



AIDS RESEARCH & ASSISTANCE INSTITUTE  
NATURAL HEALTH SOLUTIONS

# Report

## **On Flax Hull Lignans**

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CONTACT INFO:

Wendy Selvig

Director, International Relations

Wendy@aidshivawareness.org



# THANK YOU

Thank you for your interest in our organization and in natural solutions for worldwide health problems.

This report is a summary for those who are just learning about the work we've been doing for the past 20 years. We hope you will take the information and use it to help people around the world.

This report is focused on Flax Hull Lignans. We have been using Flax Hull Lignans (MCP Processed) for over 20 years to help people with HIV/AIDS, Cancer, and other illnesses like Diabetes regain their health.

Typically when someone starts taking Flax Hull Lignans their CD4 counts raise and if they have HIV, their viral loads decrease significantly. We have seen stage 4 cancers reversed and blood sugar levels level out for many of those who regularly take it. We see positive responses more than we don't.

We sell no products, our mission is to encourage and educate people towards natural remedies and provide life-saving nutritionals to people who cannot afford them.

We are networked with organizations who assist people in 3rd World countries. Some of our staff even live in 3rd world countries working with people directly. Donations to A.R.A.I. go towards helping these organizations get life-saving nutritionals like Flax Hull Lignans to these organizations. At this point and time they have to be shipped around the world, and that costs more than these organizations or people can afford on their own. Your donation helps make it possible to impact their lives through good health.

Thank you for considering a gift. All gifts are tax-deductible. You can mail a check or give online at [aidshivawareness.org](http://aidshivawareness.org). A donation letter will be provided. Monies will be directed immediately towards the next organization on our list who need more nutritionals.

**We've been doing this for a long time. Here is a copy of our first press release in 2007.**

FOR IMMEDIATE RELEASE  
AIDS RESEARCH SUGGESTS A NATURAL SOLUTION

Dallas, TX. - May 1, 2007 - AIDS Research Assistance Institute announces that they are opening up opportunities to other health and missions organizations who would like to partner with them to bring relief to people worldwide suffering from HIV and AIDS

ARAI assists in research to find natural solutions to the third world pandemic. They have found a natural product that boosts people's immune systems greatly, and it has had a very positive effect on those specifically afflicted with AIDS/HIV.

Dr. Daniel Daves, International Director of ARAI said, "We believe that flax hull lignans are 'The Answer' for rural third world HIV sufferers who don't have access to expensive and time sensitive anti-retroviral medications. Many times, the medical care facilities are hours or days away from many sufferers. The flax lignans are much more affordable and easy to distribute, not in need of critical refrigeration and they have a very long shelf life. Testing has shown very positive immune system strengthening and nutritional results."

ARAI has been involved in 3 anecdotal studies using the flax hull lignans. The first two rounds of study involved 100 people in each round with various illnesses, some of which were HIV, breast cancer, prostate cancer, lymphoma, bone cancer, arthritis, hepatitis C and diabetes.

The third round of study was done in Africa on 100 people, all were HIV positive, and 75% experienced AIDS symptoms. The results are very impressive. AIDS patients lost their wasting symptoms of AIDS and have had HIV viral load levels drop significantly. Some have had levels drop to non detectable within 90 days. From round 1 and 2 of the studies, cancer patients are reporting reductions in the sizes of tumors. Diabetes Type 1 patients have had a leveling of sugars in the bloodstream, and the list goes on. Ten percent of the subjects reported no change in their conditions.

Here is a testimonial (more testimonials are available at: [aidshivawareness.org](http://aidshivawareness.org)): "I have one testimony of a church member who happens to be my aunt of Harare in Zimbabwe. She knew that she had the virus after the death of her husband in the year 2002. Since then she started deteriorating, having chest problems, and losing a lot of weight. She attended a seminar that you held here in Zimbabwe where she got the flax. She took the flax once every day before she went to bed. She has recovered very well that you can't even tell that she has the virus. She is no longer always ill as she was before. I can say she is going to live longer than what she was going to before the flax. Thank you very much. - Tendayi Musadzirimha - Zimbabwe - For His Aunt, an AIDS patient in Zimbabwe.

ARAI is working with organizations in Swaziland and South Africa to help find reasonable solutions to their pandemic which has infected 28.5 million Africans, 3.2 million of them innocent children. "We're hoping other organizations will see the results we've gotten and be encouraged. Flax Hull Lignans are an inexpensive and reasonable way to offer hope into the life of an AIDS patient." said Dr. Daves. ARAI has sent \$600,000 in flax lignan product to Africa, resulting in thousands of "one month supply" containers donated to desperate AIDS sufferers through various grass roots clinics and organizations. ARAI is a non-profit organization, and they provide grants and discounts to organizations who would like to join their Flax Hull Lignan Program. More information about ARAI, the 2006 clinical results, and flax hull lignans is available at: [AidSHIVAwareness.org](http://AidSHIVAwareness.org). For interview arrangements, email [info@aidshivawareness.org](mailto:info@aidshivawareness.org).



