

Hydrazine Sulfate requires anyone that uses it to make some changes in the foods that they eat. These changes are for your health. They are temporary changes that must be taken while you are on Hydrazine Sulfate. If you are the type of person that would rather die before you are willing to make any changes to your diet then Hydrazine Sulfate is not for you. But if you are the type of person that is willing to make the necessary sacrifices in the foods you eat then you are the type of person that will want to use it. A positive attitude and a willingness to make temporary changes to your diet may save your life.

Recommendations

* For the most up-to-date information on hydrazine sulfate, check out Dr. Gold's Syracuse Cancer Research Institute, Inc., at <http://scri.ngen.com/>. To obtain more information send a SASE to: Syracuse Cancer Research Institute, Inc., 600 East Genesee St., Syracuse, NY 13202. (Canadian readers, please use American stamps.) Please do not call the Institute. The Cancer Industry by Ralph W. Moss and Options: The Alternative Cancer Therapy Book by Richard Walters, both available in bookstores and libraries, has excellent information on hydrazine sulfate.

* Hydrazine sulfate is dirt-cheap and, contrary to what the National Cancer Institute will tell you, it is readily available.

Dosage

*Dosage depends on the patient's weight, Persons 95 pounds or less 30 mg capsules should be used and for Persons 95 pounds and up 60 mg capsules should be used. Alcohol, barbiturates, tranquilizers and foods high in tyramine, such as cheese, raisins, cured foods (like sausages), and fermented products (yogurt, miso) should be strictly avoided while taking hydrazine sulfate, as they can interfere with the drug's efficacy and cause significant side effects and sickness.

*The dose most often used in the studies was one 60-mg capsule before breakfast for the first three days; two capsules a day, one before breakfast and another before dinner, on days 4 to 6; and on day 7 and thereafter, three capsules a day, one before breakfast and then one every eight hours--in the mid-afternoon and before bedtime with a snack.

*The course lasts six weeks and is then interrupted by a two-week drug-free interval. This course can be repeated as often as needed. Many people continue this course for several months. During your two weeks off of Hydrazine Sulfate you can go back to your normal eating regiment.

Hydrazine Sulfate

SOME MEDICATIONS TO AVOID

ALL NARCOTICS IN EXCESS OF 100 mg. DAILY (TOTAL DOSE--WITHIN A 24 HOUR PERIOD). Taking Hydrazine sulfate and tranquilizers during the same time can be fatal.

NO sedatives.

NO tranquilizers.

NO alcohol of any kind.

NO anti-depressants.

NO over- the-counter cold and allergy remedies.

HYDRAZINE SULFATE IS A MAO INHIBITOR. DO NOT EAT FOODS THAT ARE HIGH IN TYRAMINE

If you are taking an MAO inhibitor (one of a class of drugs prescribed to counter depression, lower blood pressure and treat infections and cancer), avoid the chemical tyramine and its precursor, tyrosine. Combining MAO inhibitors with tyramine causes the blood pressure to soar and could cause a stroke.

PLEASE NOTE: Go on diet 3 days before you start taking Hydrazine Sulfate. Stay on diet until 3 days after you stop taking Hydrazine Sulfate.

Side Effects

Although hydrazine sulfate is generally considered nontoxic there are some potential side effects that usually only occur at high doses. These side effects include: dizziness, drowsiness, mild numbness (particularly of the fingers and toes), nausea and mild sensations of itching of the skin. There is actually a positive side effect, hydrazine sulfate often produces a mild euphoria after two to three weeks of use. Polyneuritis (nerve inflammation) sometimes occurs in cases of prolonged and continuous treatment. Dr. Gold stated that vitamin B6 can alleviate this problem.

Hydrazine Sulfate Is a MAO INHIBITOR. Avoid These Foods

Hydrazine Sulfate inhibits an enzyme that breaks down monoamines (serotonin, norepinephrine, and dopamine). These are chemicals used by our brain and affect our mood. MAO inhibitors metabolize tyramine, an amino acid. When taking an MAO inhibitor, tyramine is not broken down, and eating foods with tyramine can raise blood pressure and heart beat and cause headaches. Most of the foods containing tyramine are not very healthy so it is good to be avoiding them anyway.

