

# The Adverse Influence of Pork Consumption on Health

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In consideration of wide sections of the population, it appeared strongly advisable to investigate more closely the reasons for the nocuity of pork and to report on the toxic and stress factors contained in pork, i.e. sutoxins. A possibility emerges that everyone can stay healthy by omitting toxic factors (specific pork poisons) from his diet or can regain health by observing a strict ban on pork.

The fact that pork causes stress and gives rise to poisoning is known. It is obvious that this does not only apply to preparations of fresh pork such as cold cuts, knuckles, feet, ribs and cutlets, etc., but also to cured meats (ham, bacon, etc.) and to smoked meats prepared for sausages.

Consumption of freshly killed pork products causes acute responses, such as inflammations of the appendix and gall bladder, biliary colic, acute intestinal catarrh, gastroenteritis with typhoid and paratyphoid symptoms, as well as acute eczema, carbuncles, sudoriparous abscesses, and others. These symptoms can be observed after consuming sausage meats (including salami which contains pieces of bacon in the form of fat).

The consumption of pork is particularly dangerous in the tropical regions. This, for example, is shown in parts of Africa where both the Islamic and Western civilizations live in

neighboring territories under the same climatic conditions. The same conditions apply to various races in the Himalayas where the Hunsa (Bircher) live. The Islamic population does not consume pork and is healthy, working to a considerable age as porters for numerous expeditions. The races of the Western civilizations living on the other side of the valley do not observe the Islamic rules of behavior and eating, and suffer from all of the common illnesses. In other words, the population which observes the Islamic laws is healthy, while those who follow the habits of western civilization manifest all the typical diseases which come with the consumption of pork. Reference must be made to the founders of the great cultures, who have also fundamentally influenced Western culture. Moses, the prophet, and Mohammed, for example, recognized the prohibitions imposed by nature and based their laws on them.

The Old Testament: In Leviticus 11 and Deuteronomy 14 of the Holy Bible is written:

## **Lev. 11. Clean and Unclean Food**

The Lord said to Moses and Aaron, "Say to the Israelites: Of all the animals that live on land, these are the Ones you may eat: You may eat any animal that has a split hoof completely divided and that chews the cud. There are some that only chew the cud or only have a split hoof, but you must not eat them. The camel, though it chews the

cud, does not have a split hoof; it is ceremonially unclean for you. The coney, though it chews the cud, does not have a split hoof; it is unclean for you. The rabbit, though it chews the cud, does not have a split hoof; it is unclean for you. And the pig, though it has a split hoof completely divided, does not chew the cud; it is unclean for you. You must not eat their meat or touch their carcasses; they are unclean for you."

**Deut. 14:** "You may eat any animal that has a split hoof divided in two and that chews the cud. However, of those that chew the cud or that have a split hoof completely divided you may not eat the camel, the rabbit or the coney. Although they chew the cud, they do not have a split hoof; they are ceremonially unclean for you. The pig is also unclean; although it has a split hoof, it does not chew the cud. You are not to eat their meat or touch their carcasses."

The Koran: In Sura 16, Verse 115 is written:

He has forbidden you carrion, blood, and the flesh of swine; also, any flesh consecrated other than in the name of Allah. But whoever is constrained to eat any of these, not intending to sin or transgress, will find Allah forgiving and merciful.

Jehovah, God of the Israelites also established identical prohibitions regarding the law of nature against which one must not sin; to do so will certainly bring biological retribution through the promise of "sickness in the form of punishment". (See Deuteronomy 28 for example)

It would be superfluous to mention the people of Saudi-Arabia, Egypt, Pakistan, Algeria, Tunisia, Libya, or any other country where Islam is the national religion since these laws of practice have been their principles for several thousand years.

The strict prohibition of pork, by the Jews and the Moslems is also very well known. It is often suggested that these customs are religious-hygienic measures ordered by the priests because

of the Trichina content of pork. This, however, is unfounded as this practice dates back to the time of Moses and Mohammed when Trichina was not known.

In World War II, soldiers in North Africa were taken ill in ever increasing numbers. They were suffering from abscesses of the lower part of the leg called "tropical ulcers". These ulcerations left the soldiers unfit to fight and necessitated lengthy hospital confinement, often requiring their removal to more temperate climates. Every possible form of treatment as well as chemical therapy was exhausted without positive results. It was then suggested that these leg ulcers could possibly be connected with the soldiers' eating habits, as the natives showed no signs of this disease. Rations to the soldiers were then based on a diet free from pork, much like that eaten by the Islamic population. This resulted in the immediate relief of the leg ulcer syndrome.

During the lean years of the war and especially those after the war, the health of the population was, practically speaking, good. Few people could eat their fill. Meat from any source was only available in small amounts, pork was rarely ever available. There was very little fat, hardly any sugar, but there were plenty of cereals and grains, i.e., bread and pastries. These were supplemented with potatoes, root crops and fresh vegetables.

During that time there were hardly any cases of inflamed appendix and no gall bladder problems except among those who had managed to kill a black-market pig, which was rare. At the same time rheumatism, intervertebral disc damages and similar complaints were almost unknown. This was also true of cardiac ailments, sclerosis, and high blood pressure.

Soon after the currency reform of 1948 was established, pork products, ham and particularly bacon became readily available and the health picture of the German population completely

changed. Inflammation of the appendix, gall bladder disorders, acute eruptions of the skin such as pyoderma, impetigo, carbuncles and sudoriparous abscesses became common place. Upon treating these illnesses with chemical drugs and sulphonamides. chronic mycosis as well as a variety of side effects soon became apparent.