## Study Results

### ARAI STUDY RESULTS

Round 1 & 2 consisted of implementing 2 scoops of product (scoop enclosed in canister) per day in water, cereal, foods, etc. Patients filled out a full health survey concerning their current ailments, physical and mental condition, pain levels and hopes for what Flax Hull Lignans could help accomplish by strengthening the immune system. Patients agreed to not change medications or lifestyle during the 90 day process. Patients delivered a 30, 60 and 90 day report giving any noticed changes in health, condition of ailments, etc.

During round 1, we realized that 15% of the patients were experiencing constipation with the fibrous content of Flax Hull Lignans. Those 15% either found a way to increase daily water consumption or they backed down to 1 scoop of product per day. 76% of patients studied found some type of positive response to the product study within 30 days, many responses were dramatic. 52% of patients had a positive response within the first 30 days, and 91% of patients studied had a positive response to the product study within 90 days. Responses included dramatic reduction in size of cancers, reduction in insulin needs with diabetics and blood sugar levels coming into order, HIV/AIDS symptoms decreasing or disappearing, general feeling of vitality, HIV CD4 counts strengthening and viral loads diminishing. 10% of patients noticed no change in health during the 90 day study.

Round 2 brought about 1 change only. During round 1, we noticed that among those who backed down their dosage to 1 scoop per day because of constipation issues, those patients still had very positive responses to the product. Therefore, the second 100 patients on Round 2 received only 1 scoop of product per day for 90 days. The results came in exactly the same with 55% of patients having a positive response within the first 30 days, and 90% having a positive response within 90 days, and 0% constipation issues in the group.

It was further realized through Round 1 and 2, that those whom had dramatic changes in health during the first 30 days maintained those changes in health through the entire 90 day period, and most of the impact occurred within the first 30 days of the study. Those with dramatic 30 day results had only minimal continued change through the 60 and 90 day period, but maintained the result gained within the first 30 days. Most changes that were going to occur within the 90 day period – did indeed occur for those patients within the first 30 days.

## Study Results cont'd

Round 3 was performed in Durban, South Africa, Piet Retief, South Africa and Swaziland (highest AIDS pandemic areas globally). The 90 day study included 1 scoop of product per day for adults and 1/2 scoop of product per day for children 12 and under. All 100 patients were HIV Positive and 75% experienced AIDS symptoms including (cancer, thrush, mental fatigue and lack of focus, diminished strength, swelling of glands and other various AIDS related symptoms). The African people responded more quickly to the study, with 64% having a health change within the first 30 days, and 97% noticing a positive health change within the 90 day study.

The higher levels of response were very interesting, and our group could only suppose that the powerful nutritional values of the flax lignan product helped them to increase weight and height, as well as recover from many symptoms of HIV/AIDS.

We are pleased to announce that after 3 rounds of loosely knit studies, we are absolutely confident in the power of flax hull lignans, and their ability to do what we had supposed in the beginning.

**FOR ADDITIONAL RESEARCH SUPPORT:** Please visit the "Science" tab at [AIDSHIVAwareness.org](http://AIDSHIVAwareness.org) for links to scientific research that supports the validity of using Flax Hull Lignans for immune system support.

*"Flaxseed lignans have antitumor, antimitotic, antioxidant and weak estrogenic activities, are potentially the richest source of phytoestrogens in the human diet and may be linked to a low incidence of breast and colon cancer. Secoisolariciresinol was discovered to be a very potent antioxidant similar to BHA. No toxicity was found in the lignans. (Obermeyer W, et al (US Food and Drug Administration, Center for Food Safety and Applied Nutrition, Div. Contaminants Chem., Natural Products Branch), Meeting Of The Federation Of American Societies For Experimental Biology On Experimental Biology March/ April, 1993, Faseb J (Fed Am Soc Exp Biol), A863, 1993)"*

To Whom It May Concern;

My name is Margaret Whaley and I am the RN that worked on the Flax Lignan Study for ARAI. Let me start by saying that Dr. Daves had approached me several times to ask me if I would "check out" different products claiming to have healing properties for HIV/AIDS and cancer. He wanted my professional opinion before starting a study of any product on AIDS/HIV patients.

