOME FOREVER: THE KEYS TO RELATIONSHIPS** has no price but is given free of charge unless a donation is offered. The book costs about $11.00 to produce, ship, and handle. A donation will only be used to produce more of the same book for others to be blessed with. Some people give larger donations to help many other people. This book can only be sent if money is available to help others. Radio, TV, and book stores may sell this book for a handling fee profit only not to exceed $5.00 per book plus postage not to exceed the book rate.

All books are continuously updated; therefore, only limited editions of each book are made. The latest edition is made when all earlier editions have been sold out. Nearly every book has over 100 pages. Please feel free to send the author at the above address any information from any good source about any book topic at any time. With the information please give the title of the source you got it from together with the publishing company and publishing company's city and state; also, what edition it is and the date the edition was made. Please also give the page numbers that you have copied.
**BACK TO HEALTH: THE M-A-N PRINCIPLE--60 ways to improve your health.** This book gives *very easy* to understand ways to improve your health. This book is very practical and gives advice how to improve your health immediately. The ISBN Number is 0-9647252-1-5.

**Healthy Life Once Again! The Forgotten Thymus Gland, a compilation!** This book gives *very easy* ways to help your thymus gland. It also has many quotations from Medical Doctors showing how it is involved with symptoms and diseases such as cancer, aids, infections, pneumonia, viral infections, etc. This book contains information that may be a missing link to many health problems. The ISBN Number is 0-9647252-5-8.

**GROCERIES: HOW TO USE THEM FOR ANY GOOD REASON, a compilation!** This book gives *very easy* ways to use your groceries from the food market to help with many symptoms and diseases. It has information also about how groceries can be used for any good reason such as against pesky insects. There is even a section about groceries and the Bible. The ISBN Number is 0-9647252-0-7.

**THE DIVINE NATURE: BE AT HOME FOREVER: THE KEYS TO RELATIONSHIPS.** This book gives *very easy* ways on how to handle *any* relationship whether good or bad for your own good *Character growth!* This book covers your true purpose for living life; and therefore, tells you why you were born. The ISBN Number is 0-9647252-4-X.

**HOW TO OVERCOME SNORING WITH WARM FUZZIES; IN RECOVERY & ECSTASY, a compilation.** This book gives *very easy* ways both medically and naturally how to overcome snoring. It also tells how the behavior or the snorer and the person with the snorer could be to achieve better peace. The ISBN Number is 0-9647252-2-3.

**SURVIVAL FOREVER, a compilation.** This book gives *very easy* ways on how to survive in *nearly every situation* not only on a physical level but emotionally, mentally, and spiritually as well. The ISBN Number is 0-9647252-3-1.

Sources of Information on The Thymus Gland
**Doctors:**

1. A Contact Reflex Analyst who knows the reflex points of the body can be found by calling Standard Process West at 1-800-321-9807. Just ask them for a Doctor in your area.

**Companies That Sell Foods that Help Feed the Thymus Gland:**

1. Rainbow Acres

13208 Washington Blvd.

Los Angeles, California 90066

Phone: 1-800-622-2006 and 1-310-306-8330

They have the Brazil Nuts and Raw Spanish Peanut and lots of other foods such as dried fruits. That take orders over the phone.

**Companies That Sell Thymus Gland in Food Supplements:**

1. A Contact Reflex Analyst who knows the reflex points of the body can be found by calling Standard Process West at 1-800-321-9807. Just ask them for a Doctor in your area. For example, if you needed a CRA Doctor in Fort Collins, Colorado, Standard Process West might give you the name of Dr. Duskis. When ordering product such as Thymex, just call the same phone number and give the name of the doctor you are being helped by and the doctor's account number. For example if Dr. Duskis is the doctor you are being helped by just say, "I want to make an order for two boxes of Thymex. I am being helped by Dr. Duskis whose account number is 2200." They take visa and mastercard. Please note that Standard Process West has two excellent thymus foods: Thymex and Thymus PMG.

2. This second company may be reached by calling 1-800-572-8446. They have a formula called COMBAT that has thymus gland in it. You can order directly over the phone. This company has a free membership. Give them ID# 283580 and they will then give you your own ID# so that you can receive all food supplements at wholesale. You can put your new ID# here:__________________.

**Companies That Sell Thymus Books:**

Edition, 1979. Can call 1-703-591-2490 for the book which is, "Distributed exclusively by DAY Institute, 10803 West Main Street, Fairfax, Virginia 22030."

Companies That Sell Models of the Thymus Gland:

1. The Anatomical Chart Company sells a "HEART MODEL WITH THYMUS GLAND" for $99.00 plus shipping and handling of $9.95 as of May 10, 1996. The item number is G-8/1, BIN=C0105B. Their phone number is 1-800-621-7500 1-847-679-4700. FAX=1-847-679-9155. Address= 8221 Kimball Skokie, IL 60076-2956.

Workshops:

1. A patient of mine gave me this information on a flyer about a workshop that used the word, Thymus, as follows: "A Sample of What You'll Learn at the BioMagnetic Healing Workshop: When astronauts first went into space and were outside the magnetic field of Earth, the calcium began to desert their bones in a manner similar to that of osteoporosis. To supplement this magnetic field deficiency, NASA scientists developed a small and durable Rare Earth Cobalt magnet to be worn on the body. The Biomagnetic necklace, which uses the Rare Earth Cobalt magnets, has the following effects: 1) Magnetizes the blood as it passes through the neck's carotid artery and jugular vein. 2) Stimulates all the acupuncture meridians which pass through the neck. 3) Stimulates the two kidney meridians, which originate in the sternum (breastbone). 4) Stimulates the thymus gland, which helps drive the immune system. Don Lorimer is a researcher and teacher of BioMagnetic healing. He is a physicist by training... Don Lorimer is author of Esoteric bioMagnetic Healing. He is a featured speaker at the 1995 Global Sciences Conference in Denver, and was a popular speaker at SPRE's April 1995 meeting... Mr. Don Lorimer, 1006 W. 104th Ave., Northglenn, Co 80234. For private consultations or interviews call: (303) 469-5180... SPRE 970-224-9080."

Bibliography


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