Particularly frightening was the increase in cases of cancer at that time. A great many patients between 60 and 70 years old, who had hitherto been free of disorders, suddenly became ill with stomach complaints, which were found to be caused by cancer of the alimentary canal, the stomach or the intestines. The progress of these cases was so instructive and biologically significant, or rather had such causal bases, that certain deductions as to the origin of all illnesses had to be made; this being that the basis of all illnesses are poisons.

Over the years, it was found that many other illnesses, such as arthritis and chronic osteoarthrosis, were to a large extent due to pork consumption, as well as some special diseases such as leucorrhea in women, chronic fistular eruptions, not only those following ear surgery, as for example after otitis, but also those adherents to shot wounds suffered during the war. As these were sustained through the consumption of pork, they were slow to heal, if at all, unless a biological, particularly a homeopathic cure involving complete abstinence of any and all types of pork was undertaken.

### **Feeding experiment with white mice**

The results of these experiments were documented and published in "Homotoxins and Homtaxicoses, Fundamentals of a Synthesis of Medicine" by H.-H. RECKEWEG, Aurelia Publishing House, Baden-Baden in 1955.

The mice fed on pork developed a marked tendency towards cannibalism. As they grew older (ranging from a few months. to about a year).

many developed cancers in various parts of their bodies.

In some cases, skin diseases also became apparent. On the other hand, the mice fed on a normal diet also developed diseases, but there were fewer cases of cancer or of fatal illnesses; also, they showed no signs of cannibalism.

Pork should never be fed to dogs, particularly boxers as they develop mange and itching skin sores, as well as tendency for severe internal diseases.

The same was reported about circus animals; especially lions and tigers, which due to pork consumption became lazy and obese, suffered from severe bloody noses (probably due to high blood pressure), and soon died.

The owner of a trout farm reported that the entire stock could be eliminated in a matter of days by feeding minced pork to the trout.

Pork should be regarded as an important homotoxin (human poison), which initiates activation of the body's defense mechanisms. These defensive measures then manifest themselves in a variety of illnesses. Furthermore, from published reports, it became apparent that several constituents of pork behave as Homotoxins or as stress factors, hence for them, the term "sutoxins" appeared justified. It is then evident that the so called exogenic animal fat (that which is added through consumption) is stored in the body in this form. For example, a dog which has been fed mutton fat, chemically retains detectable mutton fat in its fatty cells. This is clear from the chemical reaction of the subcutaneous fat, i.e. iodine number etc.

In addition, the blood is flooded with a great many of these fatty particles. Large molecules are formed (the so-called "cenapse", according to

Michel Macheboeuf<sup>1</sup>) which when measured in the ultracentrifuge, according to their different speeds of separation (Swedborg units) are jointly responsible for the onset of arteriosclerosis as well as for high blood pressure, hyperaemia, for general poor blood flow through the connective tissues, and particularly in some important glands, and for the constriction and calcification of the coronary blood vessels.

Later, it also became clear that such fat-rich foods also cause a severe strain on the connective tissue.

Werner H. Hauss (Professor at Munster University, Germany) reported fully on these factors in his book, "The Unspecific Mesenchyma Reaction". According to Hauss, these types of stress resulting from a diet rich in fat, for which pork fat (particularly bacon fat) is mainly responsible, can, when combined with other stress factors, ultimately become fatal.

Wendt (Professor in Frankfurt, Germany) attributes arteriosclerosis, diabetes and disorders of circulation almost exclusively to the "protein fattening" for which the mucopolysaccharides, in particular the mucous components of the connective tissue of the pork, are to be blamed, although he mentions nothing about them coming from pigs.

The question has come up as to the differences between pork and other forms of meat. This has been very difficult to ascertain due to the lack of authentic literature on the subject, since most of it dealt only with the question of calories, it is, however, possible to establish the following:

1. Pork does not contain an enormous amount of fat, even the so-called "lean pork" in contrast to other types of meat such as beef, lamb, etc. Pork contains much intra-cellular fat or particles of fat inside the cells themselves, while in other animals,

the fat is found almost exclusively outside these cells in the connective tissues, in the form of fat cells. Occasionally in aged beef, it is possible to find small amounts of fat in the cells themselves, while in pork, the cells have generally a high percentage of fatty particles. This can, for example be seen when even "lean pork" is fried. It immediately releases fat in a hot frying pan and is usually fried "in its own fat". Since fat contains about twice as many calories as carbohydrates and proteins, it is, especially among heavy eaters, first of all stored for convenience in the connective tissue. As a result, the adiposity common to those who consume pork, including the other stress substances found in pork, i.e. mucous constituents, can only be broken down with difficulty. This corresponds in part to the "protein fattening" referred to by Dr. Barry Wendt.

2. Fat is always associated with cholesterol. Cholesterol is responsible for the formation of the large cholesterol-loaded molecules in the blood which contributes to high-blood pressure and arteriosclerosis, as well as being supplementary factors in cardiac infarctions and disorders of the coronary circulation, and in the peripheral blood vessels, especially in combination with nicotine (smokers). Cholesterol is also found in the walls of cancer cells (Roffo).

3. Special dangers also arise from the Sulphur-rich substances of the connective tissue, the mucopolysaccharides (amino-sugars, chondroitin sulphates, hexosamine, glucosamine, etc.) which have a specific mucous character. It is only possible with pork, to produce a sausage easy to spread wherein amino sugar, hexosamine and sulphur derivatives such as chondroitins, sulphuric acid and mucoitin sulphuric acid found in pork are directly responsible for this transaction. They cause a mucous swelling for the

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<sup>1</sup> Michel Macheboeuf (1900-1953) French physician scientist at the Pasteur Institute.

connective tissue and then combine with the fat for storage ("Cenapse", Macheboeuf). From this develops a characteristic swelling reaction ("Ruben's luxuration") which is peculiar to pork eaters. The connective tissue, furthermore, acts like a sponge, and causes the typical cushion-like dilation of the connective tissue (water retention).

