

# Alternatives

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

## Desperate Situations Sometimes Require Desperate Measures

Sometimes when I'm investigating new therapies to share with you, I get the feeling that I'm writing more of a survival manual than a medical letter. Armed with the information from past issues, you would be pretty well equipped to restore

and/or maintain your health without resorting to costly conventional medical practices. Many of the techniques I've uncovered will never be accepted by conventional medicine. Oftentimes it's because they're natural remedies and can't be patented, so there's little or no profit to be made in promoting them. Other times, they're too controversial or low-tech. And sometimes, they seem too repugnant and/or just too strange.

I guess that this next technique falls into the latter category. (If you have a weak stomach, I would suggest that you not read this article immediately before or after eating.)

### Ward of the Flies

The frightening problem involving the emergence of antibiotic-resistant bacteria continues to spread. While other researchers have focused their efforts on developing new forms of antibiotics, I have instead been looking into natural methods to stop infections. Developing stronger and stronger antibiotics isn't the answer. That will only lead to the development of stronger, more resistant strains of bacteria and pathogens. It seems that all we learn from our mistakes is that we don't learn from our mistakes.

Some of the worst infections seem to develop in open wounds, especially in people with diabetes. Diabetic foot and leg ulcerations and pressure ulcers in bedridden patients are hard to

resolve. Packing the area with a wound dressing made from iodine and sugar and/or honey can work wonders, especially when the individual is also supplemented with niacinamide, ginkgo biloba, and other nutrients that improve circulation.

Problems arise, however, when the dead tissue covering the wound forms isolated pockets and the sugar/iodine mixture doesn't come into contact with the bacteria. The dead tissue can become as much of a problem as the bacteria and other pathogens in the wound. You can successfully get around this problem by utilizing maggots.

Maggot therapy, as it is called,



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*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

is not something new. Maggots have been used to treat wounds for centuries in various places around the world. And it may be hard to believe, but it was also widely used in hospitals throughout the United States until the discovery of antibiotics in the mid-1940s. Over the last few years, maggot therapy has started to become quite acceptable in Europe, especially in Great Britain. And just recently, some very innovative doctors in this country have begun to incorporate maggots in their practice of medicine. With the growing problem of antibiotic-resistant bacteria, maggot therapy is something you definitely need to know about.

Clinical studies currently underway at the Veterans Affairs Medical Center and the University of California have proven that maggot therapy is far more efficient at cleaning infected and gangrenous wounds than any other known non-surgical treatment. Maggot-treated wounds heal several times more quickly, and reduce the risk of losing infected limbs.

Specially bred and sterilized maggots are placed on a wound, which is then covered with a light nylon net to prevent them from escaping. As they move over the surface of the wound they secrete proteolytic enzymes that dissolve dead tissue into a liquid residue, which they then ingest. As an added bonus, any bacteria in the wound is also eaten by the maggots and later destroyed in their gut. In addition to their secretion of proteolytic enzymes, maggots secrete numerous other compounds that kill and/or inhibit the growth of many forms of pathogenic bacteria, including many of the antibiotic-resistant strains.

### The Bottom Line: It Works

Doctors in Europe have reported that after weeks of unsuccessful treatment, five patients with antibiotic-resistant infections were treated with maggots. After only 48 hours, all of their lesions were bacteria-free and healing well.

Maggot therapy costs about half as much as conventional wound therapy, works far faster, and can wipe out antibiotic-resistant bacteria in a matter of just hours. Not only can it save limbs, it can save lives as well.

While maggot therapy might seem like an antiquated form of treatment, insurance companies here in the U.S. have already recognized its importance, and now reimburse for the procedure. But finding a doctor knowledgeable about

the therapy and willing to perform it is a different matter.

Dr. Ronald Sherman with the University of California has set up an information clearing house and research center to help study and promote the use of maggots in this country. It's called the Maggot Therapy Project. The center provides the names and contact information of medical professionals who use maggot therapy in the U.S.

Medicinal maggots can also be purchased directly from their laboratory. To produce medicinal maggots, eggs are collected from adult blowflies (*Phaenicia sericata*) and then sterilized and allowed to hatch on fresh liver.

A batch of between 500 and 1,000 disinfected maggots costs about \$60, plus delivery charges. In addition, you'll need a few sterile nylon wound dressings, which they also sell. With each order, you'll receive a very detailed sheet of instructions on exactly how to store and use the maggots. The procedure is very simple and easy to follow.

