

Dr. Paul Zelig Rodberg

## PROJECT GENESIS

Workbook for people who  
want to make a change  
in their health

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## INTRODUCTION

Our world is in constant evolution. Names and services change as we grow.

Pioneers bring new value to the teachings of their professors.

My roots are family, biology, chiropractic, applied kinesiology,  
natural hygienics, yoga, and jazz trombone.

My fruit is project genesis. It is with great satisfaction that I offer my program, by way of internet, to all  
for free.

[www.paulzeligrodberg.com](http://www.paulzeligrodberg.com)

## BASIC CONCEPTS

Chiropractic does not treat the symptom or disease. It treats the recuperative powers of the body,  
permitting renewed efficiency and consequently the elimination of most problems.

Among the suggestions that I will give you, certainly there will be some that will seem very difficult to  
follow, but if you are honest enough to call right away ( 095 / 43 48 81 ) to let me know what your  
difficulty is, it will be my responsibility to help you to get over this problem (if you need me and don't  
call, you are irresponsible and certainly this won't help you to get better). Chiropractic has as one  
fundamental principle:

We are responsible for our own health.

## CREDITS

All scientific reports have been collected and organized by three giants of  
the chiropractic world: Dr. Chester A. Wilk, Dr J.F. McAndrews and George  
P. McAndrews Esq.

*“A THOUSAND TIME A DAY I REMIND MYSELF THAT MY MATERIAL AND SPIRITUAL  
LIFE DEPENDS ON A FATIGUE OF OTHER MEN, LIVING AND DEAD, AND THAT I  
MUST GIVE IN THE SAME MEASURE THAT I HAVE RECEIVED AND CONTINUE TO  
RECEIVE”.*

ALBERT EINSTEIN

*Ask yourself, what will be the value of your next action, for the poorest man on earth?*

GANDHI

*The Doctor of the future will not give medicine but interest his patients in the cure of the human structure, diet, and  
prevention of the disease.*

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THOMAS EDISON

Paul Zelig Rodberg

Doctor of Chiropractic, U.S.A.

Bachelor of Science in Biology U.S.A. '74

Doctor of Chiropractic U.S.A.'79

Applied Kinesiology  
(Science of Movement)

U.S.A.'79

Sports Doctor for the preparation of the Italian Olympic Team-Wrestling '92

Certified Teacher for the Italian Federation of Yoga '94

Frequent Lecturer for the Medical Profession

Creator, producer and protagonist of the educational television series

“ Chiropractic – Project Genesis “

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Visit by appointment

INATURAL MEDICINE CENTER

Chiropractic vertebral adjustments

Diet

Skeletal problems

Muscular problems

Emotional problems

Vascular problems

Rehabilitation

Specific lymphatic drainage

Yoga breathing and healing techniques

Meditation

Sexual problems

Chiropractic is an approach towards personal health that is scientific, philosophic and artistic. It considers the body, the mind and the soul as a complete harmonic system. The entire system heals the body. The human organism has its own self-healing systems. I teach patients how to become self-sufficient.

I am an American doctor of Chiropractic, and in the United States I received two colleges degrees and a specialisation. I have been working in Italy for twenty years, and among my patients-friends there are many doctors and pharmacists. We all agree that the predominant health care system offers patients the following services:

Case history, patient visit, diagnostic exam, for example: blood and urine tests, x-rays, cat scan, nuclear magnetic resonance, echographs, endoscopic exams, etc., final diagnosis, therapy, from the most gentle (homeopathy, physiotherapy, herbs, etc. etc.), to the most radical (surgery, radiation therapy, chemotherapy, orthopaedic braces, etc.). These determine two categories of patients: those who get well and those who are not helped.

My medical friends and I are firmly convinced that the natural methods used in my office have been useful for resolving almost all problems. Chiropractic aims to achieve a global vision (the relationship between cause-effect and make the patient responsible for his or her own health). The patient I and shall work together so the patient learns the rules of collaboration. I will not accept patients that I cannot help, in fact, my work exists only for one reasons: the maintenance of your health. My responsibility is to get you out of trouble as soon as possible, to teach you what to do to become self-sufficient for your entire life, to live my life according to these principles so I can be a reference point for you, and so that I can be secure in my ability to guide you, it is your obligation to learn.

Now let's look to your responsibilities.

You must make the effort to change the way you think about your body. It is necessary for you to know that almost everything that we call DIS-EASE, is only the right reaction and the answer of the organism (at the levels of defence, warning and repair) to the overburdening to which it has been subjected (exhaustion, unhappiness, intoxication, lack of physical training and prolonged exposure of the organism to extremes of temperature). In chiropractic this state of unhappy inefficiency is called DIS—EASE, which means the lack of well being.

Now let's take a look at the work that we must do everyday to became really self-sufficient. The basic principles are:

COMMUNICATION (NEUROLOGIC TRANSMISSION BETWEEN THE BRAIN AND THE BODY): the chiropractor, using only his/her hands, adjusts the segments of the spinal column to remove the cause of disease (interference-subluxation). When the organism is strong enough, it does not need the chiropractor.

