

# 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**

## THE LONG LIVES AND DEADLY EFFECTS OF HEALTH SCARES

Over the last few months, it certainly seems as though dietary supplements have had more than their share of bad press. For instance, I've read several recent articles in one place or another asserting that vitamin E does nothing to help protect the cardiovascular system, vitamin C actually causes cardiovascular disease, amino acids are dangerous compounds that need to be removed from the market, unregulated herbs are causing untold numbers of adverse and dangerous reactions, etc., etc. The media loves to report on these stories whether they're true or not. Headlines like these are attention grabbers, and in this day and age it's getting harder and harder to grab someone's attention.

Unfortunately, once a bogus health scare gets started, several decades might pass before the truth wins out. This delay wouldn't be a concern if people's health and lives weren't at stake. But there have been hundreds of thousands of people who have suffered or lost their lives because of misinformation and misguided, biased publicity campaigns. Look at the bad publicity that eggs received over 20 years ago. The medical profession and the public

still haven't fully accepted the fact that eggs don't raise cholesterol levels, and are in fact very good for you. No one knows how many brain-development and eye problems, among others, have resulted from this misinformation.

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## Testing Your Water Can Be More Hazardous Than Drinking It

This problem hit home for me again the other day when I had a water sample from an ancient spring on my property tested. The technician found traces of nitrates, which probably came from fertilizer seepage into the surrounding ground water. (This is a relatively common occurrence across the country). When I told him that I intended to drink from the spring, he threatened to report the whole matter to the authorities.

This whole incident stems from one of these health scares that started a few years back. Researchers began saying that the nitrates in our food and drinking water were dangerous. The researchers asserted that nitrates could cause methaemoglobinaemia (MHB), or “blue baby” syndrome; stomach cancer; and birth defects. Bureaucrats accepted these assertions and put regulations in place that required the removal of nitrates from our food and drinking water.

Today, this goal has been largely accomplished. Consequently, it's only logical to ask if the elimination of nitrates reduced the number of stomach cancers, “blue babies,” and birth defects. You can probably guess the answer, but I'll tell you anyway. In a word: no.

Follow-up studies have failed to show that nitrates were the culprits to begin with. No birth defects or stomach cancers have been attributed to nitrates, and other factors have been cited as probable causes of “blue baby” syndrome. Additionally, it now appears that by eliminating nitrates from our food and water supplies, we might be increasing the number of food poisoning and gastrointestinal problems we experience.

### Brilliant Theory; Doesn't Work

The theory behind the nitrate scare was based on the fact that microbes in a person's mouth change nitrate into nitrite. Researchers theorized that the nitrite would subsequently react with digested protein compounds in the stomach and produce cancer-causing nitrosamines. It was an interesting theory, with only one drawback. It was wrong. Subsequent observation revealed that the anticipated reaction never happened. Unfortunately, the theory had already received widespread publication. The public was deathly afraid of nitrates in drinking water and nitrates used to preserve cured meats.

Since that time, research has shown that the oral conversion of nitrate to nitrite might actually be essential for preventing bacterial poisoning in the stomach and intestinal tract. Our mouths contain certain microbes that reside in crevices toward the back of our tongues, whose job is to convert nitrate into nitrite. In fact, if you don't get enough nitrates from your food and water, your body will secrete nitrate into your saliva.

Once nitrate is converted to nitrite in the mouth, it goes on to the stomach. There, strong stomach acids break the nitrite down into several compounds, one of which is nitric oxide. (*Br J Nutr* 99;81(5):349-58)

Nitric oxide and the other resulting compounds kill off harmful bacteria like *Salmonella* and *Escherichia coli*, two of our most dangerous sources of food poisoning. Not surprisingly, ever since we've been eliminating nitrate from our food and water, food poisonings have been steadily increasing in number and severity. Infections from the bacteria *Helicobacter pylori* have also been increasing, and have been identified as the cause of stomach ulcers. Armed with this information, the CDC has concluded that “antibiotics are the new cure for ulcers.” They don't say much about preventing ulcers, though, and I suspect that nitrite deficiencies might be a big part of the problem.

We know that nitric oxide is essential for the relaxation of blood vessels and proper blood platelet function. This fact probably explains an interesting anomaly. Individuals who work in fertilizer factories that produce ammonium nitrate have lower rates of respiratory and heart disease than the population in general, and have no greater risk of stomach cancer.

