

## **Tribute to Dr. John F. Maras, DO**

by

*Robert N. Cloutier, Partner, Nu-Gen Nutrition, Inc.*

In 2002, Dr. Maras wrote, "I consider myself one of the lucky cancer victims. I was diagnosed with prostate cancer in 1994. I had a PSA of 10.5 and a Gleason score of 6-7. These numbers are why I consider myself to be a lucky cancer victim. I believe that if I would have done traditional prostate cancer treatment, I would not be alive today, just as many who followed such doctors' orders are no longer living...My doctors gave me 2-2½ years to live..."<sup>1</sup>

Since 1995, Dr. Maras was living an active life and doing quite well until late December 2004 when he suffered a surprise, major physical assault by an irrational man. Dr. Maras broke/cracked a few ribs, broke his pelvis, suffered multiple facial injuries from his fall, and also sustained other significant physical damage.<sup>2</sup> Between the significant physical injuries from being seriously assaulted, stress from the lawsuit against his attacker, massive stress from four unwarranted and intimidation-aimed FDA raids over the past 4 years, stress from several moves, and countless emotionally-draining phone and email consultations, Dr. Maras' health finally took a turn for the worse. Dr. Maras experienced a tremendous healing crisis load from his significant physical injuries and began suffering from chronic inflammation, pain and depression. His health condition finally became all consuming and completely out-of-control. Dr. Maras could not seem to recuperate and defeat his condition and win wellness back for a 2<sup>nd</sup> time. Consequently, it is with much sadness I announce that Dr. Maras died on June 9, 2006, at the age of 68.

I feel so blessed to have known and worked with Dr. Maras and to be part of the company that he and his wife Barbara—formerly a Registered Nurse (R.N.) for 41 years—worked so hard to create. He is one of few men I have ever met that exemplified amazing humility, kindness and willingness to help so many people. In 2004, Dr. Maras wrote, "I have consulted with 30,000 more patients and families over the past two years bringing my total number of email and telephone consultations to over 105,000 in eight years. The internet moves rapidly."<sup>3</sup>

Dr. Maras' wellness crusade all began after his doctors gave him the "death sentence". Dr. Maras wrote, "My doctors gave me 2-2 ½ years to live. My wife, Barbara and I decided to move to Florida from Pennsylvania where I had practiced medicine, neurology and psychiatry for nearly 25 years. We thought we 'may as well be warm if I only had that long to live.' When I arrived in Florida in my unna boots on both lower legs (unna boots are soft casts impregnated with zinc oxide ointment) to heal the ulcers on my legs, I became interested in searching the internet to find non-toxic treatment for my prostate cancer and circulation problems. I never had much faith in traditional treatment of prostate cancer, and I was aware that due to my other health challenges, I probably would not survive the traditional treatments including surgery, radiation, and hormone therapy. My initial research lead me to explore saw palmetto and horse chestnut extracts. I also did a lot of research regarding OPC's and shark liver oil products. The combinations of research lead me to my original program in 1995 which included apricot kernels, OPC's, shark liver oil, saw palmetto, and enzymes. This combination worked quite well for me, although my PSA drove me nuts because it would go up and down! A friend whom I had met while doing research on the internet, Dan Gesch, said I should consider doing a web page on the internet to 'tell my story.'"<sup>4</sup>

Dr. Maras never stopped looking for other products which could help more people win their battle against disease. Dr. Maras wrote, "Meanwhile, a patient had sent me literature about a product called Cantron...My PSA was still fluctuating and I was looking for something to add to my prostate program. A breast cancer patient I had called regarding her testimony, [REDACTED] I had been trained in neurology and I had a particular interest in brain cancer and nerve function disorders. She gave me the telephone number of Ollie Blezinski of the H.O.P.E. (Humanitarian Organization for the Promotion of Entelev) Foundation in Warren, Michigan. I called Ollie, who is an organic farmer and a walking encyclopedia regarding nutritional healing. After several long telephone conversations, I added Cantron to my cancer Wellness Program in July 1997. I remember during one of my first conversations with Ollie, she said, 'You know John, you doctors don't know diddly about nutrition.' I said, 'Ollie, I have good news and bad news. The good news is that I agree - doctors don't know diddly about nutrition. The bad news is - you are going to have to teach me!' We have been good friends ever since."<sup>5</sup> The H.O.P.E. group first helped Dr. Maras and his wife Barbara in 1997, and Dr. John and Barbara Maras have been returning the favor ever since then with their Nu-Gen Nutrition company and products, support meeting presentations, informative websites, email and telephone consultations, and two editions of the Rational Wellness Therapy (RWT) book. Dr. Maras coined the new health concept or 'model,' called Rational

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Wellness Therapy (RWT). RWT treats the whole nature of the individual through supplementation, diet, exercise, meditation, prayer, etc.<sup>6</sup> Their RWT books were written to provide the average individual with quick answers to their most frequently asked questions.

