

ALTERNATIVES™

For The Health Conscious Individual

You will observe with concern how long a useful truth may be known and exist, before it is generally received and practiced on. ~ Benjamin Franklin

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Dr. David G. Williams

ARE DRUGS THE SOLUTION OR THE PROBLEM?

I'm honestly shocked at how gullible the American public has become in regard to issues concerning their health. The hundreds of millions of dollars being spent on advertising by the giant drug companies seems to have convinced the public that safe pharmaceutical answers exist for practically every possible health complaint or concern. Unfortunately, the truth is that most drugs and hormones fail to live up to this image of "safe efficacy" on both counts—they are not without dangerous side effects and they are not always the most effective method of dealing with the problem over the long term.

In many instances, we still know very little about the long-term effects of many of the top-selling drugs in this country. As I reported in the February 1999 issue of *ALTERNATIVES*, adverse reactions to prescription drugs have become the fourth leading cause of death in this country. With well over two million adverse drug reactions recorded in 1994, it's clear that modern medicine does not understand biological drug reactions as well as it would like us to believe.

Over the years I've looked into dozens of examples that demonstrate the dangers of modern medicine's drug dependency. One very clear case-in-point is the situation I wrote about last month. In the lead article, I discussed how the use of the male hormone, testosterone, has become one of the latest fads in medical circles. After spending millions of dollars to convince the general public that female menopause is really just a mistake of nature, the drug companies knew that they could convince

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the male population that male menopause—or “andropause,” to coin a phrase—was also a mistake of nature that could be corrected with hormones. This plan seems to be working. As the andropause fad catches on, pharmaceutical companies stand to make billions of dollars from aging men just as they’ve been doing with women for decades.

What the promoters of this type of therapy have neglected to tell the public, however, is that while all women go through menopause not all men go through andropause. Though testosterone levels decline naturally in most males at a rate of about one percent per year between the ages of 40 and 70, only in unhealthy men is the decline more pronounced (*Ann Med* 93;25:235-41). Men do not go through a sharp reduction in hormone production like women do.

Calcium Blockers Can Also Block Fertility

From pharmaceutical advertising campaigns and the way doctors freely prescribe drugs, you might get the impression that drugs are manufactured and designed to have very specific and predictable actions. Nothing could be further from the truth.

Take the use of calcium channel blockers to treat high blood pressure, for example. Calcium blockers are sold under numerous brand names, including Adalat, Procardia, and Cardizem. Like all other drugs, they affect the entire body. They work by inhibiting the passage of calcium through cell membranes into muscles. And though they may be able to lower blood pressure by limiting the amount of calcium that reaches the heart muscle, there are no studies showing that they actually reduce the rate of heart attack or stroke. In fact, the evidence shows that these drugs can increase the rate of heart attack and stroke.

The drug nifedipine, a calcium channel blocker found in the above-listed products, has already been linked to increased rates of cancer, gastrointestinal bleeding, memory loss, and heart attack. New research has now revealed that male infertility is another of its adverse effects. At a recent meeting in Toronto of the American Society for Reproductive Medicine, specialists working at infertility clinics reported finding a link between calcium blockers and infertility.

One of the ways these drugs impede calcium flow into muscle cells is by altering the cholesterol content of the cell membrane. (If you recall, cholesterol is a vital part of each cell membrane, helping each cell retain its shape and form a barrier against certain substances trying to enter or exit the cell.)

Using calcium blockers overloads sperm cells with cholesterol to the point they can no longer function, often rendering the user infertile. In an effort to make a silk purse out of a sow’s ear, researchers now suggest that the calcium blockers can be sold as a male contraceptive. The insanity never ends.

The Link Between Tranquilizers and Parkinson’s Disease

In the majority of instances, patients taking prescription medications are simply guinea pigs in a long-term experiment. And the long-term outcome is often more serious or life threatening than the original untreated problem.

A Canadian researcher at McMaster University in Hamilton, Ontario, Dr. Michael Mazurek, has informed us that patients taking antipsychotic drugs (i.e., tranquilizers), especially the elderly, are increasing their risk of developing Parkinson’s disease. His research has shown that users of these drugs often begin to exhibit Parkinsonian symptoms months or even years after they’ve stopped taking the drugs.