BREATHING: principally there are two types of breathing: sympathetic (or thoracic) and parasympathetic (or diaphragmatic). The first is utilized by our organism to work and to train, to fight, when we are in hurry, when we are afraid, when we are in pain and when we have strong sexual excitement. All of these cost a considerable amount of energy. The second system serves for oxygenating, digesting, assimilating, eliminating, resting, growing and healing and this alternative allows us to save a great quantity of energy. In my office, I will teach you the technique to free the diaphragm, which doubles its capacity in ten minutes. It is possible to survive more or less, two months without food, a week without water and only few minutes without oxygen. Oxygen is a thousand times more important than food.

DIGESTION: the organism needs to assimilate chemical energy from outside of itself. Everything that we place in our bodies must necessarily be considered in one of two categories, everything that is useful we call nutriment, everything that is not, is a weight for the organism and must be considered poison. If, for any reason, our digestion becomes slowed, even the most genuine food will become poison for the organism, and the abdomen will be hard and painful. The food choice suggestions are based on what is most important for the organism and what is easiest to digest. The list of the priorities for our body will be the following: 1. awareness, 2. oxygen, 3. water, 4. honey, 5. fruit and vegetables, 6. whole grain cereals, 7. legumes, 8. dried fruits, nuts and oils (cold pressed), 9. biologically grown whole wheat products, like bread and pasta (vegetarians can stop at this point if they like), 10. eggs, 11. fish, 12. meat and dairy products The first six elements make up the detoxifying diet, while the last six are part of the regular maintenance diet.

- ELIMINATION: our organism has five systems of elimination: the intestines, the kidneys, the lungs, the skin and the reproductive cycles. The principal problem is that when we don't digest correctly, we overload all five systems and the body becomes totally incapable of freeing itself from the poisons. If the body is not clean it is impossible to heal. Simply and specific massages, that we both need to do, in my office and in your home, are indispensable to eliminate years of accumulated blockage.

CELLULAR REPRODUCTION: the four conditions already described (communication, breathing, digestion, and elimination) determine the quality and the efficiency of the cellular reproduction and therefore healing and growth.

MOVEMENT: we will discuss this problem in terms of the personal needs of the patient, only when he/she is detoxified.

THESE SIX ELEMENTS MAKE UP THE DEFINITION OF A LIVING BEING. THIS IS THE WAY IT IS.

#### WHAT DO YOU NEED TO DO EVERY DAY?

Here is the list of the patient's responsibilities. **Remember to do your best, don't become discouraged and if you need help, ask. I am here to help you.**

1. Drink four quarts of water ( one quart/30 pounds everyday or suggested beverages (three hours after meals), if you prefer together with fruit. At first, intestinal congestion will make this seem difficult. Go slowly at first until intestinal liberation makes it easy. Place in every quart of water 100 gr. of honey and if you like 1 or 2 lemons. Obviously the patient with hyperglycaemic problems will consume a smaller quantity of honey and we will discuss this together. If you really don't feel very well, give the absolute priority to water, drinking all four quarts before even thinking about eating anything else.
2. Keeping wrapped ice or ice packs on the abdomen from 6 to 24 hours a day, eliminates the irritation, inflammation, the fermentation, the putrefaction (that overloads the intestines and blood stream), and relaxes the spasms that block the expulsion of these poisons. Pregnant patients should use cold water bottles and, in any case we should discuss this together.
3. To free the intestines from their accumulated toxins, we will use weights(discs, not barbells) starting from 1 lb. and working up to 60 lbs. Place the weights in a vertical position respecting your comfortable limits( horizontally only if the intestines are very painful to the touch. If any pulsations are felt, move the disc to the right immediately or reduce the amount.The time will vary from 1-10 hours per day, with needed rest periods.

The weights have 3 functions:

- 1) analysis of the intestinal efficiency,
- 2) mechanically move the blockage,
- 3) verify the healing process.

It is important to understand that is the ability to MOVE food that must determine our daily food choices. More weights that we are comfortably capable of maintaining on our abdomen, the more efficient our intestines become. We may use the following chart to guide our food choices by category and weight:

- less than 10 lbs, just water(with honey and lemon) and fruit,

- 10 lbs. you may add all vegetables,
  - 25 lbs. you may add whole grain cereals,
  - 35 lbs. you may add legumes, nuts and seeds,
  - 50 lbs. you may (if you so choose) animal and animal products (meat, fish, eggs and dairy)
1. Massage the points I will teach you, from 30 minutes to 2 hours a daily **Do not underestimate the importance of these massages.**
  2. Rest. Ask me if it is necessary to interrupt your normal daily activities.
  3. Do not eat if you are not hungry.
  4. If you are hungry and sleepy, rest first and eat afterwards, or eat something light. For example, fruit before you go to sleep.
  5. Abdominal respiration, with or without weight on the abdomen for 1 hour a day, if I advise you to do so.
  6. Keep in mind that the most important thing you do is to **eliminate the cause of the suffering** and follow the suggestions **until the debts that have been created with your body are paid off.**

## DETOXIFYING DIET

The following dietary advice, to be followed from a few days to two months, allows your body to receive nutriment, while damaged tissues are allowed to heal.

