

## Helen Foundation Our Breakthrough Solution is Proven

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### **The Side Effects of Cortisone Debunked With Microdose Therapy**

(Mesa, AZ, February 20, 2018) Virgil Stenberg, PHD debunks the myths surrounding cortisone and it's potential side effects.

Dr. Stenberg has been researching and studying the effects of cortisone for over 40 years. His extensive studies date back to the 1970s, when his wife was diagnosed with rheumatoid arthritis. Desperate to find a cure for her debilitating pain, Stenberg looked at the research done by P. Hench and E. Kendall (Mayo Clinic) and T. Reichstein (Switzerland,) who received the 1950 Nobel Prize in medicine for cortisol and it's ability to arrest arthritic inflammation. He noted that only two medications had received such prestige, insulin and cortisol. But while the medical industry and patients embraced insulin, inaccuracies in cortisone dosages created results that could have been avoided. Reducing cortisol to a cautionary medication with limited usage. With great tenacity Stenberg sought to discover what the previous researchers missed. He looked beyond cortisol the medication and looked at cortisone, the hormone. *“The greatest mistake in medicine was the conclusion ‘cortisone has side effects.’ No other mistake in medicine has caused more pain and suffering than this one. This conclusion conflicts with elementary medical knowledge: hormones have no side effects and cortisone is a hormone.”* Stenberg states.

Cortisone is in the blood at all times. It is like the safe operating range of oil in an automobile engine. Likewise in the body there is a safe operating range of cortisone in the blood. After the body incurs a short-term beneficial inflammation, from stresses such as an injury, allergy or infection, the body makes a short-duration, huge cortisone pulse in the blood to arrest the inflammation in a timely manner. Stenberg reasoned that if the body became unable to make the cortisone pulse after incurring an inflammation, the inflammation would grow, producing inflammatory diseases like arthritis. Through trials and studies Stenberg developed **“Microdose Therapy,”** a system that allows patients to restore the cortisone pulse as needed to its original size by self-administering cortisone. He proved that with the correct dosage, cortisone is extremely effective in the treatment of arthritis” To date 2,000 patients have found relief from 26 types of inflammatory diseases with no side effects using **“Microdose Therapy.”**

Dr. Stenberg is the author of **“Arthritis: The Simple Solution”** and **“Fibromyalgia Solved.”** He is Editor of Proceedings of the North Dakota Academy of Sciences  
President, North Dakota Academy of Sciences  
President, Red River Valley Chapter, American Chemical Society  
President of the Board, Listen and Drop In Center, for the mentally challenged  
International Advisory Board, Interscience World Conference on Inflammation, Geneva  
Invited lectures: Australia, Canada, France, India, Japan, Mexico, and Switzerland.

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