



Oralmat – an alternative treatment for COPD

COPD is one of the fastest-growing illnesses in the world with the WHO ranking it as cause of death number four. Current medical treatment for COPD only alleviates the symptoms, and there is no real cure. "It is therefore strange that a promising natural remedy such as Oralmat meets such resistance from The Norwegian Heart and Lung Patient Organization (LHL) and other professionals in Norway," says Lars Klette.

Please scroll to last page, last column for physician Stig Brusset's experience with Oralmat on his patients for a period of six months that made him so enthusiastic about Oralmat...



By: Stig Brusset, medical doctor
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Lars Klette claims that Oralmat Forte (blue label) can help Norway's 250,000 COPD patients, but fiercely opposed by the LHL and medical professionals. Lars Klette's background is as a field researcher in plant and animal behaviour. He lived in the Far East for 15 years where he began to take an interest in the use of plants and natural substances as medicine. He has now set himself up in the Blindern Research Park, a crucible for entrepreneurs and research-based businesses. He works on publicising Oralmat Forte in Norway through lectures, articles and other measures.

Norwegian bureaucracy

"The meeting with LHL began well, but ended suddenly," explains Lars Klette. "I managed two complete lectures last autumn before being excluded. The leadership in Oslo didn't like me pointing out to their members that they didn't need to go on a course to learn to live with COPD. There is in fact an alternative solution in the form of the grain species, rye, which gets rid of bronchitis and eventually asthma from the body with the result that COPD is reduced to emphysema. There are no medicines to treat COPD, but when the bronchitis is gone, the patient can recuperate and regain their energy and stop taking medicines to combat the collection of mucus. One of the

drugs in use has already killed 19 people in the US as a result of its side effects. But I now see that I was naive as at the beginning of the lecture I offered the Glitrekliniken to carry out a double blind study with their patients in order to document the effects of Oralmat with spirometry. I am still waiting for an answer five months later. The lack of interest in alternative treatment for COPD is strange, considering there is no treatment in mainstream medicine, is strange," he adds.

"The Managing Director of The Glitre Clinic, doctor and lung specialist Olav Kåre Refvem, told NRK that he was sceptical about you and the company that imports Oralmat...?"

"If he is sceptical, shouldn't he take up the offer? Then his scepticism could be replaced by certainty. Does Refvem think that in the treatment of terminally patients it is better to be sceptical than updated? Or have The Glitre Clinic and LHL a hidden agenda that they don't want exposed? If LHL has entered into a "marriage" with a pharmaceutical company that cannot offer treatment in the patient's interest, they don't deserve their members' confidence!" he says emphatically.

Like peeing in your pants

"Is Oralmat really as good as you claim?"

"In many people's view, Oralmat could revolutionize the treatment not just of COPD, but also of allergies, asthma, sinusitis as well as a large range of other immune-system related illnesses affecting the airways and other areas of the body. This applies both to people and other mammals.

"This is what led to NRK giving Oralmat "miracle medicine status" – with negative connotations of course, but the explanation is simply that the drops get the immune system to do its job. All Oralmat does is to "wake up" the immune system.

"What would you advise a patient with COPD to do?"

"They have three choices. Treat themselves, take synthetic medicines or natural remedies. Let me explain in greater detail what the last two involves for those with COPD. Chemists offer inhalation medicines and cortisone, which can alleviate the symptoms to a certain extent as well as provide increased access to oxygen in case of lung failure. However they don't attack the underlying cause for the breathing difficulties, that is, inflammation that causes swollen sinuses, muscular stimulation and mucus – a combination that leads to narrow airways. As long as these reactions go on unhindered, there is a reason to buy medicines. The pharmaceutical industry thrives on illness as opposed to the natural medicine industry which thrives on prevention. The drug industry offers courses in how to live with your asthma or COPD or how to drug your children, but as long as the body's reactions continue with illnesses, your health does not improve. The best they can do is alleviate the symptoms, but at the same time you become dependent on drugs for life. If you take a break from using the drugs, the mucus collects again quickly and breathing becomes problematic.

"The drugs relieve the mucus a bit, but don't make any difference to the actual inflammation process. The industry's solution reminds me of peeing in your pants to keep warm... And it costs six thousand kroner a month (approx.GBP 700) , easily, despite being a very bad solution," he emphasises.

A wake-up call

"This ought to be a wake-up call and it gives us an idea of what can happen if the pharmaceutical industry gains even more market power to the detriment of free healthcare choices. If profits are going to increase, which is the industry's overriding goal, then more people have to get sick or sicker," says Klette. "That shouldn't be a problem," he continues. "The microbes do not care if the host organism wears an Armani suit, a doctor's coat or boiler suit. The increase of resistant microbes in the hospitals is a good example. The resurgence of tuberculosis is another example, which is a disease we thought belonged in the past. With the health policy that is being pursued in Norway today, we are all losers, including the people who work in the industry and the public offices that prioritise selective information over free information. One might really wonder what is wrong with public healthcare in Norway! Whether foreign pharmaceutical giants are grateful that Norway has a healthcare system with so many naive and useful idiots, I don't know, but the policies they pursue allow microbes optimal growth conditions and we are all paying for it. Maybe they like wearing blinkers? In order to solve the problem of regaining your health and your ability to breathe properly, you actually need a system against infections!