**DAILY SCHEDULE.** Breakfast: start by drinking water, honey and lemon, preferably all four litres before lunch time, if you like decaffeinated coffee or tea, natural substitutes and fresh or cooked fruits. Lunch: whole grain cereals (the proportion for cooking cereals are one part cereal and three parts water), vegetables and salads (eat the foods in the season that they grow). Vegetables may be cooked in any manner, but don't boil them, cooking with steam is a much better idea. Afternoon snack: fruit (with honey and little water makes great ice cream. No sugar and no milk) or salad. Dinner: all the vegetables and salads or just like the lunch.

If you like, lunch and dinner can be made up of fruit. To season food use: apple cider vinegar, lemon, soy sauce, red pepper and all of spices that you like (no black pepper). Avoid butter, margarine, and oils (even cold pressed) because they are much heavier than you think. To sweeten use natural honey or real brown sugar. The quantity of food depends on how hungry you are. These suggestions permit a very rapid detoxification in a natural manner.

The lack of protein is simply due to the fact that it requires much more energy to be successfully digested, assimilated and eliminated. Waiting until you are completely detoxified allows us to avoid the unhappy consequences of the almost certainly resulting putrefaction. If you must remove a large

quantity of toxins: tiredness, weakness, intolerance, headaches, nausea, vomiting, diarrhoea and even fever are not uncommon.

Following responsibly the list of daily suggestions will allow you to avoid all these uncomfortable manifestations. Resting allows your organism to heal. Call if you need any help at all.

## DETOXIFYING DIET RECIPES

### ZUCCHINI STEW

Ingredients: green zucchini, fresh tomatoes, spring onions, salt. Chop the zucchini, add some fresh tomatoes and spring onions, place in a covered pot. Cook with a low flame. If needed, add some water.

### STUFFIED PEPPERS

Ingredients: peppers, whole grain rice, black olives, capers, salt, tomato sauce. Clean the peppers and fill them with cooked whole grain rice (seasoned with tomato sauce, black olives and capers). Cover the bottom of a pan with one inch of tomato sauce, place the peppers in. Cook in the oven for 40 minutes.

### SWEET AND SOUR CABBAGE

Ingredients: cabbage, onions, salt, apple cider vinegar, brown sugar. Clean the cabbage, cut into thin slices and put in a pot, add some onions and a pinch of salt. Cover the pot and cook with a low flame. When it's half cooked add 2 spoons of apple cider vinegar and brown sugar.

### FILLED GREEN LEAF VEGETABLES

Ingredients: leafy green vegetables, pine nuts, capers, garlic, raisins, salt, red pepper and black olives. Steam vegetables, drain, put in a pot and add black olives, pine nuts, capers, raisins, salt, red pepper, cook for several minutes.

### STUFFED EGGPLANTS (AUBERGINES)

Ingredients: eggplants (aubergines), whole grain rice, tomato sauce, spring onion, and salt. Cut the eggplants (aubergines) in half, empty them out and boil for several minutes. Cook the whole grain rice and season with fresh tomato sauce, spring onions, and salt. Fill the eggplants (aubergines) with the seasoned rice. Cover the bottom of a pan with one inch of tomato sauce, place in the eggplants (aubergines). Cook in the oven for 60 minutes.

### POTATO STEW

Ingredients: potatoes, carrots, garlic, salt, red pepper, parsley. Cut the potatoes in four parts, add the carrots cut into thin slices, parsley and garlic with a glass of water. Place in a covered pot and cook with a low flame for 40 minutes.

### ARTICHOKES AND POTATOES

Ingredients: potatoes, artichokes, garlic, salt, parsley, and parsley. Cut the hearth of the artichokes and the potatoes into four parts, put them in a saucepan and add garlic, salt, parsley, a glass of water and cook over a low flame.

#### CAULIFLOWER AND ONIONS

Ingredients: cauliflower, spring onions, black olives, salt, red pepper, white wine. Cut up the cauliflower, put it in a saucepan and add spring onions, black olives, salt, red pepper. Cover the saucepan and cook over a low flame.

#### RICE WITH CAULIFLOWER

Ingredients: whole grain rice, cauliflower, fresh tomato sauce, and salt.

Steam the cauliflower, drain, put in a bowl and add fresh tomato sauce. Add the whole grain rice already cooked, mix and put in a baking-pan. Put in the oven for 20 minutes.

#### EGGPLANTS AND RICE

Ingredients: whole grain rice, fresh tomato sauce, eggplants (aubergines), and salt. Cook the whole grain rice. Season it with fresh tomato sauce and add chopped-steamed eggplants (aubergines). Mix and put in a baking-pan. Put in the oven for 20 minutes.

#### VEGETABLE SOUP

Ingredients: your favourite vegetables, vegetable stock cube, and pearl-barley. Cook the vegetables in a little water. When the vegetables soup is cooked, add the pearl-barley already cooked. Cooked together for a few minutes.

#### RICE WITH ROASTED VEGETABLES

Ingredients: whole grain rice, eggplants (aubergines), peppers, chicory, zucchini, apple cider vinegar, garlic salt, and red pepper.

Cut the vegetables into slices, roast and season with salt, red pepper, garlic, some drops of apple cider vinegar. Mix with whole grain rice already cooked.

#### SWEETS

If you like ice-creams and cakes, you can make them with the following ingredients: whole grain cereals, honey or brown sugar, fresh fruit, dried fruit, cinnamon, carob-meal. Avoid: eggs, milk, butter or margarine, oil, and lard.

