

Alternatives

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

March 2001

Volume 8, No. 21



Dr. David G. Williams

In the Information Business, Value Endures

Since I write a newsletter, it should come as no surprise that I also subscribe to dozens of newsletters myself. While most are health letters, others deal with everything from economics and the environment to financial issues.

And although I'm always searching for new sources of information, at the same time I have to pick and choose which subscriptions to continue and which to let expire. It's not always an easy choice. But I've learned a very important lesson in the process. Information that may not seem to be particularly useful today can turn out to be an absolute lifesaver later. This is especially true when it comes to health issues.

A good recent example would be my report on macular degeneration a couple of months ago. I do not suffer from macular degeneration, the leading cause of blindness in the elderly, and hopefully neither do you. However, if you were diagnosed with the problem tomorrow, you would need some very specialized information very quickly. You would certainly want to know that Dr. Merrill Allen's research has provided a safe, inexpensive method of halting or even reversing macular degeneration using a simple micro-current device. Knowing how and where to obtain this device and exactly how to use it might prevent you from going blind.

Surprisingly, only *Alternatives* has released this information to the public. Actually, I should say that the media's ignoring such vital information used to surprise me, but not any longer. Very few writers or reporters care enough about their audience's welfare or know enough about the subject matter to risk their reputations in the

pursuit of such "politically incorrect" therapies—no matter how helpful they are.

In contrast, over just the past year or so, *Alternatives'* readers have discovered techniques that actually work for stopping problems like asthma, colds, skin cancer, arthritis, heart disease, and dozens of other problems great and small. I pray that you don't have any of these problems, but, when it comes to our health, none of us knows what lies ahead. I'll always do my best to help you prevent future health problems, but I'll also provide information on how to deal quickly with problems that surface unexpectedly. I've had your support for over 15 years, and you'll always have mine. And over the next few months, I'll have some very exciting things to report.

For instance, I'm presently undergoing a safe, non-surgical Australian technique that could restore my vision to 20/20 and totally eliminate any need for glasses or contacts. It doesn't require exercises or signifi-



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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

cant effort on my part, and I should have the complete results for you in the next month or two. I'm testing it on myself to make sure it works perfectly before I make any recommendations to you.

I'll also be reporting on a skin cream that I've been researching for almost eight years. It's exciting stuff. And then there's the new natural prostate product, unlike anything available today. You'll also be the first to learn about that when I get the final results in a few months. Further, I'll be writing about a simple daily regimen I've uncovered that may help you eliminate colds and flu forever. Among other things, it utilizes the powers of an ancient honey recently discovered in the Australian outback.

Please keep in mind that maintaining and restoring your optimal health is an ongoing process. It requires a little effort on your part and the right knowledge. With your continued support, I'll do what ever it takes to keep providing that knowledge.

The Fat That Can Make You Thin

Every day it seems that more research comes out supporting the idea that many of our current health problems are the a result of extreme dietary changes that have occurred in the last 30 to 40 years. The latest research in this area sheds even more light on why obesity is becoming such a prevalent condition in our society.

In my travels around the world, the one thing that always stands out is just how many more people in the United States seem to be overweight than in other countries. Obviously, our increased consumption of sugar and greasy, fried, fast foods are contributing factors. However, these habits are fairly prevalent in other countries that have far less of an obesity problem. One part of the equation that we may have overlooked is the dramatic decrease in our consumption of conjugated linoleic acid (CLA).

Until a few years ago, CLA was an unrecognized nutrient. It's so new, very few medical and nutritional texts even mention it. However, CLA is an essential component for good health.

CLA is found in beef, lamb, turkey, and some milk products. Ruminants (cud-chewing animals such as cows, sheep, goats, buffalo, deer, etc.) have a form of bacteria in their stomachs that converts the fatty acid linoleic acid into

conjugated linoleic acid. This same bacteria has been detected in the human intestinal tract, but for some reason our bodies aren't capable of producing significant quantities of CLA. We must get it from our diet. (*J Nutr* 00;130(8):2036-9)

A couple of decades ago, CLA deficiencies were probably uncommon. But with the relatively recent changes in the way the above foods are being produced and the changes in our dietary preferences, CLA intake has dropped dramatically. As a result, the incidence of obesity and other health problems has steadily increased.

