

### ***His tragedy...***

His first wife was stricken with cancer. When traditional medicine failed her, he turned to non-traditional therapies and set out on a worldwide mission seeking to cure the incurable.

### ***His discovery...***

Pain from his own bone-grinding arthritis caused him to lead research resulting in the world's first true immunomodulator. Dr. Sands started a medical revolution with the discovery of CMO that cures arthritis and many other autoimmune diseases.

### ***The battle to keep the cure secret...***

The suppressive politics of the pharmaceutical industry has been felt. In the early 1970s the National Institutes of Health mysteriously denied funding that would have led to the discovery of CMO. Recently the FTC fought to keep it a secret. Now, thanks to Dr. Sands, over 2 million have been cured in 45 countries and the word is finally out!

### ***The clinical studies...***

From double blind clinical studies at universities to a massive 9,000 subject monitoring project, over 11,500 have been medically observed or clinically studied. These studies show Dr. Sands' CMO discovery to have an overall cure rate of 79%.

### ***Cure arthritis without a prescription...***

Recommended by Dr. Sands, you will learn his step-by-step method of how to cure arthritis using CMO, which is readily available as a nutritional supplement.



The 30 Day  
Arthritis  
Cure

Third Edition - Revised

No Drugs

No Doctors

Do it yourself

Millions cured

Clinically proven

Dr. Len Sands

## **THE 30 DAY ARTHRITIS CURE**

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## **Dedication**

The third edition of this book is dedicated to the memory of Dr. Sands and his family, friends and associates of the San Diego Clinic that boldly carry on his mission to cure the incurable, bringing permanent relief to so many that suffer from arthritis and other autoimmune diseases.

## Foreword

When one has tried and failed with so many remedies for arthritis, anything new that comes along is bound to be met with skepticism. I saw my father's arthritis advance to a distressing degree. He had already reached the point where walking was a painful chore, and we both dreaded the progressively crippling future that was in store for him. As a physician, it was doubly frustrating for me.

Even when my highly respected colleague, Dr. Sands, told me about the phenomenal results he was getting with arthritis patients from his new project, I was still a bit skeptical. After all, when something sounds too good to be true, it usually is. For his researchers to have found a substance that permanently reverses the arthritic process with just one set of capsules was practically unbelievable. And for that substance to be totally free of harmful side effects was just too much to ask.

Yet, in just a few days, I saw all signs of my father's arthritis completely disappear. He is now just as active as he was before his arthritis ever struck. Believe me, he is a man of great energy and it seems a miracle to see him striding around again as he had done so many years before. He has now been totally free of arthritis for over six months without the need for further treatment of any kind.

Dr. Sands tells me that his greatest obstacle in presenting this substance, CMO, to the world lies in over-coming the skepticism

of the public and the medical profession as well. I can understand that for I, too, initially had my doubts. But thank God, I felt it was worth a try and my father is a spry and active man again.

**F. A. Muñoz, MD**

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## *The 30 Day Arthritis Cure*

### **A Message from the Author**

In the few years since my first CMO book was published I have seen CMO become an international phenomenon. It is now available on every continent of the world and it has made a tremendous impact on millions of people who had been suffering from arthritis. The joy this brings to my heart is immeasurable.

We have discovered, through recent experience, that CMO is helping to control, and sometimes even curing, virtually any ailment with autoimmune components or chronic inflammatory factors.

Our experiences have also taught us a great deal about autoimmune processes and how easily they can be triggered. There are new chapters in this edition of the book that suggest ways to deal with that problem.

**Dr. Len Sands**

## **Chapter One**

*Information Vital to the Understanding of This Book*

## *The 30 Day Arthritis Cure*

### **Chapter One**

#### *Information Vital to the Understanding of This Book*

CMO. Call it what you will: rescue, remission, relief, reversal, intervention, or cure - millions who had suffered for years and years with arthritis, and have now experienced its total disappearance, call it a miracle.

Instead of popping pills or taking shots day after day or hour after hour merely to get some sort of temporary relief from their symptoms, they found that just one or two bottles of capsules eliminated their ailment completely - without the need for further remedies of any kind.

Imagine never needing to take another pill or shot ever again for your arthritis!

All that from a simple substance naturally derived from certain fatty tissue of beef and put in capsule form: cerasomal-cis-9-cetylmyristoleate. It bears the registered trade name of CMO. It is a rare but natural substance. We're certain you even eat some from time to time. Minute trace amounts of it are commonly found in butter and products made with butter. But as a healer of autoimmune ailments, there's never been anything like it before, especially for arthritis. Nothing in this world has even come close to the results obtained from CMO. That's what this book is all about.