As for nitrates being the cause of “blue baby” syndrome (MHB), researchers are beginning to question that assumption also. Apparently, MHB generally occurs when infants are given water from private wells that, in addition to containing nitrates, also contain high levels of certain kinds of bacteria. These bacteria cause inflammation of the gastrointestinal tract, which is the main component of MHB.

### Don't Bother the Media with Facts

These facts about nitrates have been known for some time now, but have had no effect on the general fear of nitrates in this country. Keep the nature of this health scare in mind, and don't panic the next time you hear some sensational news about one supposed health threat or another.

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There will be more health scares coming, I assure you. Always consider the source of the information, and who's funding the studies. I'll keep you updated through the newsletter and email alerts. Rest assured, we're on the right track.

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## A DO-IT-YOURSELF HEART HEALTH TEST

I'm always on the lookout for inexpensive, yet effective, tools you can use to help monitor your health. Laboratory tests, scans, and clinical evaluations all cost a small fortune, and the only time most people have them performed are after a problem has occurred.

Some new research has just shown that how well your heart returns to its normal rate after exercise can be a fairly accurate way to predict impending serious health problems.

A recent study followed the health status of 2,428 individuals for a period of six years. (Patients with a history of heart failure or heart-surgery and patients with pacemakers were not included in the study.) The heart rate of each individual was measured at peak exercise. Exercise was then stopped and the heart rate measured again one minute later. The researchers considered a heart-rate drop of 12 beats or less abnormal. Of the participants, 639 had abnormal recovery rates.

During the six-year study period, 213 of the participants died from a variety of causes. Of this number, 120—or 56 percent—had abnormally low rates of recovery.

The researchers consider this percentage to represent a high correlation between an abnormal heart-rate recovery and impending death. In other words, they consider an abnormal value for heart-rate recovery a strong predictor of impending death. This is one risk factor that seems to not only identify a high-risk group, but also predict a majority of the untimely deaths of those within the group. (*N Engl J Med* 99;341:1351-1357)

The ability of your heart to recover from exercise or stress is dependent on several factors. If the body tissues are receiving adequate amounts of oxygen, signals are sent through the nervous system that allow the heart to relax. If you have poor circulation (i.e., poor oxygen supply to the tissues), or your nervous system is constantly reacting to unresolved stress, your heart will have a difficult time relaxing.

I would suggest taking your heart rate next time you exercise and then one minute after you finish. If it drops 12 beats or less, you'll know that you need to get more serious with your diet, exercise, and stress management.

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## A POSSIBLE CURE FOR BROWN RECLUSE SPIDER BITES

Last night while digging in our kitchen cabinet for a portable indoor cooking grill (my wife, Wendy, was preparing grilled chicken breasts stuffed with jalapenos and cheddar cheese for dinner), I ran across a brown recluse spider. For those of you familiar with this type of spider, you know just how dangerous it can be. It is my understanding that brown recluse spiders are relatively common throughout the United States.

The venom of these spiders is so potent that it generally causes tissue destruction throughout a huge area surrounding a bite. In many cases, the deep gaping wound can be several inches across and require skin grafts in order to heal. Medical procedures are quite limited and generally not that successful. They include cold compresses, anti-inflammatories, and injections of corticosteroids.

I have several reports showing that the use of DMSO has been effective for this problem. As soon as possible after the bite, DMSO has been applied topically. In some cases, it has been given intravenously, as well. The reports I've received indicate that these measures have prevented the typical formation of an ulcer and have resulted in a

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complete healing of the wound.

Obviously, you wouldn't want to attempt giving DMSO intravenously (unless you're a doctor trained to do so). However, the topical application of DMSO can be performed by anyone. I would suggest applying the DMSO liberally over the whole limb that has been bitten—probably every couple of hours for the first few days and then three or four times daily for the following week.

I've written extensively about the hundreds of uses for this wonderful compound called DMSO, and this is just one more reason to have a bottle of this miracle substance on hand. You can often get DMSO at health food stores, where it is labeled for use as a solvent, not a health product. Many feed and grain stores also carry DMSO. For more information on this subject, you can purchase a comprehensive report on the subject titled "Pain Free Forever" by calling 800-211-8562; just mention code number 61W787.

