DECLARATION OF WILLIAM R. AYERS, M.D.

I, William R. Ayers, M.D., make the following declaration:

1. I am a physician specializing in internal medicine. I earned a Bachelor of Science degree in 1957 from Georgetown University in Washington, D.C. I earned an M.D. degree from Georgetown University in 1961 and thereafter completed a residency in Medicine from the Veterans Administration Hospital (VAH) in Washington, D.C., and fellowships in cardiovascular
medicine at the Albany, N.Y. Medical Center and in pulmonary medicine at the VAH in Washington, D.C. in 1966. I received my Board Certification in Internal Medicine from the American Board of Internal Medicine on March 21, 1969. Currently I am Associate Dean for Undergraduate Medical Education and Associate Professor in the Departments of Medicine and Pediatrics at the Georgetown University School of Medicine. I am licensed in Washington, D.C.

2. I am a co-founder, and was for five years medical director, of the Georgetown University Diet Management Program (now renamed the Georgetown University Diet Management & Eating Disorders Program). That program is a center for treatment and research in weight control and eating disorders. It is part of the Division of Internal Medicine in the Department of Medicine, and has available to its patients consultation from both the Departments of Psychiatry and Pediatrics. It offers individualized treatment plans based on the most current information available. In the program, I designed and participated in clinical studies for the evaluation of innovative approaches for the control of obesity. I have a special interest in weight control and have published several articles in that field.

3. I have authored or co-authored over 40 publications in the medical literature. Many of these appeared in peer-reviewed publications where each substantive article is reviewed by reputable researchers in the appropriate field and wherein the conduct of reported studies must meet strict scientific
standards. I am a member of the American Medical Association and its Section on Medical Schools and am a Fellow of the American College of Physicians. I direct and teach in the Clinical Nutrition course required of all medical students at Georgetown.

4. I keep current in medicine, including weight control, by regularly reading appropriate respected medical journals. In addition, my other teaching duties at Georgetown keep me current in these fields.

5. Obesity is the accumulation of excess adipose (fat) tissue leading to a gain in body weight above an accepted norm. In clinical medicine, an obese person is usually more than 15 percent above the accepted norm. Excess body fat is stored in adipocytes (fat cells) located primarily beneath the skin, between muscles and around organs. When food is ingested several mechanical and enzymatic processes occur, the net effect being the formation of chemical units suitable for absorption and transport. Once absorbed, these small units are used as an energy source, as building blocks for other biochemical entities, or are converted to stored energy. Clinical obesity occurs when the weight of the stored energy units (in the form of adipose tissue) accumulates above weight norms. Stable body weight means that energy use and energy intake are in balance. To lose weight an obese person must create a negative energy balance, that is, fewer calories must be taken in, more must be used, or both.

6. I have reviewed the label which appears on the product Cal-Ban 3000. Cyamopsis tetragonolobus, also known as guar gum,
is listed on the label as the ingredient that constitutes Cal-Ban 3000. The label advises that 15 tablets of 1000 miligrams each, be taken daily. This constitutes 15 grams daily. Cyamopsis tetragonolobus is a polysaccharide composed of D-galactose and D-mannose. It is a dietary fiber, i.e. nonabsorbable by definition. It absorbs water to form a gelatinous mass. Its accepted clinical uses are as a bulk laxative, a cholesterol lowering agent and as an adjunctive treatment for insulin dependent diabetics.

7. The management of obesity is a complex undertaking. Dietary, psychological, physical, genetic and physiologic factors are at play. In evaluating the use of this guar gum product, I made and annotated an extensive review of the pertinent medical literature. The literature contains no conclusive evidence that guar gum taken alone causes an obese individual to lose weight; further, any claims that the ingestion of guar gum will assure weight loss without dieting or exercising is not supported by accepted medical evidence. One report (Acta Med Scand 208:45-48, 1980) claimed a "highly significant decrease in body weight" in a group of hypercholesterolemic females given 15 grams of guar daily. A subsequent publication on the use of guar gum (American Journal of Clinical Nutrition, 39:911-16, 1984) from the same institution contradicted the prior statement on the efficacy of guar gum as a weight loss agent. The authors of the subsequent publication stated: "The body weight of the subjects remained unchanged during the whole study period."
8. Attachment "A" to this affidavit is an advertisement for Cal-Ban 3000 which appeared in the July 28, 1987 issue of the National Examiner. The advertisement contains a quote which is said to pertain to the "Cal-Ban 3000 formulation." The quote is taken from a study in the British Journal of Nutrition, Vol. 52, pp. 97-105, and reads: "Body weight was significantly reduced during the study even though the patients were specifically asked not to alter their dietary habits." I have read this study, and find that no data were presented to indicate whether, in fact, the subjects actually maintained their normal dietary habits, nor did the study indicate the nature of such habits. It is a common observation among physicians that patients often ignore their instructions and requests. For these reasons, research based upon an assumption that persons will comply with instructions is methodologically faulty. The advertisement also contains a claim that the product allows you to "eat all your favorite foods and still lose weight" and "your weight loss is automatic." The advertisement fails to note a specific conclusion of the cited study that "Guar gum reduces hunger when taken with meals and thus may be an important adjunct to other treatment of obesity" (Emphasis added). The study, therefore, does not support the advertisement's implication that the ingestion of guar gum, by itself, will assure weight loss without an accompanying regimen.

9. It is inconsistent with generally accepted medical opinion that guar gum will cause a "fat burning spree," or that
the product will "melt away flab and keep it off;" or that the product "works by 'short circuiting' the fat building process."

It should also be noted that the advertisement tends to overstate the significance of the aforementioned article that appeared in the British Journal of Nutrition by stating, in connection with the study, that "Everyone lost weight!" The text of the study indicates that a pertinent experiment began with 21 subjects. Individual weight loss was reported in only seven instances. Data derived under such circumstances are of only limited clinical significance, and do not constitute a valid basis for the claims that are made for Cal-Ban 3000.

I declare under penalty of perjury, pursuant to 28 U.S. Code 1746, that the foregoing statements are true and correct to the best of my knowledge.

Done this 14th day of August, 1987.

William R. Ayers, M.D.
Most humans are capable of reaching 100, but die much earlier because of stress-related illnesses and accidents," he said. "Most of these problems could be eliminated.”

Stars like George Burns, 91, Bob Hope, 84, Barbara Stanwyck, 80, and Lucille Ball, 74, are proof that people can live to ripe old ages even under the mind-boggling stress of TV, movie, and stage careers, he pointed out.

Here are Hanson's seven ways to beat stress:

- Don't let yourself become bored. Too much stress is as dangerous as too much. Retired people should develop interests that keep them stimulated.
- Collect comedy tapes and play them regularly. Laughter is still one of mankind's best medicines.
- Take up an active hobby like gardening, carpentry, jogging, or other activities done while standing and requiring moderate arm movements.
- Go on regular short holidays. People are invigorated by a change of scenery. Don't just sit around the house waiting for your arteries to harden.

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NEW MEDICAL BREAKTHROUGH!
LOSE UP TO 50 POUNDS WITHOUT DIETING!

New formulation suppresses calorie absorption

FACT: If you order today you can take advantage of our introductory discount prices.

Quartz LCD Desk Clock (a $19.95 value) with 6 weeks supply order.

Guaranteed 100% loss of weight without dieting.

Incredible but true! Read these facts.

- Eat all you want and still lose weight. (Formula bonds with food preventing absorption of much of your caloric intake)
- Lose weight whether you exercise or not. (Because your body is absorbing less, it burns fat, fat, and cellulite for energy)
- Keep your pep without getting jittery. (The formula has no dangerous stimulants, no harmful side effects. This formula doesn't make you drop off the wagon)

Please note because Cal-Ban 3000 is an effective all natural weight loss product, Cal-Ban 3000 has absolutely no harmful side effects. However, should you be on any medication, please consult with your doctor before using this product.

Order now & save!

Prioritize order form

Gentlemen please rush your order for Cal-Ban 3000. I understand that immediate action will be required. I will receive a full prompt refund, no questions asked:

6 weeks supply $29.95 $19.95

Canadian prices $34.95 $24.95

Federal Res. add 5% tax

Order now & save!

Man claims cure for the common cold

A man has invented a simple gizmo which "cures" the common cold.

Robert Krauser's device, called a Viralizer, appears to end cold symptoms by flooding the body with vitamin C. It looks like a small hair dryer.

"I'm not allowed by the FDA to call this a cure for colds," said Krauser, of Greenwich, Connecticut.

"But in clinical trials it was 90% effective in reducing the duration of colds from about a week to a couple of days or less."

The device is being used to kill other virus-caused conditions by Dr Allan Aven, of Arlington Heights, Illinois. It zaps herpes sores and warts into remission, he says.