### REGULAR DIET

Your daily choice for your whole life between the detoxifying diet and the regular diet depends only on the efficiency of your organism and what you have to do today. If you have any pain or you feel very

tired, nervous or upset, or have difficulty sleeping or breathing, then it is no time to begin the regular diet.

### SUGGESTED FOOD

Whole grain cereals (grain and flakes): rice, barley, millet, rye, oats, and wheat. Whole wheat bread and pasta (organic products, better if home made) without oil. All kinds of meats, fish, eggs, and legumes. Fresh and dried fruit (all kinds but always on an empty stomach). All vegetables and salads. Seasoning and sweeteners: just as in the detoxifying diet. Drinks: natural fruit juices, (even bottled or frozen, but fresh is always better) without sugar added, and any kind of decaffeinated coffee or tea.

#### **Please remember:**

1. Do not eat animal protein and carbohydrates all at the same time. 2. Do not eat fruit after meals. Wait three hours. 3. Don't drink any more than half a glass of water with your meals. 4. Don't mix different kinds of animal protein, for example don't eat meat and fish together. 5. The quantity of the food depends on how hungry you are. 6. Do not fry. Do not use oil, butter, margarine or lard (especially cooked).

Please avoid:

Drugs of all kinds, especially sedatives and stimulants **(we will talk about this together particularly if you need more information and help)**, alcohol and cigarettes (smokers will be helped to lessen their desire and the taste of the cigarette will change, without a significant emotional stress, usually in three weeks, by simply following the suggestions), coffee and tea, chocolate (health food stores have carob powder, which when mixed with honey, makes a fine chocolate flavor) canned or otherwise preserved meats. Animal fats: milk, cheese, yoghurt, butter, lard, etc. Industrial fats: stock cubes, margarine, hydrogenated fats, etc. Foods packed in oil. White sugar. Dietary recommendations such as "Weight Watchers", because they are based only on the food caloric content and disregard these hygienic principles. Fish and eggs and meat should not be eaten fried and not more than three times a week, unless for a special training program that we can discuss together.

It is indispensable that you become self-sufficient, and I expect that you will keep your intestines clean. It is important to alternate the two diets on the basis of your personal and ever changing daily needs. When you are detoxified you won't be tempted to eat improperly very often. I don't expect that you will never again eat the foods that I have advised you to avoid. Just remember that these substances require much more energy for the organism to digest, to assimilate and to eliminate, subtracting necessary energy for other functions.

ORDER OF FOOD DIGESTIBILITY (the easiest foods are on top)

## CARBOHYDRATES

Honey

Fresh fruit

Dried fruit (dates, raisins, figs)

Potato

Whole grain cereals

Cereal products (pasta, bread, etc. always better fresh)

## PROTEINS

Legumes (vegetable protein)

Nuts and Seeds (vegetable protein)

Eggs

Fish

Meat (red and white)

Milk products

Processed meats

### ●The Truth by B.J. Palmer

We chiropractors work with the subtle substance of the soul. We release the imprisoned impulse, the tiny rivulets of force, that emanates from the mind and flows over the nerves to cells and stirs them into life. We deal with majestic power that transforms common food into living, loving, thinking clay; that robes the earth with beauty and hues and scents the flowers with the glory of the air.

In the dim, dark, distant long ago, when the sun first bowed to the morning star, this power spoke and there was life; it quickened the slime of the sea and dust of the earth and drove the cell to union with its fellows and countless living forms. Through eons of time, it finned the fish and winged the bird and fanged the beast. Endlessly, it worked, evolving its form until it produced the crowning glory of them all. With tireless energy, it blows the bubble of each individual life and then, silently, relentlessly dissolves the form and absorbs the spirit into itself again.

And yet, you ask, "Can chiropractors cure Appendicitis or the Flu?" Have you more faith in a spoonful of medicine than in the power that animates the living world?

## SCIENTIFIC AND CLINICAL STUDIES

All health care professions turn to science for proof of their effectiveness in treating human ailments.

The term "science" can be defined as systematised knowledge derived from observation, study and

experimentation carried on in order to determine the nature or principles of what is being studied. Hence, chiropractic is more scientifically documented than medicine within its scope of therapy because it has more studies to support its therapy. The following represents some of the studies supporting chiropractic.

## I PRO CHIROPRACTIC

### THE NEW ZEALAND COMMISSION OF INQUIRY INTO CHIROPRACTIC

A New Zealand government commission conducted an extensive 20 month study on chiropractic. It went to Australia, Canada, the United Kingdom, and the United States. It cross-examined under oath the leading educators, doctors, and researchers in the field of manipulation. The study started in January 1978 and concluded in October 1979. The report compiled and analysed 3,638 pages of transcripts; 1,6 million words received under oath, and summarised it into a book of 377 pages. Some of their conclusion were:

1. Spinal adjusting is a vital, impressively safe, and clinically effective form of health care. It is scientifically based and uses the existing body of medical and scientific knowledge.
2. Chiropractors have, beyond reasonable doubt, a more thorough training in spinal mechanics and spinal manual therapy than any other health professional.
3. The other health care professions should defer spinal adjustments to chiropractors since they are the best qualified. Part time and vacation courses should be not encouraged.
4. Spinal adjustments must only done by “full time” practitioners of the art.
5. There must be total co-operation between all health care professionals since it represents a more scientific posture and is in the public interest.
6. Chiropractic must be in all hospitals as part of the health care team. It is better for body ailments to be relieved, if possible, by natural rather than artificial or chemical means.