The storing of these mucous substances in sinews, ligaments, cartilages, etc. can be dangerous and can result in rheumatism, arthritis, and arthroses, and damages to intervertebral discs, to name a few.

This is due to the obstructions of the basic material of the connective tissue (as found in humans, and also in wethers<sup>2</sup>) causing the connective tissue to become soft resulting in the loss of resistance. It is now that the work of Professor August Bier (1861-1949), surgeon in Berlin, Germany, should be mentioned. Bier injected experimental animals with sulphur which led to the mobilization and separation of tissue sulphur. The basic materials of the cartilages lost sulphur, thereby becoming firmer with greater powers of resistance. Clearly sulphur baths work in this same way, by mobilizing the sulphur in tissues. It has been proven that the firmer and more resistant a cartilage is, the less sulphur it contains.

Due to the predominantly large amounts of mucous connective tissue in pork, the sulphur content is extreme. This can be demonstrated by putrefaction tests. The tissue-sulphur is actually decomposed by putrefaction and digestive processes resulting in hydrogen sulphide (H<sub>2</sub>S), which is easily recognizable due to its pungent odor. Comparative experiments in putrefaction were simultaneously run on pork, beef and mutton, mutton showing the least amounts of sulphur. Those carefully sealed test tubes containing pork were removed within only a few

days as the sulphuric smell seeped through and became intolerable. Beef soon went bad, but did not produce the intolerable smell which characterized pork. Mutton, after three weeks, had undergone little putrefaction. Hans Lettre (1908-1971) was a professor of Pathology in Heidelberg Germany, conducted experiments for living cell therapy and has shown with radio-active labeled animal tissues, organs and glands, that the decomposition products of tissues, upon being absorbed by the body, generally migrate to where they biologically belong.

This could be confirmed experimentally. Patients who have eaten a great deal of bacon (produced from the flesh of the pig's back) show typical fatty folds at the back of the neck. The same is true from consumption of bacon derived from the pig's stomach area, as these patients show thick bulges of fat in their own stomach areas. People who eat ham, especially women, show irregular deformation in the buttock and hip areas without even realizing that ham was the cause.

4. Pork is rich in growth hormones which is generally regarded as the prime cause of inflammations and swollen tissues. The consumption of pork is also attributed to a certain extent, with having some effect on the "acromegaly" or pathological protrusion of the chin and other prominent skeletal parts of the body, in particular adiposity as well as increase in general tendency to abnormal growth. This is particularly true in the growing trend towards cancer where damaged tissues of an earlier toxic (possibly chemotherapeutic) treatment is concerned.

As cancer can be caused experimentally in laboratory animals, as in experiments with bacon, it became increasingly clear that after the currency reform in Germany, patients between 60 and 70 years of age with existing disposition were

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<sup>2</sup> A castrated ram

quickly stricken with cancer. As the means had become available, they more often had a snack with smoked bacon. This contains not only cholesterol (and according to Dr. Angel Roffo (1882-1947), the principal material found in the walls of cancer cells) but also the growth hormones through which the cancer growth is promoted, and not least of all, benzpyrene, - a constituent of smoke which is typically viewed as a carcinogenic (cancer forming poison).

5. Then there are the skin irritating effects from the histamine content in the pork. These irritations are often accompanied by inflammatory processes such as boils and carbuncles; also, inflammation of the appendix, gall bladder disorders, inflamed veins, leucorrhea in women, abscesses and phlegmons. The histamine can also be responsible for such skin diseases as nettle rash, eczema, dermatitis, neurodermatitis as well as other dermatoses. Chronic cases of urticaria (nettle rash) in elderly female patients and among young children respond very well to the homeopathic treatment of Apis 1 2x and Sulphur 30x but recur persistently among the elder patients, especially among those women who eat pork.

This was so prevalent that in order to completely heal urticaria as well as assure no recurrence of it, the treatment had to include a diet completely free of pork. This included all varieties of sausage as all types of sausage contain some kinds of pork (unless otherwise guaranteed to be pork free).

The amount of inflammation and itching due to the consumption of pork depends upon the content of histamine and imidazole, such as ergothioneine which initiates the inflammatory processes. This can also be established by experimental inducement.

By injecting histamine into the system, stomach ulcers can be brought on experimentally as well as skin irritations, inflammations and various allergic

disorders such as asthma, hay fever, rhinitis vasomotorica as well as irregular heart beat and even cardiac infarctions. Therefore, people who are in "high risk" categories or patients with histories of heart conditions should always refrain from eating pork.

6. A further stress factor found in pork is a certain factor in the blood which research has not yet been properly able to define. It has been referred to as an oncogenic agent by Dr. Hans Alfred Nieper (1928-1998), Germany. Dr. Gunther Enderline (1872-1968), Germany referred to it as endobiortt. Dr. William von Brfemer (1883-1932), Germany called it siphonospora polymorpha. Dr. Scheller calls it erythrocyte enclosures.

It has yet to be ascertained whether and to what extent these different factors are identical or whether at the onset of cancer they should be regarded as initiators; that is to say the causal factors, as they are regarded in Speransky's (Russia) research, or merely as indicators or pointers.

Pig's blood is extremely rich in these sporiferous inclusions which, according to recent work, are to be regarded as migrating (from damaged cells) or as dying mitochondria.

7. Another very important toxic factor in pork is the influenza virus which, according to professor Shope at the London Institute for Virus Research, remains infectious in the lungs of pigs. As pork is used in sausage, hot dogs, etc. this organism is always found in these products transmitting the flu virus through consumption. These organisms then migrate to their biological origin (according to Dr. Lettré) which, in this case, is the connective tissue of the lungs. There it remains dormant until factors of propagation are advantageous, as in spring, for example, when there are shortages of vitamins, lack of sunshine, etc. With the onslaught of SRI influenza epidemic, it would appear to be

totally due to an airborne infection but in reality is partly due to the virus absorbed through pork consumption.

