

“VILCACORA IS A GIFT FROM GOD”

ROMAN WARSZEWSKI

The sequel to “Vilcacora
– the Miracle Cancer Cure”



Accounts by Polish doctors:

Alina Rewako
Jacek Belczewski
Jacek Kaziński
Marek Prusakowski



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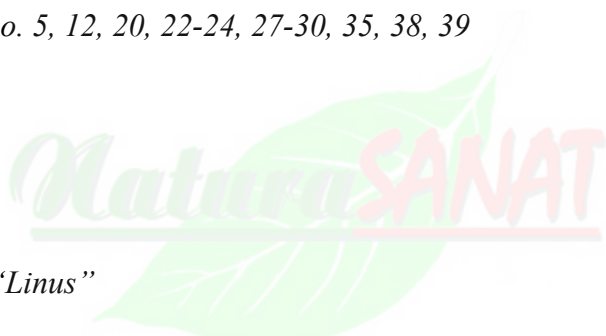
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Vilcacora

‘He’s about to say **those** words,’ I thought.

Standing in the sacristy, I could clearly hear the concentration and silence which were emanating from the nave. The congregation was simply enormous. It was even bigger than in Łębork, greater than in Warsaw, and larger than ever before. Orunia, one of Gdańsk’s districts, offered the last chance to see Father Szeliga. It was clear from the press that there would not be any more meetings. Therefore, all who had not yet seen the aged Salesian and all those who had already listened to him, had arrived in the Gdańsk suburb.

Although the meeting had already lasted for an hour, nobody was growing impatient and all the people were sitting obediently in their places listening to Father Szeliga, the eighty-year-old Polish missionary who had worked in Peru for seventy years. The venerable discoverer of vilcacora, a plant that cures cancer, was in perfect control of the crowd. ‘It’s another of his talents,’ I thought, ‘Just one more...’

I knew the course of these meetings. That one must have been the tenth in a row. Even though Father Szeliga never held strictly to the rules and, in fact, improvised every time, I could sense, more or less, what he was about to say. I knew that the finale was approaching.

‘Brothers and sisters, you often ask me about God’s mercy,’ he said at last. ‘How is it that God, who is love and who is good in every respect, sends diseases and suffering upon people?’

He paused. His hands, which he had raised while saying these words, were still. The silence became even deeper, even more concentrated than a while before. It felt as if everybody was holding their breath for a moment.

‘How is it? How?’

Dressed in his black cassock and seen from behind, he seemed like a bird which was about to take a flight. He stood still in this pose for a couple of seconds. He looked around once more and then...

‘The answer is simple,’ he said in a strong voice, ‘God indeed sends diseases upon us. But He has also sent us vilcacora. A wise man ought to make use of it...’

Doctor Alina Rewako heard these words very clearly, because she was standing somewhere in the congregation, close to a loudspeaker.

Doctor Jacek Belczewski read them in an article in ‘Wieczór Wybrzeża,’ a local daily newspaper.

Doctor Marek Prusakowski was told about them by one of his friends who had been standing for a couple of hours in the church in Orunia.

Doctor Jacek Kaziński was in the crowd himself, a couple of metres away from Alina, which he did not realise, because he did not know her at the time.

And none of them had any clue on that day that the finale of the meeting would become the beginning of something entirely new for them...

INSTEAD OF A PREFACE

When they were flying to Peru, they kept shaking their heads. Filled with scepticism, they did not believe what they had heard.

When returning to Europe, they were convinced: it was not an issue of faith anymore. They simply KNEW.

When arriving in South America, they treated everything they initially read, or what they were told, as impossible or very exaggerated, to say the least.

When boarding the huge jet which was to take them back across the Atlantic, they thought differently. After spending a couple of weeks in the Amazon selva and among the Andean peaks, they could add further revelations to the impossible (which had become highly realistic by then).

Vilcacora, the miraculous climbing plant from the Amazon jungle, **cures cancer**. They had no doubt about that. But it is not vilcacora alone. Vilcacora is merely the tip of the iceberg. Apart from this plant, there exist plenty of equally significant medicinal plants that are effective in fighting the most dangerous diseases, including AIDS and cancer. They should be discovered as soon as possible for the world, for the suffering, and for the patients. For all those who are kept waiting, all too often deprived of hope. We must quickly convince the sceptics – those like our four doctors when they were leaving for Peru.

They spent five weeks crossing the Peruvian wilderness, despite difficulties, differences in temperature, and tiredness. They were neither tourists nor adventurers, many of whom come to Peru. They were four doctors who treat their profession and vocation very seriously, which is exactly why they went to the other end of the world.

At the beginning, there was, of course, Father Edmund Szeliga and the sensation which he evoked with his visit to Poland. But they did not fully believe his words, even though they had read the book '**Vilcacora - the Miracle Cancer Cure**'¹ a few times at least. They had realised the potential significance of what resulted from its pages. This made them want to check and verify everything on their own, in the medical manner, and see it all with their own eyes, if only possible.

They knew that their testimony, the testimony of doctors, would be particularly important. They realised that their words might attain the status of evidence in the eyes of their profession. This is why they did not hesitate and did not once spare their powers or efforts. They went to the high Andes to see how the legendary manayupa and maca are cultivated. They went to the jungle, to Iquitos and Pucallpa, where the Indians suffer neither from heart attacks nor cancer, because they have been drinking the decoction of vilcacora for centuries. They met miraculously cured people who had literally escaped death. They talked to doctors who use daily the preparations of Andean plants and herbs growing on the Amazon River and achieve very good results.

Their scepticism changed first into friendly interest, and then enthusiasm followed. They visited laboratories where extracts are made from the bark of Amazon trees to fill the capsules. They listened to lectures delivered by the greatest authorities in the field of phytotherapy, and befriended many of them. They participated in innumerable seminars. They found that **what could seem mere folklore from Europe's viewpoint was, in fact, a fully developed branch of science. It was a whole industry. It was the future.** The reality surpassed all of their expectations.

¹ Rybiński Grzegorz, and Roman Warszawski. 1999. *Vilcacora leczy raka. Polski misjonarz o. Edmund Szeliga zadziwił świat*. Gdańsk: Tower Press.

That journey became a great breakthrough in their lives. Each of them was somehow changed in a unique and individual manner. Although they were charmed by the exotica of faraway Peru, there were more important things there. **What counted most was the knowledge and unusual experience they gained.** And the feeling that what they had learned in those five weeks must be shared with others.



CHAPTER I

FOR LIMA - READ: THE MOLOCH



EVEN IN MY WILDEST DREAMS

Jacek Kaziński: If anybody had predicted a year ago that I would dream at night about the Amazon River, and that the names of exotic plants would become as familiar to me as are the names of drugs, I would certainly not have believed it. It's proved once again that fate is often more than unpredictable. It was a stroke of good fortune that made it happen for real. I went to the other hemisphere. I crossed the Equator, I sailed the Amazon River and the Ucayali. I've always been interested in long journeys and attracted by the exotic. I would never have thought, however, that I could make these unrealistic dreams come true. What is even more, I had no reason to think that it would be connected in any way with my job, which is the job of a doctor...

Alina Rewako: The fact that I could fly to South America seemed at first a dream to me as well. My first thought was that it was an absolutely unrealistic project. It wouldn't be true to say, though, that 'I couldn't believe it for ages.' The time that passed from when I first heard about it to the moment we actually left wasn't long at all. At one point, the events were moving so quickly that none of us could control them anymore. Our stay in Peru itself was also so rich in events, meetings and new, surprising experiences that it went by very fast, too fast, perhaps... Since then, my entire career has suddenly begun to change...

Jacek Belczewski: It was a bit different in my case. I didn't wonder whether I was or wasn't taken aback by the proposition of going to Peru. I simply understood at once that it was an unusual opportunity that I had to take advantage of. I accepted it as something normal, although I have to admit that it was a bit surprising... I immediately understood that it gave me, a young doctor, a unique opportunity to be in the right place at the right time. You can't overestimate such a journey in terms of your career.

Marek Prusakowski: In the spring, I was a consultant on the book 'Vilcacora the miracle cancer cure'. It was then that I received the first information concerning the medical revelations connected with using plants from Peru and it crossed my mind that as a doctor I should, perhaps, become interested in this issue. At that time, however, I was still a determined sceptic and non-believer, and so were all of us. It seemed improbable to me that you could cure cancer, psoriasis, or multiple sclerosis with plants from the Amazon. Therefore, when they suggested to me: 'Go there and check with your own medical eyes what the truth is,' I didn't hesitate for a single moment.

Jacek Belczewski: I never thought I would get to the country of the Incas, and I was very happy to hear that I would be taking part in that expedition. I had read the adventures of 'Tom at the Source of the Amazon' by Szklarski and Daeniken's 'Chariots of the Gods' when I was young, and I had long been fascinated by the figure of Ernest Malinowski, a Polish engineer who won fame by building the first trans-Andean railway line in Peru, which is used even today.

I share the view that one can seek knowledge even at the other end of the world, if need be. **One of the most important human qualities is our broad-mindedness, which includes being open for new ideas.** And this is what it was. There was one thing I was completely aware of from the very beginning: **I would be participating not so much in a globetrotter escapade as above all in an intellectual adventure of discovery.** When the engines of our jet-propelled giant increased their roar at the Schiphol Airport in Amsterdam, I knew that a journey had begun whose aim was a meeting with a whole new world, a different reality, and different medical science. It was a medical science which is not, as yet, taught at Polish medical academies.

WHERE THERE IS NEITHER SUN NOR RAIN

Notes from the journey:

Lima surprised me. I was startled, above all, by the pervasive fog which literally squeezed into every slit and lined the whole landscape with gloomy greyness. I have never associated any tropical country located right below the equator with a place that is constantly shrouded in fog. And it was like that in Lima! None of the colourful flower carpets that I had expected, no bright, dazzling sun. Dim, dull, sad and depressing. And all because of the cold Pacific Humboldt current, which is very efficient in cooling off that part of the coast where the huge town has grown. The steam in the atmosphere can't force its way east over the wall of the Andes and tightly lags Lima all year long. This phenomenon intensifies during the Peruvian winter, which is when we have summer in Poland. It is then that 'the outdropping' of water molecules and their condensation in the form of microscopic particles takes place. People in Peru call it 'garua'. Garua replaces rain in Lima, because it never rains here for real. Your clothes are always slightly moist, and metal zippers are covered with a film of rust after a few days.

Ugh! Lima is an awful city, please take my word for it. It's a wonder that one third of the citizens of Peru have decided to settle where there is no sun and it never rains for real!

Notes for an article:

Peru is a highly centralised country. Everything or almost everything is concentrated in the capital city. This is, perhaps, the heaviest part of the heritage left on this continent by the conquistadors. It is a relic that also the Spaniards cannot handle at home. The ministries and all important offices are based in Lima, where the whole wealth and knowledge of the country are concentrated in one place. With the country being poor, nothing or almost nothing is left for the rest of its territory. This is why people move towards the capital, just like moths fly towards the light. This is why the interior of the country is uninhabited and Lima is crowded and overpopulated. The Peruvians think that surviving is easier in the city than on the desert coast or in the stony Andes. They imagine it is easier in the city to get a job or help from a distant relative, or that the city is a better place for begging.

Overheard:

The names of many places in Lima begin with the word 'san,' which means 'saint.' San Isidro is the name of one of the districts. San Marcos is the patron of the famous university. San Pedro, on the other hand, is a hallucinogenic cactus which is used by the locals to prepare booze. What is more, one part of the city has been named Jesus Maria. No, I don't think there's another city like it in the world!

Despite all of this, Lima is not saintly in the least. Centuries of lavish use of the word 'san' haven't really come to much. In fact, Lima is one great negation of sanctity! It is widely known that there are places where hit-men have their gatherings and the policemen, armed to the teeth, pass them by as if nothing was going on. There are also streets completely inhabited by professional thieves. And children in the poorest districts have their hands cut off with hatchets, so that they can be more efficient in stretching out their stumps to evoke compassion

...

Notes from the journey:

There is not just one Lima. There are a few Limas, just as there is not just one Peru. It is as if there are a number of different cities that exist next to each other. Each district is different, hermetic with respect to the one it borders on. Splendour, European standard, and extreme poverty are often cheek-by-jowl neighbours that do not know about each other. There are districts where people live in shacks built of tomato boxes, and places where sumptuous premises are surrounded with moats and walls topped with live barbed wire. There are also schools where the tuition costs a few thousand dollars per semester, and there are schools where learning is free, but there is not enough money to buy chalk for writing on the blackboard.

LIVING AND SURVIVING IN LIMA

Marek Prusakowski: Even our first impressions explained a lot to us. We realised immediately where we were, where we had come to. It was enough to look around carefully when in the minibus on our way from the airport to the hotel, and everything became plain at once. A great majority of the emaciated people whom we were passing didn't have any access to health care or to any conventional drugs. At least two thirds of all the people that we saw were out of the range of medicine in the European sense.

Jacek Belczewski: At the same time, however, it's not that they were people who didn't need any medical help. Quite the contrary. The ubiquitous moisture and extensive pollution of the environment caused by millions of cars swarming both in the centre and on the outskirts left no illusion. They weren't healthy people. I remember wondering at the first evening how it could be that they were still alive. Exactly, how come? At first glance, it seemed like a miracle!

Jacek Kaziński: These initial impressions found confirmation on paper, when we were later shown the statistics published by the Peruvian Ministerio de Salud (Ministry of Health) and told about the principles of health care operation. It followed from the data we accessed that 70 per cent of the inhabitants of Lima suffered from chronic rheumatic diseases, and 60 per cent complained of continuous problems with the respiratory system: throat and lungs, in particular. Also mycosis and skin diseases were common, which is partly caused by permanent water and air pollution.

In contrast to other parts of Peru, also the incidence of neoplastic diseases is high in Lima. These data were even more depressing because the statistics were based on the examination of about 40 per cent of the inhabitants of Peru's capital city. The researchers simply couldn't manage to get to the other 60 per cent of inhabitants. Strange? Not really. These 60 per cent of the population live in the so-called 'pueblos juvenes,' districts of extreme poverty, where the number of diseases is even higher than anywhere else.

Alina Rewako: Although the researchers did not get there, we did. It wasn't in Lima but in Iquitos, and not at the beginning of our journey but towards its end. Nevertheless, it was enough. We went by motor-rickshaw, which is a combination of a motor and a carousel gondola, to the district of Belén (which means Bethlehem), which is located on one of the arms of the Amazon River flowing nearby. It was an unforgettable experience. And one of the most terrifying ones, too. At first glance, the whole districts seemed to be composed of thousands of huts standing on stilts. In fact, they were wooden shacks, which had been rigged up in a flimsy manner and lifted very high on piles. This construction kept the floors of the households above the water level, when the Amazon overflowed its banks. It turned out that in the dry season, during which we visited Peru, the whole district acquires one additional floor, a new level. Another city grew between the ground and the shacks several metres above. People who lived in the huts relieved themselves directly over the plates of those who had their winter camp below. It's hard to describe the fustiness and the offensive smell that

penetrated every place! I have to admit I couldn't watch it! It was the most natural hatchery of cholera, dysentery, and typhoid fever. We didn't even get to the bank of the river. We turned back as soon as possible!

Jacek Kaziński: What is interesting, though, is that neither in Iquitos nor in Lima did cholera take on the form of an epidemic. How come? We were beating our brains out trying to answer that question...

Marek Prusakowski: It was strange, all the more so as we soon found out how expensive all medical services are in Peru, if you have no health insurance. And only those who have permanent jobs can count on insurance. And what about the other sixty per cent? Sixty per cent is the rate of unemployment in Lima...

THE QUEROS - THE PEOPLE WHO NEVER DIE

Jacek Belczewski: Lima is one extreme. After we had stayed in Peru for a couple of weeks, we heard about another extreme from Doctor **Felipe Mirez**. He is an exceptional man. We were very impressed indeed by the conversations we had with him. We had tried to meet him for a long time, but it wasn't easy in view of his frequent international journeys.

Alina Rewako: He found, at last, a few hours he could spare us. I think he was interested in the fact that the reasons behind our journey to Peru stemmed from the book about Father Szeliga, which had been published in Poland. Dr Felipe Mirez, a famous surgeon oncologist and a student of Father Szeliga, had worked for many years in the institute established by the missionary.

From the dossier of Felipe Mirez:

55 years of age. The graduate of the Department of Medicine of the Cayetano Heredia University in Lima. He has worked for many years in the Hospital of Oncology, the Social Security Hospital in Lima, and the Institute of Andean Phytotherapy. Author of numerous papers in the field of surgery and oncology, participant of many international congresses and symposia, the precursor of South American holistic medicine that sees the patient as a whole, not as individual organs. Because of his innovative curing methods that comprised, apart from traditional approaches, chromotherapy, iridology, and homeopathy, he has resigned from his posts in the institutions of traditional medicine and now runs a private medical practice. Some claim that his gift of foreseeing the future cannot be denied. Supposedly, it was this gift that helped his cousin, the famous general Alejandro Montesinos, to locate the hideouts of terrorists from the organisation of Tupac Amaru and to arrest the most dangerous leaders of this group...

Marek Prusakowski: During one of our visits, Doctor Mirez told us about the Queros, an Indian tribe who are considered the most direct descendants of the ancient Incas. The Queros are thought to be people who cultivate old, pre-Columbian traditions in their purest form. This tribe lives in the high mountains east of Cuzco. It takes almost five days to get there. You take a dilapidated bus to Paucartambo, where you mount a donkey or a mule. Finally, the last part of the journey you take on foot. You have to climb through the wilderness for at least three days. You pass the uninhabited 'puna'² and reach the border of permanent snow, and then you go a bit lower into the valleys. It's a difficult and extremely strenuous expedition. After you reach your destination, however, it becomes plain that it was worth it. In the words of Doctor Mirez: 'We enter a completely new world, we meet completely new people...'

² Puna (Span.) semi-desert mid-Andean region

From a draft of an article about the Quero Indians:

The Queros are a walking mystery. They are an ethnic group that ought to be studied precisely and in great detail. The main difficulty lies in the fact that the Indians are aware of their dissimilarity, originality and uniqueness, and do not want to be treated as guinea pigs, so it is difficult to win their trust. This task is virtually unachievable for any stranger, and a gringo, European or American in particular. One of the few exceptions is Doctor Mirez, who befriended the local 'curacas'² and has close relations with a number of Indian families.

He visits them at least twice a year, and they welcome him now as a member of their native community. This is why no one else knows the customs and closely kept secrets of the Queros better. One could say that Dr Mirez followed Father Szeliga's footsteps as well: Szeliga spent long years winning the trust of the Piros and the Machiguengas. Doctor Mirez has done the same by getting to know the Queros...

From a conversation with Doctor Mirez:

FELIPE MIREZ: The Queros live in absolute harmony with the nature that surrounds them. They never hurry, because there's nowhere to hurry. They never want anything, because they have everything they need for living. They are truly happy. Their way of life resembles that of their ancestors from centuries ago. They live far from civilisation, and their villages are located more than five thousand metres above the sea level, which makes anybody from the outside world turn back immediately, because there's too little oxygen there. They cultivate the tradition of the Incas in its purest form, as if sealed in a time capsule. I feel remorse whenever I visit them. I know very well that I'm an intruder into that world from the past. I know that however hard I try, I always destroy, in some sense, their reality, which they have to restore solicitously, after I am gone.

ALINA REWAKO: *Could you show us any pictures of the Queros?*

Równik - Equator

Colombia, Venezuela, Guyana, Dutch Guyana, French Guyana, Ecuador, Peru, Brazil, Bolivia, Chile, Paraguay, Argentina, Uruguay

Peru is one of the largest countries in South America

FELIPE MIREZ: *Although I have been there several times already, I have practically never used a camera. I have only two pictures with the Queros after so many years and visits. Taking pictures is also a form of interfering in their world and disturbing them. I definitely want to avoid that. I prefer knowing that I will be able to return to them in a couple of months with a clear conscience.*

JACEK KAZIŃSKI: *Are the Queros the famous, long-living tribe from South America?*

FELIPE MIREZ: *Yes, they are indeed. The Queros live for 120, or even 130 years! And it's standard! Their world, I realise this may sound like a fairy-tale once again, knows practically no death! In the last several years that I have been visiting them, only two people have died there. Died? No, it's the wrong word. They drifted away, left ... I witnessed one of these deaths. The man that was to part with life sat down and waited. He struck up a silent song and slowly floated away with that song on his lips... He was passing away, the life was dripping out of his body, and he kept singing, singing, and singing, drop by drop... The last word of the song dying with him, he passed over to the other side. It was extremely beautiful and moving. Oh, yes! The manner in which the Queros pass away is... BEAUTIFUL! Their*

² curacas - (Spanish) chiefs

death is not violent, as we often see it. The Quero Indians made me understand and, above all, feel that... in fact, THERE IS NO DEATH!

Alina Rewako: That was one of the questions which Doctor Mirez asked us when we visited him for the first time. Before we began to ask him questions about everything that was of any interest to us (and this is very symptomatic and shows best, perhaps, what kind of a man he is), he asked us: ‘What is death?’ Frankly speaking, I was stunned, when I heard it. Well, what is really death, after all? How rarely do we think about it! How rarely do we, doctors, people who constantly touch upon death and try to stand up to it, think about it!

What is death really, after all? What is it? What is life? Strangely enough, I had to come to Peru to begin thinking about it and asking myself such questions again!

Jacek Kaziński: I was speechless as well, when I heard it. I felt as if I was back at the university taking some important examination. ‘The hour of truth has come. Jacek Kaziński, I’m keeping my fingers crossed for you!’ I thought to myself. What is death, after all? What is it?

At the same time, I began to envy the patients of Doctor Mirez. Both the question alone and the fact that it was being asked as a greeting told us who he was: what a wonderful HUMAN BEING...

From a conversation with Doctor Mirez:

FELIPE MIREZ: *There is no death, really. There is only a change in the form of that energy which is life. The Indians know it, they have known it for thousands of years, that is why they don’t oppose death, but strike up a song to welcome it. Well, you cannot oppose something, which... doesn’t really exist!*

Marek Prusakowski: I just sat there and couldn’t believe what I was hearing. What Mirez was saying seemed obvious, in fact. On the other hand, let me be honest, I had never thought of death like that before. I had never considered it in such depth, never seen it that way. Was I too busy? Didn’t I care? Was I afraid of such questions?

I don’t know, I really don’t. Even now, it’s difficult to say... Although I am a doctor myself, I remember thinking that I would love to have a doctor like Dr Mirez, and I would never regret the time spent queuing to see him.

From a conversation with Doctor Mirez:

MAREK PRUSAKOWSKI: *Well, can’t we just allow our patients to die then, if there is no death?*

FELIPE MIREZ: *No, we can’t, of course. It is about something completely different. The gentle passing from life to death, the change of one form of energy into a slightly different form, which I encountered in the Quero Indians, shows that all things are very closely connected to each other in the universe. There is an infinite number of invisible threads changing the universe into one great whole, from which we, doctors, may draw exceptionally significant conclusions...*

JACEK BELCZEWSKI: *What conclusions?*

FELIPE MIREZ: *First of all, the invisible threads must neither be torn nor strained. The more gently, the more harmoniously we handle them, the more durable and more difficult to break they become.*

MAREK PRUSAKOWSKI: *And the longer a single form of energy lasts unchanged, which means that life itself may last longer, too...*

FELIPE MIREZ: *Exactly!*

ALINA REWAKO: *Are there any favourable conditions for that?*

FELIPE MIREZ: *There are two extremely important factors which are fully complementary to one another. The first one is the frequent use of medicinal plants, particularly those that have clear preventive properties (because then you virtually never get sick). The other factor is a proper diet...*

From a draft of an article about the Quero Indians:

The Quero Indians have mastered the use of medicinal plants. They have grown manayupa, asmachilca, and pasuchaca for centuries. There are also other plants that they use everyday: cuti-cuti, pinco-pinco, pajarrobo, maca, and vilcacora. The Queros are widely called 'the people of vilcacora' because they worship this plant, just as the Indians living in the jungle do.

The Queros never get sick, in fact. They take Andean herbs not so much to cure themselves, but to prevent diseases in the first place. They buy from other Indians the plants they cannot grow in their severe climate. People who make long journeys to bring the life-giving plants are called by the Queros 'amautashiani' and occupy a very respected position in their community.

Their longevity, which was doubted by many, aroused the world's interest as early as 1970s. In 1972, the first expedition was organised, which was to clarify the phenomenon of the exceptionally good health of the Queros. The expedition was led by Jose Santis, a Peruvian anthropologist.

Ocean Spokojny - Pacific Ocean

Places in Peru visited by Polish doctors following the path of vilcacora

Santis's group spent a total of two months in five villages of the Queros. All the information concerning the unusual health of the Indians was confirmed. What is interesting, no burial grounds were found in the vicinity of Quero settlements. The Indians openly said that 'they had no need for cemeteries.'