Dr. Sherman can be contacted at: Ronald A. Sherman, MD, MSc, DTMH, Dept. of Pathology, University of California, Irvine, CA 92697-4800. He also has a website at [www.ucihs.uci.edu/path/sherman/home\\_pg.htm](http://www.ucihs.uci.edu/path/sherman/home_pg.htm) or just do a search for Maggot Therapy Project at Yahoo! or any other search engine.

### Compared to the Alternative, It's a Good Thing

As I mentioned earlier, the use of maggots might not seem like a therapy we should be using in the 21st Century. But when you look at how ineffective the alternative therapies are, it doesn't look too bad. If you ever face the possibility of limb amputation due to a diabetic ulceration or, even worse, some antibiotic-resistant bacterial infection, your options are limited. Conventional medical treatments very often fail in these cases.

I know that maggots seem bizarre or grotesque to most of us. But if they can help clear up a life-threatening infection or prevent an amputation, I want you to be aware of them. I doubt that anyone else will bother telling you.

### Dying Another Way is Not the

## Same Thing as Living

Based on the research and results I've seen, I've never been a big fan of the routine use of aspirin. A lot of people just can't seem to grasp why I feel this way. And I am sure much of their confusion comes from a steady stream of seemingly wondrous studies that confirm aspirin's miraculous powers. In April of this year, a glowing report from France concluded that because of aspirin's ability to prevent venous blood clotting it could be used routinely following many surgical procedures that entailed a risk of blood clotting. The study focused on the use of aspirin following hip replacement therapy. (*Lancet* 00;355(9212):1288-9)

This study is now being cited as additional justification for the routine use of aspirin. Unfortunately, the public isn't being told the whole truth behind this and similar studies.

It's one thing to say that the use of aspirin prevents blood clotting, whether after surgery or in the prevention of heart attacks. It's another thing to say that the regular use of aspirin saves lives. A careful review of the above study indicates that it does not. Additionally, it increased the risk of internal bleeding as much as 48 percent in some patients.

Several doctors not associated with the study reviewed its data and concluded that "a study that was essentially negative was presented as a positive one." They found that "aspirin did not reduce vascular deaths, had no significant effect on major non-fatal vascular events other than deep vein thrombosis, but did result in an excess of 6 per 1,000 postoperative transfused bleeds." They further stated that "dangerous generalizations about the benefits of aspirin have been made that unfortunately may have dire consequences for patient care." (*BMJ* 00;321(7260): 569)

## A Lifesaver Called Rhubarb

There are safe, effective alternatives to aspirin. I've discussed them on many occasions in the past. Included in the group are items like bromelain, vitamin E, garlic, and cayenne.

If you still insist on taking aspirin for heart or cardiovascular problems, keep in mind that it causes internal bleeding. To a degree, this bleeding can be prevented by taking turmeric. But some cases of internal bleeding can be very

difficult to control. Hospitals lose tens of thousands of patients each year when their internal bleeding can't be stopped. That's a shame because a simple remedy might save many of those lives.

Although the fact is practically unknown in medical circles, rhubarb can be very effective at stopping upper digestive tract bleeding. In China, researchers discovered that 15 grams daily of raw rhubarb powder, raw rhubarb tablets, or roasted rhubarb powder stopped digestive tract bleeding in 95 percent of cases. The 15-gram dose was divided and given throughout the day. And although practically all of the 400 individuals who were given the rhubarb initially experienced abdominal pain and cramping, the rhubarb quickly stopped

the bleeding. The initial pain was not so intense that it required intervention, and it lessened or stopped completely once the individual had a bowel movement. And, unlike many medications used in an attempt to stop gastrointestinal bleeding, rhubarb increased bowel movements instead of bringing them to a halt. This fact makes it easier to determine whether or not the bleeding has stopped. (*Pharmacology* 80;20 (Suppl 1):128-130)

Knowing about rhubarb could one day help save your life. Severe gastrointestinal bleeding seems to be a more common occurrence these days and, in many cases, it can't be stopped using conventional medicine.



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Bulk rhubarb powder isn't always easy to find in health food stores, but it can be ordered through the mail from places like Penn Herb Co. Ltd. at 10601 Decatur Rd., Ste. 2, Philadelphia, PA 19154, 800-523-9971. (For doctors and health professionals only, it can also be obtained from Nuherbs, 3820 Penniman Ave., Oakland, CA 94619, 510-534-4372.)

