



THE HOLISTIC HEALTH INITIATIVE: A REPORT

Hello Dear Friend,

For six years I've been quietly working on an inspiring project in the arena of world health. This is a natural progression from Higher Ground for Humanity's ClearWater Project, a successful initiative to bring safe drinking water to the world that ultimately went global in nearly 30 countries. After seven fulfilling years in this area, it was time to pause and consider my next direction.

It's been a long-standing habit of mine to throw a sleeping bag in the car and hit the road, following the intuitions that guide me along the way. It was during just such a time of reflection on beautiful Mt. Shasta that synchronicity brought an impressive new friend and a clear new vision and purpose into my life.

Refilling water jugs in the little town of Mt. Shasta I noticed a poster for a conference that very day, so I followed a hunch to check it out instead of returning to camp. I had no idea I was being led to what has become an ongoing partnership on the frontiers of science and medicine. Dr. Todd Ovokaitys, an honors graduate of Johns Hopkins Medical School and a gifted medical researcher and scientist, was sharing pioneering information on herbal and natural formulas for healing.

After his lecture, our lively conversation became the fortuitous start of a new humanitarian partnership we call the Holistic Health Initiative. Clinical trials based on Dr. Todd's innovations have produced stunning results with AIDS and other world health issues.

I'm humbled to share with you the exciting potential of these developments. Together, you and I have an opportunity to alleviate illness and suffering all over the world with truly effective, affordable, and non-toxic health solutions.

Envisioning a healthier world,

Lenedra Carroll
Founder & President
Higher Ground for Humanity



HIGHER GROUND FOR HUMANITY

Higher Ground for Humanity is a Public Charity 501c(3) established in 1997 by family founders Lenedra Carroll, Shane Kilcher and singer-songwriter Jewel. Higher Ground for humanity (HGH) has maintained a high standard of charitable giving in the US as well as internationally in 30 countries. More than \$10 million dollars have been given either through Higher Ground programs or directed to worthy institutions, communities and programs in the arenas of health, research, environment, and youth work.

Only 5-7% of donated revenues support Higher Ground for Humanity's administrative costs, an unusually low ratio. HGH is an all-volunteer organization dedicated to maintaining low overhead to best serve the intentions of donors. All donations currently serve Higher Ground's flagship program: the Holistic Health Initiative under the guidance of Dr. Todd Ovokaitys.

THE HOLISTIC HEALTH INITIATIVE

The Holistic Health Initiative is an autonomous program within Higher Ground and is therefore separately accounted. It is a health initiative formed in 2006 with Dr. Todd Ovokaitys, known personally as Dr. Todd, whose bio follows. The Holistic Health Initiative (HHI) is dedicated to serving our mutual goals of developing and providing health solutions that are non-toxic, affordable and highly effective with demonstrable results. The health initiatives work is currently focused on Dr. Todd's work with AIDs in Africa and India.

The Journey

While Holistic Health Initiative's support of Dr. Todd's research and development is ongoing on numerous health issues, at present there is a particular focus on innovative and cost-effective methods of relieving the global HIV epidemic. The goal was to develop an optimal formula and demonstrate its success through a process of clinical trials.

The Successful Formula

Ultimately a protocol was developed combining herbal remedies and botanicals with safe, natural metabolic and nutritional components, and other elements from Dr. Todd's core lab work. The combined program for accelerating immune recovery and neutralizing HIV is called the Immune Support Protocol (ISP).

With HGH/HHI, Dr. Todd moved forward to test the assumptions, formulas and protocols in studies and clinical trials established using rigorous scientific methods. The trials would be primarily focused in Africa, where traditional and herbal methods are welcome in regions especially heavily burdened with the epidemic.



Unparalleled Success

The protocols developed by this research team have now been tested for five years in pilot studies in Africa and around the world and have been profoundly successful in reducing viral load, repairing immune function, and improving clinical condition and quality of life. They have been demonstrated not only to be effective and non-toxic, but also to be deliverable at a small fraction of the cost of typical antiretroviral drugs, or ARVs. The report below highlights the capacity of the protocol to reverse even advanced disease.