The second expedition to the Quero Indians was launched three years later. This time, it focused on their eating habits. It turned out that the Indians hardly ate any meat, the only exception being meat which was boiled together with large quantities of herbs and vegetables. On the other hand, however, the Queros particularly favoured potatoes, which are easy to grow at great heights and in pebbly soil. The Indians cultivate twenty-two types of potatoes and are very... unhappy with this fact. 'We used to know at least thirty varieties in the past,' they say, 'Although we try so hard, we cannot fully stand up to the passing of time, and the best things disappear here as well.'

A WORLD WHICH REALLY EXISTS

Jacek Belczewski: In this way, things began to clarify slowly. On the one hand, there were the inhabitants of Lima, people who, as far as their living conditions go, shouldn't really... be alive. On the other hand, there were the Quero Indians, these mysterious people, who live in excellent health until they are 130, or even 140 years old!

Jacek Kaziński: Well, it made me want to visit them and see with my own eyes everything that Doctor Mirez was talking about! We didn't have enough time to do that, though. On the very next day, a series of seminars devoted to phytotherapy were to begin, the ones which were organised by the La Molina University of Agriculture, and we were to participate.

Alina Rewako: We began to suspect, nevertheless, that both the longevity of the Quero Indians and the unexpected vitality of people in Lima could, perhaps, result from the same thing. We did not know at that time what it could be, but we soon found the answer...

Notes from the journey:

The manner in which the seminars were organised presented another surprise. It was plain from the beginning that we had little time, so the decision was made for the lectures to take place in the same hotel where we were staying. The seminars were conducted in a conference room that was adjacent to the hotel's patio, so that we did not waste any time. Although we had come to a country where 'mañana' was a very popular word and 'ahorita,' which means 'now,' may equally well denote 'in five minutes', 'tomorrow', or 'next year', the classes began on time. I must say, we were astonished.

*The first speaker was Doctor **Cesar Barriga**, lecturer at the University of Lima and a good friend of **Jorge Pitsikalis** of the Andean Medicine Centre³ in London. Cesar was one of the main co-organisers of our stay in Peru and we must admit that he did a great job. We expected to see some shaman, because we had heard that Cesar Barriga spent a great deal of time in the selva, and was on good terms with the Shipibo Indians from the middle Ucayali. What we saw was an athletic and active man who could be considered an ex-yuppie in any European country. He instantly made a good impression on us. This impression became even stronger when we heard of what was awaiting us soon...*

Alina Rewako: The next speaker was Doctor **Victor Inchaustegi** from a state hospital in Iquitos. What a good beginning! Doctor Inchaustegi was definitely one of the greatest personalities we met during our visit to Peru. Although a certified oncologist with well established fame, he uses in his clinical practice many medicinal plants from the Amazon and the Andes. Initially, his actions didn't evoke much enthusiasm on the part of those of his professional colleagues who held on exclusively to the scalpel and the stethoscope. They changed their mind, however, in the face of the undeniable and excellent clinical results he achieved for many years.

Jacek Belczewski: In fact, he has become a role model that many want to follow!

Jacek Kaziński: Doctor Inchaustegi does not abstain from using the scalpel and the stethoscope anyway. He's a true-born doctor. He delivered his lecture in a white doctor's coat, and he kept under his arm a file of case records to which he referred from time to time. He could wear a stethoscope with impunity round his neck, when addressing us. It turned out later that he never parted with it at all, and only left it for a while on the seat of the car he was driving.

Notes from the journey:

The next surprise was even greater. The all-pervasive fog in Lima and the unexpected punctuality of the Latinos were nothing when compared to our impressions from the first day of lectures. The presence of Victor Inchaustegi, a serious oncologist (yes! oncologist!), meant that our journey would be completely different from what we had imagined. It had seemed to us that we would, at best, visit some kind of medical underworld, or that they would try to convince us about something that only few people really believed in. However, Inchaustegi, who is one of the most renowned figures in the Peruvian world of medicine, stated in his very first sentence that he had been for many years (six, if I remember correctly) curing people

³ Andean Medicine Centre - an institution located in London which propagates Andean medicine all over the world. It conducts research and popularising activities. It employs trained doctors and consultants who give advice and offer medical consultations over the telephone. They also take orders for particular herb preparations and complete courses of treatment. Phone Numbers: 00 44 171 531 6879 and 00 44 171 515 5192.

with vilcacora, a decoction from the sacred climbing plant of the Incas! He also said that the results he was achieving were very good indeed!

An article from 'El Comercio,' a prestigious daily newspaper, devoted to the visit of the Polish doctors learning the canons of phytotherapy.

Marek Prusakowski: What was the most important to me was the fact that these words weren't uttered by the missionary, not that I want to depreciate the merits of Father Szeliga in any way, heavens forbid! I'd like you to understand that as an out-and-out expert on internal medicine myself, I wanted, in the case of vilcacora, to hear the opinion of a professional in every inch, and preferably, an ONCOLOGIST!

And I heard it!

From the lecture by Doctor Victor Inchaustegi:

It was six years ago that I first clinically used 'uncaria tomentosa,' or, if you prefer, vilcacora. Initially, I administered it as a decoction to patients who were in the fourth phase of the malignant disease in an oncological hospital. Aware of the hopelessness of the situation they were in, the patients agreed to this type of treatment, but did not usually hold out much hope. Also the families of the patients were informed about this fact. Only the management of the hospital knew nothing of the issue because I realised well enough that the board of directors was not convinced about phytotherapeutic methods, and I feared losing my job.

I used this method to cure three patients: two men and a woman. The men were suffering from leukaemia, and the woman had breast cancer. When I began the treatment, the prognosis was in fact... hopeless in each case. According to conventional criteria, the patients could live for seven, eight more weeks at best. To my great joy and, needless to say, to the joy of the patients themselves and their families, all three survived and... are alive and well today!

Jacek Kaziński: No, it doesn't mean that we were convinced on the spot. Nothing of that kind. We've been doctors for too long, and it has taken us too long to learn the canons of contemporary medicine. And, which ought to be stressed, we do identify ourselves with contemporary medicine, after all. It came as a great surprise, however, that, soon after we had come to Peru, it turned out that **the world whose existence we had doubted was really there** and it had created its own, logical and fully coherent system - a whole reality...

Marek Prusakowski: ...with enough space for doctors as well!

Jacek Kaziński: Maybe enough space for doctors in the first place?

Marek Prusakowski: Possibly. Perhaps there really is enough room for doctors in the first place. But we didn't know that then, at the very beginning...

OUR FIRST RESURRECTED PATIENT

From the lecture by Doctor Victor Inchaustegi:

My supervisors had wondered for a long time how on earth those three patients had recovered. It was then that people began to talk in Iquitos that Doctor Inchaustegi had a magic touch in curing malignant diseases and that he knew drugs that others did not use. I admitted to the management of the hospital what I had done, and my bosses took it with a certain... disappointment. They had hoped to have a doctor with some peculiar gift, and it turned out that it was... vilcacora!

Nevertheless, I was content. I had found a way of helping patients who normally stood no chances of surviving. Despite their initial reluctance and frowning, the board of directors in the hospital finally permitted me to use phytotherapy. With the help of Amazonian and Andean plants, I have cured in the hospital some 600 patients in the last five years. At least the same number of people have gone through my private clinic. I also have the first followers who are doctors as well. They work with me in the same hospital department of oncology.

From a post-lecture discussion:

JACEK BELCZEWSKI: *What do you think of the relation between phytotherapy and conventional medicine? Does one exclude the other?*

VICTOR INCHAUSTEGI: *This is a very significant issue which ought to be clarified immediately. Phytotherapy is in no conflict whatsoever with traditional medicine. It follows clearly from what I do that one may successfully combine both approaches. One can operate on tumours, primary tumours in particular, and then administer decoctions made from plants such as vilcacora, tahuari, or palo blanco in order to decrease the risk of metastasis. Phytotherapy may also be combined with chemotherapy and radiotherapy, because, apart from their undeniable curing effects, plant preparations also decrease, or even completely eliminate, the side effects of both types of treatment. Plant therapy should not, however, be used during radiotherapy and chemotherapy. It transpires from my experience that it is recommended to maintain a three-day interval between chemotherapy or radiotherapy and phytotherapy, and vice versa. The results are particularly favourable if such a time sequence is observed.*

Marek Prusakowski: That was another discovery! We found out there was no ‘this or that,’ no choosing between phytotherapy and conventional medicine. **One method does not contradict the other, and both may be valuably complementary with respect to one another.** Even though I had heard similar opinions expressed by Father Szeliga, I hadn’t quite believed such declarations, to be frank. It had always seemed to me that these were polite words, aimed exclusively at winning over, at least partly, doctors for phytotherapy, so that they were not completely against the theories of Father Szeliga. And suddenly, Doctor Inchaustegi states the same thing. And Victor Inchaustegi doesn’t come from the margins of medical reality, he lives in its centre, in the hospital in Iquitos, he arouses growing respect on the part of his patients, and, last but not least, of his supervisors who become increasingly less sceptical towards phytotherapy!

Notes from the journey:

There was another surprise waiting for us just round the corner. Not only did Victor Inchaustegi pass around the case records he had brought with him, but (which we hadn’t known until then) there were some of his ‘resurrected’ patients waiting on the patio. They had flown all the way from Iquitos to see us...

Jacek Belczewski: What most impressed me was the account given by **Alberto Belmont**, colonel of the Peruvian army. An upright and elegant man, he talked about his illness in an objective and precise manner. Moreover, our awareness of the fact that he had worn the uniform for many years and had access to the most confidential data on the protection of the borderland between Peru and Colombia only made his words more reliable.

Until recently, Belmont had been a pensioner because he had advanced cancer of the colon with metastases to the liver and other organs. He had begun oncology treatment in the renowned clinics in the USA, where a radical procedure of removing part of his intestine was carried out together with complementary chemotherapy. In a short time, however, there

appeared dangerous metastases to the liver. The quite favourable location of new foci of cancer permitted the resection of part of the lobe of the liver, after which chemotherapy was applied once more. Despite all the efforts of the doctors, the condition of the patient was becoming worse, and chemotherapy was producing very strong side effects. After a few months of futile and devastating treatment, the patient had lost his strength and the body had begun to stop fighting the disease. He was dying. Nobody gave him any chance. Resigned to his fate, Belmont returned home to Iquitos, where he accidentally met Doctor Inchaustegi. The doctor told the colonel that not everything was lost at that moment. He told him of vilcacora, tahuari and other proven preparations, and insisted that they try once again.

A flicker of hope appeared in the heart of Alberto Belmont and this became brighter as the treatment progressed. Weeks passed and the end foretold by the doctors did not come. After six months, it could be said that the treatment had been successful. The metastases began to regress at first, and eventually, completely disappeared. Colonel Alberto Belmont was again a healthy man who, despite so many operations, regained his strength by using plant medicine. He soon returned to the active service in the army.

He came to Lima literally for a few hours. He had some important and urgent issues waiting for him in the borderland, so he flew back to the jungle immediately after the meeting was over.

Jacek Kaziński: Apart from vilcacora and tahuari, which were the basic components of the treatment, Belmont was administered chuchuhuasi, tamamura, zarza, and cort cedro - plant preparations exclusively. This case exemplifies their power and efficiency, which is often incredible. I knew there was a patient who had come to the Andean Medicine Centre in London with a disease which was equally advanced and complicated. Once the lecture was over, I immediately got on the phone and prescribed a similar treatment. The patient is now getting better week by week.

Marek Prusakowski: Undoubtedly, that was one of the most spectacular achievements of the doctors from the hospital in Iquitos, as far as the first encounters of phytotherapy with malignant diseases go. Colonel Belmont was virtually brought back to life. What is more, there can be no doubt that it was no accident or mere lucky coincidence. That wasn't the only case...

Reporter's notebook:

Jose Andres Rodriguez Diaz, 35 - pancreatic cancer, phase three. After a three month treatment with palo blanco and vilcacora, he returned home unaided and feels fine, although three years ago, the doctors gave him six months at best. He was cured by Doctor Inchaustegi in the hospital in Iquitos.

Aldona Alba Orejon Delgado, 50 - mammary cancer, phase three. The metastases began to regress after six months. No trace of metastases after a year. What helped was vilcacora administered by turns with palo blanco. She lives today in the borderland between Peru and Brazil. She was cured in the hospital in Iquitos by Doctor **Edwin Lopez**, close partner of Doctor Inchaustegi.

Julia Morron Echanove, 46 - chronic myeloid leukaemia. After vilcacora and sangre de drago had been administered, the disease began to regress quickly, contrary to the predictions of the experts. She is alive and has had a baby recently, although the doctors initially gave her no more than five or six months. Another patient of Doctor Edwin Lopez from Iquitos.

Arnaldo de la Cruz Gonzales, 62 - prostate cancer. The tumour having been removed and vilcacora, sangre de drago, and achiote administered, he recovered after six months. This was six years ago, when Doctor Inchaustegi began experimenting with medicinal plants. Thus, we can say today that he has been cured...

Alberto Marañon de Carabaya, 70 - lung cancer and larynx cancer. The patient was in such a condition that he could not live without the respirator. Sangre de drago and vilcacora brought him back to life. Canchalagua and flor de arena, which replace Andean manayupa in the jungle, were used for cleansing. The patient is alive and well. And it was only four years ago that his wife, following doctors' advice, secretly began saving money for his coffin. These are only those patients of Doctor Inchaustegi who agreed to have their names revealed. The list of people who agreed to give their initials would be incomparably longer.

CURANDERO - GENERAL PRACTITIONER

From a discussion following the lecture by Doctor Victor Inchaustegi:

ALINA REWAKO: *Is the hospital in Iquitos an exception? Is phytotherapy used in other hospitals in Peru as well?*

VICTOR INCHAUSTEGI: *Iquitos is definitely exceptional, in some sense. At the same time, however, I think that it augurs well for the whole country. This quality of being exceptional lies in the fact that the city is surrounded by the selva, which makes it particularly sensitive to whatever concerns the jungle.*

The tradition of using plant preparations has always been deeply rooted in that area. There is no doctor or pharmacy in the selva. The forest is one great pharmacy. In the city of Iquitos, people learnt this fact decades ago, while the inhabitants of the jungle have known it for thousands of years.

JACEK KAZIŃSKI: *All of this, however, is insufficient to introduce phytotherapy to public hospitals and break down the reluctance of the medical establishment...*

VICTOR INCHAUSTEGI: *It could be not enough anywhere else, but the situation in Iquitos was a bit different. Folk medicine has always occupied here a very significant position because of the all-pervasive selva, which we talked about a while ago. Because of this very fact, I have a number of authentic curanderos who hold the most normal posts in my hospital!*

JACEK BELCZEWSKI: *A number of who?*

VICTOR INCHAUSTEGI: *Curanderos. Their name comes from the Spanish word 'curar,' which means 'cure.' Generally speaking, they are phytotherapists. They are not certified doctors, but they have enormous knowledge and medical experience instead. They are members of a number of unions, which care about the high level of competence and professional ethics. With no fully developed medical infrastructure in Peru, they often fulfil the role of GPs. This profession is passed on from generation to generation in the course of many years of practice, and it takes as much as twenty or thirty years of gaining their own experience to win the respect of their 'professional colleagues'. What is characteristic is their enormous dedication and the devotion shown to the patients. If there is no other way of curing the patients, the curanderos take them deep into the tropical forest, where in absolute harmony with nature, they focus totally on finding the cure in spite of all the inconveniences both they and their patients have to suffer.*

MAREK PRUSAKOWSKI: *Are there particularly numerous curanderos in Iquitos?*

VICTOR INCHAUSTEGI: *Definitely more than in any other part of the country, because the selva is their authentic environment. What is more, in view of the chronic lack of other doctors, there is a particularly great demand for their services. However, this situation may be, in a sense, projected on to the whole country, which is what I meant by saying that the hospital in Iquitos may augur well for the whole of Peru. The curanderos and folk medicine they propagate are increasingly spreading over the country. They move together*

with people who emigrate from the jungle and the sierra to the cities such as Lima, Trujillo, and Arequipa. It is a characteristic outline of the Peruvian system of curing people, and, I am not afraid to say this, the Peruvian system of health care. Half of the inhabitants of the poorest districts in Lima would die of dysentery, cholera, and typhoid fever, if it wasn't for folk medicine and the curanderos. And they don't die, do they? Why is that? Because even those who cannot afford the cheapest insurance and simplest drugs from the pharmacy can always go to the curanderos, who are somewhere nearby. And the curanderos cure them. They are no charlatans or frauds but people who really know how to help their patients. Moreover, the drugs they recommend are much cheaper than those that are used in hospitals and clinics. Simply everybody can afford them.

SOMETHING HAS BEGUN TO CHANGE...

Marek Prusakowski: That was the answer to the question which had been bothering us. **The medicinal plants the Quero Indians had been learning to use for thousands of years made them the most long-lived ethnic group in the whole of South America. On the other hand, the same plants, which were brought by the curanderos from the jungle and the sierra to great cities, were helpful in ensuring the survival of the poorest inhabitants of such Molochs as Lima.**

Jacek Belczewski: The world of efficient phytotherapy whose existence we had initially doubted did exist, after all. It really existed and we had a chance to see it with our own eyes.

Alina Rewako: On that day, we ate dinner in greater silence than usual. Each of us was astonished, and maybe even shocked in a way. The silence that accompanied our dinner after the day filled with lectures clearly showed that something had happened, something had begun to change inside us. And, if I may express everyone's feelings, we were somehow anxious to see what would happen next...

CHAPTER II

PUCALLPA

– THE JUNGLE FOR THE FIRST TIME

THE GREAT RACE

Jacek Belczewski: The first time we saw Peruvian medicinal plants – vilcacora, manayupa, chuchuhuasi and chanca piedra – it was on the premises of The Ministry of Health in Lima. Not in a botanical garden nor in any exhibition hall but by an impressive building, a multi-storey skyscraper which is the seat of part of the government. They were not growing there as unwanted weeds. On the contrary they were being taken care of by Ferdinand, who was working in the post of a ministerial gardener. Ferdinand with real pride demonstrated the specimens which - despite all the odds - he had managed to grow.

Marek Prusakowski: It can't be said, however, that those plants were enormously impressive. Quite the opposite. The climate of Lima, cool at that time of year, enriched by hundreds of tons of lead from millions of exhaust pipes surely did not aid to the growth of the plants. Because of that it was even more surprising that so much effort was being put into maintaining those fragile plants right there. It was only Doctor **Marta Villar** – an expert of the Peruvian Ministerio de Salud - who explained the reasons to us.

Jacek Kaziński: She said that The Health Ministry was paying great attention to the development of phytotherapy and that these were not just empty declarations. She stated that such attention was absolutely necessary in Peruvian conditions, where still only very narrow social groups had access to clinics and hospitals. “If it weren't for the medicinal plants and the people who know how to handle them,” she said, “only half of the present Peruvian population would exist.”

“What about the other half?” I asked.

“This other half,” I heard, “would, I suppose, just die.”

Alina Rewako: When we were walking between those ministerial flower-beds I noticed that pupils were being brought there as part of their biology classes and shown the most important varieties of plants from the Amazonian and Andean region. I thought it was very important and interesting. Beautiful in a sense... In spite of being brought up in a large, nature-hostile city, young Peruvians were learning from the beginning something that might turn out to be crucial to them... Really, I could hardly imagine such a scene in Poland...

Marek Prusakowski: It was not our only visit to a ministerial department. Accompanied by Doctor **Elena Li Pereira** from the laboratory of Induquimica we visited The Agriculture Ministry on another day. In the San Isidro district, in The Selva Department, we received some of the most necessary information concerning the management of forest resources in Peru. We were also familiarised with recent assumptions concerning the development of plantations of medicinal plants. We could clearly see (or should I say hear) that the healing

potential of the Amazonian and Andean region is more and more being thought about in Peru even at the highest governmental levels.

A reporter's notes:

Until now Peru's annual income from the sale of medicinal plants has not exceeded two per cent of the country's export income. The dynamics of growth, however, is very high. Only four years ago the item of "plantas medicinales" did not exist at all in the balance of trade. When it first appeared in 1997 it only amounted to one fifth of one per cent. So in the period of three years its value has increased ten times!

According to **Arnaldo Caspiago Diaza**, a forecaster from the "El Comercio" newspaper, in the next twenty years the income from the sale of chuchuhuasi, vilcacora, pasuchaki and similar plants, could equal the income from tourism. "Although it sounds like a fantasy," Caspi writes, "it is absolutely possible. The point is the creation of appropriate conditions. Otherwise we can forget all about achieving success."

First of all – Peru shouldn't sell raw materials, like dried leaves and bark, but rather endeavour to export ready-made preparations.

Secondly – the raw materials meant for the production of medicine cannot be gained by chance but should be grown on plantations. "Otherwise," writes Caspi, "the jungle will be even more devastated than it is now, and in a few years' time wild vilcacora will disappear. A potential success will turn out to be a failure..."

Notes from the discussion in The Agriculture Ministry with **Nelson Berreteaga**, a senior official:

MAREK PRUSAKOWSKI: *Is it really that bad? Maybe ecologists just want to scare us?*

NELSON BERRETEAGA: *Unfortunately not – the danger is pretty real. The world seems to have woken up. All the people have simultaneously discovered the importance of Amazonian and Andean plants and want to buy them immediately. Americans, Italians, Germans, and the French are buying the plants. The great race is on. There are quite a few orders from Russia. The possibility of making easy money is leading to the predatory exploitation of rain forests – to the mindless destruction of plants. Many of them may already be irreversibly lost. Hence the first bans. For example – the most painful one for exporters – the ban on exporting the bark of vilcacora in the form of chips.*

ALINA REWAKO: *Is it a total ban?*

NELSON BERRETEAGA: *Yes, with one significant exception. If the bark comes from a plantation, and not from illicit harvesting in the jungle, we don't object to its export. That's where our policy is heading. Exporters are in great trouble, as waiting for the first planned crops usually takes at least a few years. That's why they are looking for some kind of loophole in the rules through which they might go and they are beginning to... "refine" the pieces of bark picked illegally.*

JACEK BELCZEWSKI: *How?*

NELSON BERRETEAGA: *Sometimes it's ridiculous. The pieces of bark are given a more regular shape and then each is wrapped in a paper excise band...*

JACEK KAZIŃSKI: *So the point is to encourage the Indians to grow pasuchaka, manayupa, vilcacora?*

NELSON BERRETEAGA: *In the first place, the point is in not giving away the treasures of Peru dirt-cheap and in creating as many plantations as possible in the shortest possible time. This should be done lest the plants are destroyed in their natural state, and in order not to – literally and metaphorically speaking – uproot them.*

MAREK PRUSAKOWSKI: *How many plantations have been created so far?*

NELSON BERRETEAGA: *Not too many, unfortunately. It is shameful to say – only three. The largest one is near Pucallpa and it is run by the Shipibo Indians. It's where you're going...*

A HOUSE WITHOUT WALLS

Marek Prusakowski: The journey to Pucallpa – to the camp in Shapsico and to the Indian village in Vista Alegre – was undoubtedly one of the most interesting episodes of our Peruvian expedition. It was a fantastic although difficult experience. For the very first time we were in contact with the real jungle, which we had only known from movies, from pictures or, at best, from stories. Although much of what we had already known and heard turned out to be true, the reality proved to be much more beautiful, much wilder and much more untameable. Anyone who has spent the greater part of his or her life in a city, especially in Europe, may feel really dizzy after just a few hours of being placed in the heart of a rain forest. In the wild everything is mysterious, strange, awesome and has totally different proportions from those to which we are accustomed. Arkady Fiedler's saying that in the jungle there are only two beautiful days – “the first, when the jungle enchants and astounds; and the last, when we run with relief from her over-protective arms” - proved to be more than true to me.

Jacek Kaziński: I was immediately infatuated with the jungle – from the moment I saw the impenetrable carpet of verdure stretching for hundreds of miles below the plane. There is something in the selva that defies any rational description. But that's the way I had imagined it. And when we were finally alone, face to face with The Great Verdure, I didn't get scared at all, quite the opposite. After a drive which took over an hour and a walk of several hundred metres we got at last to a slightly hilly clearing with two huts which were to be our home for the next few days. When I saw it I felt as if, after a very long trip, I had finally come home.

Alina Rewako: I, on the other hand, after going through the thickets in the clammy and humid heat, and getting to the end of our journey, wanted to turn away immediately and... run! And I would have done just that if it hadn't been for the fact that our car – with all the might in its wheels and suspension – had driven off to Pucallpa.

Jacek Belczewski: The selva made an overwhelming impression on me too. I am sensitive to the beauty of nature and because I sail and dive I've often had contact with it. I always try to feel its pulse, the hidden, dormant rhythm inside, the shades of its colours and smells. I fell in love with the jungle – so to speak – at first sight. I was especially captivated by the sounds of the wilderness. The selva is active twenty-four hours a day. It doesn't sleep even for a moment. Maybe at night some other parts and layers come to life than in day time but always some part of it is unceasingly watchful, pulsating and singing...

