

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

A REPORT FROM DOWN UNDER

I'm writing this issue from my little bungalow on the edge of the rainforest in Australia. It's hot and humid here in the middle of the summer and we've just had some heavy rains thrown off by cyclone Steve.

I'm currently working to get several native aboriginal herbal products to market. Two products, a pain-relief cream for joints and a sore throat lozenge, are going pretty well. I should have some news about those in the near future after some further testing.

Such products are the result of a great deal of research. I'm lucky if I uncover one usable herb or plant out of every 100 I investigate. Many of the herbs aren't that well categorized or researched. The aboriginals may have used a certain product for thousands of years, but details are mostly passed on by word of mouth. There might be a hundred different varieties of a particular plant, only one of which produces the desired effect. And the best way to harvest and process it is often something no one knows or doesn't want to share. Still, I know there are dozens of undiscovered remedies here that can be found nowhere else on Earth, and I keep bringing those to you as I uncover their secrets.

The Latest News from America

My mission is to stay hot on the trail of these ancient cures, so I don't pay much attention to the media hype. That is, unless it reaches the level where people start asking me about it. Like vitamin C. Most of the time, media hype quickly dies down, but when it's as blatantly wrong as the vitamin C report, I feel that it's my duty to set the record straight.

Even here in Australia, a recent report linking megadoses of vitamin C to faster clogging of

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the arteries has made big news. This is the type of story that makes the traditional media salivate. The use of vitamin C is so widespread that a story like this can't help but capture everyone's attention. The pharmaceutical companies and federal agencies love it, too. Tarnishing the safety of nutritional supplements helps justify giving the FDA more regulatory power and, at the same time, creates a larger market for pharmaceutical products. It's a win-win situation for everyone—except the public.

The study in question involved 573 middle-aged men and women in Los Angeles. Of those, about 30 percent reportedly regularly took vitamins. At the beginning and end of the study, which lasted 18 months, measurements of the walls of the carotid arteries were taken in these individuals. The researchers reported that individuals taking 500 milligrams of vitamin C daily for at least a year experienced thickening of the arteries at 2½ times the rate of those not taking vitamin C.

A Study Without Teeth

Before you even consider tossing your vitamin C in the trash (which you don't want to do!) there are several things you should consider.

To start with, this study hasn't been published. It was reported at a meeting. Since it hasn't been published, it hasn't been peer reviewed or evaluated by other medical professionals to check for flaws in the way it was conducted. Now, I'll grant you that a lot of good science doesn't get published these days. The medical journals are generally slow to publish anything that goes against accepted dogma in the current practice of medicine. Because of this fact, alternative medical studies have to fight an uphill battle to get published. But if a study that supports current medical thinking (like this one) doesn't get published, the reason is usually a flaw in the conduct of the study.

All in all, vitamin C is a nontoxic, safe vitamin that is necessary for good health. Thousands of studies have clearly proven that it:

- Helps control cholesterol levels
- Protects DNA
- Inhibits platelet aggregation (reduces the stickiness of blood platelets)
- Inhibits glycosylation of proteins (a key factor in aging process)
- Increases iron utilization
- Detoxifies environmental toxins
- Protects against various forms of cancer (includ-

ing lung, colon, cervix, rectum, bladder, mouth, pancreas, esophagus)

- Boosts immune system function
- Protects against cataracts, macular degeneration, and other eye diseases
- Regulates blood pressure
- Reduces the incidence and symptoms of allergies, asthma, and colds

A Lot for a Little is a Bad Trade

If you were to stop taking vitamin C because of this new study, you would give up all these important benefits to avoid a risk that hasn't been established and is very much in doubt. I haven't cut back one milligram of vitamin C from my daily regimen (I take 2,000 mg of C each day, along with bioflavonoids and other synergistic nutrients), and I recommend that you keep taking your C, too.

YOHIMBINE: VIAGRA WITHOUT THE CASKET

The last time I read about the potency drug Viagra, over 130 deaths had been attributed to its use. By now, I'm sure there are more, and I'm also sure that many deaths have gone unreported.

Viagra is still a very popular drug, but its side effects and high price have contributed to a considerable slowdown in its sales. Not surprisingly, the search for a natural alternative that began with Viagra's market introduction has intensified over time.

