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"OUT OF A CLEAR BLUE SKY . . ."

At one time, both physicians and patients believed that coronary accidents, strokes, blindness, gangrene and sudden death could happen apparently spontaneously, without previous symptoms. A typical remark was, "My husband was always in perfect health. Last Sunday he died of a heart attack after no warnings and no complaints . . . it happened out of a clear, blue sky."

Today a large number of medical professionals are actively working to teach the public that heart attacks, strokes, blindness and gangrene are cumulative effects of longtime poor health habits. There are clear warning signals that enable patients to avoid these catastrophes. Documented cases of experience with the Rice Diet have helped bring about a wider public understanding of this prevention. Here are two (out of hundreds) Rice Diet patients' experiences that show how instructive this treatment has been, both to physicians and to the general public.

1. *The Heavy Milk Drinker.* The venerable theory that milk is a perfect food for everyone has been disproved by the Rice Diet. Dr. Walter Kempner has been a pioneer in reversing this misconception.

Back in 1946 at a medical meeting, Dr. Kempner was asked if Rice Diet patients were allowed whiskey. He answered, "If you have on one side of this table a quart of milk—and I mean good milk, and on the other side a quart of whiskey—and I mean good whiskey, as far as heart attacks, strokes and blindness are concerned, the quart of milk might be much more dangerous than the quart of whiskey."

Sometimes Rice Diet patients must learn to kick the milk habit. An example is Karl Hill, a 52-year-old, healthy-looking overweight businessman who came to the Kempner Clinic in January, 1979. He had a history of heartburn, high blood pressure and diabetes. His blood pressure before medication had averaged 200/150; with medication (Inderal, 40 mg. 4 times daily; Aldactone, 125 mg. 4 times daily; Lasix, 40 mg. once daily) it was 135/90.

Hill had been taking 500 mg. Benemid twice daily intermittently after a gout attack three or four years previously. His fasting blood

sugar concentration in August of 1978 had been over 300 mg. per 100 cc., but for this he had not taken anything. For his heartburn, he drank milk which gave him good, prompt relief. He liked milk and had been drinking a quart daily for years and 2-4 quarts daily for the past year.

In 1975, Hill had an acute, severe episode of shortness of breath and tightness in the chest when crossing a street. This, in connection with high blood pressure, caused him to begin treatment with Inderal, Aldactone and Lasix. Since then, he had had occasional tightness in his chest and some shortness of breath on exertion.

The physical examination did not show anything unusual except for a weight of 272 pounds (height 5' 6¼") and eruptive xanthomatosis (numerous small, yellow papules on his knees, elbows, arms and buttocks) which had developed in the preceding three weeks. (Fig. 1) The heart/chest ratio was 0.41, the longitudinal diameter of the right lung was 22.1 cm. The blood pressure (on hypotensive medication) was 120/90. The oxygen concentration in the arterial blood was 72 mmHg. (normal range 85-120 mmHg.) The blood counts and many of the blood chemical findings, including uric acid, were normal.

However, the results of some of Hill's blood examinations were startling. Laboratory technicians brought the serum to the physicians because they were bewildered. They had never seen such a mixture of blood and milky fluid. The results were:

		(normal ranges in our Laboratory)
Cholesterol	1,284 mg./100 cc. serum	120-220
Triglycerides	9,879 mg./100 cc. serum	35-135
Blood sugar concentrations:		
8:30 a.m. (fasting)	483 mg./100 cc.	60-100
11:30 a.m.	600 mg./100 cc.	60-100
4:30 p.m.	744 mg./100 cc.	60-100

Hill started the Rice Diet on January 25, 1979. He was also started on 25 units NPH insulin daily. This was decreased with decreasing blood sugars to 20 units on the 9th day, to 15 units on the 15th day, to 10 units on the 24th day, and discontinued on the 43rd day. Lasix and

K.H. (M. 52)

DISAPPEARANCE OF ERUPTIVE XANTHOMATOSIS



January 1979

August 1979

1,284 Cholesterol mg/100 cc. serum 272

9,879 Triglyceride mg/100 cc. serum 78

Figure 1

Benemid were eliminated at the start of the diet; Inderal and Aldactone were tapered until, in the third and fourth weeks respectively, these medications were also discontinued.

Hill did not always adhere to the diet, especially after he found out how well he was improving (Fig. 2). He made additions and modifications, even to eating some cheese.

When he was discharged after 231 days, the findings were:

He was not taking any medication.

He had lost 106 pounds (from 272 to 166 pounds). His blood pressure was normal: 114/74.

The heart was smaller in size (cardiothoracic ratio decreased from 0.41 to 0.38).

The lung volume had increased (longitudinal diameter of right lung increased from 22.1 cm. to 24.0 cm.)

The oxygen concentration in the arterial blood had increased from 72 mmHg. to 90 mmHg.

The sugar concentrations in the blood (at 8:30 a.m., 11:30 a.m., 4:30 p.m.) had decreased from 483, 600, 744 to 86, 81, 83 mg./100 cc. blood respectively.