## An Update on TENS

Another problem associated with aspirin use that no one seems to acknowledge is macular degeneration. This problem is something I've discussed many times in the past. Macular degeneration is the leading cause of blindness in the elderly, and conventional medicine offers very little in the way of treatment.

A few months ago, I discussed how Dr. Merrill Allen of the Indiana University School of Optometry was using electrical stimulation to successfully treat the problem. At the time, Dr. Allen was using a somewhat crude prototype device that emitted the appropriate frequency and microamperes output in accordance with his research. I'm happy to announce that I've now received a newly designed commercial device based on his work.

Dr. Allen has been working with Altoona Medical Supply, and together they have produced the Model 804 MP Micro Current Pocket Stimulator. The units are now available from Altoona at 705 2nd Avenue S.W., Altoona, Iowa 50009, 800-442-8367.

This new unit is very compact and simple to use. Honestly, I was surprised at how quickly after my report they were able to commercially produce the product. If the word gets out, it will certainly be a Godsend for individuals with macular degeneration or retinitis pigmentosa. This treatment is the only one I'm aware of that appears to trigger retinal regeneration and the regrowth of photoreceptors and nerve connections to the eye.

I'll continue to follow Dr. Allen's research work and keep you updated on my testing results using his microcurrent TENS unit on a variety of vision problems. In the meantime, if you or anyone you know is suffering from macular degeneration or retinitis pigmentosa, read the March issue of *ALTERNATIVES*, avoid aspirin like the plague, and, please, have your attending doctor investigate Dr. Allen's work. His experimental

treatment could very well be the key to saving your sight.

*(Publisher's note: For a complete, detailed discussion of macular degeneration, please see the March 2000 (Vol. 8, No. 9) issue of ALTERNATIVES. Dr. Williams explains exactly how to use electrical stimulation and nutrition to help treat the problem. For more information on safe alternatives to aspirin, you can order a special report he's written titled The Truth About Protecting Your Heart for \$22.95 plus \$3.95 shipping by calling 800-527-3044, ext. 78H170.)*

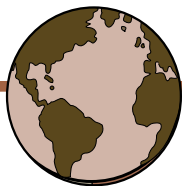
## Baldness: A Sweet Problem?

In the September 2000 issue of *ALTERNATIVES*, I equated the consumption of sugar with slow suicide. The feedback I've received since then indicates that a lot of readers have taken steps to curtail their excess sugar consumption. For others, the fact that sugar is slow suicide instead of the fast variety helps justify procrastination in changing bad habits. But now there's another reason to give up sugar that might help male readers take the plunge. It seems that there is a link between premature hair loss and increased sugar consumption.

Researchers found that men who experienced early male-pattern baldness (beginning before 35 years of age) had an increased incidence of insulin resistance and higher blood levels of insulin. Those falling into this group had a two-fold increase in hyperinsulinemia, a two-fold increase in moderate obesity, and a nearly 150-percent increase in severe obesity. They were also more likely to be taking medications for high cholesterol, high blood pressure, and diabetes. (*Lancet* 00;356(9236):1165-6)

Based on this information, it certainly appears that if you begin to lose your hair before the age of 35, there's a good chance that the problem is related to imbalances stemming from excess sugar and carbohydrate consumption. It's more or less a warning sign that diabetes problems and cardiovascular disease are just around the corner. If you fall into this category, cutting back on the sugar and refined carbohydrates is a far more sensible course of action than reaching for the Rogaine. Diet changes address the cause of the problem, drugs merely treat the symptom.

*Continued on page 142*



## News to Use from Around the World

### Scientists Finally Grapple with Devil's Claw

**PARIS, FRANCE**\_\_\_\_\_A new research study has just been published in a European journal called *Phyto-medicine*. The French double-blind study compared the pain-relieving effects of the herb devil's claw to the pharmaceutical drug diacerhein. Devil's claw was more effective at relieving arthritis pain and had significantly fewer side effects than the drug. This is the first double-blind, placebo-controlled study to illustrate the possible benefits of using devil's claw to lessen the pain of osteoarthritis.

It's nice to see that direct comparison studies are finally being conducted between drugs and natural remedies. Unfortunately, this study probably won't receive much attention in this country since the drug involved isn't one approved for sale in the U.S. However, you can bet that a slew of supplement companies in this country will begin to use these results to start promoting devil's claw for arthritis. If you've been a long-time reader of *Alternatives*, I'm sure you're aware that devil's claw isn't the total answer to arthritis.