It should also be noted that certain influenza epidemics can emanate from consumption of horse meat, which can also be infected with influenza virus.

During the Middle Ages, when autopsies were legally forbidden, medical students used pigs for their studies. This was very practical for the anatomy student as the internal makeup of pigs is very similar to that of humans. It is also well-known, that even the skin of domestic pigs shows many similarities to that of the human skin.

The similarity between pig flesh and human flesh makes possible a slight biochemical exchange of components. This is particularly applicable to Dr. Lettre's living cell therapy, which indicates that large molecules and peptides migrate to where, biologically speaking they belong. There takes place, even while consuming pork, the exchange of firm human connective tissue for the ingested mucous nourishment factors of the pig. Therefore, the consumption of pork gradually chokes the connective tissue with mucous; in addition, it is so enriched with fats that someone whose diet consists of much pork outwardly soon resembles the animal he has eaten. We all know the saying "you are what you eat".

Here one should mention the incidents of scophula in children, a disease which is characterized by chronic glandular inflammations, in which the glands atrophy with inflammation and may lead to the formation of fistulae. Then, too, glandular lumps may form, especially in the neck causing the child to actually look like a piglet ("scrophula" - Greek: the pig, "scrophula" - the piglet). This name possibly indicates the cause of this disease, which is produced by pork consumption.

The defenses of the body are particularly directed against pork fat. This, upon being broken down in

the intestine and resynthesis, is drawn into the lymph ducts, to the lymph glands of the breast, finally reaching the milchgang (Ductus thoracicus). Then it is discharged into the upper vena. The overloading, especially of the lymph glands, with the filtering and detoxification of the sutoxine factors (fat-mucous mixture) contained in pork fat is stored in the connective tissue as "characteristic fat" after being broken down in the intestines - and is shown as an inflammatory response of the lymph nodes.

*Let us not forget the extensive influenza epidemic which followed the first World War. The fatalities due to this epidemic were greater than the total loss of life in the war itself. Particularly devastating was this epidemic to the German population. The tarnished German people wore, at that time, being fed on American bacon which was plentiful in those first food shipments. For many years those influenza epidemics were observed which followed the consumption of pork. This is true, for example, of the large quantities of Canadian bacon which were shipped to Germany in November' when winter slaughtering took place. This was then consumed by the population and most assuredly the dangerous influenza epidemic broke out in January/February. It should also be pointed out that influenza epidemics are virtually unheard of in the Muslim countries where pork is not eaten.*

Therefore, this corresponds to an intensification of all physiological functions, i.e., the swelling and dilation of glands, pain and fever~ suppuration, the formation of fistulae, also connected with irritation of the skin, eczema and the like, and possible involvement with the hydrogenoid constitution, which shows a remarkable sensitivity to wet and cold, similar to the picture of the formerly, very common, exudative diathesis.

Apparently a continually one-sided diet (few vegetables, paucity of vitamins in food) will, in former times, have played a part in the ability of

the scrofulosis to appear. Commonly observed in early stages of scrofulosis were umbilical colic, swelling of the mesenteric gland as well as possible swelling of the hilar gland with potential transition to tuberculosis. This hilar gland tuberculosis can become particularly manifested after suppression of fever.

With the advancement of age, especially after the treatment of colds with salicylates, pyrazolones~ and other fever suppressions, the so-called "easinophilic infiltrate" of the lung apices can be observed from which then through the breakdown of this impregnation phase (in regressive vicariation within the meaning of homotoxicology) into the reaction phase of tubercular cavities, open tuberculosis develops, through which the whole toxic layer tries to disintegrate.

The parasitic tubercular bacteria in the cavities can then be allopathically destroyed with Streptomycin, among other things, without the causal "toxic layer" being taken into account, which when viewed from a biological point of view, is the foremost requirement.

It had never before been considered that this might be a pathology arising from food consumption. This, when treated with unbiological therapy, within the meaning of iatrogenic pathology, could be included among the "chronic illnesses";

Gustav Nagel (1874-1952), the well-known German "nature apostle" of the first decade of this century lived in accordance with the laws of nature, on a diet of raw foods. Through this he was able to cure himself of a fatal and progressive tuberculosis of the lungs.

This is a typical example of the significance of food poisoning for the development of diseases.

There are still further dangers in pork. Let us remember that a pig fattened for slaughter has

grown from a piglet weighing only a few pounds at birth and within one or two years, because of the enormous amounts of growth hormones, is ready for slaughter weighing several hundred pounds.

Such a porker has little muscles, small bones and has an abundance of connective tissue, fat, blood and organs. Almost every inch of the pig is used by the butcher for food preparation. Through special methods of preparations, it is made into appetizing portions for consumption.

Furthermore, anyone who is accustomed to eating pork becomes addicted to it to some extent.stop

On the question of addict stimulation, W.

Hoffmann, a German psychiatrist, indicates that all the symptoms of addiction can be found among pork eaters.

These people will find any excuse to eat pork.

They cast aside any damage or disease which pork may cause and state every possible reason for having it, much in the same manner that smokers and alcoholics do. Among those who have broken the "pork addiction," it is noted that pork acquires a disagreeable, repulsive and even nauseating characteristic, which... renders it intolerable and even wrong to eat, just as a non-smoker finds the smell of a dirty ashtray offensive in the morning.

