

**Institute of Applied Biology
Division of Cancer Research**

September 23, 2019

Dear Gary,

I apologize for taking so long to send you this overdue letter of acknowledgement. As you know, I have been a research scientist at the Institute of Applied Biology since 1970 but had also been conducting cancer research five years before then.

I will never forget when you first started working at the Institute. You were an idealist and in many respects a naive young man. You were interested in aging. Among the many divisions at the Institute, no one was interested in natural health, diet or aging. Dr. Lawrence Lashan was impressed with your holistic view of health and secured your position. If you remember, I was one of only two full staff members who would come to the third floor where you were always engaged in original and applied research.

Over the years, I observed well over a hundred original experiments you conducted. What captured the attention of the director and senior scientists was that you were able to extend the lifespan of rats by nearly 30 percent with intermittent fasting and what you called a "living foods diet." We were also impressed by food and juice matrix you created for preventing and treating disease.

I recall the woman suffering from terminal pancreatic cancer at the hospital across the street from the Institute. She was in hospice care and you requested to have an opportunity to help her. The hospital's leading oncologist was adamantly against the idea but the Institute's director won out and you were permitted to work with the patient. Three months later, based upon your protocol, she was cancer-free and returned to her normal life. That was when the director requested I work with you more because your ideas were completely revolutionary.

That was around the same time when we were inundated with AIDS cases and were largely unsuccessful in treating them. One physician asked if there was anything you could do and you offered to try. We established IV drip rooms and purchased intravenous Vitamin C and other nutrients, and the staff implemented your AIDS protocol. Over the next 2 years, about 10 people with advanced AIDS reversed their HIV status and turned sero-negative. All the infections disappeared and they were HIV and AIDS free. I briefly met one of those patients recently and she was still healthy today.

I remember when I met with the director and the Institute board members one evening to request that these successes be made more public. They decided to remain silent because it might jeopardize funding. This work was not based on patentable drugs and the advisory board said it would only draw negative attention because it was contrary to standard drug treatments. After the meeting ended, the director shrugged his shoulders and said it would not be the last time that someone accomplished something notable and it would remain relatively unknown to the world. Shortly thereafter, you were awarded the honor of becoming an Institute research fellow and the youngest person to receive that honor.

On another occasion you were researching your energy healing over a two year period. One doctor told me to not communicate this with anyone also. You and several colleagues who were also healers were investigating the influence of prayer on mice with tumors and were able to reverse the cancer on six different occasions. We decided not to discuss it although Dr. Stanley Krippner was aware of the work and supported it.

I think the one study that got everyone's attention and was actually authorized for release was your discovery that all plants contain the eight essential amino acids; therefore, animal protein consumption was unnecessary in one's diet. This meant that anyone could become a vegetarian or vegan without compromising their amino acid intake. I was also present when you presented your Egg Project in a packed high school. The Institute's director introduced you and was extremely proud of your accomplishments. A month later you were appointed head of the department of Anti-Aging Science and Medicine.

I personally enjoyed the hundreds of conversations we had and with many of the unique minds you had invited to the Institute including Linus Pauling and George Borstrom. There were too many to remember. You managed to turn the Institute into a creative oasis of visionary minds dedicated to saving lives and yet the world was almost ignorant of this vital environment.

I am sharing this with you now because I have had multiple strokes and my heart is giving out. However, I want to make sure that if it is my time to pass, you know the truth about how I, the Institute's director and other scientists felt about the level of integrity and scientific brilliance that you honored us with for over three decades.

Best regards always

Dr. Elena Avram

Sr. Scientist and Research Fellow