Improved immune system

- Does Oralmat enhance your immune system?
- In the context of asthma and COPD, being without a defence system against infections means that the infection keeps the mucus production going because the airways are colonised by the infecting bacteria. When the mucus sticks to the sticky endothelium cells in the airways, the bacteria infected mucus does not reach the gullet to be broken down in the stomach, but instead forms layers of mucus inside the airways, which means the pipe gets gradually more blocked, like rust inside a water pipe. While the bacterial infection continues unabated, other foreign bodies find their way in as well, such as pollen, airborne particles, animal particles etc., which is the reason why sufferers from COPD also develop asthma and allergies. The body gets oversensitive and unable to distinguish between different antigens. You become a host organism for foreign cells that compete with the bodies own cells for dominance.

"It is a basic human right to save oneself, using measures of one's own choosing, says the researcher, who has challenged the Norwegian professional community. "The natural remedy is made from something as simple as rye. In the cereal rye Australian researchers have found a solution that gives a better defence against infections, which clears the bacterial infections in the airways. That reverses the process, and even if you have to live with the damage that emphysema has inflicted on the lungs, you get your breath and your energy back. For people with allergies and asthma this often means being symptom free.

"What is the mechanism that makes the rye drops so effective?"

"The active agent in the sprouted rye makes the body produce more lymphocytes, which are a group of white blood cells with various functions that attack the infecting bacteria in the airways. When the microbes are destroyed, the infection recedes, the mucus formation is reduced and the swollen tissue (oedema) and the muscles relax. Therefore the diameter of the air ducts increases. The combination of less mucus and more volume in the airways makes it easier to breathe. When the airways are no longer infected, the surface cells stop being sticky and the mucus lets go of the airway walls and reaches the gullet. This is noticeable first in the coughing and then on exhalation because the volume of air coming through the airways increases. The anxiety gives way to relief and the body reduces the production of stress hormones, which increases the defence against infections. That's why it is not a good idea to get stressed. However, to get rid of all the mucus you have to produce new cilia, which can only happen when you stop exposing the airways to substances that break them down, e.g. compounds in tobacco and other damaging substances."

Cheap treatment

"How much does Oralmat cost?"

"The treatment costs NOK 500-600 (60 – 70 GBP) per month, depending on dose and the extent of one's condition. It might be a good idea to take a maintenance dose at a cost of about NOK 300 (south of 40 GBP) per month for the first two to three years until you have built up immunity against the relevant microbe strains.

Oralmat has been on the international market since 1991. It has been well documented that it works, and no side effects have been reported. However, it is common that one experiences a "recovery effect". That means that you can get worse before you get better, or well. Naturally, this can be disconcerting, so it is best to be informed about what happens. Smokers should stop smoking, of course. I can recommend the Kimo clinic, which has held courses in giving up smoking in Norway since 1993, with well-documented results, and they have many of the country's largest companies on their client list.

"Where can people buy Oralmat?"

"Oralmat Forte is sold via the website www.oralmat.com and in health stores," he says finally.

This is COPD

Chronic obstructive pulmonary disease (COPD) is a collective term for conditions where chronic constriction or collapse of smaller airways is the reason for increased airway resistance. The symptoms of COPD are heavy breathing, coughing, chronic mucus formation and frequent airway infections. This is due to a continuing infection process in the lower airways due to damaging particles or gas. Cigarette smoking is the most important cause, by far, and one in six smokers develops the disease.

Chronic bronchitis and emphysema make up the majority of COPD conditions. Some patients only have emphysema, others have mainly bronchitis, but most have elements of both. According to studies, seven percent of Norway's population over 18 years of age have COPD, that is about 250,000 people. That is more than twice as many as have asthma. The percentage of ill people is increasing rapidly, especially among women and older people. Worldwide about 600 million people suffer from COPD, and the world health organisation (WHO) estimates that 2.75 million die each year from the disease.

Mat&Helse has tested Oralmat Forte

A small number of my patients with chronic airway problems in the form of COPD and asthma have been allowed to test Oralmat during the previous six months. The feedback has been predominantly positive, since the patients have reported a decrease in mucus production and symptoms. I cannot verify the results with objective criteria such as measurements of airstream velocity (spirometry etc.).

But Oralmat contains several potentially active substances, e.g. beta glucans, which we know stimulate the immune system in our mucus membranes. Some research articles show the effect of sprouted rye drops against some types of cancer, that they improve the immunity of AIDS sufferers and improve the quality of life and the level of functioning for asthmatic patients. I have not seen any side effects of Oralmat. Textbook medicine can also improve your quality of life and reduce mucus production, but using cortisone and other steroids also suppresses the immune response and the infection processes in the airways. In this context Oralmat is a very interesting alternative which, unlike cortisone and other steroids, stimulates and upgrades the immune system. The treatment therefore deserves a thorough study.

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