

ERH to Launch First U.S. Clinical Trial of BioChemical Eating Method

Clinical Trials to Study Potential Health Benefits of Matching Food Chemistry and Body Chemistry

Ellenville Regional Hospital has announced it will launch a formal scientific clinical trial to determine the health benefits of a new and potentially groundbreaking approach to nutrition called the A&B Method.

The breakthrough discovery, developed by researcher Eleonora De Lennart (*photo, below*) and presented in her book "The BioChemical Machine: Empowering Your Body Chemistry," which is currently a highly-ranked best-seller with Barnes & Noble, Books-A-Million, etc., the A&B Method is based on the premise that creating compatibility between food chemistry and body chemistry is key to sustaining a healthy weight, overcoming illness, and bolstering general overall good health.

Central to DeLennart's thesis, which has received considerable notice in Europe, is her discovery that two



different types of digestion exist for protein – one for the good proteins (pure/high grade protein) that the human body has evolved to handle over the course of millions of years, another for bad proteins (abnormal proteins), which have been consumed in larger and larger quantities only since the invention of home refrigeration.

Bad proteins, not eaten chemically right, De Lennart believes, can create toxins in the

body that lead to conditions such as acid reflux, arthritis, and a host of other ills. DeLennart's remedy is in matching food chemistry and body chemistry, according to the A&B Charts she developed over many years of research with internationally renowned biochemists and food chemists.

The A&B Charts, arranged into three unique categories – "A," "Neutral" (can be eaten 24/7), and "B" – divide foods according to the type of digestive process necessary for breaking down good proteins, bad proteins, carbohydrates, and fats.

Readers who have implemented the approach into their daily lives report natural weight loss, feeling energized, and that the A&B Method has alleviated conditions such as lactose intolerance, heartburn, heart disease, arthritis/rheumatoid arthritis, and diabetes.

DeLennart continues to receive a steady stream of correspondence from readers who claim that eating according to the A&B Method has changed their lives with sustainable weight loss and freedom of pain.

Calorie-counting has been eliminated due to the chemical match of food chemistry and body chemistry. The A&B Method is deemed easy to follow and maintain over a lifetime. These tenets will be evaluated in the pilot study and beyond.

The preliminary trial based at Ellenville Hospital will be both a qualitative and quantitative study of the A&B Method, by grading the effect of the program not only on weight loss, but also by monitoring daily occurrences like moods, fatigue, gastrointestinal symptoms, carbohydrate or sugar cravings, and headaches over an initial four-month period.

Blood pressure, cholesterol levels, liver function,

percent body fat, and blood sugar will also be monitored.

Besides medical professionals, Helen Robinson, Vice President for Clinical Operations and Certified Research Associate, is supervising the study. Recruitment for the study is almost completed. Further volunteers are welcome.

The impetus behind the study was a patient staying at **Ellenville Hospital** who experienced startling results by following the tenets of the A&B Method. Intrigued, Steven Kelley, president and CEO of **Ellenville Hospital**, asked a handful of staff members to try the A&B Method and report back with their experiences. Their overwhelmingly positive response compelled Mr. Kelley to initiate a more formal, in-depth study about matching food to body chemistry.

"Based on the favorable results of my administrative staff who tried the A&B program, I was interested in conducting a clinical trial here in Ellenville," said Mr. Kelley, whose background as a research scientist at Rensselaer Polytechnic Institute and Albany Medical Center helped fuel his interest in the study. "We are excited to participate in this research project that could make a difference in the health of a many people."

"We'll be monitoring their weight and blood work before and after the study is completed using standardized protocols presented to the Institutional Review Board" says Chief Clinical Officer Helen Robinson. "I'm eager to see the results". Results from the pilot study will be used to design a more comprehensive and longer trial."

Although Helen Robinson will not make any predictions regarding the outcome of the study, she is excited by the prospect of what they might uncover. "For years, research findings have suggested that ordinary food may help us to overcome a variety of human ailments.

This study gives us an opportunity to take a serious look at something that may have implications for the health of our community... and our country. The potential impact of the A&B Method could be enormous."

"In these times, with health care in a state of crisis and people searching desperately for solutions that really work and can be implied in everybody's life, people need to know about eating the A&B way," says Professor Claus Leitzmann, internationally-renowned microbiologist, molecular biologist (UCLA), biochemist, author of 500 studies, articles, and books in the field of Nutrition Science, and recipient of the Zabel Prize for Cancer Prevention, and the Broerman Prize for Preventative Nutrition, who endorsed DeLennart's research along with other authorities. "It's a breakthrough that could lead to a whole new quality of life and save countless millions of dollars."

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