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## SOUP UP YOUR RESISTANCE TO CANCER

The nutritious benefits and healing powers of soup are something that just about everybody agrees on. Soup is the one food that most of us can still tolerate when we're sick and feeling our worst. One company has now documented the fact that their commercially available soup is not only nutritious, but can help in the treatment of cancer.

Sun Farm of Milford, Connecticut, makes a soup called SV (for selected vegetables). It is a freeze-dried product containing soybean, shiitake mushroom, mung bean, red date, scallion, garlic, lentil bean, leek, hawthorn fruit, onion, ginseng, angelica root, licorice, dandelion root, senegal root, ginger, olive, sesame seed, and parsley.

In a recent study, six patients with stage III or IV non-small cell lung cancer were given 30 grams (dry weight) of the soup each day for 1 to 3 months. A second (control) group of 13 non-small cell lung cancer patients didn't receive the soup.

The individuals taking the soup each day exhibited significant changes when compared to the control group. They lost less weight, had improved performance status, and overall had significantly longer survival times. Those taking the soup survived an average of about 15 months compared to about 4 months for those not taking the soup. To put this outcome in better perspective, non-small cell lung cancer patients normally have an average

survival time of between 4 and 10 months and only 20 percent are expected to live 1 year. (*Nutr Cancer* 99;34(1):62-9)

This form of lung cancer is deadly, and when something as simple and non-toxic as soup can make even the slightest improvement in these cases, it's certainly something to be thankful for. Turning this form of cancer around would be somewhat of a miracle. Personally, I believe that this form of treatment might be better suited for prevention of the cancer in the first place. I also suspect that the soup might be more potent if started in the very early stages of the disease. In toxicology tests of the SV soup, there are reportedly five individuals with stage I non-small cell lung cancer who are still alive and well, with stabilized cancers, after 17 to 24 months on the soup.

If you'd like more information on this product, or to order, call Sun Farm at 203-777-6639 or write to 215 Research Drive, Milford, CT 06460.

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## ANOTHER INTERESTING HEALTH USE FOR ALCOHOL

Here's an emergency health tip you probably won't be reading about anywhere but here.

A team of neurologists at the University of Texas recently released a very interesting tidbit on how to protect the brain from stroke damage.

At a recent meeting of the American Neurological Association, Dr. James Garotte broke the surprising news. He reported that a shot of alcohol followed by a cup of coffee might be as effective in limiting stroke damage to the brain as some of the drugs now being used in emergency rooms.

Dr. Garotte and his colleagues tested common substances like alcohol and caffeine on stroke-induced laboratory rats. Alcohol alone made the stroke worse. Caffeine alone didn't seem to do anything. However, when the two were combined, the brain was protected from stroke damage.

Obviously, further work needs to be done in this area, and I hope that it occurs. However, there's not much incentive for anyone to fund studies like this. Pharmaceutical companies and universities can't recoup their research expenses through product sales, patents, or other means. And the pharmaceutical companies certainly don't want the public and emergency room doctors to forgo expensive medications in favor of a shot of alcohol and a cup of coffee.

For the rest of us, though, this information could be very important. As strange as it may seem, if you or someone you love suffers from a stroke, a viable emergency treatment might just be an Irish coffee.

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## GINSENG REDUCES BLOOD SUGAR LEVELS

Doctors at the University of Toronto have reported that American ginseng (*Panax quinquefolius* L) can be used to reduce blood sugar levels by individuals with type 2 diabetes.

American ginseng capsules were given 40 minutes before diabetic individuals were given an oral glucose challenge. Those who took the ginseng were found to have a 20 percent reduction in blood sugar levels compared to the results obtained with placebo capsules.

This study was particularly interesting for several reasons.

It revealed that when ginseng was taken with a meal, no change in blood sugar levels occurred. The timing of the ginseng consumption seemed to be crucial, requiring a period of at least 40 minutes to pass before consuming a meal.

Additionally, the researchers found that there was no drop in blood sugar levels when the ginseng was taken alone and not followed by a meal. This characteristic is particularly beneficial in therapies used to lower blood sugar levels. Drugs used to treat high blood sugar can cause dangerous drops in blood sugar (hypoglycemic conditions) if food is not eaten immediately after they are taken. Ginseng, on the other hand, doesn't appear to work this way. Instead of directly lowering blood sugar levels, ginseng either increases the production or secretion of insulin, which in turn lowers the blood sugar, or it increases the effectiveness of the existing insulin. All of these factors make ginseng a potentially safe, natural, and effective tool for both treating and preventing type 2 diabetes.