Foods containing tyramine are mostly aged, fermented, or pickled, such as most cheeses (except cottage cheese, cream cheese, and fresh Mozzarella), lunch meats, hot dogs, yogurt, wines and beers. A more complete list of foods that contain tyramine:

Dry and fermented sausage (bologna, salami, pepperoni, corned beef, and liver), pickled herring and salted dried fish, broad beans and pods (lima, fava beans, lentils, snow peas, and soy beans), meat extracts, yeast extracts/brewer's yeast, beer and ale, red wine (chianti, burgundy, sherry, vermouth), sauerkraut, some fruits (bananas, avocados, canned figs, raisins, red plums, raspberries, pineapples), cultured dairy products (buttermilk, yogurt, and sour cream), chocolate, caffeine (coffee, tea, and cola drinks), white wine, port wines, distilled spirits, soy sauce, miso, peanuts, almonds, beef or chicken liver, herring, meat tenderizer, MSG (Accent), pickles, and pumpkin seeds.

People avoiding tyramine; reduce their intake of high protein food that have undergone aging and over-the-counter cold or allergy remedy.

Compatibility

There are not any known compatibility issues with hydrazine sulfate and other cancer treatments or supplements. However, taking hydrogen sulfate while taking tranquilizers can have fatal complications.

FOOD GROUPS

Milk & milk products

EAT: Fresh milk; evaporated milk; dry milk; buttermilk, cottage cheese, cream cheese, and fresh Mozzarella.

AVOID: Soy milk, sour cream and yogurt including frozen yogurt or yogurt ice cream, etc.) cheeses for example: cheddar, blue cheese, provolone, brick, brie, camembert,

mozzarella. All grated cheeses (parmesan, romano, locatelli). Sliced cheeses (Swiss, Munster, American-white or yellow). Anything that contains cheese for example: crackers, chips, cheese doodles, etc.

Red meat, fish & poultry

EAT: Fresh red meat, fish, and poultry.

AVOID: Meat, fish & poultry that has been cured such as: Sausages of any kind, Italian dry sausages, liver & blood sausages. Cold cuts of any kind, such as: salami, ham, bacon, pastrami, spam, corned-beef. Meat, fish & poultry that has been processed by smoking, aging or pickling such as: pickled herring, pate, fresh liver, dried/smoked fish. Frankfurters (hot dogs) of any kind for example: beef, pork, chicken, turkey. MSG, meat tenderizers, accent, etc. Ketchup, mayonnaise, mustard, vinegar, etc.

Spices

EAT: Fresh spices ONLY

AVOID: All GOYA products for example: Sazon-plain, Sazon with achiote, Sofrito-green, Sofrito-red (achiote). All Adobo products. Salad Dressings. Soy sauce, teriyaki marinade & sauce (of any kind). Soy by-products for example: Soy burgers, etc. Gravy Master, Worcestershire sauce, Kitchen Bouquet, etc.

Fruits & Vegetables

EAT: Fresh, canned or frozen

AVOID: Broad bean pods: English & Chinese pea pods, fava beans, sauerkraut, pickles, bananas, avocados, raisins, figs, dates, dried fruit.

Nuts

EAT: NONE **AVOID:** ALL

Sugar

EAT: Raw, brown, any natural sweetener.

AVOID: NutraSweet, Equal, Sweet'n Low, etc. Breads and baked goods

EAT: Some breads, cakes, pies, etc.

AVOID: Any breads or baked good that contain raisins, figs, dates, dried fruits

Alcoholic beverages

EAT: NONE

AVOID: ALL (including non--alcoholic products).

Other products

EAT: Soups (i.e. fresh homemade soups with fresh ingredients).

AVOID: Yeast extracts: Marmite, Befit, Yeastral, Bovril. Brewers yeast tablets. Miso soup of any kind. Soup starters, bouillon cubes for example: beef, chicken, vegetable, etc. Bean curd: (tofu of any kind).