Without question, the sexual hormones of the pig, which up to now have not been fully researched, and especially the androgenic sex hormone of the boar, play a part in assessing the quality of pork flesh. Boars are always castrated several weeks or months prior to slaughter (testicle extirpation), otherwise the meat would be unsalable due to the odor. For this reason, the sex hormones have to be considered carcinogenic agents, but as stated before, this aspect has to date not been fully investigated.

Pigs do not grow old, firstly due to the fact that their biological age is limited to a few years.

Furthermore, they cannot live much beyond six



years as breeders since signs of cancer are unavoidable.

Viewed overall the pig is a very sick animal having few muscles and small bones, but with an abundance of mucous and fatty connective tissue, suffering from fatty degeneration of the cardiac muscle and liver with possible dropsy; all its connective tissue and lymph material, including the irritants and toxic hormone factors are consumed when the pork is eaten, thus, allowing the buildup of stress factors.

This is wherein the great danger of pork is to be found. The human system is unable, in the ordinary way, to deal with the excess fat, cholesterol, growth hormones, mucous swelling substances and other toxic factors despite the very rich vitamin content (by the process of combustion). Nor can it eliminate it in physiological phases of excreta, even if engaged in strenuous physical work.

This is where homotoxicology has brought a definite solution to the problem of the actual injurious effects of pork.

Pork cannot be physiologically detoxified through ordinary detoxifying outlets, such as the urine, breathing, intestinal secretions and secretions from the skin; thus, it cannot be alleviated through the excretory mechanisms. The only means of detoxification is through pathological outlets, namely inflammations.

Accordingly, the different disorders that can occur are related to the types of organs and connecting tissue that are consumed. This is especially true of gall bladder disorders with the formation of gall stones (cholesterol). biliary colic and acute inflammation of the, appendix (appendicitis) to which people fall victim as well as thrombosis and embolisms. The toxic layer increases with the consumption of pork and is not eliminated by surgical removal of the affected organ (e.g. appendix).

On the other hand, if only small portions of pork are eaten, the inflammation may not immediately occur but instead a storage of pork particles is probable (particularly true of the mucous and fat of pork) in the connective tissue where it makes itself apparent as a fattening or adiposity, eg. as rolls of flesh on the abdomen and possibly even on legs and arms. This is particularly true of people who eat ham and sausage.

Only when "the limit is exceeded" and the organism can no longer manage the storage of these stress factors and when the periphery, the brain circulation is affected, will it as a last resort, induce the inflammations in order to break down these stress factors.

Thus, people suffering from thickenings of the neck develop dangerous carbuncles, boils or abscesses of the sweat glands. Often, generally after eating cold cuts containing pork, dangerous attacks of appendicitis, biliary colic, gallstones and disorders of the bile ducts occur (cholangitis, cholecystitis, empyema of the gall bladder, etc.) as previously mentioned.

Ulcer cruris (leg ulcer) is typically regarded as the consequence of eating pork feet. When viewing the sequence of events, these leg ulcers can often be regarded as the body's last attempt to rid itself, through the mesenchymal valve of the inflammation which often is threatening the formation of cancer from deep within the connective tissue. The (reaction phase) poison, thereby is evacuated from the body through these leg ulcers.

When these ulcers are forcibly cured by means of cauterization and solutions of dye substances without the benefit of a radical diet change (pork free), then the development of cancer is almost always inevitable. This is especially true where weakness from a previous injury (within the meaning of 'Locus minoris resistentia') to the system is present or when further psychic stress

factors are incurred. These associations were mentioned earlier.

When pork is regularly eaten the cartilage, due to replacement of firm human cartilaginous material by the mucous connective tissue of pigs, becomes soft and atrophies under the pressure of body weight. This eventually results in arthritis and arthrosis. Pork consumption also clogs the "holding apparatus." Professional athletes often suffer from this due to adherence to an incorrect diet. The pork fat is stored, instead of being burned, which renders them tired, lazy, slow and generally unable to continue in their chosen occupations.

It is also possible during an attack of influenza that some of the poisonous sutoxine mucous material found in the lungs, is coughed up and rejected with the virus. If all acute diseases resulting from sutoxins, particularly leucorrhea (a defensive discharge reaction in women) were correctly treated in a biological manner resulting in complete healing provided a strict ban on future pork consumption was adhered to, then, these pork related poisons and stress factors would be rendered harmless and could in fact be eliminated from the body.

Unfortunately, in our highly developed civilization, this is hardly ever the case. Furthermore, the toxic situation which develops through pork consumption is not recognized by the medical profession and is, in fact, completely misunderstood.

Homotoxicology proves that every illness should be recognized as a defensive measure against poisons and the damages caused by them. Thus, all illnesses are to be regarded as biologically necessary processes which should never be suppressed as they clearly express that the body is trying, by inflammatory excretions, to return to a healthy state.

If this is not observed there arises the danger of acute poisoning exhibiting itself as a high fever, influenza and sore throats, etc. When the process of natural detoxification is interrupted by means of suppressive therapy, an alternative poisoning can develop.

This is primarily true in cases where chemotherapeutics, antibiotics and the derivatives are used. While these certainly destroy germs, they do not affect the causal poisons. Nor are these poisons eliminated; in fact, the poison layer is increased by the bacterial endotoxins released from corpses of the fragmented bacteria.

Generally speaking, in illnesses, the bacteria do not play the role of the initiators, but of indicators (Speransky). They live as parasites (are saprophytic) in the area of inflammation where the ingested pork is situated releasing the poison layer, thereby acting as useful aides.

They merely indicate which poison layer is present enabling their breeding, for example, a favorable homotoxic growth for streptococcus, staphylococcus, pneumococcus, etc.; it is the ingested pork which offers the greatest opportunities for growth of bacteria and viruses (i.e. influenza virus).

People, who do not eat pork, usually do not suffer from viral influenza!