Kids, Prescription Drugs, and ADHD

With all the hoopla about herbs, vitamins, and natural medicine during the last few years, you would think prescription drug use would be slowing down, but the opposite is true. Pharmaceutical companies are geniuses when it comes to marketing and they have one of the most credible sales forces in the world—doctors. Pushing drugs on the public has never been easier. I recently reported on the over-use of drugs like Ritalin in treating so-called attention-deficit hyperactivity disorder, or ADHD (see the September 1999 issue). A new study shows just how widespread that practice has become.

Marsha Rappley at Michigan State University checked Michigan’s state-sponsored Medicaid records and found 223 children age three and under who had been diagnosed with ADHD. Of these, 57 percent were being given drugs and one third of those were taking two or more drugs at the same time. (*Arch Pediatr Adolesc Med* 99;153(10):1039-45)

On one end of the spectrum, we’re subjecting children to drugs at the very time when their permanent neurological pathways and brain patterns are being formed. At the other end of the spectrum, we’re giving middle-aged and older adults drugs that destroy or interfere with brain chemistry, leading to problems like Parkinson’s, Alzheimer’s, senility, heart disease, cancer, and an ever-growing list of

other “new age” diseases.

How To Protect Yourself from Drug-Dependent Medicine

Don't get caught up in all of this nonsense. Here are a few things you can do to make sure you don't cause yourself harm through the use of unnecessary prescription drugs or hormones.

1) Take a close look at any prescription medications you might now be taking. Search through previous issues of *ALTERNATIVES* and discuss with your doctor any natural alternatives that might be available. (To find out which issues of the newsletter cover a particular subject, or to order back issues, you can call 800-718-8293 and ask a representative to help you.) If your doctor isn't open to natural alternatives, I would suggest getting a second opinion from one who is.

2) Don't abruptly stop any medication or hormone. After even a short period of time, your body “adapts” to the drug and becomes dependent on it. Tell your doctor you're planning to taper off your usage and have him or her work with you to accomplish it. You should taper off your usage as any new natural therapy is added. It's always best to do this with the guidance of your doctor.

If your doctor isn't open to this way of doing business, find one that is. One good place to start is with the American Holistic Medical Association (AHMA), 4101 Lake Boone Trail, Raleigh, NC 27607. Send \$5.00 and a list of three states you can travel to, and the AHMA will let you know of any holistic doctors practicing in those states. You can also contact the American College for Advancement in Medicine, whose address is listed on page 56 of this newsletter.

3) Before starting any new drug or hormone, give very serious thought to the matter. Make sure the treatment is absolutely essential and there are no alternatives. Make an effort to find natural methods of improving the problem. Also, always keep in mind that *all* drugs and hormones have side effects, many of which can be worse than the problem you are trying to treat.

4) Don't be fooled by anti-aging hype and promises. There are no proven anti-aging miracle drugs or hormones. There are some awfully good theories when it comes to slowing or stopping the aging process, but the only *proven* technique that slows the aging process is severe restriction of caloric intake (extreme diets that severely limit food intake). Most of the current popular theories are based on high antioxidant intake, good circulation, elimination of toxins, and other goals that can be accomplished through good nutrition, natural supplements, exercise, stress reduction, and other common sense techniques. I've discussed these subjects in depth in past issues of *ALTERNATIVES*. You'll do yourself a big favor by going back and reviewing them so you can continue to see the big picture and implement any needed lifestyle changes.

The sooner Americans begin to define the practice of medicine as producing good health rather than treating bad health, the sooner we'll start to see our health and life-expectancy improve significantly. Taking drugs won't get us there from here, and in the majority of cases it sets us further back than before.

A BALANCING ACT FROM INDIA

Each month I get dozens of letters with questions from readers. The variety of health concerns is simply amazing. Fortunately, after writing *ALTERNATIVES* for over 14 years, I've covered a lot of ground and can usually refer readers to past issues. Frequently, however, a reader will write in describing a long list of seemingly unrelated problems, looking for a combination of magic bullets that will solve all their problems. It seems like everything is going wrong, healthwise. Not being able to examine and evaluate these individuals personally is a great disadvantage. Returning them to health becomes literally a balancing act. If you happen to fall into this category, I want to tell you about an absolutely amazing product that comes from India. Often, it can make a world of difference.

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Editor: Dr. David G. Williams **Group Publisher:** Jill Eisgrau **Executive Editor:** Erica Bullard **Managing Editor:** Robert Kroening

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A Very Old System Of Medicine

I'm not going to go into great detail here about the Indian system of healing called Ayurveda (aye-yer-VAY-duh). But briefly, from an Ayurvedic perspective, each individual is a combination of three different properties: ether and air, called *vata*, which relates to the nervous system; fire, called *pitta*, which relates to digestion and assimilation of food; and earth and water, called *kapha*, which relates to the structural components of the body.