Pass the Steak, Please

No one knows exactly how CLA works. However, we do know that the body must be able to transport dietary fat into cells where it can be converted to energy or used to build muscle tissue. Without adequate amounts of CLA, dietary fat can't be converted or used as energy. Instead, it is simply stored as new fat cells. In other words, without CLA, your body stores fat instead of burning it or converting it to muscle.

If you compare your diet with the diets of past generations, you'll probably find that you are currently deficient in CLA. The two primary sources of CLA in the American diet are beef and milk, both of which have fallen out of favor recently because of their saturated fat content. To make matters worse, the CLA content of both beef and milk has been steadily falling for the last 40 years or so.

In the early 1960s, the CLA content in milk was almost 3 percent. By the 1990s, the CLA content was less than 1 percent.

The percentage of CLA in beef has also been dwindling as a direct result of cattle being fed prepared feeds in feedlot environments, rather than being fattened by grazing on natural grass pastures. Cattle and milk producers discovered that feedlot cattle and cattle fed prepared feeds gained far more weight much quicker than, or produced almost twice the amount of milk of, cattle fed pasture grasses. When I started to do the re-search, it became obvious that the CLA content of the end products wasn't a primary concern for the beef and milk producers. I discovered studies that would have told these producers about the problem, if they were inclined to listen. For example, there are studies indicating that the CLA content in the milk of cows eating prepared feeds dropped to less than half that of

grass-fed cows (4.6 milligrams of CLA per gram of milk compared to 10.9 milligrams, respectively). (*J Dairy Sci* 98;81(6):1630-6)

While I was researching the CLA content of various milk products, I couldn't help but think of the early writings of nutritional pioneer Dr. Weston Price. Among other things, Dr. Price studied the diets of primitive peoples around the world and their propensity to develop various diseases. Based on his research, he found that butter was an extremely important and beneficial food for many of these groups, particularly for their children and expectant mothers. The greatest value was placed on the rich, dark yellow butter produced by cows on spring pastureland. He attributed many of its beneficial properties to the fat-soluble vitamins it contains, particularly vitamin A. But based on this new research, I can't help but wonder if the higher CLA content of spring butter might also have been a major factor.

Even to this day, the rich butter produced by pasture-fed cattle in both New Zealand and Australia is far superior to anything I have tasted or used anywhere else in the world. If you're ever lucky enough to find it in your grocery store or local deli, I would urge you to give it a try. Australian milk and milk-products are some of the finest there are. When researching this article, it came as no surprise to me to learn that Australian pasture-fed beef contains as much as four times the CLA of our American beef.

Based on these findings, we face a real dilemma. Even if we increase our intake of milk and beef, we're not likely to get as much CLA as people did just a few years ago. This is particularly true if you drink non-fat or skim varieties of milk, which are essentially devoid of any fat—especially CLA.

The Rest of the Story

However, increasing our levels of CLA can have a dramatic impact on our overall health

because body fat reduction is only one of CLA's many potential benefits. Here are a few of the important benefits CLA has been shown to provide.

Weight Loss and Reduction of Body Fat. In 1998, researchers in Louisiana found that when CLA was included in the diet of mice, there was a 43 to 88 percent reduction in body fat in just six weeks. Even more encouraging, the area that appeared most sensitive to CLA was the fat in the abdominal region. (*Am J Physiol* 98;275(3 Pt 2):R667-72)

CLA triggered the loss of body fat by increasing the metabolic rate, decreasing the appetite, and causing more body-fat cells to be used for energy production.

Follow-up studies by this same group of researchers revealed that CLA's ability to help lower body fat worked on both high- and low-fat diets. In addition to the body-fat reduction, CLA also increased the muscle mass of the mice. (*Am J Physiol* 99;276(4 Pt 2):R1172-9)

Human studies testing CLA's ability to reduce body fat in obese individuals have just recently been completed. The results are nothing short of amazing.

Body fat in obese individuals was reduced by 20 percent over a 12-week period simply by adding CLA supplements to the diet. The most recent study, conducted in Norway, investigated the effects of varying doses of CLA ranging from 1.7 grams to 6.8 grams per day, for 12 weeks, in 60 overweight individuals.