I am very particular about what and where my signature is associated. I won't do anything I feel is harmful to anyone. In the past, I had also gone through a life threatening illness and found myself being a "guinea pig" for various medical methods so to speak, and I refused to be a part of that with others.

The studies we performed were totally reliant on the participants and their willingness to provide 30, 60 and 90 day reports. Of course, I was really excited by the written reports that did come in and all of the positive response that the participants were telling me. It made sense that this natural fiber worked so well on so many problems after reading all the research and what participants were telling me. Why wouldn't it work on HIV/AIDS, cancer and other diseases that destroyed the immune system?

One of the most remarkable things they see is, that when they stop taking the flax lignans, their cholesterol goes back up, prostate problems return with rising PSA's, blood glucose is not as easily controlled, or breast lumps return. In one participant, her malignant breast tumors went away when she was taking the flax and then they returned when she stopped taking the lignans. Her doctor compared it to Tamoxifen. She is once again taking the flax.

Karen R., with AIDS was the most remarkable participant. She was dying and on hospice care. Three weeks after starting the flax lignan product, she was cooking a chili dinner for ten people! Her viral load went from 360,000 to non-detectable shortly thereafter. She stopped taking the flax lignans faithfully after the study, and her viral loads re-appeared. She has had to return to maintenance doses of her anti-virals, but laughs because her doctor is telling her to walk more as she is gaining too much weight. She did get married about a year after starting the flax lignan program.

I would gladly tell anyone my views on the flax lignans. I have seen it perform "miracles" in the U.S., and the reports from Africa verify what I have seen in this nation. The cost of the flax is so small compared to pharmaceuticals and it helps with so many disease processes. I feel it would help everyone - even healthy individuals could benefit from the flax.

Continued...

The only side effects I have noted were slight flu-like symptoms for the first few days when beginning the flax. I also noticed some constipation or diarrhea that remedied after making adjustments with fluid intake or increasing or lowering flax doses. I found that in severely ill people, one half (1/2) scoop every other day and then a gradual increase to one full scoop (one teaspoon) a day was just as effective as one or two scoops daily and caused less problems than asking them to just take 1 scoop per day from the start. This product also helps with nutritional stabilization by helping to stop the diarrhea and helps increase appetite for extremely ill people.

When nutritional support is high quality, the patient naturally gets better. It all works together to improve the immune system.

Sincerely, Margarete Whaley, RN



## FLAX HULL LIGNAN TESTIMONIES

Please visit [AIDSHIVAwareness.org](http://AIDSHIVAwareness.org) and click on the "Testimonials" tab to see videos and more testimonies.

**Tom**/Heart Problems/USA/ Patient had suffered a heart attack and had triple bi-pass surgery. Participated reports a marked decrease in pain. Reports a drop in cholesterol by 30 points and has required a decrease in blood pressure medication. All coronary arteries remain free of any blockage. Submitted by: M. Whaley, RN

**Alan**/HIV Positive/ Fayetteville, GA USA/ HIV Viral Load before flax lignans: 135.000  
HIV Viral load after flax lignans: Undetectable CD4 count before: 220 T-cell CD4 count after: 470 30 Days – More energy and better appetite. Able to rake leaves using less Ativan. 60 Days – VL nondetectable, T-cells up 470; highest to date. 90 Days – Continues with non-detectable VL. Feeling good. Status - will continue taking flax.  
Submitted by: M. Whaley, RN

**Melinda**/Invasive Ductal Carcinoma-right breast/ Charlottesville, Virginia Country USA. Had Lumpectomy. 2nd lump in same breast two months later. Lumpectomy following month. Nodes removed believed to be cancer free, but closer exam revealed tumors. Has not done resection of nodes. Did flax program and tumors disappeared. No chemo. No Radiation. Three years later continued to be cancer free and stopped taking flax. A year after the program ended, her tumors reappeared. Started back on flax and tumors are once again gone.

"I have just returned from the clinic where we have the AIDS patients on the flax lignans. Was only able to see one of the patients, but she had blood tests recently and they could not detect the AIDS virus – PRAISE GOD!!! – I still don't know if to believe it. I go back next Thursday and will hopefully get a copy of the blood report from this lady. She has had AIDS for about 10 years. I had to email you straight away." –**John** –  
Reporting For AIDS Clinic Winston Park, South Africa

**Musa**, is only one year old and has HIV. He was given the flax lignans and they documented his case well. At the start he weighed only 3.5 kgs, which is only 7.7 pounds! After just 30 days he grew to 6.5 kgs, which is 14.3 pounds, which means his weight almost doubled in only 30 days! It also means he is now only 2 pounds behind what a normal one year old should weigh! -From Orphanage in Tanzania who is using flax hull lignans.