Under Ayurvedic medicine, one of these three properties—or *doshas*—will always be dominant, but there should be a balance between the three to achieve optimal health. Of course, this concept of balance is not unique to Ayurvedic medicine. Most forms of healing subscribe to the idea that there has to be a balance among different properties of the body. The difficult part is achieving such balance. Fortunately, Ayurvedic medicine utilizes a product that I have found to be very effective. It is called Triphala.

Triphala isn't very well known in this country but it has been widely prescribed in India for thousands of years. (The recipe for Triphala is reported to be 5,000 years old.)

When To Use This Powerful Recipe

Triphala consists of three different Indian herbs. When used in combination, they can exhibit remarkable powers. I highly recommend the use of Triphala under any of the following conditions:

- 1) Everything healthwise seems to be "out of balance," or there isn't a clear-cut diagnosis identifying the cause of a complex health problem;
- 2) Someone suffers from any type of digestive or intestinal complaint that standard procedures (digestive enzymes, friendly bacteria supplements, etc.) can't help;
- 3) Difficult detoxification problems that don't respond to liver cleansings, saunas, etc.;
- 4) Failing vision; and
- 5) High blood pressure or high cholesterol levels that won't respond to weight reduction, exercise, niacin, garlic, and other natural therapies.

The three herbs in triphala are Indian gooseberry (*Emblica officinalis*), Beleric Myrobalan (*Terminalia belerica*) and Indian gallnut (*Terminalia chebula*). Each of these herbs has very special medicinal properties.

Indian gooseberry (or *Amla* in Hindi) has been said to have the highest vitamin C concentration of any known plant. This helps explain why it is particularly effective in circulation problems and in helping reduce harmful cholesterol levels.

Beleric Myrobalan (or *Bibhitaki* in Hindi) has a mild laxative effect, which helps to cleanse and detoxify your body and remove parasites.

Indian gallnut (or *Haritaki* in Hindi) is considered one of the most important Ayurvedic herbs. It is reported to have rejuvenation properties, as well as the ability to improve digestion and vision and heal ulcerated surfaces in the digestive tract.

Where To Find Triphala

Triphala is available as a bulk powder or in capsules. The capsules are more expensive because you're paying for the extra convenience they provide. One of the best and most reliable suppliers I've found is Bazaar of India Imports, 1810 University Ave., Berkeley, CA 94703 at 800-261-7662. This company handles both the bulk powder and tablets. The product is called Trifala.

I prefer the bulk powder because it is less expensive and you can easily mix a teaspoon of it with a small amount of hot water and consume it just before bedtime (allow it to seep in the water for about ten minutes). Bazaar of India sells the powder in three-ounce containers for less than \$5 and one-pound containers for just under \$10. If you prefer the capsules, you can get 60 for about \$16. These capsules contain a potent triphala extract; two at bedtime should be adequate.

Remember, triphala does have a very mild laxative effect so you may need to reduce the dosage slightly if that becomes a problem. You will usually begin to experience increased energy and an overall sense of better health within a week or two. However, I suggest that you continue to use the product for three months to achieve the maximum benefits. It can be used continuously, but generally a three-month period once or twice a year is adequate unless you have serious problems like constant high cholesterol, high blood pressure, or lower bowel problems.

Triphala For The Eyes

At present, I can't vouch for the accuracy of the older Ayurvedic medical books as they apply to vision applications of triphala. However, if these books are correct, and you wear glasses, don't be surprised if you require weaker lenses after using the product for awhile. Many of the old medical books say triphala "water" can prevent and even cure cataracts if it is used when they first begin to develop. Unfortunately, triphala water is of no help if a cataract has already formed.

You can make the water mixture by adding one tablespoon of triphala powder to a cup of warm

water in the evening. Cover the mixture and allow it to sit overnight for 12 hours. The next morning, strain the liquid through cloth to remove the residue. Sprinkle some of the remaining water in your eyes and drink the rest. If the triphala water causes slight diarrhea, simply lower the dose over a two- or three-day period until the bowels normalize. After about 15 days, diarrhea should no longer be a problem.

The evidence strongly indicates that triphala has a significant healing effect on the eyes. However,

triphala is not widely available at present, and it is not offered in a "user-friendly" and quality-controlled form. For all these reasons, I am researching the development of a vision formula that maximizes the healing qualities of this miraculous substance. I'll let you know how it goes.