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### •THE MANGA REPORT TO THE ONTARIO MINISTRY OF HEALTH

The Ontario government, burdened with a financial crisis caused by its medical health care program, commissioned a study on chiropractic utilising some of the world’s leading economists. They analysed all the available clinical studies, statistics and other pertinent data and concluded that there was “an overwhelming body of evidence” that chiropractic, within its realm, was “superior” and was much more therapeutically effective, cost efficient, safer, more scientifically based, and had a much higher

level of patient satisfaction than medical care. The study, realized in August of 1993, cautioned the Ontario government against many of the “untested, questionable or harmful medical treatments” and urged that the government encourage and prefer chiropractic care over medical care for low back pain. It further recommended that chiropractors be retained by all hospitals to act as “gate keepers” who would direct the care of patients with back problems in hospitals.

ITHE RAND STUDY, Santa Monica, California

This internationally known and highly respected “think tank” and non profit research corporation conducted an exhaustive evaluation of the scientific literature in 1991. Its panel of experts, including neurologists, medical orthopaedists and chiropractors, concluded that spinal manipulation (as used by chiropractors) is an effective and “appropriate” treatment for lower back disorder.

IT.W. MEAD, FRCP, British Medical Research Council

A major ten year government study completed in 1990 shows that chiropractic care was MORE EFFECTIVE than medical care for back pain by as much as 2-1 margin of superiority. The study used randomised control trials and scientifically accepted Oswestry Scale for pain measurement. The study, which made headlines in England, utilized clinical trials available within the scientific community.

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IA STUDY CONDUCTED WITHIN 22 MEDICAL CLINICS IN ITALY

PROF. SPLENDORI

A two years study was conducted in Italy by 22 medically licensed Static (back pain) clinics, reported by professors from leading universities. They conducted a clinical study of 17,142 patients who were under chiropractic care. The conclusion: the patients receiving chiropractic care for a period of two years could have their absence from work reduced by 75.5% and their number of hospitalisations reduced by a whopping 87.6%! Spinal adjustments proved to be very successful in curtailing health care costs in general, particularly hospital costs, insurance costs, and the loss of productivity caused by absence from work. The report observed that chiropractic’s effectiveness lies in its ability to improve the quality of life, which not only has a curative effect but also has preventive and rehabilitative functions.

IWORKER’S COMPENSATION RECORDS, STATE OF UTAH

A study of 3,062 non-surgical back ailments in the Utah worker’s compensation records in 1986 showed that chiropractic outperformed medicine by a 10-1 margin in compensation costs (21 days and

\$668 paid for compensation under medical care; less than three days and \$68 paid under chiropractic care).

#### THE HENDRYSON REPORT. A MILITARY ORTHOPAEDIC WARD STUDY

During World War II, Irvin Hendryson, M.D., a member of the American Medical Association Board of Trustees, did a clinical comparison study of GI's treated chiropractically and medically. He sent the results to the AMA, which were only recently made public. His conclusion: chiropractic had impressive results with some medical failures, and that the chiropractic results were as effective as some of the best medical treatments available and should be an integral part of all army orthopaedic wards. He also noted that chiropractic had significant success with women in their third trimester of pregnancy who were able to carry and deliver children with more comfort when getting chiropractic adjustments.

#### THE SILVERMAN AV MED HMO STUDY

A clinical study was conducted in 1982 on 100 patients sent to the Silverman Chiropractic Centre by AV MED, the largest health maintenance organisation in the entire southeastern part of the United States. The result were:

Prior to the chiropractic adjustments:

- ? 80 of the 100 patients were treated medically, seeing an average of 1.6 MD's without results;
- ? 17 were medically diagnosed as having disc problems;
- ? 12 were diagnosed as needing disc surgery.

? After chiropractic adjustments:

- ? 86% had their ailments corrected;
- ? None of the disc cases needed surgery. All were corrected;
- ? None of the patients were made worse.

Dr. Herbert Davis, MD, medical director of AV MED and author of the study, concluded that chiropractic adjustments saved AV MED \$250,000 in surgical costs. He said that since he was initially a sceptic, the study proved to him to be a real "eye opening experience" on the effectiveness of chiropractic.

### STATE OF OREGON. WORKER'S COMPENSATION STUDY

A study of worker's compensation records of the results of chiropractic and medical treatments for patients with comparable back ailments was conducted by Rolland A. Martin, M.D., in 1971.

Results:

- ? 82% returned to work in a week under chiropractic care;
- ? 42% returned to work in a week under medical care.

Conclusion:

Patients under chiropractic care got well in one half the time as patients under medical care. Chiropractic care was twice as effective as medical care for the same type of ailments. The patients suffered only half as much.

### STATE OF CALIFORNIA. INDUSTRIAL BACK INJURY STUDY

1,000 patients were questioned about work time loss and residual pain. 629 patients responded, of which half were medically treated and the other half chiropractically treated. The study was conducted by Richard Wolf, M.D., in 1972.