Type 2 diabetes is often referred to as adult-onset diabetes because it generally occurs later in life. However, the age at which it appears has been dropping steadily. No doubt this is a result of the increased refined sugar consumption levels we've seen over the last several decades.

Type 2 diabetes can almost always be controlled through proper diet, supplement use, weight loss, and exercise. When these factors aren't properly addressed, however, the use of insulin or other medication becomes necessary.

### Less Might Be More

In the above study, 3 grams of American ginseng was given 40 minutes before each meal. Previous studies involving whole Korean and

Chinese ginseng products demonstrated that these products can also help control blood sugar levels—at significantly lower dosages. The dosage levels were in the range of 100-200 milligrams per day. Thus, the Toronto study dosage of 3 grams (3,000 milligrams) before each meal might not be required. Once you start getting into dosages of 10 grams or more per day, some individuals begin to experience headaches, stomach upset, and sleeping difficulties. These dosages can also become cost prohibitive.

Exact dosages will vary for each individual and must be monitored and evaluated on a case-by-case basis. When it comes to ginseng, however, I would suggest starting with 500-1,000 milligrams 40 minutes before meals and working the dosage up or down from there depending on what your blood sugar tests reveal.

### Other Helps for High Blood Sugar

Keep in mind that ginseng is not the complete answer. Antioxidants are essential to help prevent the damage to arteries and nerves that results from elevated blood sugar levels. Lipoic acid is one such antioxidant, and has been shown to be extremely beneficial in type 2 diabetes.

Studies have shown that 200 milligrams daily of alpha lipoic acid (ALA) can help reduce the kidney and nerve damage often seen in diabetes. One study found that 600 milligrams taken twice daily can significantly reduce the need for insulin. After a month of treatment, the ALA also reduced the fasting lactate and pyruvate levels, and increased insulin sensitivity and glucose effectiveness. (*Diabetes Care* 99;22:280-287)

*Gymnema sylvestre* can be a Godsend for not only stabilizing blood sugar levels, but possibly even rebuilding the pancreas (*J Ethnopharmacol* 30;265-79,1990). Through the use of this herb alone, many individuals have been able to discontinue their use of oral diabetic medications (see the February 1999 issue of *ALTERNATIVES* for exact details). You can purchase *Gymnema sylvestre* from Mountain Home Nutritionals by calling 800-888-1415 (just mention code C344-E), or you can purchase it from many local health food stores.

Type 2 diabetes can have serious consequences and should always be carefully monitored. However, after implementing a proper diet and exercise program, this condition can generally be controlled, and very often reversed. This is done through the use of antioxidants (a good multi-vitamin/mineral supplement), *Gymnema sylvestre*, and ginseng.

## A SOUR WAY TO PREVENT SKIN CANCER

**SAN FRANCISCO, CALIFORNIA**\_\_\_\_\_ At a recent meeting of the American Association for Cancer Research, we were informed that adding a little lemon peel to the diet appears to lower the risk of developing skin cancer.

The researcher, Dr. Iman Hakim, found that individuals who regularly consumed lemon peel in some form or another exhibited a 34 percent reduction in the incidence of squamous cell carcinoma. Her study looked at the health and eating habits of 470 individuals (242 with cancer and 228 without).

Lemon peel was usually added to the diet in one of two ways—either by strongly twisting a lemon slice into a beverage or by scraping a small amount of the peel into foods to give them a bit of zing.

### The Reason Lemon Works So Well

No one is certain yet, but it is suspected that the protective factor in lemon peel is the compound d-limonene, which I've discussed in the past. It's possible, however, that there are other components in the lemon peels that work synergistically with the d-limonene.

The best sources of d-limonene are the oils from lemons, oranges, and grapefruits. However, when Dr. Hakim examined the impact of orange and grapefruit *juice* consumption on the incidence of squamous cell skin cancer, there didn't appear to be any connection.

One of the more positive trends in this country has been the tendency for restaurants to routinely add a lemon slice to drinking water. I always drink water when I eat out, and I generally ask for a slice of lime or lemon with my water. I'll make a point of doing it every single time from now on, and you can bet I'll give the rind a more forceful squeeze, too. I suggest that you also start adding a good twist of lemon to your tea or water. Like my dad says, "it's cheap insurance."

