



Before

Unni Torgersen feels she got a new lease of life after getting her breath back. Now she can do things that used to be out of the question.

after



Unni cured COPD with rye drops:

A new life sprouted

Unni Torgersen's (53) lungs were so bad from COPD that she could hardly move. Now she bounces on a trampoline!

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Photo: Jeanette LandfaLd BækkevoLd

It is nearly two years since. Unni Torgersen was on the way from Brummundal to Gausdal. She had to put petrol in her car, but it was so difficult for her to breathe that she wasn't able to get out of the car. She was able to signal to a man passing that she needed help. He filled up her tank for her, paid for her and Unni drove on to what was to be her last stay at Granheim lung hospital.

"It was scary to be so helpless," says Unni. Throughout the winter she had suffered eight attacks of pneumonia and had as many courses of antibiotics.

Unni has for many years been a lone parent with three children, and she has two grown-up children as well. The youngest girl at 17 still lives at home full time, while the twins of 18 are home at weekends and holidays. Now the children are well able to take care of themselves. When they were smaller this was a big challenge for the single mother.

Breathing problems, recurrent infections and respiratory problems meant she required care for long periods.

Unni was diagnosed with COPD (Chronic Obstructive Pulmonary Disease) ten years ago. For a long time she had been using three different inhalators every day, a nebuliser, mucus-dissolving medicines and antibiotics.

"The days were taken up with medication, getting out of the bed when I was able to and cooking some food. It was not a life," says Unni.

She was often bloated and heavy, because she was not able to walk more than five metres at the time and because she was taking cortisone.

She had to get help at home and respite care to manage the care for the children. She had to stay indoors. Going out when the temperature was below zero made her ill. Social activities were out of the question.

"I have had a lot of respiratory problems and ear infections since I was small, but of course heavy smoking for long periods hasn't helped," says Unni.

"After the last experience on the way to Granheim lung hospital she decided that she had to do anything she could to get better. Some time previously she had been tipped off about the rye drops by an old friend. He had seen many in his family helped by Oralmat.

"I was sceptical, but because my friend insisted, I tried. She obtained some drops and got started. After a couple of days she noticed a strange and warm feeling in her chest. Then she slept for several days. After a week she woke up and felt that she could suddenly breathe.

"I was lying in my bed at Granheim and felt that my breath was reaching far down into my stomach. It was a sensation I can't describe," says Unni.

Tests she took at the hospital confirmed that something had happened. The doctors had thought she would need to start breathing oxygen from an apparatus to be able to drive a car. But the new tests showed that her oxygen uptake had become much better.

This summer Unni Torgersen bounced on the trampoline in her garden in Brummundal for the first time. Two years ago, she would never even have thought of getting up on it.

"I was out for a long walk with the dog I share with a friend. I had to call my doctor at the lung hospital in Granheim just to tell them about it. "I have walked five kilometres and I am still walking while I am talking to you – can you believe it?" the doctor had to admit it was pretty special," says Unni with a big smile.

She wasn't able to talk while she was moving before. Now she is delighted to be able to finally take part in everything she missed out on all the years she was ill.

"I have simply experienced a little miracle. I never thought I would be this well again. Imagine that only two years ago I didn't think I would survive another winter," says Unni. Since she began taking the drops she hasn't been ill one single day and she is no longer using any medication.

"The rye drops, vitamins and minerals are enough for me. So please don't take away the drops that have given me my life back," says Unni.



How the rye drops work

The rye drops in the natural remedy Oralmat were discovered by researchers doing field work in the Australian wilderness. They were stuck in an area with wild dogs in the middle of intense mating fights. After the fights, the male dogs wandered en masse to an area where rye was growing.

They stayed there licking their wounds and chewing the grass for two days. "We anesthetized and studied the dogs that had no wounds afterwards. The spit they left behind in the grass was free of bacteria," says the Norwegian field researcher Lars Klette. The researchers developed a method for making use of the effect from the rye sprouts' immune system. The drops help strengthen the body's production of a type of white blood cells called lymphocytes. The lymphocytes are the only cells that can distinguish between the body's own cells and cells from foreign bodies that do not belong in the body. The lymphocytes can attack and exterminate the micro-organisms that cause the chronic infection, and plant cells that would otherwise cause oversensitivity and allergy.

"Ordinary medicines for COPD can make the condition worse. They trick the body into thinking that there is no infection.

They stop the production of mucus to open up the respiratory tracts. This only makes it easier for external micro-organisms to penetrate the blood through the respiratory system," claims Lars Klette.

No side effects of the Oralmat products have been reported.

In Norway the drops are sold through the website www.oralmat.com and alternative medicine practitioners.

Interesting

At the Glittre Clinic in Nittedal they treat lung patients with different diagnoses every year. Most of the patients have asthma and COPD. Managing director and specialist in lung diseases and internal medicine, Olav Kåre Refvem, thinks it is interesting that some people think they see an effect from Oralmat.

"If there are substances that can affect a COPD condition favourably, that is a good thing.

"But as doctors we cannot recommend this to our patients as long as there is no scientific documentation that it has an effect," says Refvem.

The medicine approved today only alleviates the symptoms of COPD by opening the respiratory tracts and reducing coughing and mucus formation.

In addition it is treated with antibiotics for respiratory infections such as bronchitis and pneumonia. Helping people stop smoking is also an important treatment. According to Steinar Madsen of the Norwegian Medicines Agency, it is not permissible to advertise that supplements or natural remedies can help combat COPD.

"If Oralmat is going to be marketed as a remedy for COPD it has to be approved as a medicine first," says Steinar Madsen.

The company behind the website has registered it abroad because they want to be able to inform potential customers about how the substance works.

FACTS ABOUT COPD

Over 200 000 Norwegians probably have COPD or Chronic obstructive pulmonary disease, and half of them don't know it. Mostly men are affected, but more and more women are getting the disease because there is now a large group of women who have been smoking for many years. Working environment and heredity also play a role. When cigarette smoke, gases or atmospheric particles, irritate the respiratory system over a long time and trigger chronic coughing and bronchitis, the condition can end up as COPD. A permanent infection of the respiratory system is created. The body produces mucus all the time to protect itself against what it perceives as a microbe attack. The respiratory tracts swell. This and the mucus production lead to breathing problems. Chronic coughing and expectoration in the morning are the first signs of COPD. The disease leads is quite debilitating.