Right there, in Shapsico, in the jungle near Pucallpa, I understood how closely great fascination might border on equally great fear, on apprehension. For I was surely afraid. I was subconsciously afraid and thus I felt the fear more strongly and more acutely. I was constantly aware of the presence of millions of insects, animals, reptiles and amphibians. And then, for the first time during this expedition (but not the last!), I started to wonder if coming here to the end of the world wasn't too hasty a decision – if I hadn't risked too much and attempted something that was actually beyond my abilities?

Notes from the journey:

What does a hut in the jungle look like? Frankly speaking, I'd never thought about it... Yet here – without having any choice – I did not so much want to think about it but rather... I had to move into it...

A hut in the selva is a house without walls. Usually it is so humid and hot here that walls are limited to four huge piles that are there to support a roof made of dried leaves. Of course there is also a floor mounted about two metres above the ground. Between the piles you stretch a hammock which is covered with a mosquito net for the night and you may hang your clothes on the strings under the vault of wood and palms. The rest of your jungle equipment is on makeshift shelves which are placed as high as possible for protection against insects. The whole construction is totally open-plan and neither the wind (if it ever blows at all) nor human sight will find any obstacles in their path.

Alina Rewako: I have to admit that for me, a woman, it constituted a certain problem. In the jungle even taking basic care of personal hygiene turns out to be a problem. The notion of shame connected with nakedness is totally different than in Europe. That's why I looked at the native women with the greater admiration. They dealt with all the inconveniences with a smile on their lips – they carried on their shoulders buckets filled with water, they farmed tiny, quickly overgrowing fields and prepared meals for their families. Hard, physical work done by women has been a part of the Peruvian scenery for centuries. Both in the jungle and in the mountains. That's the way it was ages ago, that's the way it is now. Even pregnancy excuses them from their duties only for the last few days.

Marek Prusakowski: In the Inca days women used to go to wash themselves and their new-born babies right after delivery. The birth of a baby was always very joyful for it meant one more pair of hands for work. That's why the Incas willingly accepted polygamy. Single men older than twenty-five were very rare, and girls usually got married between twelve and twenty. Abortions were considered a crime and were punished by death. Confinement usually went without any complications and only in unusual cases did it require the participation of a curandero.

Jacek Kaziński: In the selva almost nothing has changed as far as these matters are concerned. Women living in the jungle know precisely which herbs should be used for which illnesses, and which plants have the best prophylactic effect. They do not go to the chemist's but they simply go a few metres into the jungle and... in a while they come back with what they need. In the selva, unlike in the mountains, mixtures are more willingly used than decoctions from a single herb. We were introduced to the secrets of creating those mixtures thanks to **Jose Torres**, the President of the Peruvian Union of curanderos, who brought the most ordinary blackboard from Pucallpa and gave us a lecture on the subject every day.

A CLASSROOM IN THE MIDDLE OF THE JUNGLE

From Jose Torres's lecture in the Shapsico camp:

First we have to answer the question – why Peru? Why is Peru the Promised Land of all those who seek a remedy for the world's various diseases? Why – for example - not Brazil where the jungle is bigger than here and where there are many more intact areas of virgin jungle?

The answer is very simple. The point is in the great climatic versatility of Peru. It's a country where you can find virtually all the climates of the world. You found out for yourselves in Lima how strange they can be. It's close to the equator and, at least theoretically, it should be hot, but in fact... it's kind of cool and humid, isn't it? This is just one example. One of many. There are many more anomalies.

The reporter's notes:

There exist eighty-nine different climates all over the world. In Peru there are seventy-eight. There are one hundred and eleven ecological niches on all the continents. Peru has as many as one hundred and two. In no other country in the world are there such great temperature amplitudes. Nowhere in the world is there noted such a differentiation in the level of annual rainfall. The Northern Atacama on the Chilean border is an area with practically no rain at all. The jungle growing where the Amazon and the Napo Rivers meet is a region where the annual rainfall amounts to three metres! The mountains – at least their ice-covered summits – represent in turn an almost arctic climate. The waterless coast, however, divided by “lomas”³ type oases – is an authentic desert moonscape...

From Jose Torres's lecture:

All this results in an unimaginable differentiation in the plant world. Three huge geographical regions of Peru, stretching from north to south – the line of coastal deserts, the sierra line, namely the Andes, and the line of humid jungle in the Amazon river-basin - constitute a set of three gigantic jigsaw-puzzles which match each other perfectly and – after arrangement – constitute one big entity. In this entity, as far as botany is concerned, there is - really! – virtually... EVERYTHING! From tropical palms to lichen. From, razor-sharp mountain grass to the spongy leaves of the tananarewa tree sucking moisture from the air.

Jacek Belczewski: We could see right next to us that these were not just empty words. All we had to do was to leave the table made from unplanned boards where we had our lectures, step down a few crooked steps and plunge into the surrounding undergrowth. We were sucked in by the jungle as water is sucked in by a dry sponge. Its humid breath and the sounds coming from all around got to us immediately. If it hadn't been for the perfect preparation of the camp's surroundings we would probably have got lost after several dozens of steps. Fortunately, nothing like that could happen. A few hours before our arrival somebody – probably Jose Torres – had cut out some clearings and carefully planned out the routes of our excursions into the forest. The trunks of the most characteristic trees were given labels with Latin and ordinary names. Additionally, there was a narrow path cut with machetes, which led from one tree to another. Thus prepared, probably the strangest classroom in the world waited for its pupils...

Jacek Kaziński: We could clearly see the richness of the plants. Ojé, huinco, capirona. Boa huasca, cedro, toe, chacruna. Chiri-sanango, sangre de drago and obviously vilcacora. Paico. Marcco. Alacrán. Boldo. Yerba luisa, camu-camu, iporuro and cocona. These are only the names which I managed to memorise on the first walk. After another one – and another – the names multiplied in a geometrical progression. I was stunned to see such variety, such richness, the existence of which I had been unaware of until then! After some time, much to my great joy, I was able to recognise the plants that appeared most often...

Marek Prusakowski: I was above all surprised by the fact that the young, just rising plants were so very different from fully mature plants that they could not be recognised. I was also surprised by the jungle's internal structure. What from the edge of a clearing looked like a shapeless tangle of trunks, branches and sprouts, after going inside, after plunging in, surprised me with its highly intricate construction of a vault supported by magnificent columns. These columns were obviously trunks, and the overlapping tree-tops created in turn the arches of the vault. Even the best architect could not create anything like this! This could only be created by nature!

Jacek Kaziński: Jose Torres turned out to be the greatest of experts. He knew the jungle inside out. **It seemed that what we considered bewildering and incomprehensible**

³ lomas – (Spanish) oases of vegetation acquiring moisture from the air

was no mystery to him at all. This plant here cures glaucoma after a four-week treatment, and that one is effective even for multiple sclerosis... This one deals with kidney stones without any problems, and you can even try to treat cleft spine with that one...

I was struck by his great humility and the joy stemming from virtually intimate contact with nature. “This is one of my best friends,” he would say with a smile from time to time, embracing the trunk of some enormous tree. And one could feel that this wasn’t just a poetic metaphor but an authentic, live experience. That reminded me of the words of Victor Inchaustegi who had told us in Lima that when he was totally at a loss and didn’t know what to do with his terminally ill patients, he immersed himself in the jungle and talked to plants.

Alina Rewako: Like ducklings after their mother, we walked after Jose Torres from one tree to another, and he – leaning with one hand on a trunk, and holding a machete in the other – revealed the history of each plant. Yes! – because it turned out that every plant has its own story! Every plant has a personality! Ojé is like a bony, pock-marked man, and huanuco is slender and soft like a woman. Boa huasca is strong like a spring coiled to extremes, and yerba luisa – despite being a perennial – resembles marsh marigolds which bend towards the earth. Our guide told us about the seasonal and twenty-four-hour cycles according to which the plants’ juices circulate inside them. He told us which parts of plants are used for particular diseases and how to prepare potions. It seemed that no disease existed for which a working remedy couldn’t be found here...

Data from The Regional Ministry of Agriculture in Pucallpa:

Every fourth plant in the jungle has not been classified yet. Every fourth blade on which you step in the selva does not have a name yet.

Every hectare of tropical forest – because of its unrepeatable landscape, distinctiveness of soil and different flow of rivers – creates a unique ecosystem, the counterpart of which cannot be found anywhere else.

The annihilation of one are of the jungle is very often equal to the loss of several dozen, or at least several, species of unknown plants, the loss of which is often impossible to make up. Among them – as may be suspected – at least a part have healing properties: these are the species which in the future might cure some unknown yet diseases...

From the discussion following Jose Torres’s lecture:

JACEK BELCZEWSKI: *If there are so many plants and nearly every second one of them may have a beneficial effect on humans, why is so little known about them in the world, in Europe?*

JOSE TORRES: *There are at least three reasons for this situation. First of all – Peru, because of its geographical position, is as if cut off from the rest of the world, and most medicinal plants grow at the far end of the world. Not everyone has as much strength and will-power as you. Not many people will expose themselves to so many inconveniences and discomforts to see and confirm what is so hard to believe in.*

Secondly – there is also the matter of mentality. The world is Euro-centric through and through. The world believes in what is western. The south is linked with risk, and is considered to be the third or, even worse, the fourth world. This is a place which is a bit unsure, which should be avoided... If something comes from Paris or Madrid it appeals to the imagination more easily and finds supporters. A country like Peru on the other hand – unfortunately – somehow doesn’t stir the imagination. It is hard even to imagine that this might change in the future...

And the third reason. There have been many analyses of Peruvian plants in the world. And what comes out of it each time? If active substances – alkaloids, flavonoids, or saponins - are isolated from the plants and experimentally tested on animals, they are not as effective as

decoctions prepared in a primitive way. “Why is this?” the opponents ask. “This is strange and denies scientific methodology.” And that’s how new question marks arise all the time...

MAREK PRUSAKOWSKI: *Why is that? Why are single substances not one hundred percent effective while decoctions, in turn, prove to work better?*

JOSE TORRES: *There already exists a scientific interpretation for this phenomenon. And it’s not hard to understand. It is believed that for certain reasons it is better when chemical complexes - bigger structures - and not just single substances influence an organism. According to this interpretation those “tails”, which are as if attached to chemically active substances, work as catalysts: they strengthen the body’s response to healing substances.*

Marek Prusakowski: We were greatly surprised at the language used by the “head” curandero of Peru. He talked in a clear, concise, direct way and he didn’t avoid precise scientific notions. Not only did he know perfectly well all the Latin names of the presented plants, but I can say in full sincerity that he really possessed a thorough medical knowledge – certainly not academic, that’s true, but rather knowledge stemming from long practice. At the same time he watched very carefully our reaction to his words. **We created a constant dialogue, which, although beset with doubts and controversies, was devoid of conflict.**

Jacek Belczewski: Jose Torres explained to us why in the jungle curing with mixtures is more popular while in the Andes treatments usually consist in taking the preparations from single plants. It turned out that this stems from the greater abundance of plants in the selva than in the sierra. In the jungle there are ingredients which can be mixed; in the mountains – not necessarily.

Alina Rewako: He devoted a great deal of space to the interaction of particular plants and taught us how to combine them⁴. He underlined the great importance of honey, both as a substance improving the taste of bitter decoctions and as an ingredient whose strengthening properties cannot be overestimated. He confirmed that with the help of preparations made from mixtures of Amazonian medicinal plants, many kinds of cancer, for example: breast cancer, ova cancer, womb cancer, large intestine cancer and bladder cancer, can be cured. And that such treatments do not have side-effects as in the case of the conventional methods – radio- and chemotherapy.

Marek Prusakowski: Yet on the other hand there were plenty of warnings, which should be stressed. For, as it turns out, many of the mixtures Jose talked about, may be applied only under the supervision of a very experienced therapist. It often happens that after application the first reactions of a patient may be really severe - vomiting and fever may occur. This primarily concerns cleansing treatments with the usage of the bark of the ojé tree or the sprouts of the ajos sachá bush. Personally – just like you, I guess – I would never undergo such a treatment.

PIRANHAS IN THE UCAYALI

Notes from the journey:

After the exact time needed to get used to the living conditions and to the rhythm of a day in the rain forest, we returned to Pucallpa by the same path, the same dilapidated minibús and the same road. There was simply no time to stay longer; our only comfort being in the fact that we were to come back to the jungle – to Iquitos. And so, when we were no longer disturbed by the all-night-long cicada concerts (“Fine music,” Marek used to say, “but what of it if the musicians swarm all over you?”), we had to forget about them and get

⁴ some pieces of advice from Jose Torres were used in the preparation of formulae included in chapter VI

used to something totally different: to the twenty-four-hour-a-day cacophony of the streets of Pucallpa, the biggest city of the Ucayali region.

A European would hardly call Pucallpa a city, as we connect this word with something totally different. What dominates here are single-storey buildings – dilapidated, ramshackle houses with reinforcement rods sticking in every direction and an uncountable number of electric wires. There are almost no asphalt roads, and the streets are rust-coloured dirt roads through which crazy motor-rickshaws speed day and night. The minimal engine power of these machines make their drivers “rev” the engine to the maximum, additionally very often without an exhaust silencer. When several dozen such vehicles move off at the crossroads, blowing their horns as loudly as possible, there is no chance of having a wink of sleep even if your hotel is situated a few blocks away...

Jacek Belczewski: Next day we set off from Pucallpa and by fast motorboat we went up the River Ucayali to the Vista Alegre village where the Shipibo Indians lived. Thanks to Cesar Barriga, **Pershing Hernandez** and **Linda Chia**, who were accompanying us, this tribe was the first to grow vilcacora in a planned way. We were to meet the elders and to see a piece of fallow where – contrary to the estimates of The Ministry of Agriculture – “Uncaria tomentosa” was being cultivated.

Jacek Kaziński: And it wasn't the problem of the barren soil in the selva as it is enough just to grub up the land a little and everything actually grows by itself – it was the problem of... PEOPLE. Cesar Barriga, an engineer–agronomist with the greatest experience in this field, told us that the **Indians living in the wilderness actually did not know what... work was!** Since the beginning of the paternalistic rule of General Velasco Alvarad, the Indian communities have been in fact kept by the state and when they need something it is enough to send an appropriate petition to Lima. All they need is one person who can read and write and a second one whose arms are strong enough to row for a few days against the current of the Ucayali, and to deliver the letter to the addressee. The problem arises when they have to do something by themselves, and this something doesn't bring immediate effects but may lead to them after at least two, three years...

From a conversation with the engineer, Cesar Barriga:

CESAR BARRIGA: *That's where the drama begins. How to explain to the Indians that they are to clear the jungle - which is neither easy nor pleasant in this heat – when they ask “What for?”, when they say that if they need something they will get it from Lima, and if they ask long enough the government will even build a school for them?*

ALINA REWAKO: *What is the solution to this problem?*

CESAR BARRIGA: *We have to try to explain what advantages stem from working on their own. We need to speak for a long time, emphatically and as picturesquely as possible. What should be often mentioned is their children, especially their future – this is their tender spot, the most tender one. And first of all we need to find people inside the community who in one way or another have come into contact with the city and with civilisation and to win this person over to the cause. When they have listened to the good advice and accepted that thanks to it they will be better off, their example might become contagious...*

Alina Rewako: The natives had promised that we would go up the Ucayali by hydrofoil. At dawn, right before the appointed hour we appeared at the wharf. The stench of this place was unbearable. There were heaps of decaying fish, faeces and piles of litter among which trading fisherman were bustling about. We wondered again how it was possible that there was no calamitous outbreak of plague. It was obvious that the vultures sitting around were not able to neutralise all the refuse...

Jacek Belczewski: Instead of the hydrofoil, an old, decrepit, tin boat with a Yamaha outboard engine awaited us. It was explained to us that this local miracle of technology turned into a hydrofoil when one more engine was hung from the stern. “Then we’ll be faster than anything on the Ucayali,” we heard. “No-one and nothing will overtake us...”

Marek Prusakowski: This journey also was an extraordinary experience. We sailed about one hundred and fifty kilometres into the selva and I don’t think I would be able to repeat that ever again. In the wilderness surrounding us there were neither roads nor paths, only from time to time above the tangled verdure we could see a wisp of smoke rising here and there – the only proof that there, far away, deep in the jungle, people were living.

Jacek Kaziński: We again saw wild nature in its purest form. The bank of the widely overflowing river was steep, almost like a cliff. The muddy, yellowish water was undermining the bank, making trees slip down into the rapid current and create impassable jams - a paradise for birds and fish; an obstacle for boats. We could observe how the herons were flushed out and how they rose majestically, how heavy-beaked toucans jumped from branch to branch, how whole schools of small fish, fleeing from predators, skimmed over the surface of the water and created sparkling veils. From time to time we passed Indians who were travelling, not exactly in nutshells but rather in narrow spindles made out of hollowed-out tree trunks. These long, shaky boats practically had no boards and it was really surprising that they didn’t overturn in the wave made by our “hydrofoil”. Really – it was nothing short of a miracle! The more so bearing in mind that the natives were not only able to sail and steer among the whirls, but also that they were able to keep their balance while standing on the bottom and simultaneously throwing nets and fishing for hours.

Marek Prusakowski: Under the boat, life was flourishing. No, that was no joke – when we cast our fishing lines for a while there immediately appeared piranhas on the hooks! We were no less unnerved by the fact that right next to us there might be electrical eels, contact with which brings about a discharge of several thousand volts, which can knock you out for many hours. The possibility of meeting a cayman or running into an anaconda which was swimming down the river also stressed us a little

Notes from the journey:

Such awareness turned out to be especially unpleasant on our way back. Our guides forgot that in the jungle after six p.m. God switches all the lights off and – although it’s South America – it becomes pitch-dark. And the Indians didn’t even have a candle-stub, not to mention a headlight! So we were sailing blind, this time not up but down the river, and we knew perfectly well that next to us, and above all, ahead of us, (which was the worst!) there were more boats as unlighted as our pell-mell “hydrofoil”. The few-storey-high bank didn’t leave much chance of climbing in case of any collision, even if anybody managed to get there. We went through moments of genuine fear and horror. At that time I asked myself on several occasions: “And what did you need this for?”

THE FIRST FIELD-PATCH OF VILCACORA

Jacek Belczewski: The Shipibo Indians from Vista Alegre welcomed us very cordially. The village was absolutely invisible from the boat. We only noticed it thanks to a small marina situated on the bank. Cesar Barriga, who for at least three hours had been assuring us in dead earnest that the aim of our journey was right over there “behind this... bend”, unerringly recognised the place. We first turned off one engine than the second one and we moored at something similar to a wooden gangway. At the top of some earthen steps

which led onto a high bank, a welcoming committee awaited us: the pueblo⁵ elders and also women from the counterpart of a rural housewives' circle.

Jacek Kaziński: The orchestra was playing, chewed up masato⁶ was waiting in huge vats. Each of us was grabbed by two Indian women and amidst incredible noise led to the school building. There we were seated at a long table and introduced by the village's chief to all the people present as "medicos-amigos-polacos"⁷. Then the chief presented the local notables. Each of them delivered a speech; and it took quite a long time as Indians adore speaking in public. We were also forced to say something and two Indian women gave Małgosia – Marek's wife - a petition for... four irons: two electric and two powered by coal.

Marek Prusakowski: Did they mistake us for the government?

The reporter's notes:

The Shipibo tribe, numbering about five thousand people, lives in the central basin of the Ucayali River. It is known primarily for pottery and fabric making. Moreover, these Indians are the best doctors possible in the whole Peruvian Montania and after moving to bigger cities they are considered incomparable specialists. They know over one hundred and fifty medicinal plants, some of which they grow in their small gardens. This is quite an unusual situation because usually Amazonian natives limit themselves to picking plants in their wild form. The Shipibo are a remarkable exception. That's why The Ministry of Agriculture in Lima hopes that the Shipibo tribe's land will be the place where a vilcacora plantation can be created the quickest.

From the speech delivered by Cesar Barriga after the arrival at Vista Alegre:

What were the Shipibo known for in the past? Tell me, tell me my friends!

Yes – for beautiful women.

That's true. But what else?

For wise curacas.

That's also true. Anything else?

For pottery – you'd say.

And this time again, when saying so, you would not be mistaken.

But what else? Tell me! What were you known for all around Peru?

For fabrics, weren't you? And for your famous curanderos and your even more famous doctors.

That's history. That's how it used to be. That's how it is now. But what will the future be like?

That is the question. The question that you have probably asked yourselves many times.

I know the answer. I know. This is the answer which one day will be proudly uttered by your children.

I will reveal it to you in secret: in the future you will be known for your PLANTATIONS – for being the first who started to grow vilcacora and thanks to that each of you bought himself a TV-set...

From the discussion which started right after the speech:

SHIPIBO INDIAN: *And what should we do, engineer, when our backs hurt because of clearing the rainforest?*

⁵ pueblo – (Spanish) village

⁶ masato – white beer made of chewed up manioc lumps

⁷ medicos-amigos-polacos – (Spanish) – Polish doctor friends

CESAR BARRIGA: *You should bend even more, sharpen your machete even more and hit with it even harder. And in the empty space you have created – plant vilcacora or chuchuhuasi.*

ANOTHER INDIAN: *And what should we do if we do not feel like clearing? If we do not feel like planting? If we do not feel like working?*

CESAR BARRIGA: *Then you should look at your neighbour Arevalo Wilson. (Here he pointed at one of the Indians who was sitting in the last row). Wilson used to work in an oil company and he had his own flat in Pucallpa. He knows the power of money. He knows what is and what isn't worth doing. He was the first who started clearing the jungle, who started watering the first cuttings of vilcacora. His children will move on the Ucayali in a boat with three engines. And your children? How will they move? What will they use?*

Answer me!

If you don't know, I will help you. In a canoe hollowed out of a tree trunk! Yes – in the simplest existing one! Unlike the children of Arevalo Wilson – yours will have to row and row till the end of their lives...

Marek Prusakowski: We were really disappointed by the plantation itself. It was rather the beginning of a plantation-to-be... Maybe about ten acres of the rainforest altogether had been cleared and in quite straight rows, along poles stuck into the ground, the first cuttings of vilcacora were beginning to rise. Not every single tree had been removed from their vicinity. The ones that provided shadow and might in the future constitute support for the vine were left intact. Obviously somebody had planned it and had tried to think with the future in mind. But did this person have enough imagination to continue the project?

Jacek Kaziński: When I saw it, I had similar doubts. For this slowly-rising vilcacora might give first crops in, at best, three or four years' time. Would the Indians – even if they are Shipibo, known for their small gardens – be strong-willed enough to wait for the first crop?

Jacek Belczewski: We observed some positive signs in the hut of Arevalo Wilson, who had already been mentioned by Cesar Barriga. In Vista Alegre this Indian was undoubtedly a kind of a pioneer of growing "Uncaria tomentosa". In a tiny attic he even had a few bags full of vilcacora, which he intended to take to market in Pucallpa. They came from a little field which was a bit deeper in the jungle, and where three years ago – tentatively at the beginning yet more and more decisively – he had started his own experiments with vilcacora.

Marek Prusakowski: I asked Cesar Barriga whether he really believed that it would succeed in the future: whether full value vilcacora would ever grow on this fallow ground? He said he hoped so, but he knew that before it came to that, a long time would pass...

CHAPTER III

JUNIN AND CUZCO - MOUNTAINS, MOUNTAINS

A SILENCE WORSE THAN SCREAMING

Alina Rewako: So far we have been talking about the jungle as something very lofty and magnificent. We have admired its richness, profusion and the infinite diversity of its plant world. But the selva also has another facet. A much more hostile and gloomy facet. I was surprised by it no less than by what we have been talking about so far. The jungle is not only a synonym for pulsating life. It may also be a synonym for death.

Jacek Belczewski: I know what you mean. You're talking about the smoke, the columns of smoke which continuously hover above the jungle. I noticed them at the very beginning of our stay in Pucallpa. I was astonished already at the airport, as, from what I had read before our departure from Poland, it appeared that Pucallpa was located in the heart of the rain-forest. Yet, after getting off the plane, it turned out that there is no selva in Pucallpa! and that the town is situated on a plain extending as far as the horizon, a plain only occasionally livened up by small groups of trees.

Marek Prusakowski: Quite recently - not longer than four or five years ago! - there was a jungle there! Now, the selva has vanished, withdrawn from the city and as if sunk into itself. It has been destroyed and exhausted, and has given way to farming and building. In order to reach the selva from Pucallpa, you have to drive at least one hour through an area virtually deprived of vegetation! You pass gloomy clearings, from which rise smudges of smoke. This is so, because, like anywhere else in the world, the simplest method for getting rid of a forest is fire.

