

Retrospective Study

by Dr. David Markowitz

As a means of introducing myself, let me share some of my background with you. I have been a practicing General Pediatrician for the past 18 years, the last ten of which I have been in Kennebunk Maine. I trained at the University of Connecticut for Medical School, Internship and Residency in Pediatrics, and a Fellowship in Pediatric Hematology/Oncology (childhood cancer). I have encouraged our patient population to use natural products to boost their inherent health and help prevent disease for the past ten years. Most of my knowledge about this natural approach is self-taught, because little if any nutrition or prevention is taught in traditional medical school. Thankfully, this is changing. You are forcing this change because you now demand of your practitioners to learn more as you ask detailed questions of them. (Good for you!)

I joined 4 Life Research in the summer of 1998 because of my commitment to a natural approach to Health and Wellness and because of my belief in Transfer Factor and in the people who lead this Company. This decision has changed my life and the lives of many patients and patient families! OUR EARLY PRACTICE EXPERIENCE: We have introduced Transfer Factor to over 150 families with now over 200 persons using TF on a daily basis. I now review the charts of these children on an every two month basis. The facts back up our general impression of greater health and less illness in these children. Effective 2/1/99, we have seen 80% less illness reported to us in these kids and 85% less use of antibiotics, when we compare their histories of last sick season to this year. We will soon match TF users to like-aged children not using TF and will report those findings when available. Most of our victories in Health have been "quiet", in that we seem to see these TF kids so rarely. Some of our experience has been absolutely remarkable. To share just one with you, we have a 12 year old girl with Spinal Muscular Atrophy (one of the Jerry Lewis muscular dystrophies), who in previous years has had dozens of serious respiratory diseases requiring repeated use of antibiotics to just keep her alive. She this year has used Transfer Factor daily for six months and has required antibiotics just once and has never had a serious chest or respiratory infection. TF has changed her life! I will share more with you over time.

Addendum 3/13/99: We now have over 210 patients using TF with continued success. One mother who has Hodgkin's Lymphoma now status post chemo and radiation therapy takes TF daily: in three months, she has been infection-free with "daily improvement in her health and feeling of well-being" (her words). Her prior history was one with constant respiratory infections due to her severely depressed immune system. Just another quiet victory for TF and 4LifeResearch. Another interesting observation from our patients: if a child stops taking TF, we have noticed that within 3-6 weeks, this child is in our office with some infection or another. We know that TF has a half-life of about 3 weeks. This observation then fits what we know from the biologic studies. Parents then reorder the TF to "never run out". TF is indeed a science-based product, just as all the 4Life Research products are.

Addendum 3/18/99: Another "little success story from Maine": We have a beautiful young boy who has suffered with a rare condition called cellular interstitial pneumonitis with multiple episodes of respiratory diseases over the years. After 4 months of TF on a daily basis, he has had but one mild upper respiratory infection and no use of antibiotics during one of the worst viral respiratory and flu seasons in southern Maine in a decade. Side effects of TF: NONE. Need I say more! We start our age-matched study of our TF kids in late April 1999. I will update as data is available.

I am delighted to share with you my appointment to 4 Life Research Medical Advisory Board. We hope to encourage the development of an entire line of children's Health and Wellness products.

Addendum 4/20/99: Just returned from a Wonderful First Leadership Conference. Thank all of you for your kind words and support of children. It is truly heartening to see and feel the commitment. An update as to our kids here locally: review of records show a 79% reduction in reported illness and an 82% reduction in the use of antibiotics. Still truly amazing results with thusfar no untoward side effects. One additional single victory: an 8 year old with Juvenile Rheumatoid Arthritis now on TF and FibroAMJ and in FULL remission for 8 weeks and on no traditional allopathic meds. The quality of this child's life has dramatically improved.

Addendum 4/27/99: A hint of what is coming! During the Leadership Conference, Dr. William Hennen announced the introduction of a second generation TF product, called T-Factors Plus. This will not replace TF, just augment it's usefulness, by boosting additional components of the immune system in different and possibly more effective ways, particularly in the body's constant battle against bacterial disease and malignancy. This product, just as all the 4LR products, will cure nothing: it rather boosts the body's ability to handle a multitude of health challenges, in this case, via the immune system. Dr. Hennen will share many more details about T-F Plus in the near future on our website. And 4LR has already starting working on the third and fourth generations of TF, each with a promise of greater Health and Wellness!

Addendum 5/5/99: Some wonderful news to share with you. We now have two brothers who carry the diagnosis of Autism, both on TF for 4 months. Mother reports a dramatic increase in communication skills and much improved interactions with people and decreased "flapping" behavior. She is quietly delighted (holding her breath!). Our age-matched review will start in late 5/99. Will add details as they become available.

Addendum 5/8/99: More great news, this time using TF in an 8 year old with recurrent leukemia on harsh chemotherapy. Since using TF the last three months, this young man has NO untoward side-effects due to chemo and has had no fever episodes requiring admission

to hospital and antibiotic use. And he is doing very well with his leukemia as well. Soon he will start on the new T Factors Plus product (June 1999). Will update as progress becomes available.