Body fat reductions were achieved by people taking both 3.4 grams per day and 6.8 grams per day. There was no significant difference in total fat loss or lean muscle mass accumulation between the two groups. (*J Nutr* 00;130(12):2943-8)

From this latest research, we now know that we shouldn't have to take any more than 3.4 grams a day of CLA to achieve significant reduc-



ALTERNATIVES™

ISSN# 0893-5025. Published monthly for \$69/yr by Mountain Home Publishing at 7811 Montrose Road, Potomac, MD 20854. Editorial Office: 7811 Montrose Road, Potomac, MD 20854. Periodicals postage paid at Rockville, MD and at

additional mailing offices. POSTMASTER: Send address changes to Alternatives, 7811 Montrose Road, Potomac, MD 20854. Copyright © 2001 All rights reserved. Photocopying or reproduction is strictly prohibited without permission from the publisher.

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tions in body fat levels. Keep in mind that these reductions were achieved without any changes in diet or exercise. We should see even better results when these areas are addressed. And, as I mentioned earlier, the benefits of increasing CLA levels aren't just limited to reducing body fat levels.

Cancer. Although most of the published research involving CLA and cancer has been performed on animals, the results are very promising.

Early animal results indicate that CLA can help reduce tumor growth and development of both prostate and breast cancers. Particularly in breast cancer, CLA appears to play a protective role in preventing the formation of tumors in the first place.

In mice studies, CLA slowed breast cancer growth and prevented its metastasis to the lungs and bone marrow. CLA appears to work on several different fronts when it comes to cancer. It inhibits inflammatory compounds that trigger tumor growth, it interferes with tumor-growth factors, and it impedes uncontrolled cell division. (*Anti-cancer Res* 97;17(2A):969-73)

CLA appeared to have a lifelong protective effect when it was given to mice prior to the introduction of known carcinogens. (*Cancer Res* 97;57(22):5067-72)

Dr. Price was obviously on to something when he discovered the value of giving CLA-rich foods to children. And it should be a necessary supplement for any woman who has a family history of breast cancer.

Diabetes. CLA can play a role in preventing and treating diabetes through the reduction of obesity. Additionally, CLA facilitates the movement of glucose into cells, which, in turn, decreases the need for insulin and promotes lower insulin levels. When used in conjunction with a proper diet and supplementation program, CLA can help provide a method of preventing adult-onset diabetes. (*Med Hypotheses* 00;54(3):483-7)

Heart and Artery Disease. Several animal studies have confirmed that increasing dietary CLA can lower LDL-cholesterol levels and help prevent clogging of the arteries. As you may recall, LDL-cholesterol becomes a problem when

it oxidizes and damages the lining of the arteries. With increased levels of CLA, LDL-cholesterol becomes more stable and less susceptible to oxidation.

As I mentioned earlier, one of the characteristics of CLA is its ability to facilitate the movement of dietary fat into cells where it can be utilized as energy. This is particularly important for heart cells. Unlike many other areas of the body, which utilize glucose (blood sugar) for energy, heart cells rely on fatty acids for their energy. By improving fat transport across cell membranes, CLA improves cardiac function at the most fundamental level.

Immune System. We're not exactly sure how CLA favorably alters immune function. However, from the preliminary research, it seems to help by balancing various compounds in the body. It seems to stimulate the production of both disease-fighting lymphocytes and interleukin-2, while inhibiting the allergy-causing immunoglobulin E. It also appears to help balance the levels of certain cytokines with the levels of the prostaglandins.

If this all sounds too complicated, suffice it to say that CLA decreases allergic-type inflammation and improves the overall condition of your immune system.

Osteoporosis, Rheumatoid Arthritis, and Bone Formation. Osteoporosis and inflammatory joint problems (arthritis) are becoming major problems throughout the world. Lower CLA levels in the diet could be a contributing factor.

CLA inhibits the production of certain inflammatory cytokines that stop the body's production of joint cartilage and lead to joint deterioration. CLA also helps stop the excess production of the prostaglandin PGE2, which has been linked to osteoporosis and arthritis.