Jacek Kaziński: In Pucallpa, we had the opportunity to see with our own eyes that the dramatic forecasts of the Ministry of Agriculture in Lima about the disaster looming over the Amazon rainforests are not exaggerated at all. The air is constantly filled with the smell of the jungle being burned everywhere around, and the town is shrouded in a mist of bluish smoke. Every day, eight hectares of forest disappear from the map of the globe, at least half of which is in South America, and one third in Peru. Those guilty are gold miners, the drug mafias, parties searching for rare kinds of timber, and a hundred of other reasons. The effects are clearly visible. The places, where not so long ago there was rainforest, and now there are only remains of cut-down trees and layers of warm ash, into which you fall ankle-deep, can only be compared to a scene after bayonet combat.

Marek Prusakowski: The only difference is that you can't hear the moans of the dying. There is silence around. Penetrating silence. A silence worse than screaming.

Alina Rewako: It was exactly the same expression that Jose Torres used during the meeting which was organised for us in the Regional Hospital in Pucallpa immediately after

our return from Vista Alegre. That was another milestone on our route following the vilcacora trail. Although, we talked there mainly about medical issues, not for a moment could we escape the thought of ecology, and the fear of what would happen to the selva - the pharmacy of the future.

RETURNED TO LIFE AND TO THE WORLD

Notes from the journey:

We suffered from unquenchable curiosity about what a Peruvian hospital could be like. Frankly speaking, we were expecting the worst. Pucallpa - a real borderland town with thousands of motor-rickshaws in the streets - immediately reminded us of India. Hence, also in the case of the hospital, we were prepared for Indian standards.

The reality once more turned out to be different from what we had expected. When we reached the hospital, we couldn't believe our own eyes. We saw a big modern building surrounded by a beautiful garden with bungalows in which the physicians lived.

The inside surprised us with its spaciousness, absolute sterility and perfect air-conditioning. The tropical heat was left behind the door, as inside - to our relief - the temperature oscillated between twenty-four and twenty-five degrees. The hospital impressed us also with its equipment: it has been equipped with two tomographs, apparatus for performing magnetic resonance, and three operating theatres equipped for even the most complicated operations, including transplants, replacement of severed limbs and open heart operations.

A medical Manhattan in the heart of the jungle!

Jacek Kaziński: The meeting took place in the great assembly hall. It was attended by the chief consultant of the hospital, Doctor **Alberto Mendez Ruiz**, one of the surgeons, Doctor **Diego Chenemaques**, as well as a few curanderos. The fact that the curanderos took their seats next to renowned physicians, struck me at first as a *faux pas*. Only after quite a while did I realise that it wasn't a mistake but a rule!

Marek Prusakowski: It appeared that in the hospital in Pucallpa, despite the fact that it is very modern and impressive, curanderos - experts on medicinal plants - and physicians with degrees co-operate closely with each other. The phenomenon which we had already heard about on the second day after our arrival from Doctor Victor Inchaustegi, was here also an everyday occurrence. The consultant noticed our amazement and, realising that we were not quite "converted" yet, hastened to explain: "Conventional and folk medicine have shaken hands in this hospital. You can't say that we co-operate with shamans, but we have a great respect for folk medicine, which works for the benefit of our patients."

Alina Rewako: It turned out that the hospital employs curanderos not because of a lack of physicians but in order to increase the effectiveness of treatment. "The experts on folk medicine share their greatest secrets with us," the ward head continued. "We learn from them and consult on the most difficult cases. This practice has lasted for many years now. During this time they have gained our respect and trust."

Notes from the speeches of the curanderos:

ERNESTO JIMENEZ: *We are also learning. We don't claim at all that we know everything best. We aren't know-it-all people, we don't know all the remedies. We believe that constructing barriers around a sick person's bed doesn't make much sense. If we know something that the physicians don't know, why shouldn't we share our knowledge?*

SEBASTIAN MARIATEGUI: *In my opinion, there is no such thing as conventional or unconventional medicine. What are these terms supposed to mean? There is only effective*

and ineffective medicine. We curanderos from the hospital in Pucallpa and the physicians here strongly opt for the first choice.

RODOLFO AUGUSTINI: *Thanks to the co-operation with physician and thanks to the fact that we've got access to laboratories, we have come to understand better the effects of our mixtures. We look into the mechanisms of their operations, something we used to be completely ignorant about. Some time ago, I worked in the hospital in Iquitos together with Doctor Victor Inchaustegi . Just like the hospital in Pucallpa, it is a place where the authentic medicine of the future is being born.*

A reporter's notebook:

And then came the story... About a woman with breast cancer, who the doctors gave only two months of life but Ernesto - using a canchalagua, vilcacora and tuahari decoction - in half a year set on her feet again.

About a man with cancer of the prostate gland, doomed to death, who was cured by Sebastian by means of sangre de drago, achiote and several other plants.

About people ill with diabetes treated by the mulatto Rodolfo with pasuchaka, abuta, camu-camu and cuti-cuti. After several weeks they could forget what insulin was.

About people cured of psoriasis!

About drivers ill with limb paresis, who, treated with chuchuhuasi, palo santo and palo de huaco under curandero Alberto's watchful eye, were again able to sit behind the steering wheel and to return to crossing Peru from left to right and up and down...

Marek Prusakowski: We were very impressed by what we heard. The more so, since, in most cases the curanderos turned out to be very simple people without any pretensions to "stardom". They often possessed only two shirts and one pair of shoes to wear on special occasions. Just imagine that some of them, those not employed in the hospital, had rowed upstream for twenty-four hours on the Ucayali river in order to meet us.

Anna Rewako: One of them - a specialist curing paresis and various cancers - was blind. The physicians showed him great respect. He told us that his disability didn't disturb him at all and through his years of practice he had learnt to recognise illnesses by smell and touch. On bidding us farewell, he gave us a bottle with a yellowish mixture which was supposed to cure rheumatism and arthritic changes in joints very quickly.

Marek Prusakowski: At the end of our stay in Pucallpa, we gave an interview on local television. We explained who we were and what the aim of our journey was. The journalist who talked to us got very interested in what we said. We thought, however, that in comparison with what we had heard and seen, we had very little to say.

FOLLOWING THE TRACES OF ERNEST MALINOWSKI

Notes from the journey:

The scenery changed very soon. Hardly had we finished our education in the jungle near Pucallpa, and cooled off after that heat in the cooler air of Lima for one day, when our hosts prepared another surprise and sent us to the other end of Peru - to Cerro de Pasco and Junin. The Andes. The Sierra. After the selva, the time has come for the mountains - the Incas' mountains. We were to see a completely new facet of Peru. Totally different but no less mysterious.

Warned by frequent visitors that at the altitude of 4200 metres above the sea level, the height which we were to reach, the lungs find it difficult to obtain oxygen - already the day before, in the evening, we drank coca leaf tea without complaining. No, it has nothing to do with drugs or cocaine, as this stimulant, in the form of tea bags, is widely available in all Peruvian groceries; it is also served in most cafes and restaurants. The custom of drinking such an infusion – or, which is much more effective, chewing the dried coca leaves - dates back to the time of the Incas. Apart from suppressing hunger, it does away with the feeling of tiredness, helps with asthma, digestion troubles and - what was most important to us - facilitates adaptation to high altitudes...

Alina Rewako: The symptoms of altitude sickness start being felt from the level of about three thousand metres. At this level the content of oxygen in the inhaled air is too small to oxygenate the haemoglobin in the red blood cells. That is why the organism suffers from hypoxia and has no choice but to activate its proven adaptive mechanisms. It is due to them that you start feeling bad: you have a quickened pulse, heart palpitations, and red burning flushes appear on your face. If you add also a weakening of the sharpness of sight and, problems with concentration and a feeling of horrible tiredness, the image becomes complete.

Jacek Belczewski: The number of red cells in the organism increases, and at the same time, the amount of the circulating blood decreases – the blood thickens. This state lasts for several weeks, which helps substantially in passing the level of three thousand metres again. This practice, after the expedition to Junin, proved very advantageous for us already in Cuzco - but let me talk about that later on, as for the time being, we haven't reached the plateau yet...

Jacek Kaziński: We were going by car. After getting through Lima with its eight million inhabitants, and passing by the huge fortress-like building of the American Embassy, we entered a deep ravine. On both sides of the road there rose the Andes' several-hundred-metre slopes. Below flowed a little stream, and the road meandered above it on a narrow and winding rock shelf, at times covered by stone overhangs. Parallel to it - in tunnels, viaducts, embankments and flyovers - there ran the rail route built by Ernest Malinowski to Huando and La Oroya. What was later I don't know, as the height exhausted me more and more and eventually... I fell asleep...

Jacek Belczewski: We felt a queer uneasiness caused by hypoxia. It didn't allow us to concentrate on the stunning views and made us look at everything as if through very thick glass. We were passing fantastic, grey-green lakes around which countless flocks of flamingos were wading; we went along abandoned copper and gold mines; we saw alpacas and vicuñas⁸ grazing on the silvery-grey punas. All that, however, seemed to us very distant and unreal, as if it was not there - as if it was only an illusion of our hypoxic imagination...

PERUVIAN VIAGRA

A reporter's notes:

The reason for our visit there was not the landscapes, however, but maca. Maca, a vegetable resembling a turnip but a bit smaller, is often called the Peruvian ginseng, and lately the Peruvian viagra. This is a plant unusual in all respects - known already in pre-Incan times. It used to be more widespread in the Andes than potatoes. Nowadays, thanks to its extraordinary nourishing and revitalising properties it is enjoying its renaissance.

⁸ alpacas and vicuñas - farm variety of llamas

According to the Indians, when the conquistadors arrived at the Andean altiplano⁹, they noticed that their horses were not only in worse and worse shape but also refused to breed. The Indians, still friendly at that time, advised them to add maca to the horses' feed. The advice turned out to be effective. After a very short time, the horses not only started to feel better and put on weight but also to mate very vigorously. Today, laboratory tests have proved the properties of maca discovered ages ago. Apart from a clear fattening effect (including muscle tissue; what a great substitute for the anabolic steroids used by sportsmen!) maca increases physical efficiency, activates the immunological system and improves potency. It also increases fertility.

Notes from laboratory research:

Experiment one:

For six months, a colony of forty-four rats was fed with a feed mixed with powdered maca. The colony consisted of eight males and thirty-six females. The control group, which did not receive maca, consisted of twenty-six rats: two males and twenty-four females.

After six months, thirty females out of the thirty-six from the experimental group gave birth to offspring - from three to four young rats from one litter. At the same time, from the control group, only eight rat females had offspring and only three at most from one litter.

The general condition of the young rats in the experimental group was much better than in the control group. **A clear correlation between the fertility of rats and the fact of feeding them with powdered maca in the reproductive period was proven. The fact of feeding them with maca also had a clear influence on the state of the health and vitality of the new-born rats.**

Experiment two:

A colony of fourteen rats with an average weight of eighty-five grams was fed for three months with a feed mixed with maca in the amount of thirty percent of the feed mass.

At the same time, a control group of nine rats with a similar average weight was fed in the same way but without adding maca.

After three months, the weight of the rats from the experimental group increased by about fifteen percent. In the control group no noticeable change in weight was recorded.

As a result of this experiment **a clear correlation between the fact of feeding the rats with a feed enriched with maca and an increase in their weight was proven.** A similar degree of correlation was recorded in analogous experiments carried out on guinea pigs and frogs.

In the case of females, after post-mortem examination, each time a much greater number of Graafian follicles was found in the experimental group than in the control group, which indicates a substantial increase in their fertility.

The experiments described above were carried out under the supervision of Doctor **Lida Obregon Vilches** in 1997 in the American Institute of Phytotherapy in Lima.

Notes from a conversation with Lida Obregon - the author of a comprehensive monograph on maca:

LIDA OBREGON: Maca, in my opinion, will become famous world-wide in a way comparable with that of chuchuhuasi, pasuchaca and vilcacora. This plant cannot be overestimated. It can be successfully used in treating anaemia, infertility, impotency, frigidity, osteomalacia, rheumatism, arthritis, growth deficiency, tuberculosis, AIDS and osteoporosis.

JACEK BELCZEWSKI: *What makes maca so special?*

LIDA OBREGON: *It is, among other things, the fact that some of its compounds, when in the liver, transform into hormones.*

⁹ altiplano - (Spanish) plateau

JACEK KAZIŃSKI: *Is this the reason for its universal applicability?*

LIDA OBREGON: *Not only. We owe this mainly to the excellent composition of maca - to all it contains. Maca contains proteins, carbohydrates, vitamins A, B1, B6 and B12, sodium, potassium, magnesium, calcium, phosphorus, iron, chromium, zinc, boron, iodine, aluminium, silicon, bismuth, as well as the elements determining its therapeutic properties: alkaloids, glycosides, steroids, saponins, tannins, prostaglandins, natural estrogens, terpenes. Practically everything - and even more, in fact!*

Marek Prusakowski: When the strains of this drive up the mountain had been left behind us and I was already standing in a stony field somewhere below Junin, holding in my hand a small white turnip, a maca, which had just been pulled out of the ground, I couldn't believe that in such a tiny and inconspicuous thing there are so many beneficial properties! The facts, however, spoke for themselves. Maca has been effective. It has helped both animals and humans! In the form of capsules and an easily soluble powder it has already conquered the whole world - it has been introduced in the USA, Germany, Italy, Sweden, and recently - thanks to the Andean Medicine Centre in London - it has reached Poland as well!

Jacek Kaziński: Doctor Martha Villar of the Ministry of Health in Lima told us about the "miraculous cures" taking place thanks to maca, described in detail in the reports of the medical centres operating within the national system of health protection. Although maca has been entered on the list of basic medicaments only very recently, there are more and more such cases. Presently, in Peru, maca is commonly being given to adolescents to help them to develop muscles, and to old people to help them recover their vitality. Maca has also become the basic medicine in the recently initiated programme of fighting osteoporosis. **It is the only medicament known in the world which not only hampers the development of this illness, but also helps the organism to replace the loss of osseous tissue.**

Jacek Belczewski: Another successful application of maca is giving it to people devastated by AIDS. It is becoming a more and more widespread practice in American clinics. Maca prevents the accelerated thinning process of the ill and the loss of muscle tissue. It increases the strength of the patients and initiates the process of gradual recovery.

Marek Prusakowski: In countries free from the problem of overpopulation, maca is making a fast-growing career as a means for fighting infertility. In certain cases, women who have lost all hope for having children, after a several-week-long treatment with maca, which incidentally is quite reasonably priced, became pregnant and gave birth to healthy children!

SURPRISING CONCLUSIONS

A reporter's notes:

In the old days Peru was identified with coca - with the custom of the continuous chewing of dried leaves which were supposed to increase strength and eliminate the feeling of hunger. Now, the results of the still growing number of research works indicate that, perhaps, maca used to be even more important than coca. Without maca - as the research suggests - ancient Peru wouldn't have existed! The gigantic, colossal stone constructions, which have always amazed architects and archaeologists, wouldn't exist!

The slightly yellowish powder discovered in numerous ceramic vessels in tombs dating back to Incan times was not corn-flour at all - as was assumed before - but MACA! Indeed, maca was even given to the dead for their journey to the Incas' great beyond! It was also added to the food of those who, in a feat of superhuman toil and unmatched precision,

were building the fortress of Sacsayhuaman¹⁰ and the ancient Machu Picchu¹¹ out of cyclopean blocks.

Alina Rewako: We were soon to see with our own eyes what both of them - Machu Picchu and the fortress of Sacsayhuaman - looked like. After Junin - the centre of maca cultivation - Cuzco was the next stage of our Peruvian “initiation”. Even though, after several weeks of communing with the New World, we should have got accustomed to the surprises, after reaching the Incas’ Hub of the Universe¹², we were amazed again.

Jacek Kaziński: This journey was only seemingly unrelated to the main aim of our expedition. The reason for our being there wasn’t the tourist attractions. We were getting more and more fascinated by the spirit of this country and conscious of the fact that if we didn’t get to know it in depth, we would never come to understand fully the secret of the local plants – to understand the core of Peruvian phytotherapy.

Jacek Belczewski: The Andes turned out to be just as marvellous as the Peruvian jungle. They charmed us with their shocking shapes and diversified colouring. My attention was caught especially by the incredible symbiosis between the mountains and the way of life of the people. They were as if blended and knitted into the mountain scenery, not standing out from it but constituting its integral and inseparable part.

Alina Rewako: The situation was similar with the incredible constructions hidden amongst the mountains. Monumental buildings constituted virtually a natural extension of the mountains. The tight link between the architecture and the sierra was demonstrated, for example, by the fact that, despite the hundreds of years that had passed since their creation, the walls had not been destroyed by any earthquake...

Marek Prusakowski: At the beginning we didn’t even suspect that there might be any link between the vegetation and the ancient Incas’ culture and architecture. However, with every breath of the rarefied Andean air and with every new view expanding in front of our eyes, it was becoming more and more clear to us...

Notes from a conversation with Professor **Krzysztof Makowski**, a Polish archaeologist lecturing for almost twenty years at the Catholic University in Lima:

KRZYSZTOF MAKOWSKI: *The Andean empire of the Incas was founded on three pillars: potatoes, coca and maca. Indeed! However strange it may sound, the empire was founded on plants! Already the first serious studies have been made on that subject.*

Agro-archaeology, i.e. the archaeology of ancient cultivation is a new branch, but I expect it will grow very rapidly. The surprising findings about the significance of maca in the ancient state of the Incas are a valuable precedent. They also forecast what might happen in the future.

ROMAN WARSZEWSKI: *Is it true that coca mixed with maca was given to workers participating in the most important of the Incas’ building works?*

KRZYSZTOF MAKOWSKI: *These are not speculations but facts. Today, we know, beyond doubt, that maca was a regular element of the diet of the workers building the Incas’ stone constructions. This plant seems to have increased their strength and decreased their susceptibility to illnesses. After all, in certain places in the sierra, it was worshipped as divinity - just like vilcacora - up to the present day...*

¹⁰ Sacsayhuaman - a three-level fortress in the foreland of Cuzco erected out of gigantic rock blocks. Most probably, it dates back to the times preceding the birth of the Incan empire.

¹¹ Machu Picchu - ruins of an Incan city located in the valley of the Urubamba, discovered by the American archaeologist, Hiram Bingham, in 1911. The best-preserved municipal complex dating back to Incan times.

¹² Hub of the Universe - another name for the capital of the Incan empire - Cuzco.

Notes from the journey:

We had the opportunity to verify this for ourselves on the first day of our stay in Cuzco, during the visit to the old place of worship in Qenco. In this bizarre rock museum, where, apart from underground tunnels, there is a statue of a puma carved from a stone monolith, we found a few ancient, extremely decrepit altars. To our great amazement, on one of them, we saw dried leaves of coca, ripe corn and flowers – A NEWLY MADE SACRIFICE!

When we asked our guide if it was possible that nowadays anybody would worship ancients gods, she nodded without hesitation.

“It is supposed to ensure a good harvest,” she explained.

“Harvest of what?”

She thought for a while and then said, “For example of corn. Or maca.”

Notes from a conversation with Professor Krzysztof Makowski

ROMAN WARSZEWSKI: *Apart from potatoes, coca, maca and obviously vilcacora, are there any other plants which can help in understanding the ancient history of Peru?*

KRZYSZTOF MAKOWSKI: *Other important plants were chanca piedra, wiñay-wayña and sangre de drago. The first was used by the Inca nobility to cure kidney disorders, the second to rejuvenate themselves, and the dragon’s blood - in order to obtain which they had to go into the jungle - was used to cure wounds received in battles.*

ROMAN WARSZEWSKI: *Any other important plants?*

KRZYSZTOF MAKOWSKI: *I believe that the Andean manayupa was the most important one. The Incas from Cuzco used it as a daily infusion. In the light of its extraordinary therapeutic properties, rediscovered today, it may lead to interesting conclusions as to the real reasons for the unusual vitality of the Inca nobility, who, in comparison with other social groups of the Empire of Four Districts¹³, were characterised not only by good health but also by longevity.*

A PLANT WHICH RAISES THE SPIRITS

A reporter’s notes:

Manayupa is the Quechuan name for the plant “Desmodium adscendens” from the “Fabacea” family. It is also called Tough Man, Knotty Stick, Dog’s Paw or ... Dry Love.

Manayupa is a small plant (up to fifty centimetres high) with round leaves. For medicinal purposes, mainly its dried leaves are used, however, in the form of an infusion, its branches and stems may be taken as well.

Thanks to the saponins, terpenes and quinols it contains, it shows strong antihistaminic, anti-inflammatory, diastolic, bronchi-expanding, diuretic and purgative effects. The Incas believed that manayupa, apart from its overall strengthening effect, also ... effectively raises one’s spirits!

Indians from Montania still prescribe this plant for wounds which are hard to cure and for venereal diseases. It is also thought to be an effective contraceptive and to strengthen the effect of quinine in the treatment of malaria.

Presently, its main role is, in conjunction with hercampuri, canchalagua and flor de arena, in the initial purgation in anti-cancer treatment. This was confirmed by research carried

¹³ Empire of Four Districts - Inca state

out, e.g. in the Merck laboratories in New Jersey, in the Experimental Medicine Laboratory in Montpellier and in Charlottetown University in Canada.

In the past, it was mainly experimented on in Corincancha¹⁴ in Cuzco, and planted around Ollantaytambo and on the terraces of Machu Picchu.

Alina Rewako: Although we knew more or less what to expect, when our buses reached Machu Picchu, it took our breath away. The view was totally indescribable! In front of us we saw a man-made construction which - though created ages ago - still fascinates and teaches humility towards the genius of its creators. The ancient city - perfectly fitted into the basin beneath the peak - formed a stone amphitheatre of dazzling beauty. The cultivation terraces smoothly changed into city walls, and these, in turn, linked with buildings which used to be temples, warehouses, workshops and domestic dwellings. All that was united into one harmonious and unique whole by unending stairs: thousands of stairs: bigger, smaller, straight and curved, stairs without an end, without a beginning...

Marek Prusakowski: When, in 1911, the American archaeologist, Hiram Bingham, was the first to reach this place, he thought that he had found the last capital of the Incas' empire - the legendary Vilcabamba. Afterwards, decade after decade, opinions about the purpose of Machu Picchu changed, following the fashions which prevailed in the world at a given moment. And thus, Machu Picchu was first hailed as a city of the so-called "Nustas del Sol" - Virgins of the Sun, Incan vestal virgins who were sacrificed to the mountain peaks. Later, it was acknowledged to have been the place of rest and recreation of Inca Pachacuti - the most powerful of the Inca rulers, during whose reign Tawatinsuyu¹⁵ saw its height and its greatest territorial expansion. At last, there emerged the opinion that this had been a centre where "amautakuna" - Incan sages and doctors - lived and, in the beautiful spot on the slopes of the ravine of the Urubamba, in isolation and quiet, were to develop medical knowledge and science...

Jacek Belczewski: Nowadays, on the other hand, it is said that Machu Picchu - the city where, thanks to the angle of the slopes, there occur as many as thirty-three different climates - was once a huge terrace garden where all edible plants occurring in the Inca empire were cultivated. The cultivation included, of course, medicinal plants, especially manayupa, which still grows wild here.

Jacek Kaziński: What the truth is we won't probably know. Machu Picchu will always be surrounded by a veil of impenetrable mystery. However, one thing is sure beyond doubt: thanks to the harmony with which it interweaves with its surroundings, it will always remain an unattainable ideal of architecture...

Jacek Belczewski: When I was looking at this stone nest amongst the mountains, I suddenly remembered the words by Jose Torres from the jungle: that what is Peruvian will never be trusted, will always be questioned, will raise objections, doubts...

Marek Prusakowski: And it made us laugh, since in Machu Picchu, we saw clearly that it wasn't true, that it wasn't so at all!

Jacek Belczewski: We were standing and looking. Entranced.

Marek Prusakowski: This was, beyond doubt, the culmination of our expedition. Had we been "converted"?

¹⁴ Corincancha - (Quechua) the main Temple of the Sun in Cuzco, on whose ruins the Church of Santo Domingo was built.

¹⁵ Tawatinsuyu - (Quechua) Empire of Four Districts.

CHAPTER IV

IQUITOS – THE JUNGLE FOR THE SECOND TIME.

OUR “GURU”

Alina Rewako: Just after our return from Cuzco to Lima, we received a piece of very good news. Doctor Felipe Mirez would be awaiting us again in his house in Monterrico the following day.

Marek Prusakowski: We drove to see him happily. We still had our previous meeting in mind, a meeting both moving and revealing. That time as well we were certain to find out something equally important.

Jacek Kaziński: Doctor Mirez greeted us with a gentle smile and a strong handshake. He admitted that he had been waiting for our arrival. He and was happy to see us again.

Jacek Belczewski: spoke frankly and without idle courtesy. I thought, “It is probably not so much us, but meetings with people in general that he loves.”

Alina Rewako: But that was just the beginning. Soon we heard that **we should make ourselves at home in Peru and not feel like guests.** Doctor Mirez was so convincing and persuasive in what he said that it was hardly possible not to believe his words. He indeed forced me to a deeper reflection; **was it really true or was it not?**

Notes from the journey:

I have also been considering this question for some time and, frankly speaking, I haven't been able to answer it fully. The very fact that I hesitated, however, suggested a huge change, or more precisely, a transformation. Once, at the beginning of the journey, I wouldn't have asked such a question at all.

