

**ROYAL CENTER OF ADVANCED MEDICINE**  
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# ROYAL REPORT, VOL. 4, ISSUE 1

*"Providing Medical Solutions for Health Enhancement"*

**OCTOBER 2000**

## DR. ROYAL'S BOOK, *THE ROYAL TREATMENT*, IS NOW AVAILABLE!

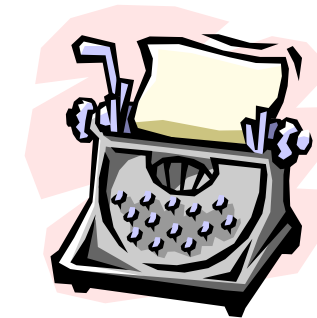
See us on the web  
 @ DRROYAL.COM

The Books, The Royal Treatment and Royal Recommendations, written by Daniel F. Royal, D.O., are now available in electronic version on 3" X 5" diskettes. They had been held back from distribution until special software finally became available. The writing software now makes it possible to put the book in a format which is cost-effective, copyright protected, and unalterable.

The Royal Treatment discusses medical treatments such as homeopathy, allergies, anionic surfactant therapy, heart rate variability, oxygen multi-step therapy, and Mayr therapy. Royal Recommendations contains alternative medical sugges-

tions for 72 different medical topics.

The genesis for writing my books came from two sources. Firstly, I wanted to share information with my patients that I had learned from my medical experiences in Germany. As part of my preparation and training for a holistic medical center in Madison, Wisconsin, I was sent to meet with various physicians and clinics in both Germany and the United States. Although the clinic in Madison never opened, I received valuable education in alternative approaches to the treatment of illnesses beyond my traditional medical training as an osteopathic physician. Secondly, I



The Book, The Royal Treatment, is in two parts: Medical Therapies and Medical Topics

had been asked to write alternative medical suggestions that were to be used as part of a 900 number. This also never happened but I did the work and consider

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Thanks to Cami Romero, and in cooperation with

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## ROYAL CENTER ON THE WEB

Asylum, the Royal Center for Advanced Medicine has finally posted a list of available supplements, hormones, and homeopathics on our website, WWW.DRROYAL.COM.

This means that patients, and non-patients alike, can place an order or re-order via e-mail

or fax. The order form will allow you to select those items you desire or require. However, Items by prescription (e.g., thyroid, testosterone, progesterone, Allergy Serums, etc.) are only available to patients of the clinic.

After you have selected the items you require, a total

amount will be given. This will include sales tax (for Nevada residents) and shipping charges (if required). You may also just simply send us the order in advance of your arrival to the clinic for pick-up as well. Please take advantage of this new feature!

the information invaluable

### Why Should You Buy Dr. Royal's Books?

- The Royal Treatment contains valuable information on alternative medical therapies.
- Royal Recommendations contains over 70 medical topics and possible alternative medical solutions.
- You will discover new ways to prevent disease and optimize your health.

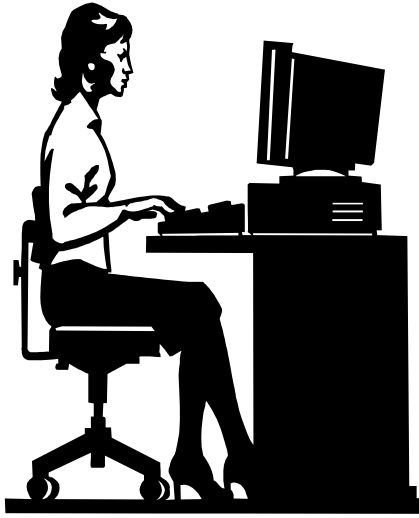
## THE ROYAL TREATMENT IS NOW AVAILABLE

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for the lay person who wants to understand alternative medicine but doesn't know where to begin.

Because Americans are unaware of many alternative therapies, I have selected some of those with which I have become familiar through my own training and/or experience in hopes of instilling an appreciation for these modalities in others. These therapies are designed to improve the overall state of an individual's health and can be easily applied to help those who are considered "well," but who desire to optimize their health, as well as to benefit those who are ill. Nevertheless, finding a treatment regimen that is safe, non-toxic, and effective has always been a challenge for physicians and patient alike. With the help of these books, The Royal Treatment Royal Recommendations, I hope to provide you with some of the answers for which you may have been searching.

The books on diskette sell for \$11.95



The Book, The Royal Treatment, Is Available In An Electronic Format On A Computer Diskette

Each or for \$19.95 for both (not including 0.0725% sales tax in Nevada and \$3.00 for shipping). To order, call 888-DAN-ROYA[L] or 702-433-8800. An order form is available on the website at WWW.DRROYAL.COM. You may complete the form and then fax it to: 702-433-8823.

I hope that you find it interesting, informative, and enjoyable. Learning new information is always very exciting. Even if you only learn one new idea from my book, it will have been well worth the investment!

**NOTE:** To read Dr. Royal's book on computer, you will need to install Adobe Acrobat Reader. This program is available for FREE at [www.adobe.com](http://www.adobe.com).

### BOOK REVIEW

by Dave Rich

The Royal Treatment is a self-help book. The book explains alternative medical solutions that can be used at home. Royal Recommendations is a very useful list of 72 ailments and recommended alternative treatments. With Dr. Royal's help you can understand and treat many common ailments without covering up the symptoms with drugs. Additionally, you will understand alternative medical therapies and their benefits. I heartily commend these books as a primer to help you start feeling better.

## TESTIMONIALS FROM ROYAL'S PATIENTS

### INTRODUCTION

Some of our patients were asked to provide "testimonials". The purpose of this request was to be able to better inform non-patients about the ROYAL CENTER OF ADVANCED MEDICINE, the services we provide as well as patients' responses to treatments. If you would like to add your testimonial, please stop by and pick up a form, or call 433-8800 to have one sent to you. Forms can also be found at WWW.DRROYAL.COM. The form includes a patient release to use your testimonial with permission. Only first names and ages are used. No last names are advertised.

The following testimonials are a few examples of what patients have written. These testimonials, along with others, can be found posted on website, WWW.DRROYAL.COM. They can

also be found in the waiting room at the clinic.

### BLOOD PRESSURE

"I have been reading about alternative medical medicine for years. When we moved to Las Vegas from New Jersey, I decided to put into practice what I read about all those years. Dr. Dan Royal has proved to be very knowledgeable and thorough. He did extensive tests on me, my blood and urine, before suggesting a course of treatment. My condition turned out to be a mixture of high levels of toxic metals in my system, high cholesterol levels, and high blood pressure. Dr. Royal began treatments to eliminate the metals from my body and prescribed an appropriate medicine to treat my blood pressure. Today, the toxin levels are decreasing, my blood pressure is under good control, and my cholesterol level is normal. I have complete faith and

trust in Dr. Royal and his methods of treatment."

Gary (42)

### BREAST CANCER

"In February 1998, I was diagnosed with breast cancer and subsequently had surgery and radiation treatments. During and after recovery, I felt weak and drained of energy. The drug prescribed for me made me feel even worse, causing periods of nervousness and depression. I started to search for a doctor who incorporated 'alternative methods' of treatment into their practice. This search led me to Dr. Royal in June 1999. Dr. Royal's exam and lab test results showed that I had high levels of heavy metals in my body, including mercury, cadmium, and lead. He suggested that I have the amalgam fillings removed from my teeth, which I did. We started a regimen of IV ther-

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# MORE PATIENT TESTIMONIALS

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apy treatments to remove the heavy metals.

“Although I started to feel better after three or four treatments, I had no idea how far-reaching my continued treatments would be. Aches and pains I had made peace with started to go away. My energy level returned to that of earlier years, and overall I feel better than I have in years. My care under Dr. Royal has been progressive, successful, and a pleasant experience. Dr. Royal’s comfortable and tranquil office environment actually helped my healing process.”  
Jean (68)

## CHELATION

“In March 2000, I had a physical in Dr. Royal’s office. Later, after receiving my test results, Dr. Royal suggest a series of chelation treatments for heavy metal toxicity and to reduce blood sugar levels. After only twelve (12) treatments, my heavy metal levels, along with blood sugar and fat levels, were reduced.”  
Robert (67)

“In June of 1996, I suffered a mild heart attack. A post-heart attack angiogram showed that my arteries were 98%, 88%, and 81% occluded. After experiencing an angioplasty for the 98% occluded right coronary artery, and then subsequently told that it was a only a temporary remedy, I decided to investigate any published information on the subject and learned about alternative diets, exercise, herbs, medicines and chelation therapy. I have since refused additional angioplasties for the left anterior descending and circumflex arteries, changed my lifestyle, and receive regular intravenous infusions of EDTA from Dr. Royal. I have also had the amalgams removed from my teeth and replaced with mercury-free composites. Regular intravenous infusions of DMPS are given separately from EDTA for removal of Mercury from my body. In summary, while the benefit of angioplasty averages only twenty-three months, I am now in my fifth year with EDTA, a less invasive alternative.”  
Ronald (57)

## DIABETES

“I have had type II diabetes since 1983. My brother died from severe complications of diabetes in 1980. Diabetes was responsible for making him blind, requiring the amputation of both legs, causing kidney failure, and resulting in the need for a heart pacemaker. He had always refused alternative medicine. Yet, traditional medicine did not work for him either. So, when I became diagnosed with diabetes, I immediately looked into alternative medicine. Some of my diabetic symptoms have included very poor circulation to the feet, numbness of the feet, blurry vision, chest pains and very high blood sugar readings. Since my alternative medicine treatments from Dr. Royal, my feet are no longer numb. The chest pains have gone away, my blood sugar readings are in the 130’s to 140’s and my vision has cleared up. Dr. Royal assists me with vitamin therapy, colonics, chelation, diet, and exercise. I truly believe that without Dr. Royal’s and others’ alternative medicine treatments, I would have suffered the same medical consequences of my brother. To date, I have out lived my brother by eleven years.”  
Pat (69)

## FEMALE PROBLEMS

“I have always had very difficult menstrual cycles. For many years, prolonged heavy bleeding, mid-cycle bleeding, and painful cramps, left me unable to function one or two days each month. The only medical advice I was given was to go on birth control pills or to get pregnant--neither of which appealed to me as a teenager!

“Eventually, I married and my husband and I made plans to start a family. After two years, and no pregnancy, we felt that it was time to seek medical help. For four years, I sought medical treatment from various physicians specializing in female problems. The only advice they could offer me was to “get pregnant!”

“My husband and were told that having children would be very difficult for us and expensive artificial insemination with it’s accompanying powerful hor-

mone treatments was strongly recommended. With only a 15-30% chance of success per attempt, I didn’t feel I could go through that.

“Consequently, My husband and I had resigned ourselves to the fact that we would need to adopt. We already had adopted one child and were preparing to bring home our second when I first met Dr. Dan Royal. When I explained my symptoms to Dr. Royal, he immediately said, ‘your hormones need “balancing.”’ I had asked the other doctors to evaluate this and had always been told, ‘No, You’re fine.’ For the first time, I finally felt the relief of having someone listen!

“Upon following Dr. Royal’s recommendations, I discovered what a ‘normal’ life felt like. My extreme menstrual symptoms and pain have disappeared, I have more energy, and I feel in greater control of my life. After twenty years of misery, these are priceless gifts of healing. And, as if that isn’t enough, my husband and I were recently astounded to discover that, after eight years of marriage, I am now pregnant! Thank you, Dr. Royal, for giving me a life I never thought I’d have!”  
Heather (34)

## HIP PAIN

“Presently, I am 49 years old and have suffered from osteoarthritis of the left hip beginning at 36 years of age. I have consulted two orthopedic surgeons, one a nationally known hip research expert at Scripps in LaJolla, California, and the conclusion of both of them was that a total hip replacement was necessary--even though, because of my age, I didn’t fit the parameters of a prototypical hip replacement patient. Through alternative medicine treatments, such as proliferant therapy (joint reconstruction therapy) and intra-articular injections (into my hip) of various natural substances, Dr. Royal has helped me significantly. Through the use of the above techniques he has been able to improve my mobility, flexibility, and significantly

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## QUESTIONS & ANSWERS WITH DR. DAN ROYAL

**Q: Does supplementing with the estrogen hormone prevent osteoporosis?**

**A: No.** Estrogen can only help to slow bone loss. It does not stimulate osteoblastic activity needed to form new bone. It is true that estrogen causes a positive calcium balance, meaning more calcium is retained than is excreted, but endocrine physiologists have shown that this calcium is being retained by the soft tissues. This process naturally occurs with aging and stress. In fact, estrogen is often referred to as the “stress hormone” (and progesterone—in its natural form—the “anti-stress hormone”). When stress occurs, a chain reaction of events results in an increase in estrogen. Further, supplementing with either synthetic estrogen or synthetic progesterone causes an 80% higher rate of breast cancer in lean women. Is the so-called benefit of estrogen supplementation worth the risk? Even if estrogen was a miracle drug for osteoporosis, is it logical that all women

should supplement with estrogen when it is the small, thin-boned women who are the ones who are at risk? Consider also that estrogen is a known thyroid inhibitor. For example, weight gain is a common problem with estrogen use partly because it interferes with thyroid function and partly because it causes the body to retain water. Most women experience side-effects such as these from supplementing with estrogen but they either just live with them or are too afraid to stop because their doctor told them that they need to take it. If you want to stimulate bone growth then consider supplementing with natural sources of Vitamin E, Magnesium, Thyroid, Testosterone, and/or Progesterone from the clinic.

**Q: Is coconut oil really bad for you?**

**A: No.** The fact that coconut oil is a saturated fat is no need to panic. Current research shows it is no longer correct to think that all saturated fatty acids raise

cholesterol. The medium chain saturates, found in coconut oil, do not clog arteries nor do they cause heart disease. Instead, they digest easily and are also an excellent source of fuel and energy. Dieters, weight lifter and athletes like it for this reason. Coconut oil also contains lauric acid, found naturally in human milk, that keeps infants from being infected by many viruses and some bacteria. Further, it is excellent for cooking as it will not break down into harmful lipid peroxidases characteristic of refined and hydrogenated vegetable oils. For your convenience, we carry “Coconut Butter” at the clinic.

**Q: What’s the best way to lose weight?**

**A:** The tried and true methods are still best. These include reducing calories, increasing activity, stabilizing blood sugar, drinking more water, etc. Homeopathy, appetite suppressants, and thyroid can also help. If you need help, call the clinic. Ask about the Prothin Diet!

## STILL MORE PATIENT TESTIMONIALS

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decrease the amount of pain an arthritic hip can cause. To my chagrin, neither of the two orthopedic surgeons I consulted either suggested any treatment alternatives nor would they even consider talking about them. I would like to take this opportunity to thank Dr. Royal for his willingness to use alternative medicines in helping to improve the quality of life for people like me, and also his patience, honesty, and openness with his patients.”

Dave (49)

### KNEE PAIN

“A few years ago, I started experiencing pain in my knee—especially after walking any distance or from traveling longer than two-hour periods at a time. The pain became worse. Just standing while doing dishes aggravated it. Many of my friends were recommending that I get a cortisone shot for the pain, even if it only meant short-term relief. Because an alternative medical doctor had previously given me relief

from a seizure disorder, that 15 years ago no other doctor could control, I turned to Dr. Daniel Royal. After the first two shots of an injection with a prolotherapy solution, I was somewhat discouraged. It was hard to walk. Realizing that sometimes the healing process takes months or even years to achieve, I knew that I might require more shots as Dr. Royal had initially advised me. I am now happy to report that after two months and five treatments, my knee is 80% better. For me, alternative medicine is the only way to cure, and not simply ‘cover up,’ the problem. It just takes patience and a willingness to do what the doctor recommends.”

Rhonda (49)

### PARKINSON’S DISEASE

“I told him [Dr. Royal] to his face ‘You are the best doctor I ever had.’ Regarding my diagnosis of Parkinson’s, it has been two years and all my Parkinson’s disease symptoms (except one) have vanished. I still shake at rest—hands only. However, I no longer have violent night shakes that wake me up. I do not shuffle like I used to. I can hold my urine now.

I am elated.”

(77)

Mohamed

### PROSTATE PROBLEMS

“My PSA became elevated in the Spring of ‘99. I was advised, and then ‘threatened,’ to submit to biopsies and surgery or radiation to deal with the situation. In January 2000, I started with Dr. Royal. He quickly ran affordable and non-invasive tests that showed I do not have cancer. He has undertaken protocols to identify and correct the source of my elevated PSA. He treats me more as a whole person than a disease. His approach offers restoration of normal function instead of just eliminating the offending organ out of fear for cancer. Although Dr. Royal’s approach may be slower, and less conventional, it is also more affordable, more effective, and seems philosophically more attractive as an alternative to conventional medicine’s increasingly hopeless approach...[where]patients pay more and more to feel worse and worse.”

Howard (56)