The overall effects of triphala can be quite amazing. I can say it is one of the most effective, yet least utilized tonics I have ever come across.

NEWS TO USE FROM THE WORLD

AN EGG A DAY KEEPS THE OPHTHALMOLOGIST AWAY

Any time we see a major change in our society's dietary habits, there is usually a corresponding change in our overall health. One of the health changes we've seen in the last decade or so has been an ever-increasing incidence of macular degeneration. This eye problem occurs when the macula, located in the center of the retina, is obscured by either fatty deposits or scar tissue. Macular degeneration has now become the leading cause of blindness in our elderly population. It now appears that this problem might be directly related to the lower intake of eggs in our diet.

I have said many times before that eggs are close to being the perfect food, and research continues to support that idea. A couple of decades ago, the pharmaceutical companies and official medical authorities scared the public into believing that eggs were high in cholesterol and therefore bad for their health. However, researchers have shown time and time again that dietary cholesterol has very little influence on blood cholesterol levels. The lecithin and mixture of various fatty acids contained in egg yolks not only offset the cholesterol content but also make them one of the best foods for all age groups. (In the September 1999 issue I described how feeding egg yolks to babies could increase their IQ levels by supplying the much needed essential fatty acid docosahexaenoic acid-DHA.)

The Medical Establishment with Egg on Its Face

Now new research shows that eating egg yolks significantly increases levels of the carotenoids zeaxanthin and lutein in the bloodstream more than even the more commonly recommended food sources like corn and dark green leafy vegetables such as spinach. These carotenoids are crucial for the health of the retinal area of the eye. (*Am J Clin Nutr* 99;70:247-251)

After 25 or 30 years, it looks like the medical community is slowly beginning to accept the fact that eggs are not the culprits they were once made out to be. In fact, the above study suggests that as little as an egg or two a day could readily provide significant amounts of sight-saving lutein. Unfortunately, this half-hearted change in the medical community's attitude probably won't provide much comfort to the tens of thousands of individuals whose macular degeneration could have benefitted from a steady diet of eggs.

WHAT'S FINGER-LICKIN' GOOD AND GLOWS IN THE DARK?

Tyson, the poultry giant, has announced that it will begin offering foods that are sterilized with gamma radiation next year. The company will still offer non-irradiated products, as well.

Advocates of food irradiation cite several benefits the process affords: food preservation, destruction of insects and bacteria, and the ability to stop food from ripening further or sprouting.

The process is typically used on seafood, meats, fruits, vegetables, grains, and legumes.

Food irradiation is accomplished by passing food through a chamber where it is exposed to gamma rays. These rays are part of the electromagnetic spectrum like ultraviolet light or microwaves, and almost all of them pass through the food being irradiated. The few rays that do not pass through produce a small amount of heat in the food. Since gamma radiation does not elicit neutrons, it does not make foods radioactive (so the food doesn't really glow in the dark). However, gamma rays can produce chemical changes in food that can inhibit the ripening of produce, for instance. And of course, it can kill insects and bacteria that are on the food—though certain molds and bacteria, including *Salmonella*, have some resistance to gamma radiation.

Currently, irradiated products must display warning labels and the little radura symbol (at right). The radiation symbol obviously hasn't been a big hit with food producers since most consumers have avoided irradiated products. Tyson is reportedly trying to solve this problem by trying to change the required FDA-imposed labeling. Instead of warning labels, the company is pushing for "information labels." Additionally, it wants to eliminate the little radura symbol and change any reference to irradiation to read "cold pasteurization."



Though no adverse effects have been shown from food irradiation, the immediate issue here is informed consumer choice. Tyson doesn't want you to know what you're buying, and I think you ought to know. For that reason alone, you ought to think twice about buying irradiated produce. Keep in mind, though, that issues of health might also be involved. Just because no adverse effects have been identified doesn't mean they don't exist.

I don't know if these proposed labeling changes will be allowed, but just in case they are I thought you might like to know exactly what "cold pasteurization" means. Louis Pasteur is probably turning in his grave at this use of his name and reputation to promote such an unproven technology.

HYDROTHERAPY FOR DIABETES

LOVELAND, COLORADO—Dr. Phillip Hooper at the McKee Medical Center has reported a novel and effective method of helping diabetic patients with hydrotherapy, or the use of water to promote health and healing. Dr. Hooper selected eight individuals between 43 and 68 years old with adult-onset diabetes. He had them sit in warm water up to their shoulders for half an hour six times a day. The water was just a few degrees above body temperature (98.6 degrees F).

After just three weeks of this "hot tub" therapy, the blood sugar levels of these patients had dropped an average of 10 percent. Overall, the patients reported sleeping better, feeling healthier, and one man was even able to lower his daily insulin dosage. (*NEJM* 99;341(12):924-5)

Exercise has a similar effect by increasing blood flow to the muscles, which increases sugar absorption into the cells. It's nice to know that, for individuals who aren't able to exercise, a thirty-minute soak in a hot tub can have pretty much the same effect.

Help For Diabetics From Fig Leaf Tea

On the topic of diabetes, researchers from Spain have come up with an interesting finding. Ten individuals were able to drop their daily insulin doses an average of 12 percent by drinking fig leaf (*Ficus carica*) tea daily for one month. The small study involved six men and four women between the ages of 22 and 38, who had suffered from diabetes an average of nine years. (*Diabetes Res Clin Pract* 98;39(1):19-22)

All the individuals were insulin-dependent and received insulin injections twice daily. They remained on their special diabetic diets and maintained their normal activities throughout the study. The only change they implemented was to take a cup of fig leaf tea at breakfast each morning.

Fig leaf tea can easily be made using two teaspoons of dried cut leaves. Pour one cup of boiling water over the leaves, cover, and let the brew sit for 10 to 15 minutes before drinking. Drink one cup each morning at breakfast. Dried fig leaves can usually be purchased at your local health food store. We're looking for a mail-order source; if anyone is aware of one, let me know and I'll pass it on.



MAILBOX

Question: "I would like to know if taking a teaspoon of Metamusil every morning for the 'rest of my life' would do me any harm. I have tried many other things to correct my stubborn constipation problem and have found that this is the only 'natural' (I think) product that works for me. Does it contain any artificial or chemical ingredients that could cause any side effects in the long run? The label doesn't mention any, but I still have my doubts."

Aida S.
Guaynabo, Puerto Rico

Answer: Metamusil is made from the husks of psyllium (a plant found in Europe and Asia), and is safe to use indefinitely. It works by attracting water to the stool, thus easing passage through the bowel. Unlike laxatives, it doesn't act as an irritant. If you just make sure you drink plenty of water each day, you shouldn't have any problem taking Metamusil for as long as you need to.

Question: "Your article in the August issue concerning chitosan really hit home. In the past two years, my wife and I have taken a 'fat blocker' containing 400 mg of the substance chitosan. During that period of time, we have probably taken about 120 capsules. But also during that time, I have been diagnosed as having very serious macular degeneration in my right eye. My doctor could not figure out what caused this sudden eye problem. My question to you is, do you feel this was enough of the substance to do the damage or do you feel it might have happened anyway? I am 69 years of age and very healthy. I take no medication and never have. The only doctor I have seen in the last 20 years is my eye doctor."

Robert J.
Houston, Texas

Answer: "Fat Blockers" bind up fats in the gastrointestinal tract and carry them out with the stool. Unfortunately, they are non-selective. In other words, they take good fats right along with bad fats. This includes fat-soluble vitamins and vitamin-like substances that are essential to the eyes, like lutein, coenzyme Q10, beta-carotene, vitamins A, D, E and K, alpha-lipoic acid, lycopene, tocotrienols, and essential fatty acids.

I would be hard pressed to say that 120 capsules over a two-year period of time caused your macular degeneration. Considering your age, however, it is highly possible that the fat blocker was a contributing factor. As we get older, our ability to digest fats lessens. The problem is complicated if the gallbladder has been removed or if the diet is low in fresh, cold-pressed oils, nuts, eggs, fish, and other sources of essential fatty acids. Regular aspirin has also been linked to macular degeneration.

The most important thing you can do now is take steps to stop its progression. I have written several times in the past on macular degeneration and outlined several steps you can take to help prevent or stop its progression. Some of the most important steps you can take are to make sure you add plenty of kale, sweet potatoes, and tomatoes to your diet. You should also get a daily dose of vitamin E (400 IU twice daily), vitamin C (2,000 mg daily), and small doses of the trace mineral selenium. (200-250 mcg daily.)

Question: "Can antioxidant supplements be given an ORAC rating, like fruits and vegetables? I know that antioxidants have many other benefits, but ORAC information would be helpful.

(Publisher's note: "ORAC" values refer to the Oxygen Radical Absorbance Capacity of a food, as determined by the U.S. Department of Agriculture. By testing the ability of foods and other compounds to subdue oxygen free radicals, the DoA was able to determine each compound's antioxidant capability. ORAC values reflect these findings. For more information on this subject and a chart of foods with high ORAC values, see the April 1999 issue of ALTERNATIVES.)

Also, I would like to pass on some of the successes I have had with your recommendations:

1. Using a 50 percent solution of DMSO (half 99.9 percent DMSO and half water) in an eyecup for almost a month, I significantly reduced my cataract rating from 3 to 1 on a 5-point scale. I still

use the technique about once every week or two. I don't mind the stinging of DMSO, but some people might.

2. I have been using a stabilized ground flax product for about eight years. Within two months of taking three tablespoons a day (half at breakfast, half at lunch), my cholesterol and blood pressure dropped to 130-some and 100 over 60, respectively. Other benefits include blood thinning, high-level energy, improvements to hair, skin, and nails, excellent elimination, and great recovery from exercise, both short and long term. At 77, I set my lifetime push-up record at 166, partially due to using Jack La Lanne's technique of three sets to exhaustion with one minute between sets.

Many others, too numerous to mention.
Thank you."

Pat P.
Daphne, Alabama

Answer: Lots of good input, Pat. I'll address your comments in the order you mentioned them.

We are currently checking to see if anti-oxidant supplements can be given an ORAC rating. Apparently the procedure is somewhat complex and we're still not sure if it's going to give accurate results. Most nutritional supplements contain a variety of substances, many of which work synergistically in the body. For example, vitamin C helps "recycle" vitamin E. Also, vitamin E's effects in the body are accentuated by tocotrienols. These synergistic effects complicate the process of as-signing an accurate ORAC value to a multnutrient.

In regard to the use of DMSO for treating cataracts, I have seen some unpublished research from Mexico on the subject. Researchers mixed 99.99 percent pure DMSO with distilled water, then dissolved powdered L-glutathione in the mixture. Using an eye-dropper, several drops of the solution were placed directly on the eye twice to three times

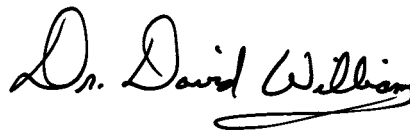
daily. Over a period of from one to six months, those using the solution showed either complete resolution of their cataracts or significant improvement.

The technique certainly makes sense. Earlier research has shown that proper glutathione levels are necessary to maintain elasticity and prevent hardening in the lens of the eye. (You can read more about glutathione in the May 1996 issue of *ALTERNATIVES*.)

I'm still trying to get more details on the exact component amounts used in the solution, and other particulars. If you decide to try this therapy, I would certainly suggest that you discuss it with a doctor who is familiar with natural medicine and can help monitor your condition. No organization currently keeps a list of doctors that specifically work with DMSO, but DMSO Marketing at 800-367-6935 can refer you to doctors who have purchased the product and approved the release of their names. Also, many of the doctors that belong to the American College for Advancement in Medicine (ACAM) work with DMSO. You can contact ACAM for a member list at P.O. Box 3427, Laguna Hills, CA 92654 or call 800-532-3688.

In addition to the benefits listed in the above question, flax is very helpful in the prevention and treatment of breast cancer, diabetes, lupus nephritis, and intestinal problems. It's inexpensive and it's one of the most beneficial nutritional substances you can add to your diet. If anyone out there is short on New Year's resolutions, eating more flax is one of the best I can think of.

Though Pat was too modest to mention it, he worked with Vince Lombardi and Don Shula to achieve five Superbowl victories between them. Pat certainly knows the value of good health.



We Hope To Hear From You!

Dr. Williams greatly appreciates hearing from you, and gears his research to the concerns you express to him in your letters. Of course, practical and ethical constraints prevent him from answering personal medical questions by mail or email, but he'll answer as many letters in the Mailbox section of *ALTERNATIVES* as he can. For our part, we'll do our best to direct

you to his issues, reports, and products related to the subject of your interest.

Here's how you can reach us:

- To send in Mailbox questions or Health Hints, write to **P.O. Box 829, Ingram, TX 78025** or **mailbox@drdavidwilliams.com**
- For customer service matters or address changes, call

800-527-3044 or write to **custsvc@drdavidwilliams.com**

- To order back issues or reports, call **800-718-8293**
- To sign a friend up for *Alternatives*, call **800-219-8591**

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—The *ALTERNATIVES* Customer Service Team