

Saved by rye extract

Drops of an extract made from sprouted rye were Harald Hoel's salvation. The pain he suffered with COPD (Chronic Obstructive Pulmonary Disease) is almost gone and he can live an active life again without daily rounds of throwing up, prolonged coughing bouts and severe sleep disruption.

We are outside the wrought iron gates of the Hoel family home at Stange, some miles south of Hamar. A sign asks all comers to beware of the dog. The black door is safely locked. A man strolls out of the house and we immediately change our impression that Harald Hoel (56) is not very hospitable. On the contrary he receives us warmly and shares his experiences with the natural medicine that has given him a new life. In the same way, he has answered several hundred telephone enquiries from people who are sick. They want to know more about the health food supplement consisting of an extract of rye in water and which is ingested as drops. He travels around the country giving lectures and doing media interviews without any personal financial incentive. His motive is to help others as it would be selfish to keep this important knowledge about a product that has radically improved his health to himself, he feels.



By: Jartrud Høstmælingen 01/03/2007

Worth their weight in gold

"These drops are worth their weight in gold," he says enthusiastically and holds up a small, inconspicuous plastic bottle with the label "Oralmat". Three drops a day have changed his life. The extract is made from the juice of germinating rye at a certain stage in its growth. He also holds up a carrier bag full of medication that he used to take to keep the illness at bay.

"I was psychologically dependent on the medicines that the doctors prescribed in large doses, even though I was probably given the wrong medication and doses of cortisone that were too large. If the wrong dosage had not been discovered in time I would probably have had a heart attack. I did, of course believe them when they said that this would help," says Hoel, and adds that after 12 years of taking medication, first for asthma and then for COPD for the last three years, he can conclude that they didn't help at all. One exception was a kind of cortisone tablets he used when he was very congested, but which had to be restricted to a maximum of one week. The side effects led to his face swelling up immediately and to him becoming what he calls moonfaced. He was able to stop using all the medication after just one week of using the rye drops, he says happily.

Chlorine vapour gave him COPD

Harald Hoel stopped smoking 25 years ago, but in his case it wasn't smoking that gave him the life-threatening lung disease, but inhalation of chlorine vapour over a long time. Swimming has been part of the lifestyle of Harald Hoel's entire family for many years. Hoel, his wife and the three children are all swimming instructors. His daughter (23) and Harald Hoel are currently the most active in swimming, but one of the twin boys Magnus (20) is quite often in the swimming pool as well. "They have all learned to be very wary of swimming pools that recycle air in their ventilation systems to save on electricity costs, because that is the reason I became so ill and was diagnosed with COPD," says Hoel. "Instead of keeping the ventilation in the hall on full, there was 80% recycled air at times. This practically turns it into a gas chamber," Hoel says indignantly, and reminds us that chlorine has been used as an agent in chemical warfare.

Harald Hoel has been swimming for 40 years. He participated in Norway Championship in the 1960s and achieved many good placements. Now he teaches swimming and trains new instructors. This takes up a lot of his time. "I have been told by the doctor not to spend time in Stangehallen pool, which is now partially closed and which was the biggest chlorine polluter. I was so damaged by the chlorine vapour in there that I would have received occupational injury compensation if I hadn't started receiving disability benefit many years ago for other reasons," says Hoel. Now he teaches in the council's other swimming halls instead.

Through the local sports club he has asked for a meeting with a councillor and representatives from the local authority. As he says: "One might as well know who to shake hands with and say thanks for the suffering one has gone through."

So far there has not been a meeting, but Hoel will not give up before he has met the parties responsible for the chlorine vapour scandal.

Slept sitting up for years

It's been 12 years since Harald Hoel noticed that his lungs were beginning to fail: "I spent six to 10 hours in the pool every day in those days. Coughing and nausea became a daily habit. After a while I started throwing up mucus. At its worst I was throwing up three to four times during a working day, and I still had the same problems at home for the rest of the day," says Hoel. For nearly three and a half years he could only sleep sitting up to avoid choking on his own mucus, and in the morning he always spent two hours coughing intensely and throwing up.

"Every morning I had to decide whether I was going to be able to eat breakfast, because that was what started the mucus production and the subsequent throwing up session," says Hoel, who felt worn out before the day had even started. He also suffered from forgetfulness and irritability. The sweat was running off him, each breath was an effort, and practical tasks seemed insurmountable.