These were the findings:

#### Under chiropractic care:

Average days lost	15.6
No time loss	47.9%
60 days loss	6.7%

#### Under medical care:

Average days lost	32.0
No time loss	21.0%
60 days loss	13.2%

Conclusion of the study:

Patient time loss was cut in half under chiropractic care compared to medical care in all three categories studied. Chiropractic effectiveness showed a 2-1 superiority over medical care.

### "IN HOSPITAL" CLINICAL EVALUATION OF TWO COMPETING HOSPITALS

A clinical comparison observation was made of the medical orthopaedic wards of two hospitals where patients with low back ailments were treated. One of the hospitals incorporated chiropractic care

with its medical care; the other did not. The observations were made by a leading medical orthopaedist, Dr. Per Freitag, who was on the staff of both hospitals.

Results: the hospital incorporating chiropractic care had patients whose hospital stay was from 5-7 days, whereas the average stay for patients in the hospital not providing chiropractic care averaged 14 days. Hence, the hospital using chiropractic care was sending patients home well 7-9 days sooner. Dr. Freitag attributed the shorter average hospital stay to be entirely due to the chiropractic treatments, revealing another 2-1 superiority of chiropractic care. Dr. Freitag also noted that chiropractic care was bringing comfort to women in their third trimester of pregnancy, reducing their needs for painkillers. This also supports the findings of the Hendryson Report already mentioned.

#### KIRKALDY-WILLIS, M.D., DAVIS CASSIDY, D.C., CLINICAL STUDY

A study of the clinical result of chiropractor Dr. David Cassidy with two groups of patients was published in the medical journal Canadian Family Physician in March, 1985. The study was supervised by Dr. Kirkaldy-Willis, M.D., a world-renowned orthopaedist. The first group consisted of 171 chronic patients with a history of disabling low back and sacroiliac ailments for a period of 7 years. Results: 87% of the patients returned to normal within 2-3 weeks under chiropractic care and were without pain one year later. Another group consisted of 11 chronic patients of 17 years duration with spinal canal narrowing due to degenerate changes and arthritic spurring. Results: 38% of this group returned to normal after suffering for 17 years! None of the patients in either of the groups were made worse under chiropractic care.

#### The AGENCY for HEALTH CARE and RESEARCH

is a United States federal agency, which develops national health practice guidelines on appropriate treatments. It recommends chiropractic as one of the best treatments for back pain. This represents a federal endorsement of chiropractic by the United States Government! This fact alone, plus the other facts, show that the solution to a safe, effective and cost efficient health care system is to require close co-operation of ALL health care providers, which includes chiropractic health care. If any hospital or medical doctors omit chiropractic care when it is indicated, they may be guilty of malpractice if not fraud by omission. This is a very serious message that requires everyone's attention and involvement.

° **The NIH (National Institute of Health)** recognises the positive value of chiropractic adjustments.

- **The American National Chamber of Commerce** asserts that no health care agency can be considered responsible if chiropractic isn't included.
- **The 50 State Licensing Boards of USA** recognise chiropractic as a science on the same level as medicine.
- **The President of the Executive Board of the AMA (American Medical Association), Dr. Lowell Steen,** recommends collaboration with chiropractic.
- **The Official List of the Government of all Professions and Trades** gives chiropractic has the highest rating and is recommended for anyone who wants to enter the health system.

#### AGAINST MEDICAL ABUSE

The average American citizen is inclined to alter and suppress symptoms with no consideration for the cause of the disease. Health educators agree that the best and most rational approach to treat the disease is to localize and eliminate the cause then, the symptoms disappear. To suppress symptoms isn't coherent with the health care educational recommendations and is dangerous. Why is it so common to suppress the symptom, if it is often wrong or dangerous? Most of the health educators claim that it is simply for commercial reasons. Following commercial priorities is not in the public's interest. It may give profits to the pharmaceutical industry, but it has nothing to do with the maintenance of health.

#### MEDICAL AND SURGICAL COMPLICATIONS

Taking aspirin or other medicines may cause side effects called "iatrogenic reactions" (it should be observed that the patient did not suffer until they received the wrong medicine).

ELIHU SCHIMMEL, M.D., YALE. NEW HAVEN HOSPITAL STUDY, 1964.

The study revealed that at least 100,000 people die annually from medication reactions, but that it could be as high as 200,000 deaths a year. That comes to between 2,000 and 4,000 deaths a week! The combined medical/surgical deaths come to between 3,000 and 5,000 per week, which could be reduced through closer inter-professional co-operation.

DR. VIRGIL SLEE, COMMISSION ON PROFESSIONAL AND HOSPITAL ACTIVITIES, 1959.

Reported that millions of UNNECESSARY operations are done annually causing 48,000 deaths or almost 1,000 deaths EVERY WEEK!

#### “EDUCATION” AND “PROMOTION”

When we talk about health it is necessary to explain the difference between education and promotion. Our health and well being depend on understanding. Educators have the moral obligation to report the facts accurately and honestly. Promotion –as the word indicates- promotes the personal interest of the promoter, which may not coincide with the public’s interest. Medical promoters often choose to not be “educators” because total honesty might discourage and reduce their sales. Given that publicity is so expensive, they certainly cannot risk losing money...and this does not always correspond with YOUR best interest.