The Results

The case study that follows was part of a group pilot study designed as an outreach to persons who either chose not to use conventional antiretroviral therapy or did not have access to it because of the financial burden. Jona's story (not his real name), is a landmark case that demonstrates the viability of the protocol in restoring the CD4 count from AIDS levels to above AIDS levels, and even to normal, as well as inhibiting the viral load with excellent results, including to undetectable.

An Historic Case Study

Jona was a young man in extremely poor health. He was not expected to survive another month. His family struggled to care for him with little hope for his recovery. Against the advice of professionals opposed to accepting such final stage patients, our colleagues in South Africa included Jona in our pilot study there.

Jona began the natural Immune Support Protocol (ISP) with a CD4 count of 23, and was near death. His viral load was extreme - at an end-stage high of 205,000. With the natural protocol alone, he went from having a one month prognosis for survival to, six months later, having an undetectable viral load and a CD4 count that had risen almost 1000% to over 250. He began to lose his fatigue and debilitation. Before a year had passed, all clinical symptoms including fever and weight loss had completely resolved.

This may be the first case of complete remission of the immune, viral and clinical impact of end-stage AIDS without the use of ARV drugs. It raises the hope that many more people can have relief from the course of HIV infection through a means that is safe, natural and free of significant adverse effects.

Over the next two and half years, Jona's CD4 count rose all the way to a healthy high-normal of 875. His viral load after three years of treatment has been measured at undetectable. In fact, Jona recently suffered a bout of the flu, something that instigates great crisis in AIDS patients on conventional ARV drugs. Usually the patient's immune system is unable to handle the demands of illness and become further compromised, causing the improving patient to lose ground that is rarely recovered. However, Jona rallied in record time and was soon back at work. Now fully productive at work, home and in his community, it's not hard to imagine the joy and hope that he and his loved ones have had restored to them.



The Clinical Trials

In addition to such promising individual cases, additional group trials were established in Kenya and South Africa. Participants represented a range of age and stages of disease. Some took standard ARV drugs only, others took ARVs combined with the ISP formula, while still others took only the ISP. In all cases, patients were informed of their choices and all received significant improvement. All improved in the important markers of the disease (CD4 count and viral load, see support materials), beyond the performance of established treatments.

In one group the ISP was interrupted for a year due to political complications in the local area. When ARV drugs are stopped the viral count tends to rise rapidly and the CD4 count usually declines fairly quickly. After one year off of the ARV drugs, the expectation would be significant reductions of CD4 counts with many AIDS and even pre-AIDS cases slipping back into the AIDS level category.

Instead of a decline of CD4 counts, even those with the lowest CD4 counts improved even further. All subjects, including the sickest, actually continued to improve for a full year after the protocol was stopped. There is no other remedy that has provided that kind of result, except for the single case of HIV remission after a bone marrow transplant, a treatment too costly and hazardous to use widely.

The ISP protocol offers viable relief for countless millions suffering from AIDS as well as a potential method for reversing a worldwide epidemic.

Symptoms such as fever and weight loss improved greatly or resolved completely. Function was increased with a return to work and child care. Not only are the protocol components safe and natural, but immune recovery is accelerated with their use, and they are free of the devastating side effects of the ARV regimens. The ISP is also much more affordable than the ARV drugs.

Effectiveness, affordability and reduction of side effects - along with ease of distribution in periodic cycles offer a true and viable reversal of the HIV epidemic. These factors open the possibility of the program to be extended globally. It should be noted that the Immune Support Protocol has applications not only to AIDS but to general health as well, and to other illnesses in which compromised immunity is implicated.



HOLISTIC HEALTH INITIATIVE: WHAT'S NEXT?

