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HAYLE T. ALDREN, M.D., M.D. (H)

Certified IPT Instructor

**Molecular Medicine & Biotherapy**

**Integrative Cancer Care**

**Chronic Illness or Infection**

**Undiagnosed Pain or Malfunction**

**Cardiovascular and Cancer Prevention**

**Orphan Medical Procedures**

**Insulin Potentiation Therapy (IPT)**

**Autologous Immunization**

**Reconstructive Prolotherapy**

**Custom Compounding**

Dr. Hayle T. Aldren, M.D., M.D.(H), D.T.M., has been a pioneer in the full spectrum of preventive, integrative, and longevity medicine for more than twenty-five years. Following allopathic education and national board certification, he trained intensively in complementary and biological therapeutics around the world, and is also a diplomate of the Royal College of Surgeons (I). His goal has been to combine the best of mainstream medicine and biomedical science with the best of complementary and alternative medicine (CAM) in such diverse settings as rehabilitation hospitals, outpatient and ambulatory clinics, residential treatment centers, job-based programs, educational institutions, house call outreach services, fitness centers and resort spas.

From the jungles of Bali to the podium at Sloan-Kettering, he has become a respected exponent for combining the "best of both worlds", inspiring patients to actively participate in their care, and teaching doctors to look beyond symptoms for the root causes of disease. He has appeared on ABC Nightline and previously hosted "A Different Brand of Medicine" on radio. His extensive clinical and research experience has led him to conclude that the words, "learn to live with it", should be eliminated from the medical vocabulary. He prefers an individualized approach where each patient is approached as unique, rather than standardized protocols in which all patients are treated basically the same or sorted into randomized groups for statistical purposes.

His experience spans private practice, trans-disciplinary team care, basic and clinical research, business and industry, education, insurance medical directorship, and state government. His early work with glucosamine and arthritis in the 1970's helped pave the way for its penetration into the medical mainstream two decades later. He has also been a consultant to sports teams, athletes, performing artists, pharmacies and home infusion services, dietary supplement manufacturers, insurance companies, attorneys, employers, journalists, medical websites, and other physicians in constantly searching the world for the safest and most effective forms of diagnosis, treatment, self care and health enhancement.

He is currently writing a book on exploiting the hidden weaknesses of cancer cells, and is also developing a new radio program for syndication. As an independent medical examiner, he has additionally performed outcome assessments on over 12,000 persons treated with nearly every variety of conventional or natural treatment, and has acquired a unique perspective on "what works and what doesn't".

**IPT Experience and Teaching:**

Dr. Aldren began using insulin-based therapies in 1978, in the form of GIK and PZI, to enhance the uptake of medicines and nutrients, the elimination of biotoxins, and the reinforcement of physiologic repair and healing processes. He was first introduced to the concepts of classic IPT at the International Academy of Preventive Medicine in 1981 by Dr. Donato II and Dr. Steven Ayre, when it was still known as Donatian Therapy (in honor of Dr. Donato I), and recognized it as a significant advance.

## Hayle T. Aldren Bio

He integrated his understanding of their ideas into his practice until 1984, when regulatory policy forced the discontinuance of many orphan medical procedures. He resumed integrated insulin therapies after relocating to the Southwest in 1999, and in 2000 was further trained and certified in modern IPT by Dr. Donato III in Mexico. He has since taught and demonstrated IPT at physician training conferences, and was personally selected by Dr. Donato III to become a certified IPT instructor. Like the Drs. Donato and Dr. Pacquette, his IPT practice is not limited only to cancer, but includes many other chronic diseases and infections.

According to IPT webmaster Dr. Chris Duffield, Dr. Aldren and his associates have resurrected, in modern form, the original style of IPT used by its founders, in which both drugs and natural substances were combined together during IPT. While holding true to IPT as practiced and taught by Dr. Donato Perez Garcia, Dr. Aldren maintains a spirit of innovation in its application, such as the use of needleless contamination-resistant connectors, drug uptake enhancement techniques, multidrug resistance blockade reversal and other synergistic biological response modifications, injections into and around tumor sites when appropriate, and prepotentiation strategies.

Health care practitioners, who have completed basic IPT Training with Dr. Donato III, Dr. Aldren or another certified IPT instructor, or at an approved IPT training course, may apply for advanced IPT training with Dr. Aldren through the mentorship program. Staff training and on-site program development are also available. Patients who live at a distance, who are engaged in self care, or whose choice of providers is limited by third parties, may enroll in a consultation and monitoring program, or subscribe to advisories specific to their condition. Dr. Aldren is also available from time to time for consultation and treatment management at selected outside medical centers.