I wrote about the benefits of this herb years ago. Devil's claw (*Harpagophytum procumbens*) has also been called the grapple plant, and is commonly found in South Africa. It has long been used there as a tea for arthritic and gastrointestinal complaints. Many people who try devil's claw get mixed results. That's probably because the active components of the plant are concentrated in its storage tubers but many commercial products utilize the whole

root structure and thus dilute the strength of the resulting tea.

Devil's claw is just one of hundreds of potential arthritis remedies that I have looked at over the years. If you're familiar with Joint Advantage, you know that I've incorporated a special extract of devil's claw in that product. There are also five or six other totally unique components in Joint Advantage. Much like this African herb, several components are derived from ancient Aboriginal medicine and are virtually unknown anywhere else in the world. But uncovering these herbs is only part of the challenge. Finding the best way to grow, process, and preserve the healing properties of the plants is an even greater undertaking.

It's always exciting for me to see new and practical research being conducted on these natural compounds. But it's even more exciting to provide you with practical solutions and products that can help you restore and preserve your health now, instead of 10 or 15 years down the road.

### Lupus Cured with Stem Cells

**CHICAGO, ILLINOIS**\_\_\_\_\_Not long ago, I discussed the exciting promise of using our own stem cells to help repair and rebuild organs and other body parts. My main point was to encourage you to store stem cells from the umbilical cords of newborn children as a form of disability or even life insurance. And while my focus with *ALTERNATIVES* is on natural remedies that you can effect yourself, I felt that some new research on the treatment of lupus with stem cell transplants is something you should be aware of. Lupus is

an autoimmune disease where the immune system begins to attack and destroy the body. (Although it hasn't been widely reported in the media, the acne drug Accutane has reportedly been responsible for inducing lupus in several individuals. It's one medication I would be very leery of giving to any child.)

At Northwestern University Medical School in Chicago, Ann Traynor and other researchers have reported curing six of seven patients, age 15 to 51, suffering from severe lupus. Before the treatment, all were gravely ill, and some were bedridden and near death.

Roughly three years ago, stem cells were collected from the bone marrow of each of the individuals. The individuals were then treated with drugs that effectively destroyed their immune systems. The stem cells were then returned to the body where they begin to create a whole new immune system. The individuals were also given medications to ward off infections for a year following the treatment.

Now, three years later, all but one of the individuals are cured, back at work or school, and taking no medication. One relapsed and is currently taking antilupus medication.

In the very near future, stem cell therapy will increasingly become one of the most effective and practical methods of treating a long list of various health problems. If you have a new child on the way, you can help insure that they reap all the benefits of this therapy by collecting and storing their stem cells at birth.

# HEALTH HINTS FROM READERS



## Match the Cure to the Problem

I have used an unusual procedure several times on myself with almost a 100% success rate.- I occasionally have a skin problem of one kind or another on my hands and face that will not heal up by using ointments or salves.- They are usually small spots and I strike a kitchen match and let the head burn and blow the flame out.- While the match head is still hot I put it on the sore and press it very firmly and hold it until it cools.- In a matter of a few days the sore has healed.- I

can only assume it is a combination of the sulfur and heat that heals it.- It is not as painful as it sounds and it does not make a sore but it will heal one.

*Gerald M., Email message*

## A Natural Medicine Cabinet for Dealing with the Flu

I have always had a horehound plant outside my house to use for tea when anyone has a sore throat or the flu.- I use the dried leaves only, and prepare as I would regular tea.- But you don't want to drink it

as regular tea because the taste is terrible.- Most people need to douse it with lots of honey.- Just after it's brewed and too hot to drink, I find breathing in the vapors helpful. The plant is indestructible and prolific.

Also, my Grandmother's remedy for vomiting and diarrhea:- Drink nothing but black tea until you have no symptoms for a couple of hours.- Then take a few spoonfuls of yogurt every few hours and continue with the black tea (honey in it is O. K.).

*Dawn P., Email message*

*Continued from page 140*

## One More Good Thing About Fiber

Before I leave this topic, new research has just been published showing that a high fiber diet lowers blood sugar levels as effectively as the use of prescribed oral hypoglycemic drugs. Individuals with type II diabetes generally eat less fiber than the general population. And although the American Diabetes Association recently upped its daily dietary fiber recommendation to between 20 and 30 grams a day, that is still too low.