Nothing to lose

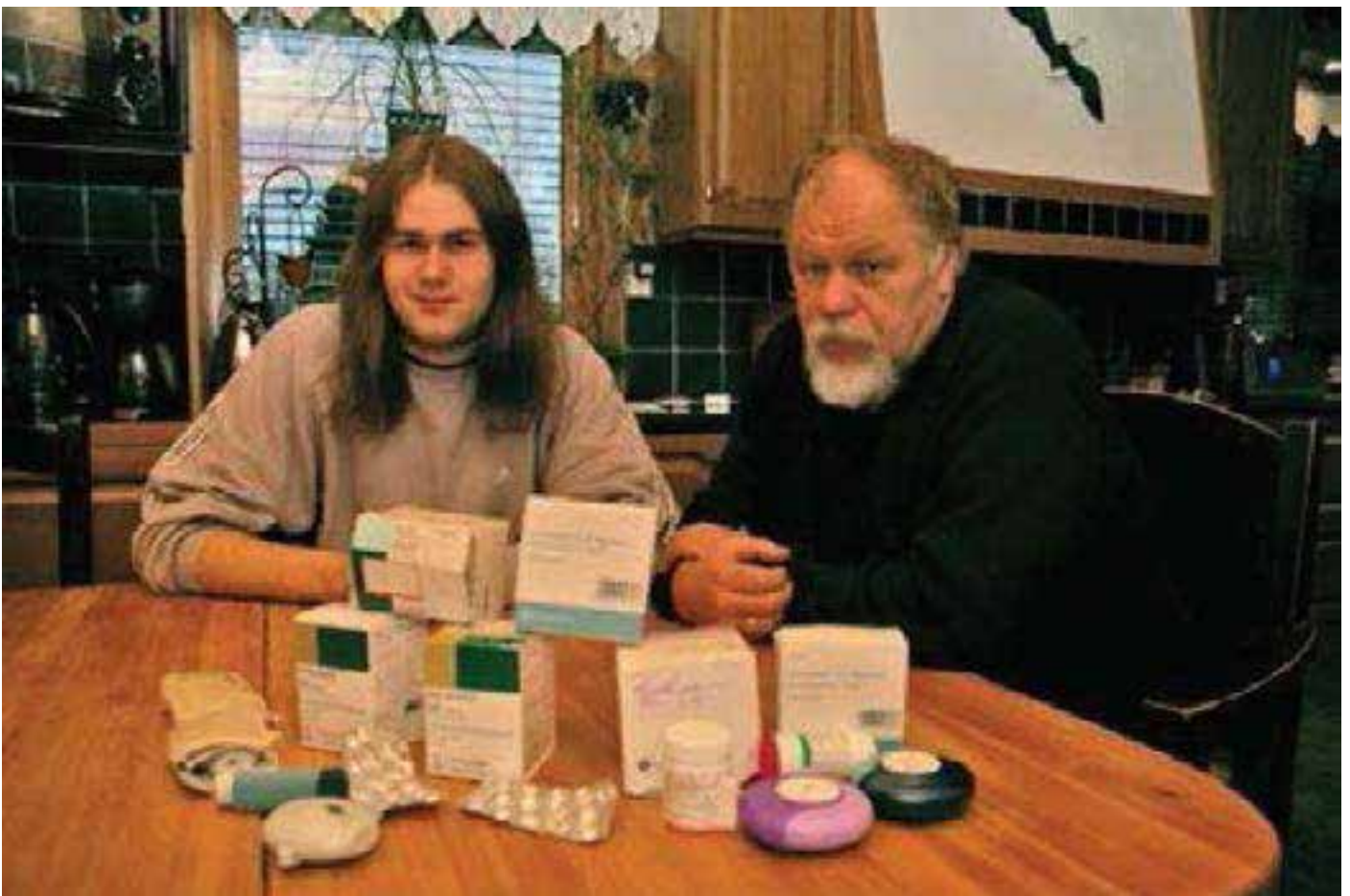
Because of his suffering he was interviewed by TV2 news earlier this year, and that's how he got to hear about the sprouted rye drops that changed his life: "It started with the authorities deciding that COPD medication would be taken off the list of free prescription drugs from July 2007. This upset me a lot, because in practice this means that many will have to choose if they are going to buy drugs or food – that's how expensive the drugs are," says Hoel. At this time he was psychologically addicted to the medication. After the interview he was contacted by Lars Klette, the man who had helped develop the sprouted rye drop extract. He explained what the product was and offered Hoel the opportunity to try it, as the first to do so in Norway.