Dr. Maras took great joy when hearing about an individual's success at battling their disease using his simple wellness program. He also could not emphasize enough the importance of getting an individual on a wellness program before drugs, chemo and/or radiation was considered or used. The following is an example of one of many email testimonies received by Dr. Maras. This one received late May 2004 from individual who's mother was diagnosed with Lung and Bone Cancer. *"Dear Dr. Maras, My mother was diagnosed with cancer on her ribs and spine in August 2003. Two years before this she had half her lung removed due to lung cancer, though she was never a smoker or around anyone in her family who smoked. Following radiation treatment her cancer came back after four months, this time on her hip and a smaller area on her spine. Jan 2004 she started with another radiation treatment, though this time we found out about [REDACTED] through some friends and had her take it. The results of her last scan done on Friday was clear and in fact some of the nodules on her lungs which they thought was cancer had "dissolved"! We could not be happier, about this great news. My mother has also changed her diet and exercises more now. She has been taking the [REDACTED]. We would greatly appreciate any suggestions you would have for her. We are very grateful to our friends who suggested [REDACTED] to us and to you. Looking forward to your response. Sincerely, Lisa"*<sup>7</sup>

Faced with many obstacles, Dr. John and Barbara Maras were selfless and unrelenting in their crusade to help diseased people attain wellness rationally. As Dr. John and Barbara Maras were driving in Florida with Andy Johnson of the H.O.P.E. group, Dr. Maras reflecting on their recent, 4<sup>th</sup> unwarranted and intimidation-aimed raid by the FDA in July 2004, turned and asked Andy, "Why do you and Dorthy Hubel [also with the H.O.P.E. group] do all that you do?" Andy replied, "We have been able to help sick people with products and information that otherwise would not be publicly available." Dr. Maras then said that he had previously asked Barbara shortly after the raid, "Why are we doing all this? We are retired and don't need all this pressure and harassment." Barbara then replied, "John, you know that if you don't do it, no one else will." Dr. Maras agreed and never stopped in spite of tremendous adversity, to help people to the maximum he was capable, as long as he physically could.<sup>8</sup>

Over the past year or so, Nu-Gen Nutrition, Inc. has compiled an impressive and complete library containing all of Dr. Maras' recommended protocols based upon different health conditions and medical considerations. Nu-Gen will continue to provide consultations via direct email at [info@nu-gen.com](mailto:info@nu-gen.com) and via our [www.cancerchoices.com](http://www.cancerchoices.com) website, leveraging our complete library of Dr. Maras' recommended protocols. Nu-Gen Nutrition is also considering one or more alternative doctors to help continue Dr. Maras' wellness crusade.

Although Dr. Maras is no longer with us, he is now resting in peace, joining the ranks of other rare and great God serving individuals. We can rest assured knowing that Dr. Maras is with us in heavenly spirit, working his passion, helping more people!

God bless you Dr. Maras!

### References:

- 1: Rational Wellness Therapy (RWT) book by Dr. John Maras, DO, 2<sup>nd</sup> Edition, 2004, p. 9
- 2: Phone and/or Direct Conversations: Barbara Maras; L. Wolfe, close and dear friend of John and Barbara Maras, June 3, 11, & 12, 2006
- 3: Rational Wellness Therapy (RWT) book by Dr. John Maras, DO, 2<sup>nd</sup> Edition, 2004, p. 12
- 4: Rational Wellness Therapy (RWT) book by Dr. John Maras, DO, 2<sup>nd</sup> Edition, 2004, pp. 9,10
- 5: Rational Wellness Therapy (RWT) book by Dr. John Maras, DO, 2<sup>nd</sup> Edition, 2004, p. 10
- 6: Rational Wellness Therapy (RWT) book by Dr. John Maras, DO, 2<sup>nd</sup> Edition, 2004, p. 107
- 7: Email to Dr. Maras from Lisa Re: her mother w/ Lung & Bone Cancer, May 27, 2004, 1 page e-mail
- 8: Phone Conversation w/ H.O.P.E. group volunteer Andy Johnson, June 14, 2006