## *Information Vital to the Understanding of This Book*

But first let's look at a book that talks about a cure that isn't a cure at all.

### **The “Arthritis Cure” that isn't**

The so-called “medical miracle” described in the book, *The Arthritis Cure*, published by St. Martins Press, has been justifiably disputed by most well informed medical professionals. Let us go on record, clearly and unequivocally, that the treatments described in that book certainly are not a cure for arthritis any more than aspirin is a cure for arthritis.

Although the use of glucosamines and chondroitins urged by the book can often produce good short-term effects, it has rarely shown any long-lasting value. That's because glucosamines and chondroitins are merely the building blocks for the body to construct new cartilage. They help the body produce replacement cartilage at a faster rate, but they do nothing to stop the destruction of the arthritic process itself. The best one can hope for is to temporarily replace cartilage as fast as, or possibly even a little faster than it's being destroyed. But usually, and inevitably, the destruction outpaces the repair and arthritis continues to worsen. That's no “cure”!

Even the Arthritis Foundation has, in its news release of 15 January 1997, stated, “The Arthritis Cure [book] is not recommended.” The release also states, “The Arthritis Foundation cannot recommend glucosamine and chondroitin sulfate as a treatment for osteoarthritis or any other form of arthritis.”

## *The 30 Day Arthritis Cure*

Nevertheless, the book has a great deal of merit. Its glucosamine-chondroitin therapy is far better than using methotrexate, cortisones, painkillers, or anti-inflammatory drugs. Those can relieve some of the bothersome symptoms of arthritis but they won't help the joints in any way. By masking the pain, those drugs could readily encourage the abuse of an already damaged joint and hasten its way to total destruction.

### **The REAL Arthritis Cure**

Nevertheless, the arthritic process can be halted. Arthritis can be reversed. The pain and inflammation can be relieved. And it's all been done without any harmful side effects. That's right, it has already been done for millions of arthritis sufferers, and the substance that's done it is available to you right now! It's called CMO.

In their October 28, 1996 issue, TIME magazine reported on the three most promising developments in arthritis research. The scientists participating in all three projects are intensely focused on intervening in the immune system's involvement in the arthritic process. But it will be many years before the results of these investigations will trickle down to be of any benefit for the public.

This book reports on a substance discovered years ago by a researcher at a U.S. Government National Institutes of Health (NIH) research facility. It is already available now and has already succeeded in that magical immunological intervention for millions of extremely grateful ex-arthritic individuals.

## *Information Vital to the Understanding of This Book*

Furthermore, its benefits appear to last indefinitely, probably eliminating the need for any additional arthritis medication ever again. The active ingredient is derived from natural fatty beef tissue. This natural compound bears the rather long and complicated bioscientific name of cerasomal-cis-9-cetylmyristoleate. But it's best known by its commercial name of CMO - a lot easier to remember and pronounce. For that reason it will, henceforth, be referred to as CMO in the rest of the book.

Dr. Douglas Hunt (MD) has written, "CMO will probably be seen as the most important find of the twentieth century." He goes on to say, "And it does its job with a few ... capsules of powder. Many who've taken CMO have been free of rheumatoid arthritis for as long as nine years."

Mindful of its safety and immediate availability, CMO certainly warrants consideration as an option for anyone with rheumatoid arthritis, osteoarthritis, and virtually all types of arthritic manifestations other than gout.

Dr. Sands prepared this valuable and responsible book with contributions from his staff at the San Diego Clinic, the facility which continued the exploration of CMO that started at the NIH so many years ago. This clinic prepared the model for the first extended professional study of CMO encompassing several dozen individual subjects. It was the major communications center receiving daily reports from numerous medical practitioners and arthritis victims around the world who were using CMO. Thus, this book contains the most valuable and

## *The 30 Day Arthritis Cure*

most recent of all information from medical professionals, patients, and consumers on the results of CMO in practical day-to-day use. There are a great many exciting case histories and personal reports.

This book tells the story of the development of CMO - from the discovery of its basic precursor at the NIH to the evolution of the final modern product available today. It includes dozens of up-close and personal stories - even reports of how CMO has rescued people who had already been told by their doctors that they should prepare for imminent death. It reports on those previously confined to wheelchairs who have returned to a normal happy lifestyle. Of course these are the more extreme cases, but even the average cases are quite dramatic, especially for the people themselves who have regained the use of their hands, or who can now walk again comfortably, or even for those who are simply no longer wracked with pain every single day.

The book also relates how swindlers are preying on the public by producing worthless counterfeit CMO! It's an amazing and enlightening book for all to read. It's an absolute must for anyone who has, or knows someone who has, any form of arthritis.

Please share this book with your family, friends, and neighbors. You can be sure they'll thank you for it.