In my travels around the world, I have been keeping an eye out for a suitable herbal alternative to Viagra. As a result, I have investigated a number of so-called "potency" herbs and products.

Some of the more common herbs that are touted as natural substitutes for Viagra are ginseng, ginkgo, sarsaparilla, serenoa, and rhodiloa. However, while these herbs have important "adaptogenic" (i.e., balancing and harmonizing) or rejuvenating properties, they're not really that effective for treating impotence. Nevertheless, in most of the countries where these herbs are native, they are still being heavily promoted as aphrodisiacs and cures for all kinds of sexual problems.

In spite of all the hype and misinformation, there are some herbs that do actually help with sexual function. Two herbs that I worked with in Mexico and Central America came close to being true aphrodisiacs. They were damiana (*Turnera aphrodi-*

siaca) and dalmiana (*Turnera diffusa*). Both of these herbs have a long folk history as reliable aphrodisiacs and safe cures for sexual dysfunction. They can be used as either a tea or a powder of the dried leaves. Recently I noticed that damiana teas are being marketed in both England and Germany.

The teas have a mood-enhancing property, which some people have compared to that of marijuana. The mood-elevation lasts an hour or so. And while there have been no reports of toxicity with damiana, it's possible that long-term use of dalmiana might cause liver problems (short-term use shouldn't be a worry). Either way, there's a better answer.

The Only Herb That Really Works

As useful as these two herbs are, the only true herbal alternative to Viagra that I am aware of is yohimbine (*corynanthe yohimbe*), an alkaloid from the bark of the Yohimbe tree. I wrote about this African herb years ago, but was hesitant to recommend its use—mainly because I couldn't find a quality product on the market. Recently I found one, which I'll tell you about in a moment. But another reason for my hesitancy in recommending yohimbine is that, though it works differently than Viagra, it still presents a problem for some people. To see why, we'll need to take a look at how these substances work in the body.

During arousal, a man's body makes a compound that causes the blood vessel in the penis to dilate, which allows the blood to rush in. Viagra blocks the enzyme that naturally destroys this compound, making it easier to obtain and maintain an erection.

Yohimbine works through the nervous system, which controls the dilation and contraction of the blood vessels supplying the pelvic region and the penis. It causes the blood vessels to dilate, which increases blood flow into the penis. At the same time, it shuts the small exit valves that would normally let the blood exit the penis. This process is slightly different from the way Viagra works, but the results are basically the same.

The downside is that whenever you impede

blood flow in the body you also increase blood pressure. That's why I wouldn't recommend that you take yohimbine if you have high blood pressure problems. For the same reason, you shouldn't take yohimbine if you have either kidney or liver disease.

Refined and concentrated yohimbine has been sold as a prescription drug for quite some time. It occasionally causes excessive sweating, nausea and vomiting. I have never seen these problems with anyone taking the herbal extracts.

Studies have shown that for men with intermittent impotence problems yohimbine can be effective in over 60 percent of the cases. And, even in more severe impotence cases resulting from diseases like diabetes, it can help as much as 25 percent of the time.

In the '60s, some individuals used yohimbine as a natural way to achieve a mild "high." Studies have shown that yohimbine has both mood enhancing and energizing capabilities. Keep in mind that these are mild, temporary effects and nothing that should frighten you away from trying this herb. However, since it does affect moods, yohimbine isn't recommended for individuals who are on antipsychotic medication.

Finally, a Source for Yohimbine

The product that I can now recommend is a liquid extract being made by Gaia Herbs. The product is called Yohimbe Bark (made from the bark of the Yohimbe tree) and is available at health food stores nationwide. To find a store near you that carries this product, you can call Gaia Herbs at 800-831-7780. I would suggest buying the one-ounce bottle first to see how it works for you. It costs \$11.99, which is far cheaper than Viagra.

You can get yohimbe bark extract from other sources, and you can get it in capsule form. However, I prefer the liquid by Gaia. The Gaia product is of high quality, and the liquid is far more convenient and makes adjusting the dosage easier. I personally think it is also more stable and reliable.

An appropriate dosage for the liquid extract

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can vary from twenty to thirty drops taken one hour before sexual relations. Twenty drops are usually sufficient for a man who weighs around 150 pounds. Those who are heavier may need to increase the dose. In any event, if you don't see any improvement by the time you get to 40 to 45 drops, then yohimbine is probably not going to work for you.

After taking the drops, you should begin to notice a difference in your mood and energy after about 30 minutes. You'll get better results by taking the extract on an empty stomach, which significantly improves its absorption rate.

As an interesting side note, the debate continues as to whether Viagra also works for women. There is no such debate about yohimbine. Because of the way it increases blood flow into the whole pelvic region, it also has a positive stimulating effect on women.

I don't want to give the impression that yohimbine is some miracle cure that will fix the problem for everyone. There are dozens of causes of impotence. Stress, diabetes, prostate enlargement, multiple sclerosis, anemia, and nutritional deficiencies (like zinc) are just a few of the possibilities. And one of the most over-looked causes is the use of prescription medications. Still, yohimbine has an excellent track record of effectiveness *for those who use a high-quality, reliable product like the one I've mentioned above.*

AN ALLERGY SOLUTION THAT'S NOTHING TO SNEEZE AT

Every year about this time, a good portion of the population back home in the Texas Hill Country is plagued with a condition known as "cedar fever." It's not actually a fever, but an allergic reaction to the enormous amounts of pollen released from our overabundance of cedar trees. Fortunately, the problem is only seasonal, but it lasts a long time—usually starting in November or December and lasting into early spring.

The symptoms of cedar fever can vary from mild to extreme, depending on the individual. They may include nasal congestion, constant runny nose, headache, coughing, wheezing, chest and head congestion, swollen weeping eyes, sore throat, difficulty breathing, dizziness, and fatigue. I know the many symptoms particularly well, since my wife and father-in-law both suffer in various degrees from the problem.

Allergy Cures: One Size Does Not Fit All

Unfortunately, I haven't found a solution that works universally. Believe me, I've evaluated everything I can think of, including homeopathic remedies, herbal potions, megavitamin therapy, cleansing diets, fasts, and desensitization therapy. I've even looked into the effectiveness of conventional pharmaceutical remedies. Nothing works with any consistency or for the majority of people.

Allergic reactions to pollen and other airborne pollutants are becoming a world wide problem. Here in Australia, as many as one in every five people are reported to have some degree of allergy-induced asthma. In the United States, one in three people reportedly suffer with some form of chronic respiratory ailment such as asthma, allergies, sinusitis, or bronchitis.

Symptoms of Bigger Problems

I feel certain that much of the problem stems from our overstimulated immune systems and improper dietary habits. In the February 2000 issue, I discussed the vital importance of balancing omega-6 essential fatty acids in the diet with more omega-3 fatty acids. I've also talked about the need for balancing the thyroid and adrenal glands through stress reduction and specific nutritional supplements.

To correct allergy problems, the digestive system must also be in excellent working condition. The liver and gallbladder must be producing bile salts that can break down the essential fatty acids. The stomach must be producing adequate amounts of hydrochloric acid to completely break down the various proteins in the diet. And the colon must be healthy and full of beneficial bacteria to keep foreign and undigested proteins from entering the blood stream. A problem in any one of these areas can result in difficulties with allergies.

The bottom line is that allergies can be very involved and difficult to treat. In the interim, however, people need a little relief.

In the past, I have recommended the use of high-quality air filtering systems for the home. I was surprised to find that most people spend 90 percent of their time indoors, so filtering indoor air seemed like a reasonable way to get at least some relief from airborne allergens. However, until recently, most people I've followed have reported only moderate success in controlling their allergy symptoms with air filtration. But there have been significant technological advancements in the area of air filtration over the past few years.

Blessed Relief

I've been testing one of these new-technology units recently, a very sophisticated model called the Sun-Pure SP-20. Not only does it use a multi-step filtration system (pre-filter, hospital-grade HEPA filter, and toxic gas and chemical absorption media) but also a germicidal U.V. lamp and photo-catalytic converter. This all sounds complicated, but the unit is without a doubt the most well-designed, easy to use filter I have ever seen. And the air filter quality is superb. This is the same technology utilized in hospital operating rooms. Not only does it filter out particles down to 0.3 microns, the U.V. light kills germs on contact.

I set the unit up in our bedroom and my wife, Wendy, noticed an improvement in her cedar fever symptoms almost immediately. The system is made to run continuously, and you can rest assured that ours won't be turned off anytime soon.

After returning from my last Australia trip, I was fighting off a flu bug I must have contracted on the plane going down there. The head and chest congestion lingered for weeks and kept me from sleeping well at night. The first night I was back home sleeping in our bedroom was the first night I had any relief. The unit clearly helped me get rid of the problem much more quickly than I would have otherwise.

I have tested two SP-20s over the last three or four months. Everyone I lent one of the units to saw a noticeable difference in their allergies, their ability to sleep, and the duration of colds and flu symptoms (it also seemed to help keep everyone else in the family from coming down with the same symptoms). While this unit is not the cure for allergies and asthma, it certainly makes the problem bearable and far less severe.

An air filter of this type is an investment that pays almost immediate dividends. There are several scenarios where I believe it would be especially helpful. These include: anyone living in a highly polluted environment; homes where pets are kept inside; individuals with allergies, asthma, or chemical sensitivities; sufferers of chronic colds, flu, or breathing problems; and households where one member suffers from chronic lung or bronchial infections.

Dad's Eyes and Mom's...Allergies?

If you still need more reasons to use an air filter, maybe this will help you make your decision: A new study from England has found that a pregnant mother's allergies can be passed on to her child, but restricting the mother's allergic reactions can help prevent this transfer.

Dr. Jill Warner, at Southampton General Hospital, conducted the five-year study. Testing the blood samples of babies for their immune response to common allergens revealed sensitivities to the same allergens as the mothers. The children who reacted the strongest to the allergens were the most likely to develop allergies later in life. Also, those who developed asthma by age five had the highest number of allergic reactions at age one.

The researchers expressed an interesting belief: If mothers avoid allergic reactions and exposure to allergens, especially in the second and third trimesters, they can reduce the risk of their children developing allergies and asthma later in life. The researchers foresee this procedure as the treatment of the future to prevent these types of childhood problems. To decrease allergens, the researchers recommend the use of air purifiers in the home and a high-efficiency vacuum cleaner.

Make Your Home a Safe Haven

There are two things that you take into your body every single day of your life: water and air. We can insure that the water we drink is pure by drinking distilled water. Air quality is another matter altogether. Thanks to our current environment, it has become impossible to breathe clean, pure air every minute of the day while living a normal life. We don't need or want to live in a totally sterile environment, but it's nice to know that the technology is now available to cleanse the air in our homes of pathogens, allergens, and toxic fumes.

You can read more about the Sun-Pure air purifier in the enclosed Health Technology Report.

THEY'RE FINALLY CATCHING ON

A new study funded by Knoll Pharmaceutical states that as many as 13 million people in the United States have undiagnosed thyroid problems. These figures were based on an evaluation of over 25,000 participants at the Colorado statewide health fair in 1995. Among those not already taking thyroid medication, 8.8 percent had underactive thyroid (hypothyroid) and 1.1 percent were hyperthyroid. Extrapolating these findings, 9.9 percent of the U.S. population would have undiagnosed thyroid problems.

This study reported that even "subclinical" or mild hypothyroid problems can raise cholesterol levels. It went on to state that women with subclinical hypothyroidism were almost twice as likely to

have blockages in their aortas or to have had heart attacks.

The study also listed many of the symptoms associated with hypothyroidism. They included such things as fatigue, constipation, muscle cramps, hair loss, weight gain, and joint pain.

The study concluded that widespread testing for thyroid problems is necessary, and the use of thyroid stimulating hormone therapy needs to increase, especially among individuals with sub-clinical or mild hypothyroidism. (*Arch Intern Med* 2000; 160:526-534)

I agree with many of the findings of this report. I've been saying all along that there are millions of people with underactive thyroid problems in this country who should be treated. However, I don't think that they need to be taking thyroid hormones for the rest of their lives. There are natural alternatives that work exceptionally well when it comes to helping rebuild the thyroid gland and restore its function. (Publisher's note: For the complete details on this subject, see the November 1999 issue of *ALTERNATIVES*.)

The facts of this study weren't exactly news to me. What made the release of this particular study so interesting was the fact that Knoll Pharmaceutical manufactures the thyroid hormone

States. Also, Knoll Pharmaceutical's parent company is BASF. And BASF representatives have announced that they expect to achieve a 15 percent to 20 percent return on sales of their pharmaceutical activities in the upcoming year. To achieve these figures they intend to develop new drugs, but also exploit the potential of drugs that they currently have on the market, like Synthroid.

Don't be surprised if your doctor suddenly seems interested in the condition of your thyroid. Before that happens, though, you can find out about the condition of your thyroid by taking the simple test I've outlined in the box below. If there's a problem, you can get almost instant improvement using natural methods that will help rebuild your thyroid rather than treat its symptoms for the rest of your life.

Keep in mind that the figures in this study are probably pretty accurate. There's about a one in ten chance that you have an underactive thyroid. That fact should be reason enough to take the simple, noninvasive test in the box below if you haven't already done so. Correcting this problem can make a dramatic difference in your overall health and the way you feel.

CHECK YOUR OWN THYROID

1. Place an oral thermometer by your bed. Make sure to shake it down to at least 96 degrees.
2. When you wake up in the morning, immediately place the thermometer in your armpit and leave it there for 10 minutes before getting out of bed. Just relax and remain still during the test.
3. Record the temperature.

Men and postmenopausal women can do the test any time. Women in their menstrual years get the most accurate readings on the second or third day after menstrual flow starts. A reading of anywhere between 97.2 and 98.2 degrees is considered normal. Temperatures outside that range generally indicate a thyroid imbalance.

The most effective way I've seen to rebalance the thyroid gland is to take a liquid iodine product called Iosol. Take four drops of Iosol in water each day for the first two weeks, and then reduce the dosage to two drops per day. (Note: Never ingest antiseptic or topical iodine. Iosol is the only form of iodine I recommend for internal usage.) You can often find Iosol—made by TPCS Distributors—in larger health food stores. If you can't find a local source, you can order Iosol from Mountain Home Nutritionals at 800-888-1415, ext. A830-E.

If the Iosol alone does not seem to alleviate the symptoms of hypothyroidism, take three tablets of a glandular product called Thyrophin along with just one drop of Iosol per day. You can often take Thyrophin in place of prescription thyroid medications. Three tablets of Thyrophin are roughly equivalent to one grain of hormone.

Thyrophin is made by a highly reputable and reliable company called Standard Process Products in Palmyra, WI. Unfortunately, this company will sell its products to only medical professionals. You'll have to call the company at 800-558-8740 and obtain the name of a physician who can order Thyrophin for you, or you can sometimes order from a willing distributor, such as For Your Health at 800-456-4325.

Synthroid, the number two drug sold in the United



MAILBOX

Question: "I seem to have encountered a 'catch-22' situation and I hope that you can help me.

I've had heart problems for several years. Almost two years ago, I underwent bypass surgery and that seemed to take care of most of my problems. Unfortunately, I went back to my old ways and now I'm in horrible shape again. I can't walk across the room without having extreme shortness of breath, chest pain, and all the usual symptoms associated with artery blockage in the heart.

My doctor says I'm not a good candidate for repeat surgery and suggests that I clean up my diet and start trying to exercise more. I have changed my diet dramatically but exercise seems to be out of the question. That's my dilemma. The only way I'm going to get better is to exercise, but whenever I try something as simple as walking across the room, the pain and symptoms stop me. Do you have any suggestions?

Marcelline J.
Apopka, Florida

Answer: Besides following all the nutritional guidelines I've covered thoroughly in the past (CoQ10, vitamin E, bromelain, lecithin, etc.), I would seriously suggest that you consider undergoing a series of intravenous chelation treatments. This will help speed up your recovery process over the long run. For doctors in your area that are trained in chelation therapy, you can contact the American College for Advancement in Medicine at 23121 Verdugo Drive, Suite 204, Laguna Hills, CA 92653; 800-532-3688 or 714-583-7666.

And although it certainly won't cure your circulation problems, the relatively unknown supplement called ribose is something that can help improve your heart's efficiency and help you increase your ability to exercise.

Ribose is basically a simple sugar found in all living cells. As such, practically every food you eat contains ribose, but in very small quanti-

ties. With all the talk about genetic therapy, you've probably heard about compounds called RNA and DNA. The "R" in RNA stands for ribose and the "D" in DNA is for deoxyribose. In addition to being a vital component in the blueprint for life, ribose is also necessary for each cell to produce the primary source of cellular energy, the ATP molecule.

As you probably know, your heart muscle requires an enormous and continuous supply of energy in the form of ATP and other adenine nucleotides. If your ribose levels are depleted, problems can appear very rapidly when your heart muscle undergoes strenuous exercise or if it has a poor blood supply. Unfortunately, you can't get enough ribose from food sources to replenish a ribose deficiency. To compensate, your body "recycles" components of ATP and the other nucleotides, and through a complicated process converts glucose into ribose. Not only is this conversion process complicated, it's slow.

Transforming glucose into ribose can take several days. Under normal circumstances, this doesn't cause a problem. In the case of serious athletes, however, it might take three or four days of rest to recover their energy after a strenuous event. And in the case of someone like yourself with poor circulation to the heart, the problem is much more serious. Since your heart never gets to rest and constantly uses energy, recovering adequate ribose reserves can become almost impossible.

Until recently, there wasn't much we could do about increasing ribose levels. Lately, however, researchers have found a way to economically produce ribose, and it's now available as a supplement. Currently it's mainly being used by body-builders in hopes of shortening recovery time between workouts. I've seen some dramatic results, however, in cardiac patients with problems such as yours

Being a simple sugar, ribose is nontoxic and safe. At doses as high as 60 grams a day, the only ill effects have been diarrhea and symptoms of low blood sugar. The suggested maintenance dosage for someone with heart problems would be somewhere in the range of 2 to 5 grams a day. If the circulation to your heart is severely impeded, I would suggest starting with 2 grams twice daily. If necessary, you can always increase the amount over a period of time. Staying under 20 grams a day should avoid any possible diarrhea or other problems. I have found that most cardiac patients see positive results in the 2 to 5 grams per day range. Ribose comes in capsules or in bulk powder. The powder is cheaper, and since it has little taste it can be mixed with water or juice. I suggest that you not take it with

protein powder because there's a possibility it could bind with the proteins and lose some of its effectiveness.

The larger health food stores may now be carrying ribose. It is also available through the mail from places like Nutrition Express, 800-338-7979, where it is sold under the Universal brand in capsules or bulk powder.

Keep in mind that ribose is not a cure for heart disease, nor will it help reverse the problem. Based on what I've seen, however, it can be a very useful tool in helping a person become more mobile and active. That's one of the first steps to improving circulation and getting on the road to recovery.

"WWW" NOW STANDS FOR WORLD WIDE WILLIAMS

A few months ago, when we added email addresses for Mailbox, Health Hints, and customer service issues, I promised I'd keep you up to date on our efforts to put together a Web site. Well, phase 1 of the new site is complete, and I'm glad to report that several additional services are now available to you. The Web site is located at *www.DrDavidWilliams.com*, where you can:

1. Scan the tables of contents of back issues, going all the way back to 1985. These back issues contain information that's as valid today as it was when I wrote it. In fact, most of it is still being ignored by the medical establishment, so this is about the only place you'll find proven solutions for problems that range from the life-threatening to the merely irritating.

2. Order or reorder many of the hard-to-find supplements and products that I recommend in *ALTERNATIVES*.

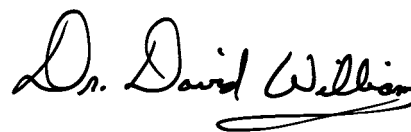
3. Email Mailbox questions, Health Hints, and customer service issues. The email service has already allowed many of you to contact us at Mountain Home, and I've appreciated your letters. Now you can email us from the Web site, too.

4. Sign up for email dispatches "from the field." Whenever I have important news, I'll be able to share it with you via email, day or night, from anywhere in the world.

Like most things in life, this Web site is a work in progress. Over the next few months, we're planning to handle subscriptions and renewals online, as well as more sophisticated subject searches of the back issue database. I'll keep you updated on these additional capabilities.

I realize that many of you are not online yet, and I want you to know that none of our new electronic initiatives will lessen our commitment to the newsletter or the products and procedures it recommends. If and when you decide to take the cyber-plunge, you'll find that the same products and services are available to you as always; they're just easier to get to.

It's appropriate that the Web is "World Wide," because that's where I seem to spend a lot of my time. Now I can take you a little closer to the places I explore and cures I uncover. If you're online, I hope you'll stop by and see us. The Web address again is *www.DrDavidWilliams.com*.



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**

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Let us hear from you soon!

—The *ALTERNATIVES* Customer Service Team