Due to the chronic use of chemotherapeutical agents and acetylsalicylate medications, etc., most people today have no highly active layer of defense. Special guidelines of hygiene should be observed. Everything should be done to strengthen the organs of defense (the main defense system). This can be achieved through biological stimulation therapy, as well as correct biological dieting and manner of living. stop

When these correct and proper attitudes are ignored, we will find the pernicious consequences of pork consumption and the reason why so many

young lives are wrecked. Invalidism, sickness, arid cancer have been the consequences of chemical treatment of discharges or abdominal inflammations, as well as kidney inflammations, thromboses and embolisms after operations.

Removal of the appendix will certainly remove the inflammation. But in this context, the appendicitis is acting as a detoxification process and is striving to rid itself of the pork poisons (sutoxins) through a lymphatic reaction, Unfortunately, this disorder cannot just be left to itself without risking some very serious side effects. Therefore, the surgeon may possibly have to become involved.

In any case, there should always be a biological treatment to coincide with the necessary surgery; this could be accomplished, for example, with BHI Antipus, Inflammation and Lymphatic Tablets in order to break up the "poison layer" by use of the body's own defense system.

The same also applies to female discharges generally characterized by a peculiar stale smell similar to that of the freshly butchered pig, or to carbuncles and abscesses of the sweat glands which through discharge act in a detoxicating capacity.

Furthermore, any other general or pathological discharges should never be suppressed. Otherwise, the body would suffer the effects of repointing, displacing these into another dangerous pathological phase referred to as progressive vicariation.

A good example of this can be seen from x-ray suppressed abscesses of the sweat glands. This often causes colitis mucosa or ulcerosa, a dangerous ulcerous disorder of the large intestines.

The same rule applies to chemically suppressed diarrhea. The intestine is a large tube in which all poisons are separated and discharged naturally. Stimulative biological medicines such as BHI

Diarrhea Tablets, BHI Inflammation Tablets, BHI Antipus Tablets should be used in treatment as they are highly effective and yet cause no side-effects.

It should also be realized that the flesh of the wild boar is just as toxic as that of the domestic pig, although generally speaking it contains less fat than that of the domestic pig.

It is a well-known fact to hunters that upon killing a wild boar, the hunter must immediately butcher the boar, in contrast to deer and other wild animals. Not to do so guarantees that the flesh will develop a "bad taste" as well as other toxic properties.

Generally speaking, the poison layer, which is the cause of every illness, becomes more or less heavily loaded through consumption of pork. This basically pre-conditions the body for a wide variety of illnesses.

Anyone entrusted with instruction in homotoxin, that is to say, doctors working in the biological, antihomotoxic sense, can with the sympathetic assistance of the patient, through a biologically correct pattern of life and diet (no pork consumption), counteract several primary effects and secondary damages caused by sutoxins, by treatment with appropriate preparations (as found in BHI Biological Homeopathic Remedies).

A factual though repulsive tale about a hospital during the second world war should be mentioned. Next to the hospital was a pigsty. The pigs were fed with the hospital refuse and at least once a month a pig would be slaughtered to provide a welcome addition to the rations.

Close to the pigsty were bins which contained the discharged bandages soaked with pus and blood of the wounded. These were usually burned once a month in the hospital yard.

Now one day, the pigs got out of the pigsty and overturned the bins which contained these

bandages. They were found eating these as well as other matters of filth. From then on, for reasons of convenience, the bandages were no longer burnt, but given to the pigs as food, creating the perfect poison cycle.

And so, the patients in the hospital, most of them with fistulous shot wounds, now received their toxin-saturated pork, a further stimulus to their suppurations. The pork, which acts as a suppurating factor even without the pigs eating the bandages contaminated with toxins, only served to accelerate the deterioration of the patients.

So, whether suffering is due to blackheads, acne vulgaris, or a bullet hole, a strict ban has to be put on the consumption of pork, including ham, bacon, sausage, salami, white sausage (which is fried in bacon fat) and calf liver sausage (which contains a high percentage of pork and pork fat).

Then there are the frequent stories of the "healthy peasant" who, despite his large consumption of pork, is never ill. A scientific investigation, carried out over a number of years has clearly proven that this is nothing but a fairy tale. This investigation proves that the country folks are not the healthiest, but indeed the unhealthiest population, in spite of the "fresh air," obviously due to their chronic and almost continuous consumption of pork.

While he was practicing, the author visited a peasant family on their remote farm. The father suffered from chronic arthrosis, coxitis as well as liver damage. The mother had chronic leg ulcers and vancous eczema which caused her great pain. One daughter suffered from "heart trouble" and rheumatism following angina. The "healthiest" son also suffered from heart trouble following angina as well as boils. Another daughter had had her tonsils removed and had since been plagued with chronic bronchitis and was suspected of having bronchiectasis. Still another son suffered from

chronic pleurisy with exuding scars and continually recurring exuding ulcers.

Similar Situations were observed by the author among peasant families in the Black Forest/West Germany as well as in the surrounding valleys. Having been in practice there for well over ten years he can make a professional assessment.

For more than an hour spent in consultation with the aforementioned family, a fully grown sow stood outside beneath an elder tree, rubbing itself, to its great delight, continually on a heavy overhanging branch.

The author commented on it to his patients, saying, "Do you see that pig there? All the irritants and inflammatory substances which are forcing the pig to scratch itself are consumed by you when you eat pork. These substances called histamine compounds are the cause of all the diseases I've come here to see and treat you for."