Addendum 5/15/99: First some quick news: I will be presenting our TF experience in Philadelphia this coming Saturday, 5/22/99. For details, pull up Kevin O'Conner's site at 4liferesearch.com/komarket. Hope to see you there. Additional practice news with some early experience with T-Factors +: As a Medical Advisory Board member, I had three bottles of pre-release TF+ available to me. We used it in a 6 year old with an antibiotic resistant sinusitis (28 day treatment). Within 36 hours of TF+ use, he was TOTALLY CLEAR of congestion, fever, and the thick purulent green nasal discharge had cleared. A 49 year old father of a patient with an undiagnosed mass in his throat and neck: he refused to see his allopathic MD out of fear but wanted to try something "natural". I encouraged him to see his doctor and offered him some TF+. After three weeks of use, it has been reduced 80% in size. He is delighted and now has promised to see his doctor for a follow-up. We also have two adults with metastatic malignancy who have started on the product with thusfar no feedback. Will keep all informed of their progress. Total patient load now using TF is over 250. Have also started the tedious task of an age and sex-matched review of our TF experience this past sick season. Will have results within the next three months.

Addendum 5/23/99: Just returned from an awesome Philadelphia meeting hosted by Master Distributor Kevin O'Connor. There is definitely some 4LR HEAT being generated in the Philly region. Thank you Philadelphia and Kevin for a wonderful meeting and another opportunity to spread the TF word. Early results from the first of four months of study re: age-matching. We have now compared 25% of our 125 kids on TF to like aged and sexed children in the practice who do not use TF: Although preliminary in nature, we see a 62% reduction in reported illness and an 85% reduction in reported antibiotic use in those children who used TF daily. I remind all that this is but 25% of the data, so stay tuned for the remainder over the next 2-3 months. Our first two TF+ reports: a 6 year old boy with a 28 day history of antibiotic-resistant sinusitis responded in less than 36 hours of immune boosting with TF+ (one cap twice daily). He was symptom-free at 36 hours! Another experience for the books: a 49 year old with an undiagnosed mass (4-5 cm) in his neck and throat of 4 months duration and growth, who refused to see his allopathic MD out of fear. There is no demonstrable mass in this neck/throat after 23 days of immune-boosting with 2 caps of TF+ three times daily. He was strongly encouraged to see his MD for diagnosis and follow-up. Thusfar he has refused to do so, but we are still working on him. He continues to promise that he will follow up with his physician. More experience with TF+ to follow.

Addendum 6/5/99: Our 49 year old father of one of our patients did see his MD and found to have normal exam. Chest X-ray was clear and now remains asymptomatic for 6 weeks on TF+. We have now compared 45% of our TF users to age- and sex-matched patients in the practice for the last 9 months. Still astounding results with 68% less reported illness and 84% less use of antibiotics. We now have used T-Factors Plus in 7 people, 5 with bacterial disease (4 sinusitis and 1 impetigo) and 2 with apparent malignant disease, thusfar with all positive experiences. Total TF users in the practice number 250 children and many of their parents. We now encourage all of our TF families and new users to stay on TF as their immune boosting base and use T-Factors Plus as an additional supplement at times of "stress". Now Transfer Factor, T-Factors Plus, and BioVits fill our patient families' "Health and Wellness" cabinet (notice, not a "medicine" cabinet). More later...

Addendum 7/2/99: And now on to our age/sex-matched study. . . I have now completed a retrospective study comparing kids in the Practice who have used TF consistently for six or more months to same sexed and aged children in the Practice who did not use TF during the same period. Our computers matched the ages and sexes of the children. All records were reviewed including those of our office, those of cross-covering MD's and the ER and data were compared. The results are indeed remarkable! We found 74% less reported illness and 84% less reported use of antibiotics in the consistent TF users when compared to non-TF users. 125 TF users were reviewed with 87 kids using TF consistently for six months or more, aged 8 months to 9 years. We are delighted with these results! We will be preparing manuscripts for submission to various medical journals and hopefully, allowing us to share our results with the more traditional allopathic medical world. A T- Factors Plus experience to report: a 37 year old father of 4 children, diagnosed with advanced Hepatitis C, complicated by gastro-esophageal reflux, chronic constipation, severe fatigue, and sleeplessness. After only 2-3 weeks of TF+ at 2 caps three times daily, this man reports improved liver function testing (by documented lab testing), NO reflux, much improved bowel function (he has stopped all meds!), and now much improved energy and sleep (6-8 hours nightly). We know that Hep C is an "envelope virus" and with improved immune and complement function with TF+ boosting, it would appear that he is now able to better handle this chronic viral infection NATURALLY! Will update you on his condition as time passes. Our 49 year old with the unidentified neck mass continues to be symptom-free and feeling well. More later...

Addendum 7/13/99: People say that Summer is "slow" for networkers. I remind all of you that every day of every month of every season is the right and only time to share these products. And if you think about it, those with Fibro or Chronic Fatigue need us now more than ever. They deserve to feel good during these warm summer months. How about 1-2 months of immune-boosting before the cold weather hits in the Fall. We would all be healthier this coming sick season with 2 months of TF or TF+ on board. Traveling this Summer for vacation? What an extra-ordinary opportunity to share our Mission and Products with people in other areas. Our goal is to get the word out there that people can live Healthier lives. Summer is "slow" if only you choose it to be that way! Now GO FORTH and share our Vision for Health and Wellness. I look forward to meeting many of you in the San Francisco area at the end of the month! Now fill your Health and Wellness Cabinet with TF, TF+, and the rest of 4LR products and share them with the rest of the World! I bid you Peace. Dr. David