"I was skeptical and became annoyed when he rang me, especially when I realized that he was talking about a natural remedy that had been developed to cure Australian race horses with lung disease. So I asked him to call back later," says Hoel. He mentioned the call to the family, and they encouraged him to give the rye drops a chance. "The family knew what way things were going with me. I was going to get worse and worse, I would be going in and out of hospital and eventually I would choke on my own mucus. They could see how I was suffering and they thought I had nothing to lose," Hoel recalls.

Strong reaction

Hoel was not previously particularly open to alternative medicine. The only remedy he had tried was Noni juice, which he did not notice much effect from. In consultation with the family he decided to accept the offer, if he got the phone call again. By chance he did, and soon the first, little bottle of Oralmat arrived in the post.

"I was very sceptical as I was putting the first three drops under my tongue, to be held there for three minutes before I swallowed. I had a violent reaction immediately," Hoel recalls. His mouth became full of foam and a few minutes later he noticed that the mucus down in his throat started to loosen. With such an immediate reaction, the scepticism disappeared quickly and Hoel took his rye drops three times a day for a week. Then he got a bad cold and the mucus became noticeably worse. He was in regular contact with Klette and was recommended to increase the dose while he had the cold. A week later, he gradually reduced the dose again. Since he started with rye drops approximately six months ago, he has noticed steady progress: "Most of the mucus disappeared after the first two weeks. Now I live a life that is close to normal and there is still a year and a half to go before I can see the final results of how well I can get with the help of rye drops," says Hoel. He maintains that since the mucus that was causing him problems has disappeared, that could mean his life could be extended by 10 -15 years. In the summer of 2006, he could paint the house and went on forest walks with his wife and picked lots of blueberries and cloudbberries. He has started to lift weights again with one of his sons and notices that his mood is much improved. Not least, it is good not to be throwing up anymore and he sleeps better at night. Hoel still has coughing bouts, but this is necessary to get rid of the mucus that Oralmat helps to loosen, he says.



His son is well

When the family saw the effect the rye drops had on Harald, they were convinced that the rye drops were a totally unique product. Their son Magnus had had asthma for 13 years but was recently declared asthma-free just four weeks after he started taking rye drops. "We had just seen a television documentary about the asthma medicine he was on, which killed 19 people in the US. So Magnus decided immediately to stop the medicine. I asked him to wait until he had talked to the doctor, but there was a four-week wait before he could get an appointment. So he had been taking the rye drops for four week when he consulted the doctor and that was all that was needed to cure him," says his father, pleased. Now Magnus is able to cycle the 15 kilometres to Hamar no problem, which he would never have managed when he had asthma.

Harald Hoel thinks he learned a lot over the last while:

"I have become more concerned with the fact that one must take responsibility for one's own health, for one's own good and those closest to you. Apart from that, I have become more sceptical about going to the doctor to get help and maybe ending up becoming more dependent on medicines that do more harm than good," he says.

He is very concerned that the State should take responsibility so that the pharmaceutical industry does not gain a monopoly on expensive medicines which often have strong side-effects and that the natural remedies should have a bigger place in the market: "There are no medicines that help COPD, but nobody will admit that. Large groups of patients are kept in the dark, and large amounts of money are wasted. While the costs of medicines I took without effect amounted to between four and six thousand crowns a month, Oralmat which actually helps only costs NOK 270 a month," he says.

Hopes to meet Brustad

Harald Hoel is so concerned that Oralmat should not be squeezed out by what he calls "the medical mafia" that he contacted the local Labour Party association and made sure that the Minister for Health Sylvia Brustad heard about the product and the effect it had on him. Now her advisor has asked him to present an account of his state of health after he started to take the rye drop extract and indications are that they are interested in meeting him.

"I am looking forward to meeting Brustad. I fervently wish that the most people possible will get to know about the possibility of getting rid of chronic illnesses and pain," says Hoel who has received many grateful messages from seriously ill people who have taken the product after hearing him tell his story.

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