Africa

HHI is continuing its work in Kenya and South Africa, offering ISP treatment as well as continuing to collect and study results and data. We plan now to expand the work there.

India – An Unparalleled Opportunity

If the promising pilot data for the ISP hold true, its use can be part of a solution to the global HIV epidemic. Further scientific validation of current results would create breakthrough and opportunity in many ways. In order to achieve this, the next degree of rigor of scientific investigation is required. The gold standard of validation of clinical intervention is the randomized controlled trial, or RCT, and this is the next critically important step.

India is the source of several of the key botanical extracts that drive the excellent results seen thus far for the ISP. In collaboration with a contract research organization, the protocol for a world-class multicenter randomized clinical trial has been developed, reviewed and approved by the national regulatory body, NACO that governs all HIV related research in India.

Great effort, time and expense have been expended to create the opportunities this study will provide to existing work exhibiting credible and promising potential. That Dr. Todd and HHI are being given the invitation to make his work, specifically the ISP formula, the focus of such a turnkey study is not only testament to the methods and performance of the ISP in our clinical trials but is also an unparalleled and serendipitous opportunity.

A People's Health Movement

HHI is now developing an international group of supporters at the grassroots level. The goal is a movement of people with the interest and ability to create of their small resources a combined power to improve health and alleviate disease.

This grassroots community will support the development and availability of affordable, effective, wholesome and non-toxic solutions to the health challenges they face.

To accept this opportunity we are required to raise the necessary funds.

Pooling small individual resources will create an effective global people's fund and movement. It will facilitate freedom from dependence on government and multinational corporations for research, funding and solutions. With a goal of placing the power to affect world health positively in our own hands, even the ability to reverse epidemics together becomes possible.



BIOGRAPHIES

Todd Ovokaitys, MD completed undergraduate studies at Northwestern University in Evanston, Illinois. Two years later he was one of 26 persons accepted for an accelerated combined undergraduate and medical school program at Johns Hopkins University. He earned Phi Beta Kappa recognition and a bachelor's degree from Johns Hopkins and his MD from Johns Hopkins University Medical School. He then completed a Residency and Chief Medical Residency at Georgetown University Hospital in Internal Medicine. This was followed by advanced subspecialty training with a Fellowship in Pulmonary and Critical Care Medicine at Georgetown University Hospital.

During the latter training, his interest began to shift toward more humanly compatible modes and methods of healing that



might be termed more natural. It was at this time that he was also inspired by the information that human and viral molecular structures have different resonances that could be used to inactivate HIV selectively without adversely affecting human cells.

In collaboration with the pioneering engineering of physicist Scott

Strachan, Dr. Todd Ovokaitys has developed a new form of laser technology based upon that inspiration. This technology creates exquisitely configured resonances of molecules to modify or enhance biological activity and chemical reactivity in powerful ways.

Dr. Todd's research and development is ongoing on numerous health issues. His vision is to develop highly effective nontoxic alternatives or adjuncts to treatments for the major health issues that face our world. He works with prominent scientists and teams in the U.S. and abroad on work at the forefront of medicine.

Lenedra Carroll has worked as a humanitarian for 40 years, assisting individuals and organizations to improve their lives and communities in a wide range of ways. Over the 10-year period from 1994 to 2003, she also donated nearly \$10 million dollars of her personal funds to facilitate such efforts. Lenedra has also helped to raise many additional millions for charity. She now focuses primarily on her philanthropic interests.



A successful businesswoman, award-winning author, singer, artist and visionary, Ms. Carroll is inspired by the legacy of her pioneering parents and ancestors. Throughout the history of humankind it is this pioneering spirit, at its best, that has brought us advancements of all kinds.

Lenedra feels the world has been, and is always being renewed by these pioneers of heart and mind. She joins the countless many throughout history who have always dared to undertake to improve the quality and opportunities of life for all. Instrumental in having created careers for others as well as humanitarian projects with global reach, Lenedra is now turning her attention to the frontiers of world health.