

Calwood Nutritionals, Inc.

5331 Landing Road

Elkridge, MD 21075

800.479.9942

www.calwoodnutritionals.com

Interpreting Research for the Kidney Patient - November, 2006

IN MEMORIAM

Dr. Mackenzie Walser, an eminent nephrologist and professor of medicine who wrote widely on the nutritional management of kidney disease, died of a brain tumor, at the age of 82, October 28, 2006, at his home in Timonium, Maryland.

Dr. Walser was born in Brooklyn, N.Y., and raised in New Canaan, Conn. He graduated in 1940 from Phillips Exeter Academy in Exeter, N.H. He earned a bachelor's degree from Yale University in 1944, graduated from Columbia College of Physicians and Surgeons in 1948 and completed his internship and residency at Massachusetts General Hospital in Boston. From 1950 to 1952, he was an instructor and later assistant professor of medicine at the University of Texas Southwestern Medical School. He served in the Naval Reserve from 1952 to 1954, assigned to the Naval Medical Research Institute in Bethesda. He then served as an investigator for three years at the National Heart Institute of the National Institutes of Health in Bethesda, MD. He joined the Johns Hopkins School of Medicine in 1957 where he became professor of pharmacology, experimental therapeutics and medicine

In the early 1970s, he was a co-developer of a vegetarian restricted protein and phosphorus diet which was supplemented by a balanced mixture of the amino acids.¹ He became enamored of the use of the keto analogs of the amino acids with the idea that they would decrease the amount of nitrogen available to the body.² This turned out not to be true, but the keto acids have become a commercial success overseas, where they are a prescription item. Later, he felt that bringing these to the US would be a huge problem due to the number of components required to be tested. In the early 80's, Dr. Walser convinced Senators Al Gore and Bob Dole to sponsor a bill funding the testing of these materials in the US. This study, the "MDRD" study, was carried out in a number of centers across the US but failed to duplicate the results he had achieved at Johns Hopkins. He found out later that Ross Laboratories had failed to use the formula he had developed (see his book p 201) and used their own patented formula. This and other problems introduced in this study resulted in its failure. Subsequently, nephrologists in the US refused to use the tremendous achievement in avoiding dialysis that Dr. Walser was instrumental in developing.

Dr. Walser's work is a major commercial success in the rest of the world where Fresenius copied Dr. Walser's formula for treating kidney disease and nephrologists have seen the light. In China, Dr. Lin reports there are 85,000 people on this treatment to which the daily prescription of an ACEi has been added (See the report in the March, 2006 newsletter).

Truly a great and caring intellect has passed. His work lives on after him in the number of patients who purchase his book, follow its recommendations and live extended periods of time without dialysis.

¹ Walser M, Coulter AW, Dighe S, Crantz FR. The effect of keto-analogues of essential amino acids in severe chronic uremia. *J Clin Invest.* 1973 Mar;52(3):678-90

² Sapir DG, Owen OE, Pozefsky T, Walser M. Nitrogen sparing induced by a mixture of essential amino acids given chiefly as their keto-analogues during prolonged starvation in obese subjects. *Clin Invest.* 1974 Oct;54(4):974-80.