In a recent study, a group of diabetic individuals increased their fiber intake to roughly 50 grams a day (25 grams of insoluble fiber and 25 grams of soluble fiber). After only six weeks, those taking the extra fiber had lower blood glucose levels after meals and throughout the day. Total cholesterol levels dropped an average of 6.7 percent and triglycerides dropped 10.2 percent. (*New Engl J Med* 00;342:1392-8)

Adding additional fiber to the diet is not difficult. In the above study, the individuals did so by simply including more fresh fruits and vegetables—items such as cantaloupes, oranges, papayas, sweet potatoes, winter squash, granola, oatmeal, and other high-fiber foods. For instance, a single serving of oatmeal will give you 28 grams of soluble fiber. Whole ground flaxseed

is another good source of fiber and essential fatty acids. Whole foods like these contain both soluble and insoluble fibers (as well as hundreds of other components) in contrast to isolated fiber powders like psyllium, guar, and pectin.

Increasing your dietary fiber is a far better solution than using oral hypoglycemic drugs if both options achieve the same goal. However, I would suggest that you not take your multivitamin/mineral supplement with a high-fiber meal. Take it with another meal or by itself because the fiber interferes with the absorption of some minerals and fat-soluble components.

## A State of Denial

For some reason, our society has a problem accepting the idea that sugar and refined carbohydrates are mood altering, addictive substances. When someone gets aboard the blood sugar roller coaster, refined carbohydrates are the quickest way to elevate insulin levels, which, in turn, have the same effect as antidepressants.

There is very little difference between carbohydrate abuse and drug abuse. And only when we begin to treat the former as seriously as the latter will we begin to see dramatic changes in our society. Attention deficit disorder will disappear in our children, juvenile and adult crime rates will drop, and diseases like adult diabetes



## MAILBOX

### Insect Stings—Acidic or Alkaline?

**Question:** “I seem to recall reading in one of your past newsletters something about a quick way to treat an insect sting. If I remember correctly, I think you were talking about a scorpion bite and you relieved the pain by applying a cotton pad soaked with a paste of vinegar and baking soda. Is that correct? Why would this work?”

*Mike B., Atlanta, Georgia*

**Answer:** That’s correct. Insect bites and the stings from many poisonous plants cause pain because their venom or juice is either highly acidic or highly alkaline.

The sting from stinging nettle, ants, and bees is acidic. You can often relieve the pain by quickly applying

an alkaline substance to the area involved. Some of the more readily available alkaline compounds are bicarbonate of soda and soap.

Wasp stings are alkaline in nature, so you’ll need something acidic to counteract their pain. Vinegar is a good safe acid to use. If the sting happens when you’re outside enjoying a picnic, head for the pickle juice.

Scorpion stings vary greatly in their seriousness, even within the United States. Some small scorpions in the Southeast U.S. have stings that are only about as serious and painful as a wasp sting, while some of the larger scorpions in Arizona and down into Mexico can be lethal if they sting you. If you are stung by one of the lethal variety, the only cure I’m aware of is the anti-venin available from the hospital—so that’s where you should head as fast as possible. Especially if the person stung is a child.

If the scorpion is one of the nuisance variety, you can experiment a bit if you don’t show any signs of being allergic to the venom. (If you do show signs of allergy, again, head to the hospital.) I’m not really sure if

the venom of a scorpion is alkaline or acidic. When I’m uncertain, I just mix an acid (vinegar) with something alkaline (bicarbonate of soda) and hope for the best. Alternatively, you could experiment with small amounts of alkaline and acidic substances in isolation to see which makes the pain worse and which makes it better. Then apply a larger amount of the one that works.

### How Sweet Is That Donut?

**Question:** “What can you tell me about a glycemic index of foods?”

*Taylor K., Branchburg,*

*NJ*

**Answer:** The glycemic index is a rating system that compares the way various foods influence blood sugar levels. The scale goes from 100 to 0. Glucose is rated at 100, and the closer to 100 a food is rated, the more it affects blood sugar levels. You can purchase a list of 800 foods categorized by glycemic rating from The Glycemic Research Institute at phone number 202-434-8270. That information is also available online at [glycemic.com](http://glycemic.com).

and heart disease will begin to decline.

## Fear Is A Poor Foundation for Health

Fear is a strong motivator. A perfect example is the recent elections. Politicians like to scare voters into believing that, without their expertise, everyone’s life will only get worse. In politics, fear translates into votes. But in health matters, fear results in something very different.