Everything was strange then, almost frightening at times. What we, the doctors, were being talked into – incomprehensible.

Now, after almost three weeks, the situation has changed.

But how far?

How far have I got used to what I see?

How far do I believe it?

No, it can't have been a matter of belief only. You can believe your friend or you can believe in God. When it comes to medicinal plants you must have some evidence at hand.

And I have already had it – that is a fact. What should I do, however, to convince the others?

Alina Rewako: It appeared once again that Doctor Mirez could in an excellent way order our understanding of the medical profession. He has given us hints and has sown something that will definitely bear fruit in our future work. These are simple and wise truths about man's life, the sense of existence and the essence of healing. We felt that we always left his house as better, more mature people.

Marek Prusakowski: What was the most interesting was the fact that during the meetings with Doctor Mirez, contrary to what happened with all our other interlocutors, I never needed an interpreter! He spoke so coherently, so clearly, that suddenly everything became comprehensible! When I think about it today I am sure that it was not how he spoke that mattered but **what he said during those meetings**. And the things he said were obvious, but at the same time those are the things that we often forget.

Jacek Kaziński: It was not the words that mattered most, but the facts, of which he was an inexhaustible mine. Facts even more important because taken out of a dozen or so years' experience of work as a doctor and substantiated by hundreds of cured cases which were difficult to explain.

TO LIVE OR TO DIE?

From a lecture by Doctor Felipe Mirez:

Vilcacora affects the tumours – there is no doubt about that. There are some plants, however, which are virtually as good in this respect. Dragon's blood is equally effective, even in the cases when vilcacora fails. Sangre de drago proves most efficacious in the treatment of most malignant tumours, i.e. those of low differentiation. Thanks to dragon's blood I was able to help many patients whose condition did not hold out much promise.

Tahuari and palo de huaco prove effective in numerous cases of cancer. Preparations made from these plants, just like vilcacora, decrease the mass of a tumour and of peri-neoplastic infiltration. It often leads to the disappearance or hardening of tumours, i.e. to the stage when they become less expansionist, less dangerous. The patient has to learn to live with such a retroplastic tumour then. He or she needs to change the way of living, and most importantly, the way of eating...

From the post-lecture discussion:

JACEK BELCZEWSKI: *What diet do you recommend to your patients?*

FELIPE MIREZ: *It is necessary to eat lots of vegetables, both boiled and raw. The ones most worth mentioning are: beetroots, broccoli, Brussels sprouts, cabbage, cauliflower, corn, carrots, peppers, parsley, leek, turnip, celery, leguminous plants – broad beans, black and red beans, and seasonally: young pods of sweet peas, spinach, asparagus and, what is important, cooked soya bean dishes. Fruit is a significant item in the diet. Apples, apricots and plums are most valuable, dried as well. Additionally, citrus fruit, most of all grapefruits, pineapple, bananas, mangoes, kiwi, papaya, dried dates and figs. Dairy products are advisable in virtually any form, however, I personally believe that milk shouldn't be overused. Of meat only lean veal, poultry and fish are allowed. Sugar must be completely eliminated and replaced with bee honey, honeydew preferably. Moreover, fruit juice and still water should be drunk in large amounts.*

JACEK KAZIŃSKI: *Isn't this diet too drastic?*

FELIPE MIREZ: *There is no choice. Its acceptance or rejection often boils down to the answer to the question – do I or don't I want to live? Do I intend to live or do I want to die? Believe me, the importance of the diet can hardly be overestimated. It's literally being stressed by everyone, from the curanderos to the most enlightened doctors. If a patient rejects the diet, the curanderos won't even start the treatment, as they believe their efforts will be doomed to failure. In their opinion nobody will ever recover if there is no psychological effort on their part. Diet, however, apart from influencing the chemical processes in the organism, stimulates such effort and triggers something like a catharsis. Its scale doesn't matter here in the least. What is important is the fact that it happens at all.*

JACEK KAZIŃSKI: *Cleansing of the organism is probably as important as the diet...*

FELIPE MIREZ: *The cleansing treatment enhances the chances of the anti-tumour treatment being successful. Manayupa (probably one of Father Szeliga's biggest discoveries), hercampuri and flor de arena very effectively cleanse the organism. I personally recommend canchalagua instead of hercampuri for tall patients, because it gives unexpectedly good results. If there is no access to manayupa, which happens sometimes just before the harvest, we can use copaiba instead, a plant which decreases the level of cholesterol.*

The cleansing treatment, however, should be, first and foremost, used as prevention. A person who repeats it twice a year lessens the probability of getting tumours by about 80 percent! This is where oncology's greatest chance is: in prevention, not treatment. Unfortunately, prevention is arduous and hardly ever spectacular. Contemporary man does not like it. He prefers falling ill and only then being treated...

ALINA REWAKO: *Is it possible to use plants which cleanse the organism and preparations which fight tumours at the same time?*

FELIPE MIREZ: *When the patient's condition is critical and we are pressed for time, then yes. We then administer cleansing plants during the first part of a day, and anti-tumour ones during the second.*

*By the way, I would like to explain here another very important issue, around which there has arisen a lot of misunderstanding. My clinical experience proves that, contrary to what e.g. Doctor Szeliga recommends, **dragon's blood and vilcacora can be used simultaneously**. In such a way the therapeutic effect is enhanced. This phenomenon is called Additive Synergy, which, to put it briefly, means that the combined effect of all the preparations enhances the effect of any of them used separately. I believe that simultaneous administering of vilcacora and sangre de drago gives very good results. I also think that, contrary to what has been so far advised, much bigger doses of dragon's blood can be given, even up to 30-40 drops daily.*

From a lecture by Doctor Felipe Mirez:

Not a single element of the anti-tumour treatment can be disregarded. The sick person must comply with all its recommendations, not only with randomly chosen ones. If only there is such a possibility, it is worth undergoing the cleansing treatment and then the proper anti-tumour treatment. Within the latter, both vilcacora and dragon's blood should be administered, not just one of them.

And the diet should be closely followed all the time. I will stress it once more: a consistently followed diet constitutes, with no exaggeration, half the success! Prevention, within which doses of vilcacora lessened to one third can be taken, is very important as well.

If we do this, we will improve our general health in no time. This is because vilcacora does not only have an anti-tumour effect, but it also positively affects the skin, the bone structure and the digestive and respiratory systems.

Furthermore, it lessens the side-effects of chemotherapy and radiotherapy. Used before and after oncological treatment, it causes the complete disappearance or considerable reduction of such side-effects as vomiting, leucopenia¹⁶, hair loss and mucous membrane irritation...

Marek Prusakowski: It needs to be stressed that Dr Mirez believes that phytotherapy should not exclude conventional medicine, and that original tumours must first be surgically removed and only then can such plant-based preparations as vilcacora or sangre de drago can be administered in order to avoid relapse of the disease. **In his opinion, combining phytotherapy with conventional medicine gives the best results. We will never get such results if we use methods of conventional medicine or phytotherapy only.**

Alina Rewako: He also believes that, if a doctor administers it, chemo- and radiotherapy mustn't be given up. He'd rather aim at lessening their side-effects through the use of

¹⁶ Leukopenia; decreased number of white blood cells

Amazonian and Andean preparations, vilcacora mainly. However, what's important is that, as was mentioned in Lima (what a coincidence!), the phytotherapeutic treatment should be stopped at least three days before chemo- or radiotherapy starts, and resumed another three days after either of the two has finished. This is when the best results are obtained and the unwelcome side-effects of conventional methods are smallest.

Jacek Belczewski: These findings are so essential because Dr Mirez, on the commission of foreign firms, took part in the most serious clinical examination up till now of the patients treated with vilcacora. Their results are simply astonishing. **Firstly**, because compared to other clinical research, which at the most included a few dozen patients, as many as 1300 patients were examined within the programme. **Secondly**, because only the people in the fourth stage of disease, i.e. those with most advanced cancer, were examined!

Thirdly, because their conclusions have been far more than just interesting! **Five-year-long survival, which in oncology constitutes the criterion of being cured completely, was substantiated in this research in, on average, 40% of cases of patients with cervical cancer, stomach cancer, breast cancer, cancer of the prostate, cancer of the ovaries and leukaemia. In Poland a five-year survival of the patients in the fourth stage of cancer and treated with traditional methods barely amounts to a fraction of one per cent!**

Notes from the journey:

This is what we've been looking for! The unquestionable facts! What we heard needn't be agreed with completely, can be argued with, but ... under no circumstances it can be ignored! Mirez is not a shaman, inspired visionary, or a self-taught person. He hasn't been on the medical margins nor belonged to some sort of phytotherapeutic underground. I've counted that on his study walls there were fifty-six diplomas in six different languages. Every case which he mentioned during his lecture was meticulously recorded in his archives, which took up one separate room.

I'm not sure if we can say that we got to like Peru. I'm not even sure that any European will ever feel completely at home here. However, we felt at home on Mirez's patio, in his garden or study.

Nothing came between us.

We shared a lot.

"We can go back to Poland now," I said half in earnest, half in jest when we were leaving.

"Why?" our host seemed surprised.

"Because you were the first to have convinced us completely."

"And supplied the evidence," added Ala," which will convince others too."

TILED STREETS AND A HOUSE MADE OF IRON

Jacek Kaziński: Doctor Mirez pointed out very precisely where else we should go. "You simply have to fly to Iquitos," he said. "Their local IMET, Instituto de Medicina Tradicional, is a research institution without which there wouldn't be any Peruvian phytotherapy at all."

Marek Prusakowski: It could mean only one thing – heat, exotica, and... the jungle! Wonderful! Great! What better way to live? We found ourselves once again at Jorge Chavez airport in Lima in the early morning of the following day.

Alina Rewako: Moises Vienna, an unparalleled expert on medicinal plants and a real man of the rainforest, was waiting for us in Iquitos. He was wearing a broad-brimmed hat and a

necklace made of piranha teeth. He had a few tattoos on his arms and did not even for a moment part with “Clara”, his machete.

A reporter’s notebook:

A machete is a knife, several dozen centimetres long, without which there is no possibility of surviving even for a day in the jungle. Its blade has to be shiny and well-polished, and its hilt should prevent the hand to slide off.

If it does not meet these requirements, the machete is of no use and should be thrown away.

It can be used for everything in the jungle. It will clear the way in a thicket, cut the trunks and branches of the trees, protect against the attack of a puma, or, if the need arises, behead an anaconda.

It will open some fruit (e.g. coconuts,) or build a hut. You can also use it as a razor and shave with it, although... it’s not that easy...

A person who wields a machete is called a ‘machetero’. The more he uses the machete, the more skill and grace he acquires. The machete and the machetero sometimes blend together and become one. (The Incas thought similarly about the Spanish conquistadors on their horses.)

In one of the short stories by Jorge Luis Borges, the famous Argentinian writer, a machetero dies shortly after his machete, which nobody can repair, cracks.

Jacek Belczewski: Compared to Pucallpa, Iquitos was more like a city. Motor-rickshaws also added to its Indian colour, but at least in the centre you could see asphalt sections of the streets. Our attention was attracted at once by the tiled facades of many houses. “This is a local speciality which works very well during the rainy season,” Moises Vienna explained. “It can rain for many hours without stopping.”

Marek Prusakowski: In my opinion there wasn’t much logic involved there. Because in the central part of the town, on the Plaza de Armas, there was a building completely made of iron. This was the so-called ‘Eiffel House’, a building actually raised by the famous constructor from Paris. “And what about the rust during the rainy season?” I had to ask point-blank.

Alina Rewako: “This house is a relic of the Rubber Rush, when people made even bigger money on Hevea tree-juice than on gold,” the guide explained. “Some didn’t know what to do with all the money and it turned their heads.”

FACTS, ABOVE ALL FACTS

From the notes to an article:

Hevea is a good example. This is a plant which has revolutionised the world. There wouldn’t be tyres without it, therefore no modern motor industry either. Does a similar fate await the Andean and Amazonian medicinal plants? Will they become the reason for an equally big revolution in medicine and pharmacy?

There has been a certain precedent. I’m thinking here about quinine. For years malaria decimated first the conquistadors, then the Creoles. The bark (yes, the bark as well!) of the tree pointed out by the Incas’ descendants to the Spanish proved to be an effective antidote to that fatal illness. One hundred years later, to honour the wife of the Viceroy of Peru, the Duchess of Quinon, the first person to be cured of malaria, Linneus called that beneficial tree the ‘Quinine Tree’. Soon after that the Jesuits of the Amazon (another analogy to vilcacora?) started to exploit that wonderful plant. Quinine, as the medicine was named, has been ever since a rival of synthetic medicines in the fight against malaria and in many cases it appears to be more effective.

Marek Prusakowski: They were already waiting for us at the Instituto de Medicina Tradicional. “What once happened to quinine, is going to happen to the Amazonian preparations,” Doctor **Ricardo Noriega**, the director of the institute, tried to convince us from the moment we stepped through the door. At IMET even the plants unknown to most experienced curanderos are being tested. This is a state institute, financed by the Ministry of Health, where the basic research is being conducted, the research whose results do not have to be immediately put into practice.

Jacek Kaziński: This research usually starts with an expedition to the jungle, where the institute’s employees learn to recognise new, unknown plants used as medicines by the Yagua and Tikuna Indians. A documentation of the plants used by their shamans against various ailments is being drawn up there, and their effects are closely watched. The chosen plants are then qualified for analysis and their seedlings and seeds are brought to the IMET laboratories in Iquitos.

Alina Rewako: The experts grow them in a botanical garden adjoining the institute and gather their genetic material. When the plants are big enough for the samples to be taken, the experts determine their biochemical composition through electrophoresis of a water solution and of organic compounds, which helps to isolate all active compounds characteristic for that particular plant.

Jacek Belczewski: They are then given to laboratory animals, most often to white rats. Their effect on various artificially brought about infections is checked this way. The results of such research are published in reports sent to other research institutes all over the world. It was at IMET that the anti-mutation, anti-oxidisation and anti-viral effect of Vilcacora was indisputably confirmed. It has also been stated there that “*Uncaria Tomentosa*” successfully slows down the development of leukaemia.

From a lecture by Dr **Teodoro Cerruti** of the Institute of Traditional Medicine in Iquitos:

As early as 1993 at IMET, Iquitos, we managed to separate from vilcacora such alkalis as: isopteropodine (A1), pteropodine (A2), isomitraphiline (A3), unkarine (A4), mitraphiline (A5), and speciophiline (A6). Colonies of leukaemia, HL-60 and U-937, were subjected to their effect.

After the colometric tests with the use of agar-agar, the slowing-down effect on colonies of leukaemia cells of alkalis separated from vilcacora appeared to be clear and measurable. Various concentrations of alkalis were used in that experiment and their effect lasted up to the seventh day after the experiment had finished.

Moreover, through colometric and spectrophotometric analyses, the survival ability of pathological cells and the number of colonies of HL-60 and U-937 cells were assessed.

We obtained the following results:

It was stated that A1, A2, A3, A4 and A6 alkalis have a strong inhibitory, i.e. slowing-down, effect on the growth of leukaemia cells from the HL-60 and U-937 lines. This appeared to be directly proportional to the dose of alkalis administered during the experiment.

The most effective alkali here is unkarine F (A4). In its case the value of IC-50 was achieved, which means that this substance has reacted to at least 50% of leukaemia cells, which, in turn, in clinical experience means the beginning of the illness’s regress.

Unkarine F worked selectively and was able to differentiate between pathological and healthy cells. Thanks to the above it did not inhibit the growth of healthy cells produced in the bone marrow.

To sum up, it can be said that unkarine F, derived from vilcacora, can be regarded as a strong drug which is effective against leukaemia.

A reporter's note-book:

Alkaloids of the oxindole type, which constitute a part of vilcacora, after being brought into the bloodstream, strengthen phagocytosis, which in turn heightens the organism's self-defence mechanisms. Monocytes and granulocytes, under the influence of these alkaloids, take over the function of macrophages, cells attacking viruses and bacteria. It was noticed that after patients had taken the infusion of vilcacora for a week, the monocytes' activity rose by about 50%. The erythrocytes' resistance to damage grew as well. This means in practice that the crisis is over and that the organism is beginning to get better.

It has also been confirmed through IMET's research on animals that "Uncaria Tomentosa" heightens the capacity of the immune system to react to cancerous cells. The experiments conducted there show the particular efficiency of vilcacora in overcoming breast, prostate, lung and stomach tumours.

Very good results have been achieved in retarding the growth of in vitro HIV viruses. This encouraged the commencement of volunteer testing. The results were more than just promising. After a few weeks of taking the vilcacora infusion, the patients' level of the HTLV virus dropped so significantly that it became hardly detectable. At the same time the number of CD4 lymphocytes rose. This proves that the functioning of the organism's immune system, which had been disturbed by illness, is being restored.

From a discussion after the lecture by Dr Teodoro Cerruti:

JACEK BELCZEWSKI: *The research conducted in the Institute of Natural Medicine seems to question some of the certainties of contemporary medicine...*

TEODORO CERRUTI: *Which of them?*

JACEK BELCZEWSKI: *The ones pertaining to the diseases which have so far been considered incurable... You suggest, at least it seems so to me, that everything or almost everything can be cured now...*

TEODORO CERRUTI: *We have indeed had very interesting results from the research conducted on animals. The problem is, however, that not every disease that we can cure in the case of rats is, with the use of similar methods, equally curable in the case of people.*

MAREK PRUSAKOWSKI: *About the treatment of which diseases do we know most?*

TEODORO CERRUTI: *It paradoxically seems that we know most about treating tumours, but a little bit less about peptic ulcer disease and rheumatic changes. We've learned a lot about the treatment of diabetes. I think that psoriasis will soon reveal its secrets to us.*

MAREK PRUSAKOWSKI: *Diabetes is believed to be incurable...*

TEODORO CERRUTI: *Thanks to research conducted at IMET and to more and more common clinical experiments, we can now cure diabetes very successfully. We started with rabbits, in which we artificially evoked this disease and then, with the preparations made from pasuchaka and cuti-cuti, we controlled the level of sugar in the blood. We learned with time how to bring the rats' sugar curve to an almost ideal state in 24 hours using these two plants. Doctors can do the same with people nowadays. Thanks to cuti-cuti and pasuchaki many patients can now forget all about insulin.*

Notes for an article:

Not only does pasuchaka lower the level of sugar in serum, but it also leads to the regeneration of a damaged pancreas. Initially, it should be taken together with insulin, but after two or three months, through control of the sugar level in the blood, the moment when the pancreas starts working can be quite precisely determined.

Pasuchaka, in the form of an infusion, can be used in a wide range of cases: from a reasonable initial condition to a severe one. Even then, however, there is a chance that pancreatic islands will come to life with the help of the pasuchaka. The flavonoids, saponins, tannins,

glycosides, aromatic oils and carotenoids of which it consists are responsible for hypoglycaemic effect. It is often combined, with good results, with cuti-cuti and abuta.

From a discussion after the lecture by Dr Teodoro Cerruti:

JACEK KAZIŃSKI: *In the research of which of the Amazon plants do you place the most hope?*

TEODORO CERRUTI: *Certainly in the laboratory research and clinical experiments involving dragon's blood (sangre de drago). The thick red juice of this Amazonian tree, which flows out after an incision is made in its bark, contains over twenty precious substances which are highly biologically active. We have done the best research into two alkaloids so far: taspine and dimethyloecdrosine. These alkaloids, just like other chemical compounds from the group of terpens, carotenes, polyphenols, tannins and proanthocyanides, are responsible for such properties of dragon's blood as: anti-oxidant, anti-septic (anti-viral and anti-bacterial), anti-inflammatory and anti-tumour. The ones which are best known at the moment are the substances facilitating the healing of wounds, triggering increase of fibroblast activity, i.e. the cells producing connective tissue, and accelerating the regenerating processes of the squamous epithelium, which covers the skin and mucous membranes.*

MAREK PRUSAKOWSKI: *This quite clearly suggests certain applications of dragon's blood...*

ALEJANDRO CERRUTI: *These are: peptic ulcer disease of stomach and duodenum, diseases causing skin damage (various inflammations, ulcerations that do not heal, gingivitis). Good therapeutic effects are also achieved in treatment of dermatosis (skin diseases). Because of its high anti-oxidant potential, i.e. clearing out free radicals (compounds which cause and sustain the transformation of healthy cancerous cells), dragon's blood is used as one of the main ingredients of anti-tumour treatment. I think that with time its scope of effect will become even greater than we now suppose.*

“WELCOME TO SELVA!”

Alina Rewako: Dragon's blood. This was the first tree that I managed to recognise single-handed in the jungle, when after two days spent in Iquitos at IMET we sailed along the Amazon River to a camp prepared for us in the selva by Moises Vienna. This plant reaches about 20-30 metres in height, has a not-too-wide smooth creamy-grey trunk and large heart-shaped leaves. Moises used his indispensable machete. He hit the trunk of the tree once or twice with it and from the thin crack that appeared on its bark thick reddish tears started trickling down, one by one.

Jacek Belczewski: “The juice should be collected in the morning, before noon at the latest,” our machetero explained. “It is strongest then. It works and heals best.”

Jacek Kaziński: The selva was magnificent as usual. It greeted us with sun, pleasant humidity which tickled our throats, calls of howling monkeys frolicking in the crowns of the trees and the flutter of macaws' wings, over half a metre long. There really was something captivating there. Not more than a day before we had been leaning over the microscope at the IMET laboratory, and just one day later we found ourselves in the heart of a Huge, the Biggest Forest in the World! So close – and at the same time so far away! Two completely different worlds – and in reality One and Only One World!

Marek Prusakowski: We again moved into a hut on stilts, in between which there were hung hammocks with mosquito nets with which to cover ourselves at night. The kitchen was in a neighbouring twin “building”, which was a little bit smaller. It was just as in Shapsico near Pucallpa, only... better! Because this time nothing confused us, nothing could take us by surprise.

Jacek Belczewski: So it seemed to us at least. But as we were to find out soon, and not for the first time during this journey as well, we couldn't have been more mistaken.

THAT FRIGHTENING *SHUSUPE*

A reporter's notebook:

...because suddenly, from somewhere behind the "kitchen" there came a terrible cry.

"Shusupe! Shusupe!" I heard. "Shusupe! Arnaldo has been bitten!"

I woke up immediately. Shusupe is one of the most venomous snakes of the Amazon! And Arnaldo, Moises's helper, had sailed with us by motorboat from Iquitos!

I jumped from the hut to the ground and ran towards the kitchen. Two mestizos were leading Arnaldo, whose face was quite grey, by both arms. The boy was limping on one leg. On the second one there was a small bleeding double wound just above the ankle.

"Oh," I thought, "a trace of venomous teeth."

The Indians tell legends about Shusupe – about its malice. According to them, if it chooses somebody, it will follow his footsteps like a dog, until it gets him. The only chance is to throw a hat behind you. Then Shusupe will attack the hat with its whole anger. However, Arnaldo wasn't wearing a hat...

Alina Rewako: A curandero, who lived on the other bank of the Amazon, was brought there immediately. As it happened he was Arnaldo's relative. Moises, who always tried to do his best to help a friend, had brought him there.

Jacek Belczewski: He looked worse with every minute. The venom was spreading through his leg like wildfire. The boy became completely pale and was foaming at the mouth. His pulse-rate rose to 120. He had to be brought round as all the time he was losing consciousness. He couldn't have been more than a quarter of an hour away from death.

Marek Prusakowski: The curandero started his work immediately. He knew what had happened, so he had brought with him a bottle filled with some liquid. He put it to the boy's lips and ordered him to drink with small sips. The boy calmed down the very moment he recognised the smell.

Jacek Kaziński: As it appeared later such an accident hadn't happened to Arnaldo for the first time. This was the sixth time he had been saved after having been bitten by a snake! Therefore he knew that curanderos have unfailing methods, and that, from the moment his relative appeared next to his bed, he was practically saved.

Alina Rewako: The curandero in turns gave him that liquid and used the incense smoke of an herbal joint, made on the spot, on his bitten leg. Surprisingly, we noticed that it relieved the boy's pain a lot. The curandero sang a quiet song called "Icaro", which gave the dying boy strength.

Marek Prusakowski: Arnaldo shivered a lot at first and his leg muscles were painfully tense. Then he slumped on his bed with inertia and lost consciousness. He came round only after three hours. He woke up, although it's hard to believe, with a smile on his face.

From the conversation with the curandero after the end of the "treatment":

ALINA REWAKO: *Do similar situations happen in the selva often?*

CURANDERO: *Yes, often. Sometimes even twice a day.*

MAREK PRUSAKOWSKI: *Aren't you ever late?*

CURANDERO: *I'm always in a hurry, but I'm not responsible for everything...*

JACEK BELCZEWSKI: *Have you got a permanent set of herbs, infusions?*

CURANDERO: *Yes, these are old unfailing methods.*

JACEK KAZIŃSKI: *Do you use oje, tahuari, chuchuasi?*

CURANDERO: *Yes, and vilcacora as well.*

JACEK KAZIŃSKI: *And what would you do if there weren't such plants?*

CURANDERO: *I don't know. But they exist, which is good. We probably wouldn't be able to live without them. Luckily, vilcacora is a gift from God.*

Alina Rewako: "Wait a second... Where have I heard that before?" I started to remember something.

Jacek Kaziński: It sounded familiar to me as well...

Jacek Belczewski: Yes, definitely, of course...

Alina Rewako: And we knew in just a second. Orunia... Gdansk... Father Szeliga... Countless crowds... When was that? In June... It was September now... So long, so very long ago...

Marek Prusakowski: So many things have happened since then! We've been to so many places! A lot has changed!

THE STORM ABOVE US...

Notes from the journey:

All hell broke out at night. At first it seemed to be just a stronger wind, which might sweep us over with its wing, but after one hour we had no illusions: there was about to go over us a huge steam-roller which...

*Exactly, **which what?***

We didn't know. We didn't have the slightest idea (although we were in a jungle!). What was even worse, we had the impression that Moises didn't necessarily know what we were in for either. He was nervously moving back and forth between our "bedroom" and the "kitchen" and checking how strong the pillars, on which both huts rested, were.

It was difficult to say what resulted from those inspections... Nothing good probably, as he kept walking and walking...

After an hour, when behind the bend of the Amazon, over the horizon, fiery zigzags of lightning started to tear away first the purple and then the blackness of the night, we could feel a storm coming everywhere. The wind, first sweeping over the several dozen metre high crowns of the trees, gradually reached the very bottom of the huge forest, where under its pressure both huts on pillars began to shriek in every joint...

Alina Rewako: That was when I felt fear. Not for the first time during that trip, but it was definitely the strongest. I didn't have to strain my imagination too much to guess what might happen. It would be enough if one of those huge trees over our heads gave way under the gigantic pressure of masses of air...

And then what?

Notes from the journey:

After a while the wind did not so much hum as wail. And loudly enough to drown out the noises of the frightened animals which up to a minute earlier had been omnipresent. The only thing left to do was to wrap ourselves up in blankets and... wait.

What was going to happen?

What?

Were the wooden buildings and the roof made of palm leaves going to hold on, or maybe the supports on which the hut was based would break as matches?

Would the wind tear us away, or was it going to give us up at the last minute?

Would it have mercy on us?

Would it spare us?

Jacek Kaziński: It truly was a grand feeling – to be in the closest proximity to the racing element of air with one’s whole self. For a moment it seemed to me that there was a super-light hang-glider attached to my back which was taking me higher, higher, and still higher... I was sure only of one thing; that I was flying, leaving behind everything that I had once had and what had once been. I was gliding... There came one thought to my mind: “It’s amazing! I wonder where I’ll fly to.”

Notes from the journey:

Breaking branches started to snap above our heads. Every few seconds through the clatter of the air there came an even louder bang. Somewhere nearby the trunk of a huge tree was breaking apart.

Which direction was it going to fall down?

Where was the wind going to take it?

Straight onto our roof?

Beside it?

Marek Prusakowski: It wasn’t a joke any more! I was more than sure about that. I started to think seriously if we had any chance at all of escaping alive...

Everything around us was falling down and breaking apart. Only our “house” and the “kitchen” were still resisting the wind. And then... out of the blue I felt like laughing...

Yes, LAUGHING!

Despite the danger of the situation...!

...THE HURRICANE INSIDE US

Notes from the journey:

It dawned on me suddenly that we were safe, that nothing could happen to us and that we could sleep peacefully, rocked by the wind in our hammocks, and rest...

Because that hurricane, that wind had already been inside us! It had already rearranged, overturned everything! And now the same was to happen somewhere completely different.

A mere formality!

CONCLUSION

Alina Rewako: The next day – just as Marek had supposed – the sun was shining from early morning. The jungle around us resembled a battle-field rather than a forest, but our two huts were still standing on their stilts after the nocturnal cataclysm.

Jacek Belczewski: Despite the ankle-deep mud we set off for the village of Cabo Pantoja not far from our camp. We wanted to check if the storm hadn’t caused any serious damage. “Who knows,” we thought, “perhaps someone needs help.”

Jacek Kaziński: But our help wasn’t necessary. The village had not been touched. The openwork construction of the houses had given the wind no chance. This was yet another lesson for us (I’ve lost count which one). It’s not the point that the Mestizos and the Indians living in the selva were incapable of building in any other way. Why should they? These hut-skeletons with their covering of dry leaves contained hundreds if not thousands of years of experience. It was all part of the same heritage which contained the treatment of snake-bites with decoctions of tahuari and vilcacora.

Alina Rewako: Our attention was drawn in the village to a building which contained the local equivalent of a health centre. It was locked and bolted and only a scrawled price-list indicated that, for example, delivering a baby cost 20 solas, a little more than five dollars. We were told that the doctor called about twice a month, and that in between the curandero treated people. We met him incidentally when we were going back to our camp. He was walking with a group of Yagua Indians, who unexpectedly appeared out of the rainforest. Under their arms they were carrying large bundles of various plants. “Medicinal plants,” said Moises. “I can tell by the smell. However I don’t know all of them. Maybe they’re herbs of whose existence we have been completely unaware until now?”

Marek Prusakowski: A few days later we once again found ourselves in Lima. What we had previously felt, on our return from Pucallpa, as a somewhat hesitant emotion, now was stronger than ever: our return to Lima was for us a **return to civilisation!** This was the greatest proof of the changes that had taken place within each of us in the previous five weeks!

Jacek Kaziński: Our stay in Peru was slowly coming to an end. We had all been presented with certificates stating that we had completed courses in Amazonian and Andean phytotherapy. We had bought all the available literature giving the results of all the experiments which had been carried out recently in this field. We had exchanged private, business and internet addresses with all of our new friends from the Universities of San Marcos and La Molina, from the laboratories of Induquimica and Code Plam and from the ethno-botanical parks of Shapsico and Challachaqui. Soon we would be boarding the huge KLM MD-10 and winging our way on the long journey across the Atlantic. Before that we had a little rehearsal and had a flight in a light aeroplane.

This time our destination on the two-day trip was the famous plateau of Nazca.

YOU, AS DOCTORS...

From the questionnaire filled in for the Andean Medical Centre in London.

Question: **What did your stay in Peru give you?**

ALINA REWAKO: *I think that Nazca is the best place for this kind of reflection – for filling in the questionnaire which we’d been sent from London even before flying out of Poland...*

Jacek Kaziński: Here we ought to give a few words of explanation. The whole quartet went to Peru on the initiative of the Andean Medicine Centre – an institution whose founding was the realisation of the most secret dreams of the real discoverer of vilcacora – Father Edmund Szeliga. Father Szeliga had always wanted Andean and Amazonian plants to get to Poland one way or another. The founding of the Andean Medicine Centre about a year earlier meant that his life’s work had suddenly come closer to his homeland. At the same time it brought closer the fulfilment of the hopes of thousands of people in Poland, who had read “Vilcacora – the Miracle Cancer Cure” and who were desperately seeking ways of obtaining the life-giving plants from the Andes and the Amazon Basin to which the venerable old Salesian had devoted his entire working-life...

ALINA REWAKO: *Nazca is a place situated over 400 kilometres from Lima and it is the site of the famous ground drawings which can only be seen from a considerable height, a real bird’s eye view. They show geometric figures, spirals, images of people and animals and even today it is still not known when they were created or how, or indeed what purpose they really served. This is one of the greatest mysteries of ancient Peru – one more (the eighth? The ninth?) wonder of the world; the most tangible evidence of the fact that the reason and the*

imagination of the people inhabiting this continent a few thousand years ago reached a little different regions than the imagination of their European contemporaries...

Jacek Kaziński: During Father Szeliga's visit to Poland in June 1999, the subject of the Andean medicine Centre came up many times in conversations with him. He had great hopes connected with this place – and I know this best of all because I was with him during all the meetings with the people who had read “Vilcacora – the Miracle Cancer Cure”. In the face of the enormous interest in his methods of treatment and in the face of the flood of correspondence which had suddenly started coming from Poland to Lima, the development of the Andean medicine Centre had become the burning issue of the moment. The IPIFA, the institution founded in Lima by Father Szeliga all those years ago, and whose honorary president, he remains till this day, was not able quite simply to meet the new demands suddenly being placed on it. Because of the distance separating the institute from Poland, and because of the small size of the institute itself, it could not fulfil the hopes and aspirations aroused in Poland after the publication of the book about Father Szeliga...

ALINA REWAKO: *My thinking went in this way: if the old Peruvians had busied themselves with the creation of such impressive cities as Machu Picchu, then it could not be excluded that they could have achieved similar successes in other fields also. Why couldn't one of these fields be medicine? Why couldn't one of these fields be the practical application of plants, of whose existence no-one in Europe had the slightest suspicion?*

Jacek Kaziński: The worst thing was that the IPIFA, despite numerous declarations, was not able to supply Amazonian and Andean plants in such an assortment and in such quantities as were demanded by the patients making their way to the Andean Medicine Centre in London. The AMC, willy-nilly, had to start living its own fully independent life and to find other suppliers of the medicinal plants than the IPIFA. It would have to establish its own wide and varied contacts and improve its acquaintance with the South American world of phytotherapy. This was not easy, but there was no other way out. The sick were asking, and waiting, and becoming impatient... I on the other hand was becoming more and more aware of the fact that many of them – perhaps not all – could in fact be helped: the documentation which I was collecting from the Internet and from many foreign publications showing the efficacy of vilcacora clearly showed that we were dealing with reality and not with illusion, not with some mirage...

ALINA REWAKO: *In a word – the trip to Peru taught me above all humility and admiration for the knowledge of many simple people, whose existence I had been completely unaware of until then. I am not afraid to admit it. That is how it was. This was an uncommonly valuable experience, and one which changed me enormously. I hope that thanks to this and thanks to the knowledge I brought back with me, but above all thanks to my readiness to continue assimilating of new knowledge, I will be able to help my patients much more effectively than I have been doing up to now.*

Jacek Kaziński: That's also when the idea came up about our trip to Peru. The Andean Medicine Centre in London – in a way which astonished its founders – in the course of several months transformed itself not only into a centre for the distribution of plants from the Andes and the Amazon Basin but also – or perhaps above all!? – into the centre distributing information about the existence of effective South American phytotherapy . The offer was as follows: if you have five weeks of free time and if you do not lack courage, then go on a journey following the vilcacora trail. No strings attached. You will remain free

people. Only one thing interests us: **How will you, as doctors, perceive the Peruvian phytotherapy which Father Szeliga talked about in his meetings with readers of “Vilcacora – the Miracle Cancer Cure”?** How will you see it? The only thing we expect from you is an accurate report and account of your impressions. The conscientious completion of a detailed questionnaire...

ALINA REWAKO: *I'm happy. Very happy. Because I now know that many patients will find a treatment for their illness. Our Peruvian meetings with former (underlined!) patients, who told us their almost incredible stories, do not leave any doubts whatsoever as to that.*

Jacek Kaziński: We could not pass by a chance like that. If anyone had said “no”, they would not have had a soul...

We took leave of absence, obtained the questionnaires, packed our suitcases, met at the station and ... via Amsterdam and Aruba, set off for the other hemisphere...

Another question from the questionnaire: **What medical conclusions can you draw from this trip?**

JACEK BELCZEWSKI: *There are very many of them. First of all, we could see for ourselves that vilcacora and many other uncommonly valuable plants work very effectively. What is important is that they are natural means of healing – they do not destroy the organism and they do not cause any side-effects!*

Secondly, we became acquainted with world-class reports which proved that the mysteries of the Andean and Amazonian preparations are the subject of interest of many important institutions and even states. In the forefront are the United States, Germany, Italy, Switzerland, Austria. Russia is also among the leaders.

Thirdly, we became convinced that knowledge about medicinal plants is currently a dynamically developing area. It is not worth losing energy on denying this. Better to spend the time and the money on following its development. Benefits will then come to everyone – particularly the patients.

Jacek Kaziński: We obtained our Peruvian experience in laboratories working under the auspices of the Ministry of Health and in similar private institutions. The aim of both of these sectors was always the same – accurate, precise analysis of medicinal plants and discovery of their effects on the human organism. We became acquainted with the work of ethno-botanists, ethno-chemists and ethno-pharmacologists. We met professors who had spent their entire lives studying exclusively “plantas medicinales”. We discovered a whole new world, starting from a machete cutting into the trunk of a sangre de drago tree somewhere near Iquitos, and ending in the sterile, highly-computerised interiors of the super-modern Induquimica Laboratory in Lima, where they produce the standardised capsules and extracts intended, among other places, for the Andean Medicine Centre in London.

Another question: **What was the greatest surprise during these five weeks?**

MAREK PRUSAKOWSKI: *The fact that although I had arrived in Peru as an unbeliever, I left it fully convinced that medicinal plants from the Andes and from Amazonia are no miracle. They really do exist! Their therapeutic properties are an incontestable scientific fact.*

An ever increasing number of doctors around the world is noticing their usefulness and introducing them into their daily practice. This is easier and more promising since prescribing medicinal plants does not automatically exclude the application of conventional methods of treatment – in fact, just the opposite. Plant preparations can be applied as a

valuable complement to and enrichment of other types of therapy and in this way increase their effectiveness immensely.

Jacek Kaziński: It turned out that phytotherapy is now less and less the domain of amateurs and autodidacts and more and more the field of scientists, managers and doctors! Against this background the IPIFA looks pretty modest. It is at best one of many institutions, and by no means the most efficient or best-equipped. Father Szeliga was undoubtedly a pioneer, but now others have gone further along the road using paths different from those that he used to tread. Further and higher. The building whose foundations he so reverently laid all those years ago now has over a dozen storeys.

JACEK BELCZEWSKI: *For me the biggest surprise was the fact that vilcacora was not an exception but part of a much bigger, indeed enormous, whole. Apart from vilcacora there exists a veritable army of plant helpers. Achiote – perfect in the prophylaxis and treatment of prostate adenoma; asmachilca – indicated for all types of asthma and respiratory tract inflammations; caigua – superb in lowering the level of cholesterol; chuchuhuasi – effective in all complaints of the joints and bones; chanca piedra – capable of dissolving kidney stones; cuti-cuti – a preparation combating diabetes in three-four months; flor de arena – helping the body to get rid of harmful substances; and hercampuri – protecting the liver cells...*

Jacek Kaziński: As if that were not enough, the very name of vilcacora is slowly acquiring ever newer meanings, associations, connotations. Today we can regard it not just as a single plant with amazing effects but as a synonym for an ever-broader phenomenon, in which we can include diet, an appropriate life-style and ecology; phenomena which may in the future bear the fruit of a completely new philosophy of treatment...

AND NOW THE PATIENTS

Jacek Belczewski: We returned from South America with the feeling of a duty well fulfilled. The questionnaires which we had received from London unexpectedly turned out to be too thin to contain all our impressions...

Marek Prusakowski: Hence this account, this book. Or rather this record. What was important were not descriptions but facts. That which cannot be doubted, that which cannot be undermined.

Jacek Kaziński: We risked something – our health and our reputation. But I am more than convinced that it was worth it. If anyone still does not believe it – he soon will.

Alina Rewako: The next book will be written by our patients.

The doctors in the book:

Jacek Belczewski, 34 years old, specialist in internal medicine. Medical practice in the City Hospital in Gdańsk-Zaspa and in the Emergency (Ambulance) service. Currently working in the Andean Medicine Centre in London. Interests: sailing, scuba-diving.

Jacek Kaziński, 35 years old, general medicine, specialist in acupuncture. Medical practice in the Internal Diseases Ward of the City Hospital in Gdynia. Currently working in the Andean Medicine Centre in London. Interests: para-gliding.

Alina Rewako, 45 years old, basic health care specialist. Medical practice in the Medical Academy of Gdańsk and the Gdańsk Health Centre. Interests: film and travelling long journeys.

Marek Prusakowski, 47 years old, specialist in internal medicine and communicable diseases. Medical practice in the County Hospital in Gdańsk and in the Hospital for Communicable Diseases in the Medical University of Gdańsk. Interests: literature, cabaret, his own regular music show on the Radio Gdańsk.

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Certificates obtained by Doctors Alina Rewako, Jacek Belczewski, Jacek Kaziński and Marek Prusakowski on courses of Andean and Amazonian Phytotherapy organised by the Natural Medicine Institute in Iquitos and by the Pebani Inversiones S.A and Induquimica Laboratories in Lima.

The author

Roman Warszawski was born in 1959. As a teenager, he became interested in palaeography and conducted his own comparative research into the rongorongo writings from Easter Island and the systems of graphic recording used in ancient Peru. He studied Foreign Trade at the Gdańsk University, then Law and European Integration at Saarland University in Germany and at the European Institute in Florence, where he obtained his doctorate. He was a lecturer at the Gdańsk University, specialising in the subject of the European integration. His first steps as a journalist and a reporter were taken at the "Student" newspaper and at the "Czas" magazine. He also wrote for "Polityka", "Przegląd Powszechny" "Odra", "Radar" and "Literatura". He knows several foreign languages, including the kechua dialect from the sierra region of Ecuador, Peru and Bolivia. He was awarded a scholarship by the German Marshall Fund and by the Commission of the European Community. He has written several report books including "Pokażcie mi brzuch terrorystki" (Youth Award from the monthly magazine "Literatura") and "Inicjacja" (Literature Fund Award and the Wyspiański Award) and a selection of stories called "Pajęczyna". He has worked for "Dziennik Bałtycki", "Głos Wybrzeża" and "Ilustrowany Kurier Polski". He is a regular contributor to the monthly magazine "Nieznany Świat", under whose auspices he organised in 1998 an expedition to the Marcahuasi plateau in Peru. For his series of reports from this expedition he received an award from the Peruvian Embassy in Poland. In 1999, together with Grzegorz Rybiński, he published a book called "Vilcacora – the Miracle Cancer Cure" which this current book continues. He was co-author of the film "Życie dla życia" about the life and work of the Salesian priest, Father Edmund Szeliga.

THE ANDEAN MEDICINE CENTRE AND RECOMMENDED TREATMENTS

THANK YOU FOR JUST BEING!

The telephones don't even stop ringing at night. Luckily they are connected to answering machines and faxes – the electronics are of great help to the personnel employed here. It is important to check in the evening whether there is enough paper in the fax machine and to listen in the morning to all the messages that have been recorded. It would be very bad if even one call was missed, one question, one letter written somewhere at the other end of the world. Because the people who phone, fax or write are basically clutching at their last straw. And they write, phone and ask with ever greater hope in their hearts: because they have heard, they know, they have read that this institution and the doctors employed in it have already managed to help so many people. Even those for whom there was no hope... Can these people, walking around from early morning in their white coats, also manage to help them?

This is the **Andean Medicine Centre** in London – the institution which initiated the trip made by the four Gdańsk doctors to Peru. At the moment this is undoubtedly one of the most dynamically developing treatment centres in Europe. The Centre can boast significant therapeutic successes in the treatment of **type II diabetes, psoriasis, rheumatoid complaints, arthritis, osteoporosis, stomach and duodenal ulcers, and many other diseases, including above all tumours.** For many people this is literally the last chance.

“My sister has a tumour on her kidney with metastasis to the lungs,” we can read in one of the letters sent to London from Sosnowiec. “She’s at home. **From the time she started taking your medicines her state of health has improved. The results are better – she has begun to eat and walk again. The doctors are surprised, because she no longer feels pain and breathlessness, and her general condition is much better.** They only gave her two weeks to live...”¹⁷

“On 28 August 1999 the patient took vilcacora for the first time – two capsules three times a day,” we can read in another letter, this time sent to the AMC from Szczecinek. “She took it for 30 days. Then from 27 September, she started taking the dragon’s blood. On 17, 18 and 19 September she was given a second dose of chemotherapy. Previously, on 13 September they had taken **a picture of her lungs, where you could see that the tumour, which had previously been the size of an orange, had diminished in size by 70% [...]** I am sending you my words of gratitude...”

“Thank you most sincerely,” writes a patient’s wife from Wieluń. “My husband has been taking vilcacora and manayupa since 11 August this year. **The state of his health has improved. I believe that he will be saved.**”

Another letter: “My friend wrote to you about his father-in-law, who was suffering from a brain tumour. **At present he is living like any normal person, even though they only gave**

¹⁷ Correspondence from the AMC archives. The names and addresses of the writers are known to the publisher. The emphasis in the text was added by the author.

him three weeks to live after the operation. I know that it is only the regular doses of vilcacora which he has been receiving thanks to your kindness that have brought about this improvement in his health. That is why I would also like to buy this preparation for my daughter, who is suffering from a disseminated brain tumour (*Glioblastoma multiforme*). She is taking vilcacora and although the quadriparesis is still there, the **application of the medicine is allowing for an overall improvement in her state of health.** [...] At this stage of the treatment she is taking sangre de drago...”

“Vilcacora has worked miracles,” writes a man from Gdynia who until recently was a despairing son. “After mother took the set of herbs, a big improvement took place. The doctors had diagnosed necrosis of the liver. The results were very bad indeed. **After taking the set of herbs for a month [...] she improved considerably, much to the surprise of the doctors.** I would like to ask you to continue treating my mother. I enclose the latest results of my mother’s tests. I would be very grateful, since there is now considerable hope that mother will be well again. [...] I thank all the doctors and workers at the Institute for the devotion they have shown in bringing help to their fellow men...”

“I would like to thank you with all my heart for the medicine which I received and for all your kindness,” writes a sick woman from Racibórz. “Until recently I did not have any hope that anything could help me with my terrible illness. Now **I have regained my will to live.** [...] My children also thank you – they have begun to live more calmly ever since i started taking your miraculous medicine...”

“Thank you for just being and for bringing hope to those who had lost it!” writes a Polish woman living in Sweden, nursing her sick mother in Choszczno with AMC medicines.

These are just a few examples. Dozens and sometimes even hundreds of letters, faxes and telegrams with similar messages arrive every day at the Andean Medicine Centre. But that’s not all. An inexhaustible mine of information is to be found in the notes prepared every day by the doctors at the Centre.

“I spoke over the phone today with a patient from Białystok. [...] She was in a very bad general state, no hope of being cured. She had taken up a course of our treatment and in a short time she noticed a significant and marked improvement, which was confirmed by laboratory tests. This is just one case which I myself describe as incredible!”

Another example: “A patient with a lung tumour after the end of conventional treatment. She had just had radiotherapy. At the end the state of the patient was very serious indeed, as after the irradiation all possible complications had set in. Radiological tests confirmed the presence of the tumour. All the possibilities of conventional medicine had been exhausted. We prescribed AMC preparations. Her general health improved very quickly and the radiogram of the chest did not show the presence of the tumour.”

AN INSTITUTION COMPLETELY UNLIKE ANY OTHER

In about a year and a half the Andean Medicine Centre in London transformed itself from a small ‘bridging’ centre collecting orders for plant medicines from the Andes and Amazonia into an independent centre promoting South American phytotherapy, disseminating

information about the enormous but almost unknown medical and prophylactic possibilities of the plants originating mostly from Peru. The AMC changed into an institution completely unlike any other.

Although the distribution of plant preparations is still a significant element of the activity of the Andean Medicine Centre, it is at this moment only one of many functions fulfilled by this unique institution.

The group of doctors employed at the AMC and trained in Peru – at the **La Molina University** in Lima, at the **Institute of Traditional Medicine** (an institution of the Peruvian Ministry of Health) in Iquitos and in such laboratories as **Induquimica** or **Pebani Inversiones S.A.** – apply with considerable success in their practice clinical Andean and Amazonian phytotherapy, the foundations of which were formed many years ago by the Salesian priest, Father Edmund Szeliga. On the basis of medical documentation – received by fax or by letter or through telephone conversations – they prescribe the appropriate medical treatment. This has been worked out in the co-operation with leading Peruvian specialists from the field of phytotherapy. **All consultations with AMC doctors are free.**

The newest technology has been harnessed in order to speed up and facilitate the service of the patients. This was an absolute necessity, because the number of AMC patients is currently in the tens of thousands, while the activity of the Andean Medicine Centre is arousing ever greater interest not only in Poland, but also in the USA, Canada, Australia, Israel, South Africa and the Czech Republic.

The plant preparations prescribed by the doctors can be bought – at short notice – through the mediation of the AMC. **Prices are reasonable** and in comparison with conventional methods of treatment the curing of various ailments costs considerably less than ordinary medicines.

The doctors and the staff employed in the AMC speak Polish. The fax of the Andean Medicine Centre is switched on 24 hours per day. Outside of working hours any patient can be recorded on an answering machine. **No question remains unanswered, and the service is pleasant, efficient and competent.**

HOW TO ORDER PREPARATIONS?

The procedure for placing orders is as follows:

A patient interested in medical or prophylactic treatment phones the following number:

0044-171-531-6879 or 0044-171-515-5192

or sends a fax:

0044-171-515-5323

or writes to:

BCM 4748, London WC1 3XX

or via the Internet:

www.vilcacora.co.uk

After a conversation with a consultant or with a doctor, depending on the nature of the particular case, the patient is prescribed an individual treatment with individual ingredients. If the question comes to the AMC by fax or by letter the staff try to answer it in the shortest possible time.

The preparations forming part of the treatment can be ordered immediately by the patient through the Andean Medicine Centre. **Delivery time does not usually exceed two weeks.**

At the same time the Andean Medicine Centre **guarantees the highest quality of its preparations**, because they come from the leading Peruvian laboratories, where their composition and sterility are constantly monitored by computers. All the preparations have the appropriate certificates issued by the Peruvian Ministry of Health and the Peruvian Health and Safety Executive, which meet the highest world standards.

At the present moment the main preparations used in the treatments at the AMC are: **asmachilca, caigua, chanca piedra, chuchuhuasi, cuti-cuti, flor de arena, hercampuri, maca, manayupa, muña-muña, pasuchaca, pro-figura, pro-prostat, sangre de drago, tahuari, wira-wira and vilcacora.** The last of these is available in various forms (capsules, sachets, extract) and also enriched with shark cartilage.

The effectiveness of these preparations is confirmed by long clinical practice in many private and state institutions in Lima, Iquitos and Pucallpa, and the results obtained thanks to their application are often sensational. They can also be applied where there is no illness. The majority of them have very good prophylactic effects.

At the moment preparatory work is being carried out on the establishing of a special foundation which will in the future cover part of the costs of curing those patients who are in the worst financial situation.

Ladies and Gentlemen,

The following is a set of treatments prepared by Andean Medicine Centre physicians from London. The treatments have been developed with special concern for our patients' well being. Let us start with a few comments that apply to all treatments described here.

General Comments

1. Andean Medicine Centre is of opinion that PATIENTS WHO USE OUR PREPARATIONS MUST NOT QUIT, DISCONTINUE OR POSTPONE PREVIOUSLY PRESCRIBED CONVENTIONAL TREATMENT! IN THE CASE OF THE MALIGNANT DISEASE Andean Medicine Centre RECOMMENDS THAT AN OPERATIVE PROCEDURE BE APPLIED whenever we are dealing with an OPERATIVE TUMOUR or, if necessary, CHEMO- AND RADIOTHERAPY be used together with our treatment, SUBJECT TO THE LIMITATIONS specified in section 4 of GENERAL COMMENTS.

2. DOSING METHODS included in the treatments have been prepared for adults with appropriate body weight. In the case of SIGNIFICANT OBESITY (see section 15 of GENERAL COMMENTS) the doses may be increased by a half. Children under 12 should be given half the adult dosage. Dosage for children under 3 must be always prescribed by a doctor.

The set of recommended preparations for a given disease is not always the same. Suggested sets may vary according to the stage of the disease, the results of additional examinations, the treatment used and accompanying diseases. In individual cases the recommended dosages may considerably differ from those described below.

3. If not indicated otherwise, THE FOLLOWING DIET IS PRESCRIBED FOR THE MAJORITY OF TREATMENTS:

Plenty of vegetables, both boiled and fresh (e.g. in the form of juices), should be consumed. Especially recommended are: beetroots, broccoli, Brussels sprouts, cabbage, cauliflower, sweet-corn, carrots, peppers, parsley, leeks, turnips, celery, leguminous plants (broad beans, black and red beans, seasonally – young pods of sugar pea eaten whole), spinach, asparagus and soy meals. Fruit is also an important part of the diet. The most valuable are apples, apricots and plums – also dried. Apart from these, also citrus fruit, especially grapefruit, pineapples, bananas, mangoes, New Zealand kiwis, papayas, dried dates and figs. Low-fat dairy products – in every form - are recommended. One should consume a lot of cereals, bran and sprouts. It is recommended that meat be given up completely. Only fatty fish, veal and turkey are allowed. Sugar should be totally replaced with honey or honeydew honey. During the whole treatment one should drink mineral water, green and peppermint tea and natural, sugar-free fruit juices. Preserved food should be completely given up.

4. VILCACORA MUST NOT BE ADMINISTERED:

– During chemo- and radiotherapy,

(it may be administered three days after the end of chemo- and radiotherapy but should be terminated three days before another chemo- and radiotherapy session),

- to pregnant and breastfeeding women,
- to children under 3 (in special cases a physician decides),
- to patients after organ transplantation or before planned transplantation,
- in the case of blood transfusion or when blood-derived preparations are taken,

(it may be administered three weeks after transfusion but should be terminated one week before planned transfusion).

- to patients treated with insulin and steroidal hormones,
- within three days before and three days after vaccination against contagious diseases.

In cases where administering vilcacora must be terminated we suggest that AMC patients should replace it with appropriate doses of TAHUARI.

5. If an allergy occurs in response to any of the preparations (these are sporadic cases), the treatment needs to be terminated and the patient should contact a doctor. In some patients, LOOSE STOOLS MAY TEMPORARILY OCCUR, which usually does not require termination of the treatment.
6. THE PURIFYING TREATMENT (manayupa, flor de arena, hercampuri) – having a diuretic action – may cause faster excretion of conventional medicines from the body. It may be therefore necessary to temporarily increase the dosage of medicines taken by the patient regularly (e.g. cardiotoxic drugs, antihypertensive drugs, etc.). For that reason your doctor should be informed of the fact that you undergo purifying treatment.
7. We do not recommend MACA for significantly obese people (see section 15 of GENERAL COMMENTS) because it stimulates appetite.
8. If not indicated otherwise, a DECOCTION for one day of treatment should be prepared in the morning or in the preceding evening. Boil the leaves for 5 minutes and hard parts of a plant (i.e. bark or roots) for 20-30 minutes, using the indicated quantity of dried herbs. After half an hour the decoction should be strained and drunk according to the recommended dosage. It is advisable to add a few drops of lemon juice to a decoction – except for patients with hyperacidity.
9. An INFUSION is prepared by soaking the indicated quantity of dried herbs in boiling water. The container should be covered tight and left for 10-15 minutes. The warm infusion should be strained and administered according to the recommended dosage.
10. EXTRACTS – measure up the recommended amount of drops and pour into a glass of water or fruit juice. Take before or after a meal.
11. In the case of patients with circulatory insufficiency and renal insufficiency, the quantity of water used to make decoctions and infusions should be REDUCED BY HALF, while THE AMOUNT OF DRIED HERBS SHOULD REMAIN UNCHANGED.
12. Patients who use antidiabetic treatment should keep the diet and control their blood-glucose level. During hypotensive treatment regular blood pressure measurement is necessary.

13. Courses of treatment recommended by AMC generally consist of two stages. The first stage is usually a six-week (or shorter) purifying treatment to improve the patient's general condition and to prepare his/her body for the action of other herbal preparations. The preparations of the first stage should be administered ONE AFTER ANOTHER, in other words, we must finish taking a preparation to start taking another one, e.g. on completion of manayupa treatment (i.e. after 2 weeks) we start taking flor de arena, and after 2 weeks of flor de arena treatment we start taking hercampuri.

During the second stage, as a general rule, preparations are taken SIMULTANEOUSLY. It does not mean, however, that e.g. vilcacora capsules should be washed down with the water extract of sangre de drago! Each preparation MUST BE TAKEN SEPARATELY, at an appropriate time, that is before, during or after a meal (as indicated), but all of them should be taken EVERY DAY during the specified period.

14. All preparations and cosmetics based on Andean herbs should be stored in a dry, cool and dark place.

15. SIGNIFICANT OBESITY is indicated by BMI (Body Mass Index) over 35. To check it, we divide weight of a person (in kilograms) by his/her height (in meters) raised to the second power.

E.g. for a person of 65 kg weight and 1.70 m (170 cm) height, we square the height $1.7 \times 1.7 = 2.89$ and divide the weight by the obtained number:

$65 : 2.89 = 22.491$ - in round figures: 22.5.

BMI 20-25 indicates normal weight, 25-35 means overweight. As mentioned before, BMI over 35 indicates significant obesity.

16. As all alkalising agents (Alugastrin, Gel, Alumini Phosphorici, Manti, Renigast, Omeprasol, Losec etc.) inhibit the absorption of active medicinal substances contained in vilcacora preparations, patients who use the above agents should increase doses of vilcacora twofold.

17. If the quantity of preparations indicated in a specification is insufficient for a full course of treatment, contact our office to determine further therapy.

18. We do not administer Andean preparations to pregnant and breastfeeding women.

TREATMENTS

TREATMENT 1 - purification

A six-week purifying course of treatment visibly improves the general condition and at the same time prepares the body for the action of other plant-based preparations. **It is absolutely necessary in prophylaxis and after long-standing pharmacological therapies.**

Dosage:

For 2 weeks:

MANAYUPA - drink one glass of a decoction three times a day (one hour before or two hours after a meal) or take two capsules three times a day (one hour before or two hours after a meal).

As manayupa has a diuretic action, patients who have considerable problems with urinating (e.g. in prostate hypertrophy) may give it up, taking only flor de arena and hercampuri, according to the directions given below.

Patients with diabetes or skin diseases (e.g. acne) may take CANCHALAGUA instead of manayupa – 1 capsule three times a day (30 minutes before a meal).

For the following 2 weeks

FLOR DE ARENA - drink one glass of an infusion three times a day (one hour before or two hours after a meal).

For the following 2 weeks

HERCAMPURI - take one capsule three times a day (one hour before or two hours after a meal).

See also *General Comments*, section 6.

The treatment can be repeated after 6 months.

TREATMENT 2 – purification (abridged version)

used:

- in prophylaxis and as an introduction to other courses of treatment – 2 weeks,
- in advanced and disseminated malignant diseases – 1 week.

Dosage:

MANAYUPA - drink half a glass of a decoction three times a day (one hour before or two hours after a meal),

simultaneously

FLOR DE ARENA - drink half a glass of an infusion three times a day (one hour before or two hours after a meal),

simultaneously

HERCAMPURI - take one capsule three times a day (one hour before or two hours after a meal).

During the treatment one should drink at least 2 litres of liquids daily. The treatment can be repeated after 6 months.

TREATMENT 3 – Anti-tumour Prophylaxis

recommended for everyone, and especially smokers and people with hereditary susceptibility to malignant diseases.

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

On completion of Stage One we start

Stage Two – 3 months:

VILCACORA - take one capsule twice a day (30 minutes before a meal)

or

VILCACORA liquid extract – take 10 drops mixed with water or fruit juice once a day (30 minutes before a meal),

or

VILCACORA – drink 1 glass of an infusion prepared from 2 teabags (per glass of water) twice a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS - drink 1 glass of an infusion prepared from 1 teabag (per glass of water) twice a day (30 minutes before a meal).

If for any reason vilcacora is contraindicated

TAHUARI - drink one glass of a decoction twice a day (one hour before or two hours after a meal).

Simultaneously

SANGRE DE DRAGO - drink 5 drops (dissolved in water or mixed with fruit juice) once a day (after a meal) or take 1 tablet once a day (after a meal),

simultaneously

JERGON SACHA – take 1 capsule three times a day (30 minutes before a meal).

The whole treatment can be repeated after 6 months.

TREATMENT 4

rejuvenating, revitalising and recommended in hair loss

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

On completion of Stage One we start

Stage Two – 3 months:

CHUCHUHUASI - drink one glass of a decoction three times a day (one hour before or two hours after a meal)

simultaneously

VILCACORA - take one capsule twice a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 10 drops mixed with water or fruit juice once a day (30 minutes before a meal),

or

VILCACORA – drink 1 glass of an infusion prepared from 2 teabags (per glass of water) twice a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS – drink 1 glass of an infusion prepared from 1 teabag (per glass of water) twice a day (30 minutes before a meal),

simultaneously

MACA - take one capsule three times a day during meals,

simultaneously

ZARZAPARILLA – take 1 capsule three times a day (30 minutes before a meal).

See also *General Comments*, section 6.

After a thirty-day break, the **second stage** of the treatment can be repeated. During the break it is recommended that MANAYUPA be taken – 1 capsule three times a day (an hour before or two hours after a meal).

The rejuvenating treatment can be supported with maca and vilcacora cosmetics, such as:

- MACA SHAMPOO (for regular use) - revitalises, strengthens and adds flexibility to weak and damaged hair. The shampoo contains vitamins A, B1, B6, B12 and minerals;

- MACA HAIR CONDITIONER (with physiological pH) strengthens hair roots and ends, due to its content of vitamins A, B1, B6, B12 and minerals revitalises the hair, leaving it shiny and silky; perfectly complements the shampoo action.

We also recommend massages with VILCACORA MASSAGE CREAM.

VILCACORA TOOTHPASTE – prevents and cures periodontosis.

Additionally:

ASMACHILCA- drink one glass of a decoction once a day immediately before sleep

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 5

recommended in persistent dermatomycosis, acne and chronic bacterial and viral infections

Dosage:

Stage One – for 2 weeks:

MANAYUPA - drink one glass of a decoction three times a day (one hour before or two hours after a meal) or take two capsules three times a day (one hour before or two hours after a meal).

See also *General Comments*, section 6.

On completion of Stage One we start
Stage Two - for 3 months:

CANCHALAGUA – take 1 capsule three times a day (30 minutes before a meal),

simultaneously

VILCACORA - take one capsule three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 5 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA – drink 1 glass of an infusion prepared from 2 teabags (per glass of water) three times a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS – drink 1 glass of an infusion prepared from 1 teabag (per glass of water) three times a day (30 minutes before a meal).

If for any reason vilcacora is contraindicated

TAHUARI - drink one glass of a decoction three times a day (one hour before or two hours after a meal).

The **whole treatment** can be repeated after a three-month break.

During antimycotic treatments one should also use vilcacora cosmetics:

- VILCACORA SOAP - recommended for excessively sweating skin; due to its fungistatic properties, the soap is perfect for people with allergies, psoriasis and those who are sensitive to detergents;

- VILCACORA SHAMPOO (physiological pH) – formulated for delicate, both dry and normal hair; improves hair condition from the roots to the ends; recommended - for everyday use - for patients with allergic reactions, psoriasis, sensitive to detergents and susceptible to hair loss;

- VILCACORA HAIR CONDITIONER of prolonged action – leaves the hair flexible and manageable; recommended for all hair types; perfectly complements the shampoo's action;

- VILCACORA TALC – has excellent antiseptic and antimycotic properties, prevents mycosis and eczema.

During the treatment of acne we recommend:

- SANGRE DE DRAGO CREAM WITH PROPOLIS – has an anti-inflammatory and astringent action, reduces symptoms of acne and regenerates the skin.
- MOTHER OF PEARL CREAM – smoothes and lightens fresh scars.

TREATMENT 6

recommended in frequent colds, chronic sinusitis, relapsing pneumonia, chronic bronchitis, relapsing tonsillitis (phlegmonous angina), chronic laryngitis, pharyngitis, bronchial asthma and allergies

Dosage:

Stage One – for 3 weeks:

MANAYUPA - drink one glass of a decoction three times a day (one hour before or two hours after a meal) or take 1-2 capsules three times a day (one hour before or two hours after a meal).

See also *General Comments*, section 6.

On completion of Stage One we start

Stage Two - for 3 months:

VILCACORA - take one capsule three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 5 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA – drink 1 glass of an infusion prepared from 2 teabags (per glass of water) three times a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS – drink 1 glass of an infusion prepared from 1 teabag (per glass of water) three times a day (30 minutes before a meal).

simultaneously

WIRA-WIRA, MUÑA-MUÑA or ASMACHILCA - drink one glass of a warm decoction of one of the above herbs, once a day before sleep. If the patient stays in bed, he/she can exceptionally increase dosage to 2 or 3 glasses of a decoction daily.

WIRA-WIRA is particularly recommended in pneumonia, MUÑA-MUÑA in bronchitis and ASMACHILCA in throat and larynx disorders.

Treatment of sore throat and colds should be supported with VILCACORA AND THYME EXTRACT preparation (atomiser).

MARCO INHALATIONS – in flu, sinusitis and colds – boil 1 spoonful of dried MARCO and inhale the released essential oils.

TREATMENT 7

strengthening treatment recommended for adolescents and sportsmen during intensive training

Dosage:

Stage One – for 2 weeks:

MANAYUPA – take two capsules or drink 1 glass of a decoction three times a day (an hour before or two hours after a meal).

On completion of Stage One we start

Stage Two - for 3 months:

VILCACORA+SHARK'S CARTILAGE - take one capsule three times a day (30 minutes before a meal),

simultaneously

MACA - take 1 capsule three times a day during meals

See also *General Comments*, section 6.

The second stage can be repeated after a thirty-day break.

TREATMENT 8

recommended in menstrual disorders, osteoporosis and menopausal disturbances

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA+SHARK'S CARTILAGE - take one capsule three times a day (30 minutes before a meal),

simultaneously

ZARZAPARILLA – take 1 capsule three times a day (30 minutes before a meal),

simultaneously

MACA - take 1 capsule three times a day during meals

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

MACA should not be administered to significantly obese people, because it stimulates appetite (See *General Comments*, section 15). People who cannot use maca should take IPORURU instead – 1 glass of a decoction three times a day (an hour before or two hours after a meal).

Stage Two should last until there is visible improvement in the patient's condition, but **no longer** than 6 months. After a three-month break **the whole treatment** or only its **second stage** can be repeated.

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 9

recommended in Parkinson's syndrome, Parkinson's disease, Alzheimer's disease and multiple sclerosis

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

On completion of Stage One we start

Stage Two:

CHUCHUHUASI - drink one glass of a three times a day decoction (one hour before or two hours after a meal),

simultaneously

MACA - take one capsule three times a day during meals,

simultaneously

VILCACORA - take one capsule three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 10 drops mixed with water or fruit juice twice a day (30 minutes before a meal),

or

VILCACORA – drink 1 glass of an infusion prepared from 2 teabags (per glass of water) three times a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS – drink 1 glass of an infusion prepared from 1 teabag (per glass of water) three times a day (30 minutes before a meal).

See also *General Comments* section 6.

Treatment of neurological diseases is long-term, and thus Stage Two has no time limits. Chuchuhuasi and maca can be taken for indefinite period, while vilcacora – **for up to 6 months**. Vilcacora can be administered again after a three-month break.

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 10

recommended in neurosis, migraine, headaches and as supplementary therapy in the treatment of epilepsy

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA - take one capsule three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 5 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

simultaneously

FLOR DE ARENA – drink half a glass of an infusion three times a day (an hour before or two hours after a meal)

simultaneously

MARCO – drink 1 glass of a decoction three times a day (30 minutes before a meal).

The second stage can be repeated after a thirty-day break.

TREATMENT 11

recommended in flatulence, hyperacidity, intestinal infections, diarrhoea, chronic gastroenteritis, chronic gastritis, duodenal and gastric ulcers, Crohn's disease and ulcerative colitis

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

On completion of Stage One we start

Stage Two – for 3 months:

SANGRE DE DRAGO - take 5 drops (dissolved in water) three times a day (during or after a meal) or 1 tablet three times a day (after a meal),

simultaneously

VILCACORA - take one capsule three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 10 drops mixed with water or fruit juice twice a day (30 minutes before a meal),

or

VILCACORA – drink 1 glass of an infusion prepared from 2 teabags (for a glass of water) three times a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS – drink 1 glass of an infusion prepared from 1 teabag (for a glass of water) three times a day (30 minutes before a meal).

simultaneously

UBOS – drink 1 glass of a decoction three times a day (30 minutes before meals).

On completion of the second stage one should make a thirty-day break. During the break it is recommended that MANAYUPA be taken – 1 capsule three times a day (an hour before or two hours after a meal). Then – if need be – the **whole of the second stage** of the treatment can be repeated.

TREATMENT 12

recommended in habitual constipation

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

On completion of Stage One we start

Stage Two – should last for 3 months:

VILCACORA – take 1 capsule three times a day (30 minutes before a meal),

simultaneously

ACEITE DE COPAIBA – take 5 drops mixed with water or fruit juice three times a day (30 minutes before a meal).

TREATMENT 13

recommended in chronic viral hepatitis B and C, cirrhosis and fatty degeneration of the liver

Dosage:

Stage One - for 2 weeks

MANAYUPA - drink one glass of a decoction three times a day (one hour before or two hours after a meal) or take 2 capsules three times a day (one hour before or two hours after a meal)

See also *General Comments*, section 6.

On completion of Stage One we start

Stage Two – for 3 months:

HERCAMPURI - take one capsule three times a day (one hour before or two hours after a meal),

simultaneously

CHANCA PIEDRA – take 2 capsules three times a day (one hour before or two hours after a meal),

simultaneously

VILCACORA - take one capsule three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 5 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA – drink 1 glass of an infusion prepared from 2 teabags (for a glass of water) three times a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS – drink 1 glass of an infusion prepared from 1 teabag (for a glass of water) three times a day (30 minutes before a meal);

simultaneously

SANGRE DE DRAGO – take 5 drops (dissolved in water) three times a day (during or after a meal) or 1 tablet three times a day (after a meal).

On completion of the second stage one should make a thirty-day break. During the break it is recommended that MANAYUPA be taken – 1 capsule three times a day (an hour before or two hours after a meal). Then the **second stage** of the treatment should be repeated.

TREATMENT 14

recommended in diabetes II and chronic pancreatitis

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

Instead of manayupa, patients with diabetes or skin diseases (e.g. acne) can use CANCHALAGUA – 1 capsule three times a day (30 minutes before a meal)

See also General Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 2 months:

PASUCHACA - take 2 capsules three times a day (immediately after a meal).

simultaneously

CUTI-CUTI – drink 1 glass of a decoction twice a day; the first time on an empty stomach (before breakfast) and the second before lunch.

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

In case of insufficient improvement we include:

Stage Three – 2 months:

PASUCHACA – take 1-2 capsules three times a day (immediately after a meal),

simultaneously

IPORURU – drink 1 glass of a decoction three times a day (an hour before or two hours after a meal),

simultaneously

ZARZAPARILLA – take 2 capsules three times a day (30 minutes before a meal).

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

On completion of the whole treatment contact Andean Medicine Centre to determine further procedure.

TREATMENT 15

recommended in cholecystolithiasis, chronic cholecystitis, sand in the urinary tract and nephrolithiasis

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

On completion of Stage One we start

Stage Two – for 3 months:

CHANCA PIEDRA - take 2 capsules three times a day (one hour before or two hours after a meal),

simultaneously

VILCACORA - take one capsule three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 5 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA – drink 1 glass of an infusion prepared from 2 teabags (for a glass of water) three times a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS – drink 1 glass of an infusion prepared from 1 teabag (per a glass of water) three times a day (30 minutes before a meal).

The whole two-stage treatment can be repeated after a three-month break.

Note: In the acute condition - **renal colic** - Stage One, or the purification, can be omitted.

TREATMENT 16

recommended in chronic pyelonephritis, urocystitis and infections of the urinary system

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

On completion of Stage One we start

Stage Two –until symptoms disappear but no shorter than one month and no longer than 3 months:

VILCACORA - take one capsule three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 5 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA – drink 1 glass of an infusion prepared from 2 teabags (per glass of water) three times a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS – drink 1 glass of an infusion prepared from 1 teabag (per glass of water) three times a day (30 minutes before a meal),

simultaneously

FLOR DE ARENA - drink one glass of an infusion three times a day (one hour before or two hours after a meal),

simultaneously

ACHIOTE – take 2 capsules three times a day (immediately after a meal).

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

The whole two-stage treatment can be repeated after a two-month break.

In the autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 17

recommended in chronic renal insufficiency

Dialysed patients should use one third of the indicated quantity of water to prepare decoctions (with the same amount of dried herbs).

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two –for 3 months

VILCACORA - take one capsule three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 5 drops mixed with water or fruit juice three times a day (30 minutes before a meal).

Patients who take erythropoietin should replace vilcacora with one glass of TAHUARI decoction a day, drunk every day in three portions, one third of a glass each - an hour before or two hours after a meal.

simultaneously (with vilcacora or tahuari)

FLOR DE ARENA - drink one third of a glass of an infusion three times a day (one hour before or two hours after a meal)

simultaneously

ACHIOTE – take 1 capsule three times a day (immediately after a meal).

On completion of the second stage one should make a thirty-day break. During the break it is recommended that MANAYUPA should be taken – 1 capsule three times a day (an hour before or two hours after a meal). Then repeat the whole of the **second stage** of the treatment.

TREATMENT 18

recommended in enuresis, phobia, sleep disorders, depression, nicotineism, alcoholism and neuroses

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also general Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two –for 1 month

MARCO – drink 1 glass of a decoction three times a day (an hour before or two hours after a meal),

simultaneously

ZARZAPARILLA – take 1 capsule three times a day (30 minutes before a meal).

On completion of Stage Two we start

Stage Three –for 1 month:

IPORURU – drink 1 glass of a decoction three times a day (an hour before or two hours after a meal),

simultaneously

MACA - take one capsule three times a day (during a meal)

See also *General Comments*, section 6.

Stages Two and Three can be repeated alternately for 6 months.

TREATMENT 19

recommended in rheumatism, arthrosis, ankylosing spondylitis (Bechterew's disease), rheumatoid arthritis, cervicalgia, backache and lower back pain, gonarthrosis, coxarthrosis, degenerative-productive changes of the spine

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also *General Comments*, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two –for 3 months

VILCACORA+SHARK'S CARTILAGE – take two capsules three times a day (30 minutes before a meal)

or

VILCACORA EXTRACT PREPARATION KK – take 1 capsule three times a day (30 minutes before a meal),

or

VILCACORA liquid extract – take 10 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

simultaneously (in all cases)

CHUCHUHUASI - drink one glass of a decoction three times a day (one hour before or two hours after a meal),

simultaneously

IPORURU – drink 1 glass of a decoction three times a day (one hour before or two hours after a meal).

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

On completion of the second stage one should make a thirty-day break. During the break it is recommended that MANAYUPA be taken – 1 capsule three times a day (an hour before or two hours after a meal). Then repeat the whole of the **second stage** of the treatment. If there is visible improvement the dosage can be reduced by half.

In the case of joint and muscular pains the treatment should be supported with VILCACORA MASSAGE CREAM. It has an anti-inflammatory and disinfecting action and, due to its content of camphor, warms up, does not oil the skin and is easily absorbed. Apply the cream to sore places twice a day.

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 20

recommended in gout - podagra

Patients with gout should eliminate such products as turkey, fish, pea, asparagus and spinach from their basic diet (*General Comments*, section 3).

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two –for 3 months

VILCACORA EXTRACT PREPARATION KK – take 1 capsule three times a day (30 minutes before a meal),

or

VILCACORA liquid extract – take 10 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

simultaneously

IPORURU – drink 1 glass of a decoction three times a day (one hour before or two hours after a meal),

simultaneously

ACHIOTE – take 1 capsule three times a day (one hour before or two hours after a meal).

On completion of the second stage one should make a thirty-day break. During the break it is recommended that MANAYUPA be taken – 1 capsule three times a day (an hour before or two hours after a meal). Then **repeat the whole of the second stage** of the treatment. If there is visible improvement the dosage can be reduced by a half.

TREATMENT 21

recommended in obesity

Patient should keep the basic diet described in section 3 of *General Comments*, without going beyond the daily calorie allowance .

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also general Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two –up to 6 months

PRO-FIGURA - take two capsules three times a day (30 minutes before a meal). Wash down with a large quantity of water or a low-calorie drink.

simultaneously

ACHIOTE – take one capsule three times a day (after a meal).

This stage – according to the effects – may last for as long as 6 months. On completion of the whole treatment contact the Andean Medicine Centre to determine further procedure.

TREATMENT 22

recommended in arterial hypertension

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

CHANCA PIEDRA – take one capsule three times a day (one hour before or two hours after a meal),

simultaneously

CAIGUA – take one capsule three times a day (one hour before or two hours after a meal),

simultaneously

ACHIOTE – take 2 capsules three times a day (immediately after a meal).

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

Note: When the pressure returns to normal, continue the treatment, taking 1 capsule of ACHIOTE and 1 capsule of CAIGUA every day (standing prescription).

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 23

recommended in postapoplectic conditions, hemiparesis, circulatory insufficiency of the central nervous system, tinnitus and vertigo, Buerger's disease, arteriosclerosis and hypercholesterolemia

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA liquid extract – take 10 drops mixed with water or fruit juice three times a day (30 minutes before a meal)

or

VILCACORA EXTRACT PREPARATION KK – take 1 capsule three times a day (30 minutes before a meal),

simultaneously

IPORURU – drink 1 glass of a decoction three times a day (one hour before or two hours after a meal)

simultaneously

CAIGUA – take 1 capsule three times a day (one hour before or two hours after a meal)

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep.

In individual cases it is recommended that PRO-FIGURA be taken additionally - two capsules three times a day (half an hour before a meal). Wash down with a large quantity of water.

The **second stage** can be repeated after a one-month break.

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recumbent the herb called asmachilca.

TREATMENT 24

recommended in phlebitis, haemorrhoids, chronic phlebitis, rural ulcers and varices

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

SANGRE DE DRAGO - take 5 drops (dissolved in water or fruit juice) three times a day (during or after a meal) or 1 tablet three times a day (after a meal),

Simultaneously

VILCACORA - take one capsule three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – drink 5 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA – drink 1 glass of an infusion prepared from 2 teabags (for a glass of water) three times a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS – drink 1 glass of an infusion prepared from 1 teabag (for a glass of water) three times a day (30 minutes before a meal),

simultaneously

ACEITE DE COPAIBA – take 10 drops mixed with water or fruit juice twice a day (half an hour before a meal).

On completion of the second stage one should make a thirty-day break. Then repeat the **whole of the second stage** of the treatment. If there is visible improvement the dosage can be reduced by half.

Ulcers that do not suppurate can be washed with a tampon soaked in physiological saline (0,9% NaCl solution) and several drops of SANGRE DE DRAGO. one can also apply ACEITE DE COPAIBA topically: sprinkle a tampon soaked in physiological saline with a few drops of the preparation and bathe the wounds.

TREATMENT 25

recommended in skin diseases – e.g. psoriasis, ichthyosis, collagenoses (lupus, scleroderma, multiple myositis) and amyloidosis

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA EXTRACT KK preparation – take 1 capsule three times a day (30 minutes before a meal),

or

VILCACORA liquid extract – take 10 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

simultaneously

CANCHALAGUA – take 1 capsule three times a day (30 minutes before a meal),

simultaneously

COPAIBA – take 5 drops dissolved in water or fruit juice twice a day (30 minutes before a meal),

simultaneously

ZARZAPARILLA – take 1 capsule three times a day (30 minutes before a meal).

The whole two-stage treatment can be repeated after a three-month break.

During the treatment the following vilcacora cosmetics are recommended:

- VILCACORA SOAP - recommended for excessively sweating skin; due to its fungistatic properties, the soap is perfect for people with allergies, psoriasis and those who are sensitive to detergents;
- VILCACORA SHAMPOO (physiological pH) – formulated for delicate hair, both dry and normal; improves hair condition from the roots to the ends; recommended - for everyday use - for patients with allergic reactions, psoriasis, sensitive to detergents and susceptible to hair loss;
- VILCACORA CREAM - easily absorbed, does not cause allergies and effectively revitalises the skin; its active components have a gentle disinfecting action and eliminate free radicals to prevent skin ageing; formulated mainly for greasy skin and the skin susceptible to acne; can be applied several times a day.

TREATMENT 26

recommended in prostatitis and prostatic hypertrophy

Keeping the basic diet (section 3 of *General Comments*), one should limit the daily liquid intake to a maximum of 2 litres.

Dosage:

Stage One – purification:

For 2 weeks:

FLOR DE ARENA – drink 1 glass of an infusion three times a day (one hour before or two hours after a meal).

For the following 2 weeks:

HERCAMPURI – take 1 capsule three times a day (one hour before or two hours after a meal).

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA liquid extract – take 10 drops mixed with water or fruit juice three times a day (30 minutes before a meal)

or

VILCACORA EXTRACT KK preparation – take 1 capsule three times a day (30 minutes before a meal),

simultaneously

ACHIOTE – take 2 capsules three times a day (immediately after a meal),

simultaneously

JERGON SACHA – take 2 capsules three times a day (30 minutes before a meal).

Note: Instead of vilcacora and achiote one can take the PRO-PROSTATA preparation which contains extracts of these two plants. The therapeutic dose is 2 capsules three times a day (30 minutes before a meal); as a prophylactic, men over 50 should take 1 capsule three times a day (30 minutes before a meal).

On completion of the second stage one should make a thirty-day break. During the break it is recommended that FLOR DE ARENA be taken – 1 glass of an infusion twice a day a day (an hour before or two hours after a meal). Then **the whole of the second stage** can be repeated. If there is visible improvement the dosage can be reduced by a half.

TREATMENT 27

recommended in agalactia, diminished sexual drive, infertility and impotence

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

IPORURU – drink 1 glass of a decoction three times a day (one hour before or two hours after a meal),

simultaneously

MACA - take 2 capsules three times a day (during a meal).

See also *General Comments*, section 6.

simultaneously

ZARZAPARILLA – take 2 capsules three times a day (30 minutes before a meal).

The **second stage** of the treatment can be repeated after a thirty-day break.

CAUTION: In the treatment of lactation disorders take manayupa **alone and only for one week, simultaneously** with preparations prescribed in Stage Two. When the woman starts to breast-feed, Andean preparations must be left off.

TREATMENT 28

recommended in viral infections and supplementarily in the treatment of AIDS

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA EXTRACT KK preparation – take 2 capsules three times a day (30 minutes before a meal)

or

VILCACORA liquid extract – take 20 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

simultaneously

TAHUARI – drink 1 glass of a decoction three times a day (one hour before or two hours after a meal),

simultaneously

SANGRE DE DRAGO - take 5 drops (dissolved in water or fruit juice) three times a day (during or after a meal) or 1 tablet three times a day (after a meal),

simultaneously

JERGON SACHA – take 2 capsules three times a day (30 minutes before a meal),

simultaneously

UBOS – drink 1 glass of a decoction three times a day (30 minutes before a meal).

On completion of the second stage one should make a thirty-day break. During the break it is recommended that MANAYUPA be taken – 1 capsule three times a day (an hour before or two hours after a meal). Then **the whole of the second stage** of the treatment can be repeated. If there is visible improvement the dosage can be reduced by half.

TREATMENT 29

recommended in anaemia, cachexia, malnutrition and anorexia (anorexia nervosa)

Dosage:

Stage One : The One - Week Purifying Treatment

Dosage:

MANAYUPA – drink half a glass of a decoction three times a day (one hour before or two hours after a meal),

Simultaneously

FLOR DE ARENA – drink half a glass of an infusion three times a day (one hour before or two hours after a meal),

Simultaneously

HERCAMPURI – take one capsule three times a day (one hour before or one hour after a meal).

During the treatment one should drink at least 2 litres of liquids daily. The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA liquid extract – take 10 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA FORTE PLUS - drink 1 glass of an infusion prepared from 1 teabag (for a glass of water) three times a day (30 minutes before a meal),

simultaneously

ZARZAPARILLA – take 2 capsules three times a day (30 minutes before a meal),

simultaneously

MACA – take 2 capsules three times a day (during a meal).

The second stage of the treatment – each time preceded by a thirty-day break – can be repeated several times until satisfactory effects are achieved.

TREATMENT 30 – general anti-tumour

recommended in malignant diseases, leukaemia and multiple myeloma

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

See also General Comments, section 6.

The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA EXTRACT KK preparation – take 2 capsules three times a day (30 minutes before a meal),

or

VILCACORA liquid extract – take 20 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA FORTE - drink 1 glass of a decoction prepared from dried vilcacora leaves three times a day (one spoonful of the leaves on 4 glasses of water, boil for 10-15 minutes) (30 minutes before a meal),

simultaneously

TAHUARI - drink 1 glass of a decoction three times a day, one hour before or two hours after a meal (standing prescription).

simultaneously

SANGRE DE DRAGO - take 5 drops (dissolved in water) three times a day (during or after a meal) or 1 tablet three times a day (after a meal).

Simultaneously

ASMACHILCA – drink one glass of a decoction three times a day immediately before sleep

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

On completion of Stage Two we start
Stage Three – for 3 months:

VILCACORA, TAHUARI, SANGRE DE DRAGO – like in Stage Two,

and simultaneously:

UBOS – drink 1 glass of a decoction three times a day (30 minutes before a meal).

On completion of the third stage, i.e. after six months, one should stop taking vilcacora for three months. Other preparations of the third stage (i.e. tahuari, sangre de drago and ubos) can still be applied in doses described above.

If there is visible improvement in the health condition, the doses can be reduced by a half. In such case, one can use the preparations for a long time, remembering to make a three-month break after each six-month period of vilcacora administration.

TREATMENT 31

recommended in tumours of the lungs and the respiratory tract and in persistent, chronic infections of the respiratory system which are resistant to treatment

Dosage:

Stage One – purification: TREATMENT 1 or TREATMENT 2.

During the treatment one should drink at least two litre of liquids daily. The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 2 weeks:

VILCACORA FORTE - drink 1 glass of a decoction three times a day (1 spoonful of dried herbs on 4 glasses of water; boil for 10-15 minutes)

or

VILCACORA EXTRACT KK preparation – take 2 capsules three times a day (30 minutes before a meal)

simultaneously

ZARZAPARILLA – take 5 capsules three times a day

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day before sleep

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

On completion of Stage Two we start

Stage Three – for 3 months:

VILCACORA FORTE - drink 1 glass of a decoction three times a day (30 minutes before a meal),

or

VILCACORA EXTRACT KK preparation - take 2 capsules three times a day (30 minutes before a meal)

simultaneously

SANGRE DE DRAGO - take 5 drops (dissolved in water) three times a day (during or after a meal) or 1 tablet three times a day (after a meal)

simultaneously

ACEITE DE COPAIBA – take 5 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

simultaneously

MUÑA-MUÑA – drink 1 glass of a decoction once a day in the evening.

During this stage it is necessary to drink a lot of liquids.

On completion of the third stage one should make a thirty-day break. During the break it is recommended that MANAYUPA be taken in a dose of 1 capsule three times a day.

Then – according to the patient's condition – the second stage of the treatment can be repeated. If there is visible improvement the dosage of the preparations can be reduced by half.

TREATMENT 32

recommended in tumours of the sexual organs – both male and female (can also be used in uterine myoma)

Dosage:

Stage One – purification: TREATMENT 2 (may be shortened to one week).

During the treatment one should drink at least 2 litres of liquids daily. The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA FORTE – 1 spoonful of dried leaves,

UBOS – 1 spoonful of the bark,

IPORURU – 1 spoonful of the bark.

Mix the above preparations together, pour 1 litre of water and boil for 10 minutes.

Drink the decoction throughout the day.

Simultaneously

SANGRE DE DRAGO - take 5 drops (dissolved in water) three times a day (during or after a meal) or 1 tablet three times a day (after a meal),

simultaneously

ACEITE DE COPAIBA – take 5 drops mixed with water or fruit juice three times a day (half an hour before a meal).

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

On completion of the second stage one should make a thirty-day break. During the break it is recommended that MANAYUPA be taken – 1 capsule three times a day (an hour before or two hours after a meal).

Then – if need be – the whole of the second stage of the treatment can be repeated. In case of visible improvement dosage of the preparations can be reduced by half.

In the cases of tumours of female sexual organs (including uterine myoma) herbal baths can be additionally applied:

Boil 1 spoonful of UBOS in 1 litre of water and chill it. Use this infusion for an evening herbal bath (sitz/hip bath for approx. 15 minutes) and go to bed immediately afterwards. Such baths can be applied every day for a month. They are not recommended during menstruation.

In the autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 33

recommended in breast tumours

Dosage:

Stage One – purification: TREATMENT 2.

During the treatment one should drink at least 2 litres of liquids daily. The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA EXTRACT KK preparation – take 2 capsules three times a day (30 minutes before a meal),

or

VILCACORA liquid extract – take 20 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA FORTE - drink 1 glass of a decoction prepared from dried vilcacora leaves (one spoonful of the leaves on 4 glasses of water, boil for 10-15 minutes) three times a day (30 minutes before a meal),

simultaneously

JERGON SACHA – take 2 capsules three times a day (30 minutes before a meal),

simultaneously

SANGRE DE DRAGO - take 5 drops (dissolved in water or fruit juice) three times a day (during or after a meal) or 1 tablet three times a day (after a meal),

On completion of the second stage one should make a thirty-day break. During the break MANAYUPA is recommended – 1 capsule three times a day (an hour before or two hours after a meal).

Then the whole of the second stage of the treatment can be repeated. If there is visible improvement the dosage can be reduced by half.

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 34

recommended in tumours of the alimentary tract

Dosage:

Stage One – purification: TREATMENT 2.

On completion of Stage One we start

Stage Two – for 1 month:

VILCACORA EXTRACT KK preparation – take 2 capsules three times a day (30 minutes before a meal),

or

VILCACORA liquid extract – take 20 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA FORTE - drink 1 glass of a decoction prepared from dried vilcacora leaves (one spoonful of the leaves on 4 glasses of water, boil for 10-15 minutes) three times a day (30 minutes before a meal),

simultaneously

TAHUARI – drink 1 glass of a decoction three times a day (one hour before or two hours after a meal),

simultaneously

SANGRE DE DRAGO - take 5 drops (dissolved in water) three times a day (during or after a meal) or 1 tablet three times a day (after a meal),

simultaneously

ACEITE DE COPAIBA – take 5 drops mixed with water or fruit juice three times a day (half an hour before a meal).

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common colds we recommend the herb called asmachilca.

On completion of Stage Two we start
Stage Three – for 1 month:

VILCACORA, TAHUARI and SANGRE DE DRAGO – like in Stage Two,

and simultaneously

ZARZAPARILLA – take 2 capsules three times a day (30 minutes before a meal).

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

On completion of Stage Three we start

Stage Four – for 1 month:

VILCACORA, TAHUARI and SANGRE DE DRAGO – like in Stage Two,

and simultaneously

CHANCA PIEDRA – take 1 capsule three times a day (an hour before or two hours after a meal).

simultaneously

ASMACHILCA- drink one glass of a decoction once a day immediately before sleep

On completion of the fourth stage one should make a thirty-day break. During the break it is recommended that MANAYUPA be taken – 1 capsule three times a day (an hour before or two hours after a meal).

Then the whole treatment can be repeated. If there is visible improvement the dosage can be reduced by half.

TREATMENT 35

recommended in tumours of the kidneys and the urinary tract

Dosage:

Stage One – purification: TREATMENT 2.

Dosage for one week

MANAYUPA – drink half a glass of a decoction three times a day (one hour before or one hour after a meal),

simultaneously

FLOR DE ARENA – drink half a glass of an infusion three times a day (one hour before or two hours after a meal),

simultaneously

HERCAMPURI – take one capsule three times a day (one hour before or two hours after a meal).

During the treatment one should drink at least 2 litres of liquids daily. The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA EXTRACT KK preparation – take 2 capsules three times a day (30 minutes before a meal),

or

VILCACORA liquid extract – take 20 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA FORTE - drink 1 glass of a decoction prepared from dried vilcacora leaves (one spoonful of the leaves on 4 glasses of water, boil for 10-15 minutes) three times a day (30 minutes before a meal),

simultaneously

SANGRE DE DRAGO - take 5 drops (dissolved in water) three times a day (during or after a meal) or 1 tablet three times a day (after a meal),

simultaneously

CHANCA PIEDRA – take one capsule three times a day (one hour before or two hours after a meal),

simultaneously

ACEITE DE COPAIBA – take 5 drops mixed with water or fruit juice three times a day (half an hour before a meal),

simultaneously

MANAYUPA – take 2 capsules three times a day (one hour before or two hours after a meal).

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

On completion of the second stage we make a thirty-day break, after which the second stage of the treatment can be repeated.

If there is visible improvement the dosage can be reduced by half.

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 36

recommended in prostate tumours

Dosage:

Stage One – purification: TREATMENT 2.

Dosage:

MANAYUPA – drink half a glass of a decoction three times a day (one hour before or two hours after a meal),

simultaneously

FLOR DE ARENA – drink half a glass of an infusion three times a day (one hour before or two hours after a meal),

Simultaneously

HERCAMPURI – take one capsule three times a day (one hour before or two hours after a meal).

During the treatment one should drink at least 2 litres of liquids daily. The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA EXTRACT KK preparation – take 2 capsules three times a day (30 minutes before a meal),

or

VILCACORA liquid extract – take 20 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA FORTE - drink 1 glass of a decoction prepared from dried vilcacora leaves (1 spoonful of the leaves on 4 glasses of water, boil for 10-15 minutes) three times a day (30 minutes before a meal),

simultaneously

ACHIOTE – take 2 capsules three times a day (immediately after a meal),

simultaneously

JERGON SACHA – take 1 capsule three times a day (30 minutes before a meal).

simultaneously

SANGRE DE DRAGO - take 5 drops (dissolved in water or mixed with fruit juice) three times a day (during or after a meal) or 1 tablet three times a day (after a meal),

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

Then we make a thirty-day break, after which the whole second stage of the treatment can be repeated. If there is visible improvement the dosage can be reduced by half.

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 37

recommended in brain tumours

Dosage:

Stage One – purification: TREATMENT 2.

Dosage:

For one week

MANAYUPA – drink half a glass of a decoction three times a day (one hour before or two hours after a meal),

simultaneously

FLOR DE ARENA – drink half a glass of an infusion three times a day (one hour before or two hours after a meal),

simultaneously

HERCAMPURI – take one capsule three times a day (one hour before or two hours after a meal).

During the treatment one should drink at least 2 litres of liquids daily. The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 3 months:

VILCACORA EXTRACT KK preparation – take 2 capsules three times a day (30 minutes before a meal),

or

VILCACORA liquid extract – take 20 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA FORTE - drink 1 glass of a decoction prepared from dried vilcacora leaves (one spoonful of the leaves on 4 glasses of water, boil for 10-15 minutes) three times a day (30 minutes before a meal),

simultaneously

TAHUARI – drink 1 glass of a decoction three times a day (one hour before or two hours after a meal),

simultaneously

SANGRE DE DRAGO - take 5 drops (dissolved in water) three times a day (during or after a meal) or 1 tablet three times a day (after a meal),

simultaneously

ZARZAPARILLA – take 2 capsules three times a day (30 minutes before a meal).

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

On completion of the fourth stage one should make a thirty-day break. During the break it is recommended that MANAYUPA be taken – 1 capsule three times a day (an hour before or two hours after a meal).

Then the whole of the second stage of the treatment can be repeated. If there is visible improvement the dosage can be reduced by half.

In autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

TREATMENT 38

recommended in disseminated and advanced tumours

Dosage:

Stage One – purification: 1 week of TREATMENT 2.

Dosage:

MANAYUPA- drink half a glass of a decoction three times a day (one hour before or two hours after a meal),

FLOR DE ARENA – drink half a glass of an infusion three times a day (one hour before or two hours after a meal),

simultaneously

HECAMPURI – take one capsule three times a day (one hour before or two hours after a meal).

During the treatment one should drink at least 2 litres of liquids daily. The treatment can be repeated after 6 months.

On completion of Stage One we start

Stage Two – for 1 month:

VILCACORA EXTRACT KK preparation – take 2 capsules three times a day (30 minutes before a meal),

or

VILCACORA liquid extract – take 20 drops mixed with water or fruit juice three times a day (30 minutes before a meal),

or

VILCACORA FORTE - drink 1 glass of a decoction prepared from dried vilcacora leaves (1 spoonful of the leaves on 4 glasses of water, boil for 10-15 minutes) three times a day (30 minutes before a meal),

simultaneously

TAHUARI – drink 1 glass of a decoction three times a day (one hour before or two hours after a meal),

simultaneously

SANGRE DE DRAGO - take 5 drops (dissolved in water) three times a day (during or after a meal) or 1 tablet three times a day (after a meal).

Simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

In the autumn-winter season you are particularly susceptible to infections of the upper airways. In order to avoid all types of common cold we recommend the herb called asmachilca.

On completion of Stage Two we start

Stage Three – for 1 month:

VILCACORA, TAHUARI and SANGRE DE DRAGO like in Stage Two,

simultaneously

ASMACHILCA – drink one glass of a decoction once a day immediately before sleep

and simultaneously

ACEITE DE COPAIBA – drink 5 drops mixed with water or fruit juice three times a day (half an hour before a meal).

On completion of Stage Three we start

Stage Four – for 1 month:

ZARZAPARILLA – take 2 capsules three times a day (30 minutes before a meal). Each time wash them down with 1 glass of a decoction prepared from:

UBOS – 1 spoonful,

MUÑA-MUÑA – 1 spoonful,

VILCACORA FORTE – 1 spoonful.

Boil the three ingredients together for 20 minutes in 1 litre of water.

Drink 1 glass of the decoction three times a day half an hour before a meal.

Treatment 40 – Anti – Flu

The Prophylactic Anti-Flu Treatment:

VILCACORA FORTE PLUS – drink one glass of an infusion prepared from 1 teabag twice a day (30 minutes before a meal) or

VILCACORA teabags – drink one glass of a decoction prepared from 2 teabags twice a day (30 minutes before a meal) or

VILCACORA capsules – take 2 capsules twice a day (30 minutes before a meal)

The prophylactic treatment should be applied throughout the autumn-winter season but for at least three months.



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Translated into English by Tadeusz Z. Wolański
"TRANSLATOR"
