

# "My Life Was Transformed Thanks To Prokarin"

Says Canon Andrew White, The Vicar Of Baghdad

Canon Andrew White was told by the Church in England that he was too ill with MS to work as a vicar in this country. Now he has found his salvation in Baghdad trying to bring the warring factions together as well as being minister at the only Christian church there, St George's. He uses Prokarin patches for his MS, which he says keep him going. Diagnosed with MS in 1999, Canon Andrew White, 43, is Director of the Church of England's International Centre for Reconciliation. He is married with two sons and, when in England, lives in a rectory in Hampshire. He was recently the subject of an ITV documentary

**M**y MS is not asymptomatic. Like all of us I have good days and bad days. I struggle with my sight, my balance and many other things. I also have days when I wonder how much longer I can keep going.

I too have longed for a cure. I too have become so frustrated by all the people who send me the answers. Most of them I cannot observe because I do not have control of my diet. I have to eat what I am given. There is no chance of going out here to the shops. If I was to do so I would be killed.

I have tried many of the recommendations and finally have found one that really does work and has transformed my life. The reality is my ten years here would now be over if it were not for the one thing that has simply transformed my life: Prokarin.

I was sent a book from the US by Elaine DeLack called "It does not make Cents". Elaine DeLack is a nurse who got MS. She then dedicated her life to finding the answer. It finally came in the

form of a skin patch which is relatively cheap called Prokarin. Its active ingredients are simply Histamine and Caffeine.

For me it did not work overnight. It took a few weeks to work and then suddenly I realised my life was different. My wife first noticed that I had completely changed. No longer did I have mood changes. No longer did I have to spend several hours resting. No longer did I feel ill all the time. My life

was transformed.

The treatment of Prokarin is so simple; one skin patch a day with no side effects. Prokarin is now in a ready-made skin patch, not the separate cream and caffeine like it used to be.

How do I manage to keep going, how do I manage to do one of the most complex and difficult jobs, in the most dangerous place in the world? It is simple - I have one skin patch a day of Prokarin.



Canon Andrew White in Iraq. Photo courtesy ITV



Ministering to his Christian Iraqi parishioners. Photo courtesy ITV.

Prokarin is cheap compared to other things I have tried. It comes from the USA. I am rather fortunate in working with many US military doctors and the US Deputy Secretary of Defense at the Pentagon arranges it for me. It is sent from the US to the UK.

At times I cannot get the skin patch when I need it. Either I forget it in a fridge in another country or else my bodyguards from the UK cannot bring it over to Iraq on the day that I need it. If this happens my health rapidly declines. At least that shows me

that this is really working.

At times I get angry; why is it that there is such a simple solution that is not widely known about? It does not cost much, it always works and despite the distance it is readily available.

### Just Off To Meet Some Terrorists

Meanwhile for me it is another day in Baghdad. I am just off to do a press conference, then to the US Embassy, then to meet some terrorists to try and arrange a local ceasefire and the



Canon Andrew White outside his Portakabin in Baghdad. Photo courtesy ITV.

list for this day alone goes on and on.

This morning I did not finish work until 2 am having now written this it is 8am and it is time to get going. I am writing this from my Portakabin in the International Zone.

I hear the mortars and helicopters flying. The heat today is 45 C and I just have to go on and on and on. The heat here is an issue but I am very odd in that I am worse in the cold and wet than the heat. When I come back to the UK I always get worse.

I can cope with the heat up to about 50 C. Here it reaches 60 C in August and then I have to leave. We do have air conditioning when we have electricity, which is not always.

There are indeed days when I still feel awful but the reality is that I could not do what I do without Prokarin. I have tried other substances for my MS including Aimspro which did help hugely for a while but was expensive.

Prokarin could be a simple solution which takes you out of hell. Since I have been on the Prokarin I have only had one relapse which was quite bad and recent.

Of all the things I have tried Prokarin has been the best. It does not cure you but deals with so many of the symptoms and has no side effects. I have recommended it to other people with MS and they have all seriously improved.

When I have a relapse it is really difficult because most people do not really understand how much help I need. I usually have one member of staff with me who kind of understands; it is so difficult though.

## Prokarin – What Is It and How Do You Get It?

**P**rokarin, which used to be called Procarin, is an 'off-label' compounded patented prescription medication in the USA containing histamine and caffeine.

It is supposed to work in MS because histamine phosphate, a natural amino-acid derivative, is a potent neurotransmitter. Caffeine inhibits an enzyme that gets in the way of this.

Prokarin was first made available as a cream that had to be measured out onto a patch which was then applied to the skin. Now, there is a ready-made version of Prokarin which comes in the form of a small disc which is simply applied to the skin and worn from morning until bedtime. It does not require refrigeration.



Elaine DeLack

Elaine DeLack, a nurse with MS, revived this treatment first done by Dr Hinton Jonez in the 1940s and went on to research and patent Prokarin. She says it works for her and has hundreds of anecdotal reports from people with MS who have used it with success – 72% report at least one significant improvement in symptoms, and some many more.

### What Is Histamine?

Histamine is a very small and simple molecule made by everybody from the naturally-occurring amino acid histidine. The theory goes that people with MS have trouble turning histamine into the

neurotransmitter Histamine 2.

Histamine 2 sends messages down the H2 pathway, but this pathway does not work well in MS. It also plays a role in balancing the immune system, making digestive enzymes, regulating stress and stimulating the thyroid.

### What MS Symptoms Is It Supposed To Help?

Those who claim it has worked for them say Prokarin particularly improves the symptoms of fatigue, poor balance, walking speed, motor functions, bladder problems, brain fog, speech difficulties, numbness and poor sleeping.

### Studies

Elaine DeLack, knowing that she needed the support of doctors, set up a double blind pilot study on Prokarin and MS fatigue at the University of Washington, later published in the peer-reviewed Multiple Sclerosis Research Journal.

In the study, 21 people were given Prokarin and 5 a placebo. The conclusion showed a modest statistically significant effect of Prokarin on fatigue. The average improvement in fatigue for each individual was 37%. Side effects were minimal.

Fatigue is often the first symptom to improve with Prokarin, sometimes obvious within hours of starting the treatment.

However, this study was rubbished by the American National MS Society, criticising the study design, the small sample size, the difference

A Prokarin patch with a ten cent coin



between the subjects, and the potential confounding effects of caffeine (the amount of caffeine is half a cup of coffee per dose), a known stimulant. In short – no scientific proof.

In the years since then, arguments have raged on both sides. But there is no doubt that a larger trial on Prokarin is needed.

### How To Get Prokarin

Prokarin can only be prescribed by US physicians and is made up by one US compounding pharmacy called Custom Prescription Shoppe (see below).

The doctors at the Tahoma Clinic can prescribe Prokarin, including to patients from overseas. You have to fill in a long patient questionnaire, and then have a one-hour telephone consultation.

### Info Box

The US company EDMS, LLC, the company set up by Elaine DeLack has licensed patent rights to Prokarin. There's a lot of information and Elaine DeLack's own story via this website.

EDMS, LLC

Tel 00-1-360-654-0448

Email: [info@edmsllc.com](mailto:info@edmsllc.com)

Website: [www.edmsllc.com](http://www.edmsllc.com)

Tahoma Clinic

[www.tahoma-clinic.com](http://www.tahoma-clinic.com)

Tel 00-1-425-264-0059

The only compounding pharmacy which supplies Prokarin is Custom Prescription Shoppe in Washington state.

Mike Walsh is Canon Andrew White's compounding pharmacist.

Email: [mwalsh@crxshoppe.com](mailto:mwalsh@crxshoppe.com)

Tel 001-360-654-0448