When researchers fed animals butterfat and CLA supplements, the animals experienced less joint inflammation and an increased rate of new bone formation. The amount of bone formation was directly related to the levels of CLA in the diet. (*J Am Coll Nutr* 00;19(4):478S-486S)

From all indications thus far, it certainly appears that CLA is one supplement that will be beneficial in helping to reverse osteoporosis, and in reducing the inflammation and cartilage loss associated with rheumatoid arthritis. It will be



News to Use from Around the World

Sleep Treatment Prevents Epileptic Seizures

ANN ARBOR, MICHIGAN_____

In last month's *Alternatives*, I warned about the many problems that have been linked to poor sleep patterns and sleep apnea. You can now add another to the list: epileptic seizures.

Dr. Beth Malow with the University of Michigan Health System has found that sleep apnea may be a contributing factor in epileptic seizures. Her research found that many patients with epilepsy who are unresponsive to anti-seizure medications also have undiagnosed sleep apnea.

In one study group, for example, Dr. Malow found that 33% of the epilepsy patients also had undiagnosed obstructive apnea. Most of the apnea patients were men, and those with the worst apnea were also prone to experience seizure activity at night. For someone with sleep apnea, anti-seizure medication often makes the problem even worse. The major side effects of anti-seizure medication are drowsiness and the interruption of normal sleep patterns.

Dr. Malow found that by treating the sleep apnea with continuous positive airway pressure

(CPAP), the majority of these patients experienced improved seizure control, or even became seizure-free.

In case you missed the sleep article last month, CPAP is a treatment for sleep apnea where the individual wears a mask over the nose. The mask is attached to a pump that applies a positive pressure to the inside of the throat to keep it from collapsing, and your airways open.

Castor Oil: Not Just a Laxative Anymore

MINEOLA, NEW YORK_____

Recently, there has been a huge controversy in the U.S. over the off-label use of the ulcer drug misoprostol (also called Cytotec). Obstetricians routinely use the drug as an inexpensive way to induce labor or abortion.

The benefit of misoprostol is that it frequently induces labor in post-term pregnancies within 24 hours. The controversy involves the potential danger it poses to the health of the mother and child.

Obstetricians say there is little risk involved when the drug is used correctly, while opponents point to possible drug-related infant deaths and uterine ruptures. Many also question whether inducing labor, in many cases, is more a scheduling convenience

for doctors than a necessity.

It will be some time before the whole mess gets straightened out. In the meantime, researchers at the Winthrop-University Hospital have found that an old reliable remedy for constipation can effectively and safely induce labor: castor oil.

Dr. David Garry and his colleagues tested the impact of castor oil on a group of 100 overdue (40 to 42 weeks) pregnant women. The women were divided into two groups: one group of 52 was given a single dose of castor oil (60 milliliters), while the other group of 48 received no treatment.

In the following 24 hours, 30 of the castor-oil group began active labor, compared to only 2 of the 48 in the untreated group. Of the 30 in the first group who began labor, 25 had vaginal deliveries. There were no side effects noted. (*Altern Ther Health Med* 00;6(1):77-79)

The reason that castor oil works so well for this purpose is relatively simple. It is an irritant that stimulates the bowels to produce prostaglandins, which induce labor. An obvious caution, however, is that pregnant women shouldn't use castor oil as a laxative—unless a "baby movement" is also what they have in mind.

interesting to see any new research as it becomes available in these areas. From a practical standpoint, however, the overall benefits CLA provides are such that you should consider including CLA in your supplement program now.

Don't Wait for Official Approval

Over the next several years, we're going to be hearing a lot more about the benefits of CLA.

Hundreds of CLA research studies are currently underway. It's another one of those items that has been gradually removed from our food supply—a victim of the low-fat craze that has become so popular these days. It's a case of throwing the baby out with the bath water.

It will take years before the general public realizes that we actually require certain fats to remain healthy. After being brainwashed into believing

HEALTH HINTS FROM READERS



Burn Remedy: Reach for the Bleach?

I just wanted to add to your recommendation about a remedy using bleach that you wrote about in the previous issue. Pure bleach is also the answer to serious and semi-serious burns (not the most serious burns, however). It cools the area and stops the pain almost immediately. It also prevents blisters from forming.

I have used it dozens of time in the field. Once, it was during a clean-up phase of a Rainbow Gathering (some 30,000 folks) in the wilderness of a National Forest in Minnesota. I was the last of the medical crew on hand. