

# 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

Mountain Home Publishing  
ISSN# 0893-5025  
USPS# 0002-969

Vol. 8, No. 11  
May 2000



Dr. David G. Williams

## AN ONION A DAY KEEPS JUST ABOUT EVERYTHING AWAY

After spending the last 20 years hunting down cures everywhere from mosquito-infested jungles to medical laboratories, you would think that I have at least an inkling of where the next blockbuster remedy will come from. I don't.

At any point in time, I might be investigating or evaluating over a hundred different remedies and therapies that appear to have potential. When it's all said and done, though, I'm lucky if two or three of these pan out to have merit. And more often than not, some of the most effective new tools for preserving or restoring health turn out to have been sitting under my nose the whole time. (As my dad liked to say, "If it was a rattlesnake, it would have bit you.")

A good example turns out to be the common onion. The latest research reveals that it could be one of the most versatile, yet overlooked remedies of our time.

The onion is a relative of the lily family, and I guess you could call it a cousin of garlic. Garlic is obviously the more well-known of the two in terms of its medicinal properties. But like garlic, onions have been a valued vegetable in practically every culture. Onions just haven't been used medicinally

to any large extent. The onion has always been treated more like the poor, uneducated, backwoods relative of garlic when it comes to doling out praise for medicinal qualities. But based on some new research, that may start to change.

### The Amazing Health Benefits of Quercetin and Sulphur

In the recent past, I've discussed the amazing healing powers of compounds called bioflavonoids. One of the most powerful of these is called quercetin. Quercetin is one of the strongest natural anti-cancer agents we have. Its antioxidant properties also make it an extremely effective protector of the heart and vascular system. Yellow and red onions turn out to be two of the very best sources of quercetin. And while garlic may still be one the greatest undisputed health champions of the plant world, it doesn't contain quercetin. (White onions are pretty much devoid of quercetin, too.)

#### IN THIS MONTH'S ISSUE

<b>AN ONION A DAY KEEPS JUST ABOUT EVERYTHING AWAY</b> .....	81
The Amazing Health Benefits of Quercetin and Sulphur .....	81
Onions Are Serious Medicine .....	83
The Smell That Can Make You Well .....	84
<b>CHLORINE KILLS GERMS FAST—AND PEOPLE SLOWLY</b> .....	84
<b>TO SEE OR NOT TO SEE</b> .....	85
<b>MEMORY LOSS IS NOT MANDATORY</b> .....	85
Stress Is a Memory Killer .....	86
<b>MAILBOX</b>	
The Horawhat? .....	87
<b>SEE YOU ON THE WEB</b> .....	88

---

The two main food sources in the country for quercetin happen to be onions and apples. And while you might like apples better, onions contain potent sulphur compounds that offer strong health benefits, too. If you like onions half as much as I do, then you're in luck. If not, then I'm going to give you plenty of reasons that I hope will make you realize just how beneficial they can be to your overall health.

### **Osteoporosis**

Late last year, researchers reported that, when dried onion was fed to animals, it could reverse the same type of bone-loss seen in individuals suffering from osteoporosis.

When male rats were fed 1 gram of onion powder per day for a period of only four weeks, the mineral content of their bones increased by over 17 percent, thickness increased by almost 15 percent and the mineral density increased by over 13 percent. Overall, the simple addition of onion powder inhibited bone reabsorption roughly 20 percent, which is higher than any other treatment we currently have. (The effect achieved with dried onion was greater than that available using the osteoporosis prescription drug Calcitonin.)

Even when the ovaries were removed from female rats, the addition of 30 to 1,500 mg of dried onion daily prevented the bone loss that would normally have occurred due to the decrease in estrogen levels. (*Nature* 99:401:343-344)

While similar results to those above have yet to be verified in human tests, it is obvious that the simple onion is far more beneficial to our health than anyone ever imagined. And its effects on bone health are only the tip of the iceberg.

### **Heart and Vascular Disease**

A recent study evaluated the dietary intake of onions and other flavonoid-rich foods in 5,133 Finnish men and women. Researchers reported that those individuals with the highest intakes had the lowest risk of suffering from heart and artery disease. (*BMJ* 96:312(7029):478-81)

Another European study reached similar conclusions. Death from cardiovascular disease was significantly less in individuals who consumed onions, apples, or green tea. (*Lancet* 93:342(8878):1007-11)

The sulfur compounds in raw onions inhibit the stickiness of blood platelets, help prevent clot formation, and lower blood pressure levels. (*J Nutr* 00:130(1):34-7) Earlier research proved that such sulphur compounds in onions also lower cholesterol levels and inhibit the formation of fibrin. This substance is responsible for

blood clots, which can cause strokes and blockages in arteries. (*Thromb Haemost* 96:76(3):450-2)

More of these sulfur compounds are found in yellow and red onions than in white onions. In fact, the hotter and more pungent the onion, the better it appears to be for your health.

Every part of an onion seems to have healing powers. The outer skin contains the highest amounts of quercetin. The inside thicker layers contain the health-promoting sulfur. And the seeds contain oil that can perform amazing feats.

Although you won't find onion oil for sale, I wouldn't be surprised if someone finds a way to market it in the near future. The preliminary research shows it can perform minor miracles.

The anti-platelet activity of onion oil is 10 times more potent than that of garlic oil. In one study, subjects were given 2 to 3 teaspoons of onion oil daily. Two-thirds of them exhibited dramatic reductions in blood pressure. Their systolic pressures (the top number of a blood pressure reading) fell an average of 25 points and their diastolic pressures (the bottom number) fell 15 points.

Onion oil (100 milligrams for every 2.2 pounds of body weight) has also been shown to protect lung tissue from the oxidizing effects of nicotine found in cigarettes. (*Vet Hum Toxicol* 99:41(5):316-9)

Fortunately, you can achieve many of these same benefits by simply eating onions on a regular basis. A recent study of 1,162 individuals in Hawaii found that the risk of developing lung cancer was inversely related to the amount of onions each of them consumed. Onions were particularly effective at protecting against squamous cell carcinoma, which is the most common type of lung cancer seen in smokers. (*J Natl Cancer Inst* 00:962(2):854-60)

It seems strange that there aren't more onion-based health remedies or products, considering how safe, inexpensive, and simple the onion is, and how many health benefits it provides. Come to think about it, those attributes are undoubtedly the very reasons the onion hasn't been utilized more fully. It's inexpensive, readily available to everyone, and can't be patented.

### **Asthma**

The sulfur compounds in onions, called thiosulfinates, do more than help solve high blood pressure problems and heart disease. They also give onions anti-asthmatic and anti-inflammatory properties. When these compounds were isolated from onions and given to laboratory animals, allergen-induced episodes of asthma were effectively reduced. (*Int Arch Allergy Appl Immunol* 89:88(1-

2):228-30) (*Biochem Pharmacol* 88;37(23):4479-86)

## Diabetes

The control of diabetes is another area where onions have shown enormous potential. When diabetic animals were fed a diet that consisted of 3 percent freeze-dried onion powder, almost all of the complications normally associated with diabetes were either significantly reduced or counteracted. Not only did the onion diet significantly lower blood sugar levels and decrease the need for insulin, it also helped prevent liver enlargement, lower triglyceride and cholesterol levels, lower damaging peroxides in the blood and urine, and partially reverse abnormal plasma levels of albumin, urea, creatinine, and phosphorus. (*Mol Cell Biochem* 97;175(1-2):49-57)

## Periodontitis

Researchers in Korea have demonstrated that onion extract is an effective method of killing the main strains of bacteria that are responsible for dental caries and periodontitis. (*Streptococcus mutans*, *Streptococcus sobrinus*, *Prevotella gingivalis* and *Prphyromonas intermedia*. *J Nihon Univ Sch Dent* 97;39(3):136-41)

In the above study, the onion extract proved to be reasonably stable. However, when freshly grated onions were allowed to stand for 48 hours, or if the onions were steamed, they totally lost their anti-bacterial properties.

Since gingivitis and periodontal disease have rapidly become some of the scourges of modern man, we can only hope that research with onions will continue. I will certainly report on any future results as they become available.

## Onions Are Serious Medicine

I've gained an enormous amount of respect for the healing power of onions over the years. If I was dead broke and suffered from any of the conditions I've mentioned in this article, I would turn to onions. I'd eat them raw by the bushel. I might lose all my friends, but more than likely I'd regain my health.

I've read reports of individuals conquering tuberculosis by eating large quantities of raw onions.

Those reports may be true, considering the onion's strong antibacterial properties. Some people claim that onions have completely cured their asthma or heart disease. I believe that that's also possible considering the quercetin and sulfur compounds in onions. I'm such a strong believer in the powers of quercetin that I've included it in both Heart Advantage and Vision Advantage (a new formula I'll tell you more about later in this issue). I feel that quercetin is essential if you have problems in either of the areas that these products address.

Just to give you a better idea of just how much of a health bargain onions can be, take a quick look at the following comparison. I've listed some of the various beverages and foods that have become well known for their antioxidant capabilities. For the purpose of this comparison, one glass is equal to 150 milliliters and one portion of fruit or vegetable is equal to 100 grams. Each of the following foods has an equal antioxidant capability.

- 1 glass of red wine
- 12 glasses of white wine
- 2 cups of green tea
- 4 apples
- 5 portions of onion
- 5.5 portions of eggplant
- 3.5 glasses of black currant juice
- 3.5 glasses of beer
- 7 glasses of orange juice
- 20 glasses of apple juice

From this list, it should be obvious that green tea, followed by onions and red wine, are the least expensive ways to enjoy the benefits of additional antioxidants.

Onions contain hundreds of compounds, many of which remain a mystery. I'm sure that, as more research becomes available, we'll begin to see more onion extracts, oils, and products come to the marketplace. Currently, the best method of reaping all the benefits of the onion is simply to include it on

ALTERNATIVES™ Published monthly for \$69.95/yr. by Mountain Home Publishing at 1201 Seven Locks Rd., Rockville, MD 20854. Editorial office: P.O. Box 829, Ingram, TX 78025. Periodicals postage paid at Rockville, MD and at additional mailing offices. POSTMASTER: Send address changes to Alternatives, 1201 Seven Locks Rd., Rockville, MD 20854. Copyright © 2000 All rights reserved. Photocopying or reproduction is strictly prohibited without permission from the publisher.

**Author:** Dr. David G. Williams

**Publisher:** Erica Bullard

**Editor:** Robert Kroening

The approaches described in this newsletter are not offered as cures, prescriptions, diagnoses, or a means of diagnosis to different conditions. The author and publisher assume no responsibility in the correct or incorrect use of this information, and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. Dr. Williams works closely with Mountain Home Nutritionals, the supplement service that manufactures his unique formulations and supplies many of the hard-to-find nutrients he recommends. The compensation he receives allows him to continue devoting his life to worldwide research and the development of innovative, effective health solutions.

---

a regular basis in your diet. From all the research I've uncovered, the least expensive variety, the yellow onion, also happens to be the most beneficial. Eating it fresh is best, but using it in cooking also provides a degree of protection.

Several issues ago, I described how cherries or vitamin E could be added to hamburger meat to reduce the oxidation of fats in the meat. Onions mixed with the meat before cooking also reduce fatty oxidation. Further, if you add onions to cooking oil before it is heated for sautéing or frying, the sulfur compounds in the onions will reduce the oxidation of the oil. And finally, if you include onions with a fatty meal, you'll minimize the platelet stickiness that the fat would otherwise cause. (Taking 1 gram of vitamin C and/or 400 I.U. of vitamin E will also help.)

### The Smell That Can Make You Well

For most people, eating onions every day makes a lot of sense. I know of only a few reasons for not doing so. Some small segment of the population might be allergic to onions, though I'm not aware of anyone with such an allergy. A person who is allergic to sulphur might have problems with onions. Also, some people claim that onions tend to stimulate the adrenal glands and should be used sparingly by those who have adrenal disease.

Onion research is still in its early stages, so specific information about the best form (i.e., extract, oil, powder, raw, or cooked) you should take for a given condition is lacking. The best advice I can give you is to make sure you take some onions every day in whatever form you like best (although I don't recommend onion rings because of the deep fat frying process used to cook them). Add onions to soups, salads, sandwiches, and anything else you like them with.

Onion skins, though they contain the most quercetin, are not really edible. However, for soups, you can cook the skins in the soup and fish them out before serving, as you would bay leaves.

If I had heart disease or asthma, I'd try eating at least one raw onion per day. If I had drug-resistant tuberculosis, I'd probably try eating two or three per day.

You might already be making good use of garlic in your diet, but I hope you'll also add a regular supply of its cousin the onion to your daily fare. You could probably say of these vegetables that, unlike most nutritional medicines, they do have an unpleasant side effect. But I think you'll agree that it's better to smell bad and feel good than the other way around.

## CHLORINE KILLS GERMS FAST— AND PEOPLE SLOWLY

Over the past couple of decades, we have started to see an increase in the occurrence of brain cancer. I've long suspected that much of this increase is due to our growing exposure to toxic chemicals and pollutants. Now, researchers from the National Cancer Institute have traced some of the problem to the long-term consumption of chlorinated water.

I've been warning about the dangers of drinking chlorinated water for a couple of decades now, and I'm still shocked that the problem hasn't received more widespread attention. Every time I see one of these new studies come across my desk, I'm surprised that one of the major news programs hasn't done an exposé to alert the general public to the dangers of chlorinated water.

Researchers proved years ago that most cases of bladder and urinary cancer have direct links to chlorine and its byproducts in our drinking water. Further studies have implicated chlorinated drinking water in increased rates of deadly pancreatic cancer, rectal and colon cancer, and possibly even breast cancer in women. (*Am J Epidemiol* 92;136(7):836-42) (*Epidemiol* 98;9(1):29-35) (*Am J Epidemiol* 93;138(7):492-501) (*Cancer Causes Control* 97;8(2):192-200)

In this latest study involving brain cancer, it should come as no surprise that the longer you drink chlorinated water, the greater your risk of developing cancer. What was surprising, however, was the fact that the association between brain cancer and chlorinated water was stronger among men than women. I don't know why that difference exists, unless men drink proportionally more water than women. Among men who drank chlorinated water for 40 or more years, the risk of developing brain cancer was 2.5 times greater than for those who drank non-chlorinated water. (*Am J Epidemiol* 99;150(6):552-60)

Most European countries have begun to treat drinking water by ozonation and other purification methods instead of using chlorine. Eventually we will do the same in this country, but I suspect it will be decades before that happens. Due to the size of our population, the enormous number of water systems, and the large areas they must cover, it would cost trillions of dollars and take a lifetime to change over our current system. Chlorination is cheap, easy to monitor, and the simplest way to eliminate bacteria from water. Unfortunately, it is

---

also steadily increasing the incidence of fatal cancer in this country.

I continue to recommend that you avoid chlorinated drinking water and use either a high quality water filtration system or, even better, a distillation unit to treat your drinking water. (*Publisher's note: For a full discussion of the dangers associated with our drinking water and what you can do to protect yourself, as well as information on the only distiller Dr. Williams recommends, call 800-211-8562, ext. 56Z512, to order his three-part series on water purification for \$10, shipping included.*)

---

## TO SEE OR NOT TO SEE

Those of you who have been with me for a while know that I devote a good amount of my time and this newsletter to the subject of vision loss. Fortunately, this is an area of medicine that has received a great deal of attention in recent years. Just last month I discussed how a simple, inexpensive, microampere TENS unit could be utilized in the treatment of macular degeneration. This unit has proven to be a Godsend to many people.

This month, it seems the medical community is finally beginning to discover that the formation of cataracts is linked to nutritional deficiencies.

Researchers at the University of Sydney found that higher intakes of vitamin A, riboflavin, thiamin, niacin, and protein could reduce the risk of forming cataracts. Their study involved 2,900 individuals between the ages of 49 and 97. (*Ophthalmology* 00;107:450-456)

For years I've shared with you groundbreaking research on preventing vision loss through proper nutrition. It's gratifying to see the mainstream medical community catching up in this regard, but the common nutrients they studied are just the tip of the iceberg. A few months ago, I wrote about an Ayurvedic herb called triphala that has a strong healing effect on the eyes. In addition, healthy doses, about 15 mg, of the carotenoid lutein is essential for the prevention of age-related macular degeneration.

In an effort to help further address this serious problem, for the last year or so I've been working on a unique nutritional supplement that takes advantage of the dozen or so most effective nutrients for vision. My goal has been to combine the most beneficial nutrients from quality sources worldwide to produce a unique dietary supplement. This supplement will provide concentrated, targeted nourishment for your eyes and help protect them

from the widespread diseases I've reported on over the years. It's made in a softgel form in order to allow for better absorption of essential nutrients like vitamin A, lutein, and alpha-lipoic acid. If you'd like more information on this product, you can call 800-888-1415, ext. B245-E or go to [www.DrDavidWilliams.com](http://www.DrDavidWilliams.com) on the Web.

As baby-boomers gradually reach the age where these problems become commonplace, you can expect to see a great deal more research and publicity directed at vision issues. Unfortunately, most of this research will be used to justify more advanced forms of surgery and the use of pharmaceutical drugs for treatment. The more prudent approach is to prevent these problems in the first place through proper supplements and lifestyle changes.

---

## MEMORY LOSS IS NOT MANDATORY

Besides vision problems, one of the first signs of getting older seems to be a failing memory. We've all been taught that we're born with a set amount of brain cells and, as those cells die, they are never replaced. New research indicates that this teaching isn't true. New nerve cells in the brain do form, but it seems that our modern lifestyles don't encourage them to do so.

Scientists from around the world have recently been focusing their research efforts on the growth of new brain cells in the area of the brain called the hippocampus. The hippocampus is the area of the brain associated with learning and memory. They've discovered several factors that promote the growth of new brain cells, and a couple of factors that can inhibit their growth and cause you to gradually lose your memory.

You've probably heard the phrase, "use 'em or lose 'em." Well, that adage applies to brain cells. Exercising, socializing, and being exposed to stimulating and interesting surroundings can double the number of new nerve cells being formed.

Estrogen is also suspected of increasing neurogenesis (new nerve cell formation). This may help explain why women taking estrogen for hormone replacement therapy seem to be somewhat protected from mental deterioration. I certainly wouldn't recommend taking estrogen for that reason, since it can increase the risk of certain types of cancer. However, the phytoestrogens found in soy products, especially products like miso and tempeh, would be a safe alternative to supplemental estrogen. Phytoestrogens are plant compounds that mimic estrogen in the

---

body, but do not cause the adverse effects triggered by excess estrogen.

Another boost in the formation of brain cells occurs when there is an increase of the chemical neurotransmitter serotonin in the brain. Serotonin has long been associated with stabilizing mood and promoting proper sleep patterns. Barry Jacobs of Princeton University has now reported that serotonin increases the number of brain cells being formed. I know two ways to increase serotonin levels. One is with the drug Prozac. The other is with L-tryptophan.

Due to the enormous dangers and side effects of Prozac, I certainly wouldn't recommend its use.

The FDA would have you believe that L-tryptophan is also too dangerous to use. Years ago, the FDA restricted this essential amino acid from human use because of a contaminated batch that surfaced. However, L-tryptophan is something you need to get in your diet every day. If you don't get enough of it, you'll start experiencing problems that can eventually lead to death.

L-tryptophan is the only natural product I know of that will increase serotonin levels. Fortunately, you can still buy pharmaceutical grade L-tryptophan, which is being sold for pet use. I've given the complete details in a past issue (March 1996, page 65-67). To recap briefly, the company that sells L-tryptophan is called BIOS Biochemicals, P.O. Box 27848, Tempe, AZ 85285, at 800-404-8185. They sell L-tryptophan as a bulk powder in 50, 100, and 250 gm containers and also in 1 kg size. These containers cost \$39.95, \$69.95, \$135.00, and \$340.00, respectively.

Please don't put these people on the spot by asking for treatment suggestions or how to use the product. Remember that this product is for your "pet." Selling L-tryptophan for human consumption is illegal, so please keep that in mind when you order.

Suggested dosages for L-tryptophan vary. In adults, it takes at least 1 to 2 gm to change blood levels. The effect can be enhanced by taking B6 (50 to 100 mg) and niacinamide (100 to 200 mg). L-tryptophan isn't inexpensive and anything that will potentiate its effect is worth using.

## **Stress is a Memory Killer**

Serotonin has a relaxing, de-stressing effect on the body, which probably contributes to its ability to foster the growth of new memory cells. Stress

hormones, or corticosteroids, produced in the adrenal glands not only stop the birth of nerve cells, they shorten their survival times. It has now been demonstrated that these corticosteroids are one of the reasons, if not the major reason, for memory impairment in our later years.

The nerve cells needed to form memories of recent events are formed in the hippocampus. In the presence of stress hormones, they stop dividing. Stress in younger people has been shown to temporarily impair memory. And research has now found that corticosteroid levels are up to three times higher in the elderly when compared to younger adults. What all this means is that the capacity to grow new brain cells still exists in old age, but stress hormones block them from being formed.

As you would expect, the pharmaceutical companies are now chomping at the bit to develop new drugs to block the effects of stress hormones in the brain. You can accomplish the same thing right now, however, without having to resort to drugs.

Stress management through meditation and relaxation procedures has been proven to reduce the levels of stress hormones. It should certainly be looked at more seriously, considering the fact that your memory and ability to learn is at stake.

As I've discussed in the past, I would highly recommend against the use of over-the-counter or prescription steroid medications and creams. Besides proven ill effects like cataract formation, bone loss, glaucoma, immune suppression, headaches, fluid retention, depression, back pain, and others, we now know they can lead to a loss of memory. Those topical steroid creams, now so readily available over-the-counter, will eventually be recognized as one of the biggest health mistakes ever made.

Some fascinating research has just been released from the Gifu University in Japan revealing that chewing can improve memory by reducing the release stress hormones. While the complete mechanism hasn't been worked out, magnetic resonance imaging (MRI) has demonstrated that the hippocampus, which helps control blood levels of stress hormones, is stimulated during chewing. The ability to chew properly lowers both stress and stress hormones. (*Behavioral Brain Research Vol. 108:145*)

The Japanese researchers found that when teeth were missing or in a state of disrepair, older individuals chewed less, which subsequently lead to an increase in stress hormone levels. Good dental health and the ability to chew properly appear to be important factors in preserving our memory as we



## MAILBOX

**Question:** "I am at wit's end and hope you can be of help.

For as long as I can remember I have been waking up with a headache. It seems to start every morning about 6 a.m. You can almost set a clock by the pain.

I've been to all kinds of doctors and have tried all kinds of headache medicines, over-the-counter, prescription, and natural ones. Nothing seems to help. The headaches are most intense for the first hour, then they begin to taper off. I usually get up from bed and drink a cup of coffee, but I'm not sure if that helps or not.

I've had brain scans and dozens of x-rays but nobody seems to find anything. I'm beginning to wonder if I'm going nuts. All I can tell you is the pain is real. Do you have any suggestions or insight that might be helpful? I'll try anything."

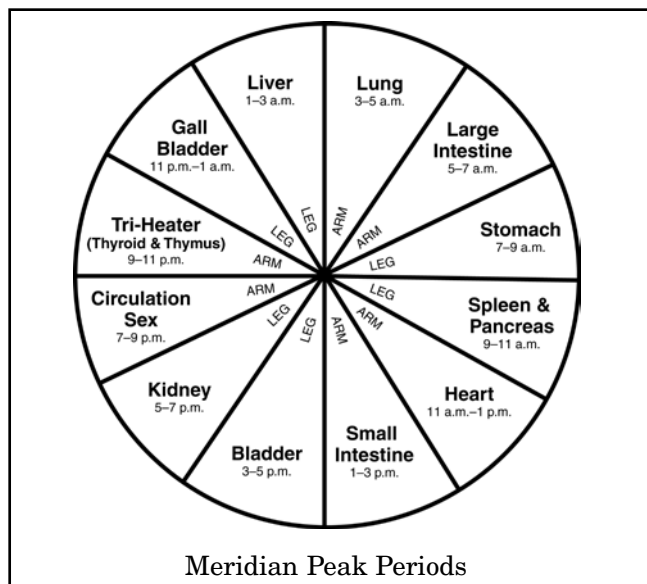
Bernice L.  
Islandia, New York

**Answer:** The fact that your headaches start at pretty much the same time each day might provide a clue to the problem.

In the study of acupuncture, or meridian therapy, there's a principle called the "horary effect." Before I explain this effect in more detail, let me say that I know there are still some individuals who don't believe in acupuncture. Regardless of whether one believes in it or not, it is a real phenomenon. Research has shown time and time again that electrical energy travels just below the skin along 12 different paths, or meridians, which can be clearly defined and measured.

Energy enters the lung meridian and travels through each meridian like water flowing through irrigation ditches. The horary effect refers to the ebb and flow of these meridians. Each meridian peaks during a predictable two-hour period each day.

In the chart in the next column, I've listed each of the meridians and the hours when the energy is highest in each. For example, the energy



is highest in the lung meridian between 3 and 5 a.m. and highest in the large intestine meridian between 5 and 7 a.m. and so forth around the clock.

Also, when a meridian's energy is at its highest point, the energy level in the meridian directly opposite it will be at its lowest point. In the example of the lung meridian, when its energy is at its highest between 3 and 5 a.m., the energy in the bladder meridian will be at its lowest.

A problem is most likely to occur in a meridian when its energy is at a maximum or minimum level. If your headaches begin at 6 a.m. each morning there's a very good chance that you have a problem related to either your large intestine or your kidney.

In the case of the large intestine, it could be constipation, chronic diarrhea, some form of irritation to the colon wall, a lack of bacteria flora or some similar problem. You might also have a problem with your kidney, such as dehydration, a kidney stone, or an infection.

A health professional that uses the acupuncture system and understands the horary effect has an excellent starting point for resolving your problem. In fact, you might even be able to resolve the problem yourself by being a bit of a detective.

I once had a female patient with a recurring deep, throbbing pain that started in her wrist and shot up into her elbow. The pain occurred every morning between 11 a.m. and 12 noon. She worked as a court reporter and this problem made her work extremely difficult during a trial or deposition.

She had been to a couple of other doctors. One told her the typing was inflaming her wrist, and the other told her she had bursitis in the elbow.



Both told her she would have to quit her job and find another line of work.

Looking at the chart on page 87, you can see that during this time the heart meridian is at its highest energy level. The area of her pain also happened to be along the path of the heart meridian.

When I asked her how long she had been having the problem, she told me that it had been affecting her for about six months. Then I asked her several more questions about changes in her diet or lifestyle around the time that the problem started. I found out that about two weeks before the onset of the pain, she had started taking an over-the-counter diuretic, or "water pill," to stop some swelling in her ankles.

As you might know, diuretics pull water out of the body. However, along with the water, minerals like potassium are also lost. When potassium levels get too low, the heart muscle begins to slow down and can eventually stop altogether. Since no one had a clue that this lady was slowly depleting her potassium levels, she could very easily have started experiencing irregular heart rhythm, and possibly even heart problems, before anyone was aware of her true condition. It happens every day. After she stopped the diuretic and raised her potassium levels with supplements, her problem quickly went away.

Anytime you have a problem that occurs or gets worse at the same time every day, think of the horary effect. A little knowledge about this effect can help you solve dozens of problems that most doctors seem to miss.

## SEE YOU ON THE WEB

After announcing the introduction of the [www.DrDavidWilliams.com](http://www.DrDavidWilliams.com) Web site last month, I must say that your response has been very impres-

sive. Thanks for your visits. I hope they mean that the site is helping you with the information and service you need from *ALTERNATIVES*.

For those of you who are new this month, I'd like to help you catch up a bit on the events of the past few months. We've looked at several health breakthroughs together, and I've placed one of the most revolutionary of these—the use of microelectric current for the treatment of age-related macular degeneration—on the site for your use. You'll find this article at [www.DrDavidWilliams.com/tens](http://www.DrDavidWilliams.com/tens).

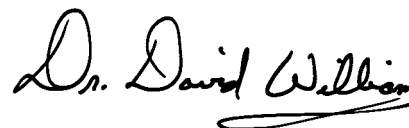
For all of you, I'm also planning to use email to send health dispatches from the field. These dispatches will enable me to update you on important discoveries and research developments in between your monthly issues. I also plan to use the dispatch to answer additional Mailbox questions. So be sure to email me yours.

If you'd like to sign up for this free service, you can do so at [www.DrDavidWilliams.com](http://www.DrDavidWilliams.com). Just click on "Sign Up for Health Dispatches," and follow the instructions that come up on the screen.

If you don't have a home computer, you might want to try your local library. Most libraries now have Internet access that will allow you to both visit the Web site and set up a personal email account.

We're continuing to upgrade the site to better serve your needs. If you have any suggestions, don't hesitate to let us know.

Until next time,



## 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](mailto:mailbox@DrDavidWilliams.com)
- For customer service matters or address changes, call **800-527-3044** or write to [custsvc@DrDavidWilliams.com](mailto:custsvc@DrDavidWilliams.com)

- To order products online or sign up for email dispatches from Dr. Williams, go to **[www.DrDavidWilliams.com](http://www.DrDavidWilliams.com)**

- To order back issues or reports, call **800-718-8293**

- To sign a friend up for *Alternatives*, call **800-219-8591**

Let us hear from you soon!

—The *ALTERNATIVES* Customer Service Team