### Olive Skin Doesn't Mean What It Used To

Another inexpensive technique to help prevent skin cancer is to apply extra-virgin cold-pressed olive oil to your skin after sunbathing or sun exposure.

Japanese researchers have found that when

olive oil is used as an after-sun lotion, it can help prevent tumor formation and UV damage. Scientists from Kobe University School of Medicine found that mice treated with extra-virgin olive oil could handle far more UV exposure before developing signs of cancer than mice not treated with olive oil, or those treated with regular olive oil. The tumors that finally formed on the treated mice occurred less frequently and were smaller. The skin treated with extra-virgin olive oil also exhibited less DNA damage. (*J Dermatol Sci* 00;23(Suppl 1):S45-50)

Keep in mind that olive oil is not a sunscreen. Its ability to help protect the skin from UV damage occurred when it was applied after sunbathing. Also keep in mind that only extra-virgin olive oil was effective; regular olive oil was not. Extra-virgin olive oil is taken from the first pressing of the olives, and undoubtedly has more of the compounds necessary for skin protection.

## DIETARY HELP FOR IMPOTENCY

**CHIETI, ABRUZZO, ITALY**\_\_\_\_\_ Researchers at the Advanced Bio-Medical Institute recently announced that they found a diet that corrects erectile dysfunction, or impotency.

In many circles, their diet might seem like a breakthrough. However, being a reader of *ALTERNATIVES*, you will probably recognize that the diet simply improves circulation and helps provide the proper essential fatty acids.

Professor Adrea Ledda admitted that while smoking and stress were two major factors associated with impotency, a change in the diet could help cure poor sexual performance in men. First, all "greasy foods" should be eliminated. This includes fried foods, bacon, and sausages. Instead, men were encouraged to eat lots of citrus fruits, bananas, garlic, onions, tomatoes, mushrooms, walnuts, whole brown rice, liver, tuna, and veal. White wine was allowed toward the end of the week, and on the weekend chocolate was used as a reward and could be eaten in unlimited quantities.

Professor Ledda reported that men who followed the diet experienced major improvements in sexual performance.

Common sense dictates that reducing stress and adding a regular exercise routine would further improve results.



## MAILBOX

**Question:** “For years, I have suffered from constant skin irritation. I am constantly itching. My skin is raw and is now covered with small blister-like bumps and scratches. I’ve been to dozens of doctors and tried every type of cream and lotion on the market. The doctors all tell me I have pruritus, but can’t tell me what to do about it. They’ve said it might be associated with liver problems or biliary cirrhosis as they call it. They’ve tried treating me with medications for the problem but nothing stops the itching and I’m at wits’ end about what to do. Do you have any suggestions?”

Betty K.  
Pittsburgh, PA

**Answer:** It’s true that pruritus is one of the symptoms of obstructive biliary disease. If you do have this condition, a couple of different events are probably contributing to your chronic itching problem.

Your liver makes bile salts and enzymes that are stored in the gallbladder. If your bile ducts are blocked, insufficient amounts of these substances are available to help you digest the fats in your diet. This situation can result in deficiencies of all the fat-soluble vitamins, such as A, E, D, and K; other fat-soluble nutrients like lipoic acid, coenzyme Q-10, tocotrienols, etc.; and the essential fatty acids. All of these substances are necessary for healthy skin.

To aid in the digestion of these fats and fat-soluble substances, I would suggest taking bile salts prior to every meal you eat. Two tablets of a product like Cholacol 1 from Standard Process Laboratories before meals can help tremendously. You can order Cholacol 1 from For Your Health by calling 800-456-4325 or writing to 13758 Lake City Way NE, Seattle, WA 98125. Another good bile salt product is Lipocomplex from Progressive Laboratories. This company gives *ALTERNATIVES* subscribers

a 25 percent discount. You can order Lipocomplex by calling 800-527-9512 or by writing to 1701 W. Walnut Hill Lane, Irving, TX 75038.

It would also be wise to try to address the biliary cirrhosis problem. In addition to bile salts, I would suggest trying 20 milligrams of curcumin twice a day; take it with your two largest meals. Curcumin is one of the components of the spice turmeric, and there are several curcumin products available on the market now.