It has become obvious that although pork is apparently more inexpensive than perhaps other types of meat, it is by far the most expensive of meats. If one but looks at the many serious diseases which it causes and then considers the deaths due to these diseases, although not recognized as being connected with it (and to which no one gives even a thought), this fact becomes crystal clear. Even when viewed that, for example, an inflammation of the appendix, which is generally recognized too late, after a possible entrance of the vermiform process into the stomach (from eating fresh liver sausage, cold cuts etc.), and particularly in case the damage caused by the diseases, and the treatment given through highly potent therapeutics, or even the premature invalidism due to these factors, pork will certainly not be a less expensive meat, but the most expensive one.

From a commercial point of view, a strict prohibition on pork consumption for everyone is not only justifiable, but due to even the financial

straits which the health service is experiencing is equally unavoidable.

However, the beneficial results of such a reasonable measure would not have an immediate, but gradual effect, just as the prohibition decreed by Mohammed in the verses of the Koran on pork consumption did not have an immediate effect, but over the centuries has been noted.

Furthermore, the ban on pork imposed by Moses on the Jews has given them a constitutional quality, with the result that they, as the "chosen people" have accomplished important cultural and industrial achievements.

It is interesting to note that the peasant family in the Black Forest as well as several other peasant families both large and small in that area have, in due course, heeded the advice I gave them. Not only do they no longer eat pork, but, in fact, have sold their pigs and have replaced them with sheep, as in Islamic countries.

In other parts of the world, man can expect a biological life of up to 150 years. Areas in Caucasus and in Turkey, where no pork is eaten, as well as in other Islamic countries where the climate is not so severe, contain people whose ages are between 130 and 150 years. They are in the best of health and still active (for example, the Hunsä).

There are apparently serious problems in the processing of the basic meats because of variations in quality.

Numerous variations are seen particularly in the meat of pigs, which, in order to increase the fattening and especially the flesh (at the expense of the fat), methods of breeding introduced in the last few years, cause much less resistance and tendency to stress.

And so, it must be estimated that throughout the country, of all the pigs slaughtered in Germany

about 20% have pale watery flesh (PW) and about 5% have dark viscous flesh (DV).

Both have the same biochemical cause and are the result of a changed pH factor. This is of considerable importance in the quality of flesh, as main areas of meat processing are dependent on the pH, for example the water linkage (absorption of salt, formation of color), taste and preservation.

Biochemical processes which take place within the first twenty-four (24) hours after slaughtering determine the acidity of the muscular flesh. In the event of stress before slaughtering, which nearly always is to be expected (due to transportation etc.), enormous amounts of adenosine triphosphate and glycogen are quickly catabolized inside the muscular tissue of sensitive animals. It is to be assumed that the lactic acid in PW animals passes from the cells of the muscles into the blood stream before slaughter, resulting in a higher pH factor of the meat.

However, in the DV-animals, the lactic acid remains in the flesh and so, the pH is lower (i.e., acidification). Normally, the pH at the moment of death reaches about 7.2, while some six to ten hours afterwards, a final pH of 5.4 to 5.8 is found.

With beef, after 12 to 24 hours, the pH reads between 5.3 and 5.7. With DV meat the pH falls because of a precipitate glycolysis within an hour on the level mentioned above. The flesh therefore shows poor water-binding properties, and also, because of the watery surface, a pale color.

This change in color is, however, purely optical since the color of the muscles has not diminished.

On the other hand, the glycolysis in conjunction with the production of acid in the case of PW-flesh, is so delayed that the final pH seldom falls below 6.2. Thus, the quality of the meat is considerably reduced. In a cut, it is dry, "flat,"

glutinous, dark red and has an above average ability to combine with water.

It is therefore a question of pork not being matured or not sufficiently matured which cannot be used for raw sausages and ham, but strictly for cooked sausages, boiled ham and grilled meat. With this PW-meat, pickled and boiled products are more tender and juicier. Furthermore, with PW-meat, less salt is absorbed in pickling and the usual acidic smell and taste found in normal mature flesh is lacking, however, it cannot be preserved as long, and in the case of prepacked products, evidence of putrefaction often occurs. This represents a serious threat to health due to the high count of bacteria present.

However interesting and important this research on meat might be, unfortunately, as it is the case with the calculation of calories, it comes under the heading of chemical-physical technology. The actual pathogenetic consequences and those dependent upon molecular-biological displacements of the constituents and their incorporation into the human organism have as yet not been properly discussed, whereby purely economic considerations, such as feeding the nation, subsidies and others can also bear responsibility.

### **Catering in Canteens and Restaurants**

In particular, it is a heavy burden for restaurant owners, cooks and catering services to bear, but if in masse, these people would withdraw from the use of pork in their business, everyone would benefit.

Furthermore, kitchens in restaurants, should be advised to eliminate all forms of pork as well as such dishes as ham and beans, ham and peas, ham and carrots, etc., chicken wrapped in bacon, slices of fried sausage and the use of inexpensive lard (which usually contains large quantities of pork fat), since the really wholesome food is characterized by the absence of pork.

Many restaurant-owners and chefs believe that by adding bacon, ham or sausage, etc., they make their dishes tastier. This false estimation is often paid for by the loss of their "cuisine renommée." Customers do not, in the end, eat where a so-called "grub" is being offered since every dish tastes more or less alike due to the pork which is included. They rather look for restaurants of quality, one in which the food is served in the pure, clean form, as stated on the menu, without any additions of pork.

"Guests do not demand pork over and over again": this may once have been true of an ignorant mass, but fortunately cannot be considered true today. Soon, those foolish eaters of anything and everything will pay the price with their own pork-induced ill health. Once these people understand why they will no longer eat in restaurants which adhere to the use of pork, but on the whole will try to get used to new and more healthy diets.

### **General and Medical Information**

But any thinking person who reads his newspapers intelligently forms a picture -- before it is too late -- of the actual dangers of pork. Many assume that "a little can't do any harm," which proves wrong. If one has been keeping strictly off pork for weeks or months, then eating only a very small amount will possibly act "like a poison" which will soon make itself evident in the weaker spots of the constitution (*Loci minoris resistentiae*). This once happened to the author himself several years ago.