U.S. OFFICE OF PUBLIC HEALTH, 1986

A 13 year U.S. government study ending in 1986 found that 2/3 of all of the “over the counter” drugs do NOT do what their promoters claim. In fact, the drug houses spend more money on ADVERTISING drugs than on RESEARCH according to congressionally testimony. This does not lend itself to public trust among the informed health care consumers.

A.M.A. (American Medical Association)

A.M.A. is a medical association that represents the doctors’ interests. It couldn’t be seen as a faithful guide or an objective resource. It was found guilty of violating the antitrust laws for its control within the Sanitary Prevention Organisation in 1943. Recently, the federal court judge characterised the A.M.A. as being an “untrustworthy, unreasonable and chronic repeating lawbreaker”. On July 14, 1971, Senator Edward Kennedy of Massachusetts, speaking before his subcommittee on administrative practice, delivered a blistering attack against the AMA. Following are some of his statements: “No amount of historical gymnastics can hide the public record of AMA opposition to virtually every major health reform in the last fifty years. The organization of our health services is still a shambles. Why? Because the AMA and its friends in political life, and its’ friends in the health insurance industry have stood in the way of every major step towards an efficient, effective, affordable health care system for the American people. Instead of the scientific and public professional organisation it was founded to be, the AMA has turned into a propaganda organ purveying “medical politics”, for deceiving the Congress, the people, and the American doctors themselves. The AMA puts the lives and well being of American citizens below its special interests in ordering its priorities. It deserves to be ignored, rejected and forgotten”. The AMA responded to the attack by writing a letter to the Democratic Senatorial

Fund Raising Committee indicating that the Senator Kennedy's position could curtail future political contributions to the party from medical physicians.

LEIGHTON CLUFF, M.D., JOHNS HOPKINS STUDY, 1965

The study revealed that 14% of all hospital patients have their stay EXTENDED because of medication reactions.

PROFESSOR HOWARD HIATT, DEAN OF PUBLIC HEALTH, HARVARD UNIVERSITY, 1990

A 5-year study commissioned by New York State at a cost of \$3.1 million, became the most comprehensive study of malpractice ever done in the United States. It found that medical negligence in 1984 alone caused 7,000 hospital deaths and additional 99,000 injuries causing an economic loss to patients of \$894 million. This was in New York State alone. Imagine if the statistics were projected nation-wide. It shows that things have NOT gotten better –and maybe worse- since the Yale New Haven and Johns Hopkins Studies 25 years ago.

THE AMERICAN MEDICAL ASSOCIATION

noted in the 80's that there were 250 back surgeries done for every 100,000 persons in the State of Utah. In the same time period, in the rest of the United States, these same surgeries were performed 4-5 times LESS frequently. Meanwhile, there were 25 times LESS back surgeries done in England. Has everyone with a weak or bad back moved to Utah? Not very likely. The gross discrepancies in the number of surgeries show scandalous over utilization, which cause unnecessary injuries and deaths.

UNITED NATIONS

In the list of the 35 leading industrialising nations, the USA has the third highest death rate.

THE FEDERAL OFFICE OF PUBLIC HEALTH

reports that in America: 1) 1.5% are healthy; 2) 25% have cancer; 3) 25% have heart disease; 4) 75% have serious arthritis.

ANDREW TOLIN,

doctor in forensic medicine declared that in the last 8 years drug-related deaths rose 8,000%.

## MALPRACTICE IN THE USA

There are 10,000 malpractice suits every year against M.D.'s, amounting to 1 in 5 nationwide and 1 in 3 in major cities. In the USA all doctors are insured against malpractice. This insurance costs 40 times more for M.D.'s than for chiropractors.

## IS IT JUSTIFIABLE

that hospitals remain, for economic and political reasons, like private country clubs that keep chiropractors and pro-chiropractic medical doctors out when world-wide studies prove that effective chiropractic help for needy patients saves time, money and eliminates suffering?

## MY PATIENTS' TESTIMONIALS

I would knowingly be a member of the organized crime syndicate withholding evidence if I didn't testify, as asked, as to what I have witnessed. I feel that it is my duty to express my gratitude to Dr. P.R. because he has taught me strategies and techniques that as anyone can see, have allowed me to improve my health. What has been most important in my relationship with Dr. Rodberg, and have discovered, thanks to him, is that the rules that govern our "well being" (physically and mentally) are already inside of us. I thank him for having given me the possibility to realize a new perception of the negative value of many acts and gestures that we assume, for tradition, as correct without realizing the negative consequences for our bodies.

ICarlo Caponcello, Judge Anti-Mafia

It's really surprising, how in such a short amount of time Dr. Rodberg was able to wake me from a deep state of lethargy, teaching me, on a more practical level, than theoretical, to pay attention to my body, to food, and to look for the cause of the symptoms and to be aware of the power that exist in each one of us to make ourselves sick or make ourselves well.

IConcettina Campagno, Housewife

Until I met Dr. Rodberg I had not been introduced to chiropractic, that is the science that helps us to grow in awareness of the relationship that exists between body, mind, and spirit, seeing them together forming a whole entity. In this way chiropractic creates an aware individual that re-establishes his/her own equilibrium and harmony, eliminating the symptoms of every physical and mental illness. In light of my experience, I affirm with certainty that chiropractic can be understood to be that science of the present and the future that brings-us a deeper and more complete vision of ourselves.