I would also take silymarin, the flavonoid complex from the milk thistle plant (*silybum marianum*). Dosages of around 400-450 milligrams of silymarin extract per day have been shown to reduce bile saturation, decrease the risk of gallstones, and improve liver function. You can find milk thistle products in health food stores. I particularly like the quality of herbs offered by Nature’s Way.

One other product that might be extremely helpful is the Indian product called Liv52. It is made by the Himalayan Drug Company in Bangalore, India. You can order it from our friends at Bazaar of India Imports by calling 800-261-7662 or writing to 1810 University Avenue, Berkeley, CA 94703. A bottle costs \$17.50 and contains 100 tablets. Use the dosage instructions on the bottle.

Keep in mind that Liv52 is also an excellent product that can be used to treat hepatitis.

For temporary relief of the constant need for itching, you might try drinking grapefruit juice. In one study, five individuals with a problem like yours were given just over a pint of grapefruit juice to drink each day. In each case, the pruritus resolved within 24 to 48 hours. It was necessary to keep drinking the juice, however, because the problem would return once it was discontinued. (*Ann Intern Med* 96;125(8):107)

The reason that grapefruit works probably has something to do with its bioflavonoid content. The bioflavonoids might have the ability to neutralize one or more of the liver compounds that cause the pruritus. It’s possible that the right combination of bioflavonoids in a tablet or capsule would do the same thing, but I haven’t seen any research confirming that possibility.

I should also mention that grapefruit juice doesn’t seem to help pruritus caused by cirrhosis of the liver, which doesn’t involve bile status or blockage.



**Question:** "I'm not in the best of health and consequently I'm on several necessary medications. I won't bore you with all the details because my main concern is the constant diarrhea I suffer from the drugs I have to use. Is there anything you can recommend short of stopping my medications?"

Samuel T.  
Ft. Worth, Texas

**Answer:** Not knowing more details makes this a tough question.

Although your problem sounds like it has a different cause, I have used enemas to stop diarrhea when there was some form of persistent irritant in the colon. It might sound a little strange, but by flushing the colon with a solution of roughly one quart of distilled water and one-half cup of apple cider vinegar, you can often rid the colon of bacterial or other offending parasites. This, in turn, will often stop the diarrhea.

If the problem is from medications such as antibiotics that wipe out the natural bacterial flora, I've obtained excellent results using a product called Lactic Acid Yeast wafers. This product restores the natural bacteria in the lower bowel. Usually, chewing two wafers with each meal will do the trick within a day. (For small children, one-half to one wafer can be crushed and put into their food or drink to accomplish the same thing.) Lactic Acid Yeast wafers are made and sold by Standard Process Laboratories. You can order these wafers from For Your Health at the telephone number and address listed on page 103.

For the most severe cases of diarrhea, there's a new product that I particularly like. It's rather expensive, but it does work.

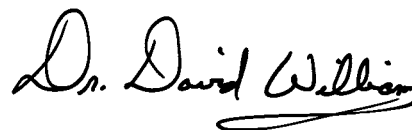
Shaman Biotanicals has developed an anti-diarrhea product called SB Normal Stool Formula.

It's an extract from a South American tree (*Croton lechleri*) that the Peruvians have been using for decades as a treatment for diarrhea. It comes from the blood red sap of the tree, and it stops diarrhea without any known side effects.

SB Normal Stool Formula is so effective that it has even been used successfully to stop the diarrhea associated with cholera. I know of no other natural medicine that can do this. HIV and AIDS patients have even reported a high degree of success in stopping their diarrhea, which results from the protease inhibitors and other medications they are required to take.

This is one product that I will probably be taking with me next time I'm traveling in third world countries, especially those where cholera can be a problem.

SB Normal Stool Formula is sold by Shaman Biotanicals at 800-987-9920. It costs about 50 cents a tablet and the dosage is 1-2 tablets two to four times a day. Relief is usually seen in 24 hours, regardless of how long the diarrhea has been a problem. The people at Shaman are trying to get the compound approved as a drug so it will be covered by insurance. They have been conducting both Phase II and Phase III clinical trials, with excellent results so far. They will provide forms and instructions so you can submit a claim to your insurance company for at least part of the cost of the product.



P.S. Be sure to see the enclosed 15-year anniversary editorial supplement, and check out the list of my top health tips from the past 15 years at [www.drwilliams.com](http://www.drwilliams.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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