Since the student, later on the doctor, will not learn anything either from his studies at the university or in his clinical work in hospitals about the stress factors of pork, other than its incomparably high calorie content, there are only few competent doctors who can give accurate information about this diet problem.

Furthermore, anyone who is not familiar with homotoxicology and the fine differentiation in the

phase change which can be observed after consumption of pork and does not know how to record it (i.e., the formation of abscesses after the implantation of live cells when pork, bacon, ham, sausages, etc. are eaten) will probably become conscious of the actual biological significance later in life, as well as those dangers associated with eating pork in any form. When finally the homotoxicologically recognized connection between consumption of pork and illnesses are realized this will all be brought home to him.

### **Consequences and Recommendations**

This does not represent a new theory about the injurious effects of pork consumption, but only states those which stem from the laws of Moses and Mohammed as well as the unusual results of observations of patients, the author's own family and even himself. From these it had to be conceded that the ever-increasing number of illnesses due to the consumption of pork in many ways correspond to the religious instructions given to the Jews and to the Islamic population and are absolutely justified. Even without the risk of trichinosis, which can also affect bears, rats, mice, dogs, wolves and other animals, the stress factors found in pork alone are enough to fully justify these ideas.

Fortunately, quality restaurants are to be found in every town whose pure food (i.e., without the addition of pork) is prepared in a natural way and where, for example, cheese dishes are not ruined by adding ham.

Restaurant owners would soon see a marked difference in their profits if patrons avoided their establishments after having an especially well recommended meal which in some way contained pork and were to realize their suffering from biliary gallstones, inflammations of the appendix, inevitable gain in weight, high blood pressure, fatty degeneration of the liver, or other dreaded

diseases, particularly arthritis and arthrosis, was a direct result of pork consumption.

Hopefully this paper will help all those who have not yet become aware of the dangers of eating pork to change their dietary habits to exclude pork; it would be a great accomplishment. This does not mean a diet which is monotonous, but to the contrary can be one that is both pleasantly varied and one that meets the biological requirements, this will result in a diminished yearning for fats as well as a positive effect on one's general health which can be enjoyed for many years.

As a result of investigations, this firm advice should be given to patients:

Always avoid eating pork even in the smallest amount. If you have avoided eating pork for a few weeks, then occasional pork consumption of small amounts will produce an immediate increase in the defense system of the body which will appear as itching, inflammation or pains in weakened points of the body, disorders of the gall bladder (colic), inflammation of the appendix, rheumatic pains, etc. There may also be other inflammations or prewarning signs such as tiredness, as well as a deterioration of eczema, irritation and dermatitis. All of these are symptoms caused by the poisonous nature of pork.

In any event, many illnesses and the unhappiness they bring to you and your family can be avoided, providing you eliminate all forms of pork, and only buy sausages and meats that are absolutely pork-free.

Once you have kept a strict adherence to a pork free diet, you will begin to recognize when you have eaten food, which unknown to you, actually contained pork; simply due to the effect it has upon your own health.

It should always be remembered that the whole pig consists of low-grade material, fat, mucous,

irritants, ichorous and other substances which will cause inflammation as well as dangerous hormones which when eaten and absorbed by the human intestinal tract decompose into ichor. stopped

Therefore, the only way to prevent ichorous illnesses is, to advise your patients of keeping a strict ban on all types of pork. Beef, veal, mutton, fowl and venison can be eaten without hesitation. Rabbit and hare should also be avoided.

Prove to yourself that this information is genuine by abstaining from pork consumption. Be critical with yourself and reject all arguments. This abstinence in addition to biological and homeopathic treatment and natural methods, such as compresses, hydrotherapy, etc. will soon render improved health for yourself and all the members of your family. Disorders arising from the unintentional consumption of pork will be quick to heal through these natural processes as they allow the actual detoxication and removal of all the poisons and stress factors in pork.

Healing, according to homotoxicology, means becoming free of toxins and toxin-damages.

Health, according to homotoxicology, means being free of toxins and toxin damages.

These fundamental, time-honored principles based on the laws of nature call for a strict ban on eating pork by all people. These laws have been firmly established in the Jewish and Islamic religions and are necessary in the civilized Western world, not least to avoid enormous health-care expenses.

## Summary

Pork must be recognized as a primary factor contributing to disease!

The poisonous substances contained in pork, called sutoxins, cause most of the illnesses which are chronic and difficult to treat. According to

Reckeweg's homotoxicology, these specific stress substances are found to be intercellular, that is,

1. as cholesterol-loaded macromolecules in the blood in cases of hypertonia, arteriosclerosis. plethora and in the walls of the cancer cells (so-called neoplasma phases);
2. as histamine and as imidazole bodies in cases of urticaria, herpes, dermatitis, eczema (causing itching), initiating inflammatory processes with furuncles, carbuncles, fluor albus, appendicitis, cholangitis, cholecystitis, thrombophlebitis and phlegmons;
3. as growth hormone in promoting inflammatory and growth tendencies in cases of adipositas, acromegaly, neoplasma phases and hyperplasia;
4. as fatty acids in cases of hypotonia, polycythemia;
5. as mesenchymal, mucous substances rich in sulfur (amino sugars, hyaluronic acid, glucosamine, and others) in cases of myogelosis, arthrosis, osteochondrosis, rheumatism and arthritis;
6. as oncogenic agent;
7. as influenza virus.

Hence, the pathological symptoms referred to, can be completely cured through biological treatment only, provided that a total abstinence from pork is observed.

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This article was presented to me by Ted Broer, a broadcaster dealing with politics and health and who also sells a wide array of health products.  
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