### **Current Clinical Practice:**

Private practice in biological and molecular medicine, and orphan medical procedures, including cancer biotherapies; rehabilitation of pain, arthritis, sports and spinal conditions; immunological stimulation and augmentation; nutritional repletion; metabolic support before and after surgery, and during radiation therapy; oxidative medicine; hyperthermic modalities; stabilization and reversal of macular degeneration and visual loss; hormonal balancing and longevity enhancement; male medicine and andropause; prevention and reversal of familial risks and cardiovascular degeneration; recovery of life insurability and FAA or work clearances; normalization of digestion and elimination; homeopathic and cellular therapies; treatment of chronic infections, emerging pathogens, and autoimmune-related illnesses; occupational-environmental medicine, and evaluation and management of toxic exposures; remediation of neurological, neurobehavioral, and addictive impairments; travel and tropical medicine; parasitology; second opinions and individualized health assessments; medicolegal consultation; pilot programs in lifestyle modification and dietary improvement; AAPS-endorsed private care environment.

### **Educational Background:**

A.B., San Diego State University, 1972; Outstanding Graduating Senior, Department of Biology; Research Trainee, Department of Experimental Pathology, Scripps Clinic and Research Foundation and University of California San Diego (UCSD), Department of Surgery, Surgical Research Laboratories; Scholar, Western Interstate Commission for Higher Education; M.D., Boston University School of Medicine, 1976; International Health extern, University of Hawaii and Department of Public Health, Republic of Indonesia; Intern, University of Miami-Jackson Memorial Hospital-Mt. Sinai Medical Center, 1977; Diplomate, National Board of Medical Examiners (NBME); Resident, PGY II-III, New York Hospital-Cornell University Medical Center-Memorial Sloan-Kettering Cancer Center, 1984-85; Qualified Medical Director, Comprehensive Outpatient Rehabilitation Facility (CORF) program; Homeotherapeutics graduate, National Center for Homeopathy; Medical Acupuncture graduate, University of California Los Angeles (UCLA); D.T.M., Royal College of Surgeons; Buzan Centre-certified instructor (U.K.) in Accelerated Learning and Teaching (RTI);

ABMS-eligible by equivalency to take American Board of Preventive Medicine (ABPM) certification examination upon core course completion; credential-eligible in Neural Therapy, Oxidative Medicine, Metal Toxicology and Chelation, Naturopathic Endocrinology, and Orthopedic Medicine; examination-licensed Homeopathic and Integrative Physician, M.D. (H); IPT Physician and IPT Instructor, certified by Dr. Donato Perez Garcia.

Licensure (active/inactive): Arizona, Colorado, Nevada, and Washington.

**Alternative & Complementary Medicine:**

Seminars, courses, conferences, readings, site visits, observation, demonstrations, discussions, residencies, fellowships, and tutorials; 1977-99:

Orthomolecular medicine, nutritional biochemistry, and enteral/parenteral delivery systems

Food selection and preparation styles; dietary practices and philosophies

Prospective medicine and lifestyle modification

Cardiovascular risk assessment and prevention of sudden death

Brain chemistry and orthomolecular psychiatry; autistic phenotypes

Enzyme therapy; nutraceuticals, and phytochemicals

Complementary oncology

Insulin potentiation therapy (IPT); biological response modifiers and cytokines

Metabolic and constitutional typing: weather sensitivities

Fasting and refeeding responses

Nutrient-pharmaceutical compounding

Pharmacognosy; botanical and herbal medicine; aromatherapy

Nootropics and antiaging medicine

Cell and cell extract therapy

Olfactory-gustatory nutrient titration

Biological individuality/enzyme polymorphisms, and pharmacogenetics

Chronobiologic factors in diagnostic testing and treatment design.

Symbiotic microbiology; probiotics, candida, Sanum remedies

Real-time enhanced microscopy

Autogenous immunization and desensitization; autohemotherapy

Dendritic cell vaccines and antigen isolation/presentation

Heat shock protein (HSP) immuno-potentiation

Autologous blood banking

Immune enhancement adjuvants

Allergy and challenge testing, isopathic therapy

Revisi diagnostics, chemotherapy and immunotherapy

Heavy metal and xenobiotic detoxification

Rapid narcotic detoxification

Endocrine equilibration and autacoid supplementation methods

Andrology and andropause; menopause and perimenopause

Solvent and chelating agent therapies (DMSO, EDTA, DMPS, DMSA etc.)