Pharmaceutical companies, vitamin companies and many doctors use fear to promote both products and procedures. Many times, these fears are totally unfounded. Two examples come to mind, the egg-cholesterol scare and the overblown dangers of exposure to the sun.

It’s probably been at least 20 years since the unsuspecting public was frightened into elimi-

nating eggs from its diet. And only recently has the medical community begun to admit that eggs are a healthy food that doesn’t adversely affect levels of harmful cholesterol.

I predicted several years ago that before the sun scare would be refuted, it would cause a tremendous increase in health problems. And that’s exactly what seems to be happening. Osteoporosis is on the rise, hip fractures are becoming commonplace, and we’re even seeing the return of rickets in children.

Rickets occurs when there is a lack of vitamin D in the diet or inadequate exposure to sunlight. It causes skeletal abnormalities, growth retardation, and other problems. Researchers have now reported a three-fold increase in the number of babies developing rickets. In African-American breastfed babies, there has been a four-fold increase. (*J Pediatr* 200;137(2):153-7)

The problem stems from two things. First, mothers are shielding their babies from sunlight.



And second, most breast milk is deficient in vitamin D. American women typically have from 15 IU to 50 IU of vitamin D per liter of breast milk, which is far too low to promote normal bone growth. Because of this problem, some states, such as North Carolina, now distribute vitamin D supplements to breastfeeding mothers.

Children should be getting at least 400 IU of vitamin D daily starting at birth or, at the very latest, two months of age. (Adults need 400 IU, too.) Children should also be exposed sunlight regularly. When these items are neglected, children often fail to grow. Other common signs and symptoms include bowlegs or knock-knees, flared wrists, fractures, delayed sitting and crawling and pain with walking. Many of the symptoms associated with rickets can be seen as early as five months after birth.

Rickets is just one of many examples that illustrate how the practice of constantly slathering in sunscreen is coming back to haunt us. If the increases in osteoporosis, hip fractures, and the resurgence of rickets weren't enough, we've now learned that the active ingredient in 90 percent of all sunscreens worldwide is toxic.

Norwegian scientists found that the main chemical used to block ultraviolet light in sunscreens, octy methoxycinnamate. (OMC), caused the death of skin cells in animals. Similar studies haven't yet been performed to show that the same thing happens in humans. The researchers who performed the study however, felt so strongly about their results that they stated that sunscreens should be used with caution and only as a last resort to protect against UV radiation from the sun. (*Radiation Protective Dosimetry* 00;Vol91:283)

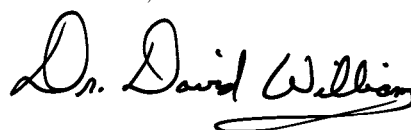
When mouse cells were exposed to only five parts per million of OMC, half of the cells died.

(Five parts per million is a much lower concentration than what occurs in sunscreens.) Even worse, the cell death increased when exposed to simulated sunlight. The chemical byproducts created when OMC was exposed to sunlight were twice as toxic as OMC alone.

Despite these latest findings, OMC has the blessing of the regulatory authorities in this country and abroad. As far as they are concerned it has been tested and proved to be safe.

Even though contrary evidence continues to grow, it will undoubtedly take a couple of decades before everyone realizes that the current sun scare is totally unfounded. Unfounded health scares cost billions of dollars and cause untold amounts of suffering. And it seems to take forever before the truth is finally realized. Fortunately, all the fear generated during presidential elections happens only once every four years and then dissipates—like hot air.

Take care,



P.S. We've had a great year here at *ALTERNATIVES*, and I'm glad to have so many new subscribers on board as 2000 comes to a close. Many thanks to all of you for spreading the word, and for your constant encouragement and feedback. Let me take this opportunity to wish everyone a very happy holiday season, and a safe and healthy new year! I'll be heading "down under" again for the *real* start of the new millennium. So I hope to see you again next year with lots of new tips and treatments for your health.

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## 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 as he can in the Mailbox section of *Alternatives*. 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 such as address changes, call 800-527-3044 or write to [custsvc@drdavidwilliams.com](mailto:custsvc@drdavidwilliams.com)
- To get important information between issues, sign up for email dispatches at [www.drdavidwilliams.com](http://www.drdavidwilliams.com)
- To order nutritional supplements from Mountain Home Nutritionals, call 800-888-1415 or visit [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

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