Corrado Labisi  
IClinic Director for the  
Mentally Retarded

Paul Rodberg introduced me to chiropractic just recently, with the immediate consequence that I became more aware of myself, my health and my body. Now is the first time that I have ever taken a correct approach, in spite of my previous inexact and damaging beliefs (and well consolidated, too). I realize that the only way I can achieve the level of health that I want is to pay more attention and study the information that Paul gave me. It isn't a matter of doctors or medicines. Both are much less important than we believe. It is above all a matter of informed awareness and consequent behavior.

IGaetano Siscaro

IJudge

Dr. Rodberg's is a winning method which goes to the roots of the disease, involving, first of all, the patient and making him/her responsible and capable of self healing.

IGiuseppe Spampinato

Univ. Professor/Clinical Psychologist

I discovered chiropractic only recently feeling the natural scepticism that one finds on the first impact with something unknown. The pleasant surprise however came from the remarkable improvements in my health after ten hours of work with Dr. Rodberg that resolved problems that conventional therapies had left unsolved almost my whole adult life.

IGiuseppe Firrarello

ISenator-Former Head of the

ISicilian Health Department

I have always associated the human body with a perfect petrolchemical plant, but I never knew how to do the day to day maintenance. This responsibility has always been in the hands of the medical doctors (medical maintenance) who with professional competence sometime, with less in other cases, have managed to get to the age of 54. Today, Paul has taught me how to take care of myself and I do my best with competence, constancy, and enthusiasm.

IGiuliano Ricciardi

IPetrolchemical Executive

I met Dr. Rodberg in 1997. Initially I was sceptical, fruit of prejudice due to misinformation, and I don't know how intentionally engineered by the so called "official medicine". Of course I doubted that Dr. Rodberg would pretend to be a saint or guru, without really getting to the heart of the problem. I noted with pleasure that the chiropractic approach is based on those elementary and correct principles of life (diet, exercise, etc) that just because they are so simple, are not taught and advised often enough. The best part of chiropractic consists in helping the patient to understand these fundamental principles.

IIgnazio Fonzo

IJudge Anti-Mafia

In six chiropractic visit I lost 20 pounds (even eating two pounds of pork, one evening for dinner). Much more important is the total resolution of an allergic condition that had resisted three years of medicines and vaccines. The awareness of my self recuperating capacities, a better diet, and better breathing technique (even now, two years later) keep me in form and full of energy.

IMarco Spampinato  
IEditor

Chiropractic is simply an instrument that invites you to develop the awareness of your health. Habits are not awareness.

IMarco Columbro  
IActor-Naturalist

The biggest historic and scientific error that official medicine committed was that of not placing at the center of it's activity, the individual who must be responsible for his/her health (physical, mental, emotional, and social). Generally, medicine is limited to "therapeutic interventions" and not human ecology (prevention) so that the patient sits passively waiting for the drug to work a miracle. The presence of Dr. Paul Zelig Rodberg here in Sicily turns literally upside down this conception and offers us a global method for maintaining our health in a responsible manner, participating and growing as men and women. I can affirm this process having been through it. My total being is better and continues to get better everyday due to an intelligent manner of eating. This is the fundamental secret.

Paolo Truden  
Clinical Psychologist-Expert in Toxic-Rehab.

I am Commander Pietro La Grassa, Paul Rodberg's patient. I am happy to have met him because finally my problems are being revolutionized. I am "personalizing my body without medicine" and in the meantime, by way of his science, my chiropractic doctor not only helps me to lose weight but helps me heal and eliminate several pains which other doctors considered irresolvable. I am happy to be in his hands.

Pietro La Grassa  
IOil Tanker Commander

I lost 30 pounds and I resolved my problems. Traditional medicine is not open to dialogue with alternative medicine, even if today the situation is being re-examined. Many doctors are understanding that often pharmacology is not enough because our body is not divided into sections but instead is a complete entity. Unfortunately many medical specialists do not give this truth the weight it deserves.

Sabatino Dinoto  
M.D.Ob.Gyn

Following chiropractic isn't difficult or complicated as it might seem. We need however more exposure to these ideas. I had a herniated disc. My fellow doctors tried every approach we had ever heard of, including cat scans and nuclear magnetic resonance. Opinions conflicted, I underwent surgery and only got worse. Thanks to a friend, I met Paul and he changed my whole life. I lost 40 pounds, stopped smoking, swim 60 laps/hour, and above all, I have no pain.

Salvatore Castorina M.D.

I met Paul several years ago when my wife Cettina was pregnant with our triplets. The obstetrician said that she was not capable of carrying all three and that a selective abortion (removing two to save one) would be necessary. Paul gave me a brief lesson on human physiology. He saw my wife three times and the results are three beautiful babies. When I was a lieutenant in the armed forces in Naples, my responsibility towards my men was to get them home safely. Paul, by virtue of his vast experience, is capable of seeing think differently than the other doctors, and for this can take on more responsibility for us and bring total resolution and total understanding.

Santi Mazzullo  
Military-Retired

## THE LADDER OF SUCCESS

100% I've done it  
90% I'll do it  
80% I can  
70% I think I can  
60% I might  
50% I think I might  
40% What is it ?  
30% If I only could  
20% I don't know how  
10% I can't  
0% I don't want to