Oxidative medicine (O3 major/minor/intra-, HOT, H2O2 etc.) & hyperbaric oxygen

Arthritis treatment protocols; Colchicine therapy and radiculopathy

Snake venom extracts in demyelinating disease

Apitherapy

FICO2 inhalation therapy and dietary RQ manipulation

## Hayle T. Aldren Bio

Biogenics and autogenic training

Yoga systems: Hatha, Kundalini, Carmos; breath awareness /regulation

Meditation and centering practices (Oriental & Occidental, stationary & kinetic, sensory awareness)

Human interaction with animals in healing

Guided imagery; music therapy

Medical hypnotherapy and environmental reinforcement of suggestion

Subanesthetic/subhypnotic neuromodulation; carbogen-Meduna and Graf holotropics

Biofeedback; neurofeedback; multisensory bioentrainment

Visual training, Pepper stress; orthokeratology; light/color stimulation (Lumitron etc.)

Stanislavski method acting as a healing force

Therapeutic touch, psychic and spiritual healing

Accelerated learning/teaching methods; multiple intelligences and plurimodal learning

Sensorimotor stimulation & vestibular/proprioceptive re-education

Post-polio repatterning; Bobath and reflex techniques in MBD

Tomatis and sound therapy; toning & chant; integration w/ physical medicine modalities

Psychophysical integration/mind-bodywork (Alexander technique, Ki training, Rolf, Heller, Trager, Hoshino, polarity, Rubenfeld, Masters & Houston etc.)

Inner development and intrapersonal/transpersonal evolution (Gestalt, Rogerian, Psycho-synthesis, NLP, Arica, Entelechial, Reichian, Gurdjieff-Ouspensky, Howard, Krishnamurti, PEAKE, transactional analysis, re-evaluation counseling etc.)

Thanatology and conscious transition; integrative hospice care

Applied kinesiology (Edu-K, NK, PK, BK, Tfh, NOT)

Gentle Art medical communications

Constitutional/classical homeopathy

Modern European homeopathy; use of nosodes, sarcodes, & combinations

Homotoxicology

Neuroanatomic/myofascial acupuncture; intramuscular stimulation

Percutaneous electric nerve stimulation (PENS)

Electroporation; Nordenstrom and electrogalvanic techniques

Meridian/energetic acupuncture; TCM syndromes; five element theory

Auricular medicine, and use of microsystems

Scalp and hand acupuncture (YNSA)

Iridology and sclerology

Electroacupuncture, laser/sonopuncture, aquapuncture & segmental therapy

EAV-electrodermal; Burr and Manaka techniques; Motoyama instrumentation

Nei Kung, Chi Kung, Tai Chi, and Sotai

Chinese tonic herbology

Cross-cultural healing (Huna, Balinese, Sufic, Santeria, Native American folk medicine, Ayurveda)

Taoist and tantric sexology

Edgar Cayce remedies and methods

Aerobics; Exer-Cor

Heart rate variability (HRV) testing

Pilates, Gyrotonic, Mensendieck, Dardik, slow resistance and other movement/exercise systems

Medical benefits of ballroom dancing

Biometeorology, balneotherapy & spa treatments, hydrotherapies/colon therapy

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Autonomic neurology and Neural/Huneke therapy  
Computerized regulation thermography (CRT); thermology  
Neurosomatics; Goldstein protocols  
Systemic and selective uses of procaine congeners  
Myofascial medicine, incl. somatovisceral/viscerosomatic correlates  
Neural mobilization  
Dental/TMJ pathology, biocompatible dentistry, NICO, occlusal balancing

Electrostimulation and neuromodulation  
Electret, electrostatic discharge, piezo-electric induction, magnetophore & EMF therapies  
Bonlie high-gauss instrumentation/protocols in neuromusculoskeletal regeneration  
Transcranial electrotherapy; cranial electrostimulation  
Athermal effects of non-ionizing radiant energy  
Phototherapy/photodynamic therapy; UVBI; low power laser; Gurwitsch radiation  
Experimental electrographic imaging  
Cold UV phototherapy  
Manual treatment of prostatovesicular reflex symptoms; pelvic floor disorders  
Manual medicine techniques (Janda-Lewit, basic osteopathic and visceral, Levitor)  
Neurolytic injections  
Proliferant injections (prolotherapy, sclerotherapy, reconstructive therapy, TILT, SLR)