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In Memoriam Gus J. Prosch, Jr., M.D.

by

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The Roger Wyburn-Mason and Jack M. Blount Foundation for
the Eradication of Rheumatoid Disease
aka The Arthritis Trust of America®,
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*Gus J. Prosch, Jr., M.D.
November 17, 1930 to June 7, 2005
Guntersville, Alabama Cemetary*

It was sometime in 1981 when I received a most peculiar telephone call. A "Dr. Prosch" was on the phone, and he wanted to talk to me about driving up from Birmingham, AL to visit me at my home and office in Franklin, TN.

I can remember in the early 1940's when our family doctor, Dr. Smiley, sat beside my mother's bedside at our home, waiting for signs of recovery from pneumonia during a winter time in Mason City, Iowa. Scratching my head very hard, I could only remember one other time when a pediatrician visited our home in Mobile, Alabama to administer to one of my sick children. Since then, such visits had been quite sparse.

Dr. Prosch had just visited Jack M. Blount, Jr., M.D. in Philadelphia, MS where he'd sat in while Dr. Blount administered Prof. Roger Wyburn-Mason's new rheumatoid disease treatment to patients, eventually treating more than 17,000.

Using the same treatment, Dr. Blount also had treated and cured Dr. Prosch of a "rheumatoid" back that had plagued him for many years.

Sometime during Prosch's visit with Blount, Dr. Blount mentioned that he'd by mail provided me with prescriptions for rheumatoid arthritis, and that I'd gotten well in six weeks.

Dr. Prosch's mission, at this time, was to determine for himself the truth of Dr. Blount's assertions about the Wyburn-Mason protocol. Although Dr. Prosch had been cured himself, and had talked

to a number of happy former arthritics, he'd not had the opportunity to sit down and question and observe anyone in detail.

Was it worth his time and six hour roundtrip drive?

Apparently Dr. Prosch thought it was, for that's the purpose for the telephone call, and the request to visit!

At that time my office was a converted tractor barn, rugged on the outside but quite comfortable inside. Gus -- as I and many of his friends called him -- faced one another easily, but before he questioned about my rheumatoid arthritis symptoms and how they'd disappeared, he kindly took the time to explain about his own background. I was most impressed with his candor and honesty.

One of his specialties was in helping patients to lose weight. Keep in mind that this was not always an "honorable" profession, as many really "reputable" doctors facetiously called him "The Fat Doctor." Now, of course, it's a "reputable" subject not only because Americans are seriously showing the nature of their food intake, but also because there's a great deal of medical money to be made talking folks into eating less and exercising more!

(His explanation of the difference between brown fat and white fat, and the central role of brown fat in being able to burn up white fat is seldom seen in diet reduction plans! To create brown fat, of course, requires essential fatty acid intake.)

It was only later that I understood the significance of the specific characteristics he looked for in me -- increasing number of joint pains, swollen and inflamed and painful joints, depression, et. al.

Apparently Dr. Prosch was convinced of the efficacy of the treatment, and so he added the Wyburn-Mason/Blount rheumatoid disease protocol to his lexicon of treatments which helped thousands more through his clinic.

Of the many health professionals I've met since then, Gus stood out on two counts: (1) always ready to explore a new reputedly successful therapy, no matter how crazy -- to me -- the therapy appeared, and (2) always willing to objectively observe and drop the treatment if it didn't provide good results.

So many alternative/complementary doctors -- indeed, every form of doctor -- get stuck on one modality, and will defend it forevermore even though better means may be at hand.

Together Gus Prosch, Jack Blount, Roger Wyburn-Mason, Dr. Paul Pybus and myself started The Roger Wyburn-Mason & Jack M. Blount Foundation for the Eradication of Rheumatoid Disease, Inc., AKA's The Rheumatoid Disease Foundation and The Arthritis Trust of America.

Except for Wyburn-Mason and Pybus who lived in England and South Africa, respectively, we remaining three appeared before a potential fundraiser in North Carolina to encourage them to finance through direct mail solicitation our new non-profit, charitable research foundation. Our efforts were successful, and so Dr. Prosch was one of those responsible for helping this foundation get the good message out to folks that Rheumatoid Disease is curable.

In addition to research work in South Africa performed by Pybus and Davies, several times Dr. Paul Pybus came here at his own expense from South Africa to help us with our funded scientific studies.¹ He and Gus also worked on the development of Intraneural Injections, a treatment that gave Gus the reputation of being "The Needle Man"² in addition to being "The Fat Doctor."

It was early discovered that the Wyburn-Mason/Blount treatment for rheumatoid diseases, coupled with the Wyburn-Mason/Pybus/Prosch techniques of Intraneural Injections made for a far faster recovery.

Although my recovery from Rheumatoid Arthritis was clear - absence of inflammation, swelling, depression, and the increasing number of painful joints -- I still had enduring painful joints. Dr.

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Prosch opened his office on a weekend to dampen those joints with Intra-neural Injections, and so I became the first to experience the wonderful benefits of this newly developed treatment.

Gus freely taught these techniques to whomever would learn them, including a lecture trip to Guadalajara, Mexico where Hector Solorzano del Rio, M.D., D.Sc. translated his talk. That booklet is *Memorias Del Seminario Sobre La Enfermedad Reumatoidea*, available for free on our website "books" at <http://www.arthritis-trust.org>.

On July 14, 1984 in Atlanta, Georgia and again on November 8, 1986 in Santa Monica, California, Gus Prosch contributed greatly to the success of our only two medical conventions, the latter where both physicians and patients participated in the lectures and Intra-neural Injections.

Gus was also instrumental in developing, along with other physicians, the first "standardized" treatment protocol for rheumatoid disease victims found in all of our publications.

Whenever we met -- usually at medical conventions -- we chummed around together, becoming, together with his wife, Patti, fast personal friends.

When Gus and Patti retired, they purchased farm land in Alabama and built a wonderful home, housing it with some of the largest dogs ever. How they could tolerate dogs as large as small ponies nuzzling them from room to room very few could understand, but Gus dearly loved those giant animals, and they loved him.

Later, when Gus had what appeared to be a stroke, they sold this wonderful farm and purchased a house overlooking a beautiful lake in Guntersville, AL. My wife, Lucy, and I made several overnight trips there, concerned that on each visit, this fine, dear long-time friend was slipping evermore -- as all of us will do in time.

Gus graduated from Howard College (now Samford University) with Bachelor of Arts and the University of Alabama School of Medicine in Birmingham, AL with his Doctorate in Medicine.

He served in the U.S. Navy at the U.S. Navy Hospital in Jacksonville, FL, and at the U.S. Navy Armed Forces Examining Center in Nashville, TN.

He liked to call himself a country doctor because of his early practice in Bridgeport and Rainsville, Alabama.

He practiced in Birmingham, AL until retiring in 1998. Here he had built the largest alternative medicine clinic in the Southeast, one of his proudest achievements, his patient cure rate having maintained a consistent 80% for so-called "incurable" rheumatoid disease, including rheumatoid arthritis, since 1982!

He was also a familiar voice for five years on WDJC radio station, his program "Better Health With Dr. Prosch." In addition to a daily televised health show, Dr. Prosch delivered numerous Community Health Forums to the lay-public and Church including on Hypertension, Diabetes, Recent Advances in Rheumatoid Disease, Cardiovascular Disease, Obesity, and Nutrition

Dr. Prosch described his personal ministry this way: "My primary goal in life is to obey God and to magnify His name in the health field. I depend on the Holy Spirit to guide BioMed Associates and myself to overcome the principalities and powers that cause sickness and illness in all humanity. To do this, I've conducted a daily, 15 minute radio show for the past 4 years entitled 'Better Health With Dr. Prosch'. This show is dedicated to Christ Jesus and its purpose is to lead, direct and motivate all listeners to change their lifestyles, diet, and beliefs to promote better health. This program is very successful in helping humanity and all listening Christians to better health and God has tremendously blessed me and my Clinic through this broadcast."

I recall his great amusement and delight when medical students called in to his radio program -- which permitted listener feedback -

- because "They'd never heard anything like I'm teaching them!"

Although he eventually decided against supporting pharmaceutical drug research for profit as it wasn't helping his patients toward wellness, his clinical research from 1990 included a number of pharmaceutical studies.³

He also wrote or lectured on many subjects.⁴

Dr. Prosch was Board eligible for the American Board of Internal Medicine. He was a member of the American Society of Bariatric Physicians, American College of Advancement in Medicine, Occidental Institute of Chinese Studies, Academy of Rheumatoid Diseases (1988 -President) Founding Member, American Osteopathic Academy-Sclerotherapy, North American Academy of Musculoskeletal Medicine, American Academy of Environmental Medicine, American Academy of Orthopedic Medicine.

Gus was preceded in death by his son Tres Prosch, a factor that weighed heavily on his beingness.

Besides his wife Patti, he's also survived by son Keven of Amarillo, Texas and daughters Rene (Wesley) Horne of Woodstock, Georgia and Rebecca Prosch of Canton, Georgia, and also, of course, by grandchildren and great grandchildren.

We can't leave this Memorial without mentioning his surviving furry dog friends Stonewall Jackson, Ray Charles, Gretchen and cat Buddy who will surely miss him as much as his many professional and lay friends and as much as I will certainly miss him.

1. Medical College of Virginia, Bowman Gray School of Medicine, Vanderbilt University and University of Tennessee.

2. See the "Books" tab for *Intra-neural Injections* . . . on our website at <http://www.arthritis-trust.org>. The Arthritis Trust of America feels that this booklet, *Intra-neural Injections for Rheumatoid Arthritis and Osteoarthritis & The Control of Pain in Arthritis of the Knee*, is a must for all forms of arthritis and arthritis-like pain, and that the use of designated intra-neural injections decreases the time to wellness, regardless of what other modalities are used on the patient.

Englishman Roger Wyburn-Mason, M.D., Ph.D., nerve specialist, was the first to describe the causation principle of joint damage from tender nerve locations, sometimes called "trigger points," in arthritis and arthritis-like pain.

South African Dr. Paul K. Pybus, his former house physician, learned to implement in clinical practice Wyburn-Mason's theories of intra-neural injections, successfully using his discoveries for more than 20 years.

American Keith McElroy, M.D. independently discovered the same principles, and applied them to his patients, also for many years.

Dr. Paul K. Pybus and Gus J. Prosch, Jr., M.D. explored additional key "trigger points," until it became clear to them that a virtual one-to-one correspondence existed between painful neuroma and acupuncture points -- but not always so.

Dr. I.H.J. Bourne, a friend of both Dr. Roger Wyburn-Mason and Dr. Paul Pybus, also developed the use of intra-neural injections which he published as "Musculoskeletal Disorders: Local Injection Therapy." His paper has been added to the rear of our *Intra-neural* . . . booklet available on our website.

Specialists in musculoskeletal pain have long used area-wide; i.e., non-specific "trigger points," intra-neural injections and intra-articular injections, as well as nerve blocks to relieve pain. In other words, although their medical territory was not really inclusive, they unwittingly discovered some of the same patient points for pain relief. We recommend the W.B. Saunders book, *Atlas of Pain Management Injection Techniques* by Steven D. Waldman, M.D., J.D. as an excellent supplementary book to the Pybus and Philbert book mentioned below. (It is very convenient for doctors who are into reimbursement via insurance, as it gives the insurance code that

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is acceptable for each of the injections.) The artwork is excellent, and there can be no doubt as to how to inject in the various parts of the body. The text is quite appropriate, giving not only the how, but also contra-indications, et. al.

Of most importance, however, for more than 50 years American Harry H. Philbert, M.D. independently developed the use of "Specific Injection Therapy," covering many of the same aspects as the publications reported above. *The Anatomy of Pain: Specific Injection Therapy*, is a well-done report of Dr. Philbert's research that can be obtained by writing or calling Harry H. Philbert, M.D., 213 Live Oak St., Metairie, LA 70008, telephone (504) 837-2727; Fax (504) 831-3380.

Dr. Philbert's work will shock most medical practitioners, as he claims through his techniques alone to have improved the lot of many painful patients, and, in particular, has easily cured bronchial asthma, and other conditions, including some coronary problems.

3. "LY237216 versus Erythromycin Base in Streptococcal Pharyngitis/Tonsillitis, Acute Superimposed on Chronic Bronchitis, Lobar Pneumonia/ Bronchopneumonia, and Bacterial Skin/Skin Structure Infections" [B9Z-MC-AQAB(e), LY237216]; from 1989-1991: "Tramadol Hydrochloride: Safety and Efficacy Compared to Acetaminophen With Codeine Phosphate in Elderly Patients with Chronic Pain." McNeil Pharmaceutical; from 1989-1990: "LY163892 vs. Augmentin in Bronchitis," Lilly Research Laboratories; from 1989-1990: "LY163892 vs. Augmentin in Lobar Pneumonia and Bronchopneumonia," Lilly Research Laboratories; 1981-1984.

4. "Intraneural Injections - A Treatment For Arthritis;" "Medical and Nutritional Management Of the Obese Patient;" "Anti-Microorganism Treatment of the Rheumatoid Disease;" "Allergy and Sensitivity as a Relationship to Food and the Environment;" "Chronic Candidiasis Medical and Nutritional Management;" "Effects Of Stress and Strain on Ligament and Tendons - A Cause of Joint Instability;" "Anti-Microorganism Therapy--An Alternative Treatment for Rheumatoid Disease;" and "The Use of EDTA (Chelation Therapy) Treatment and Prevention of Arteriosclerosis."

Dr. Prosch's publications also include: "Anti-Amoebic Treatment For Rheumatoid Diseases," *Journal of Rheumatoid Disease Medical Association*, Vol. I., No. 1, pg 12. 1986; "Arteriosclerosis." *Journal of Academy of Rheumatoid Diseases*, Vol. 1., No. No. 2, pg. 11, 1987; "Anti-Amoebic Treatment of Rheumatoid Diseases, *Journal of Academy of Rheumatoid Disease*, Vol. 1., No.2, Page 15, 1987; "Anti-Amoebic Treatment of the Rheumatoid Diseases," *Journal of Academy of Rheumatoid Disease*, Vol 1, No.3, pg 59, 1987; *Arthritis: Osteoarthritis and Rheumatoid Disease Including Rheumatoid Arthritis*, [Anthony di Fabio, M.A. & Gus J. Prosch, Jr., M.D.], The Arthritis Trust of America, 1997.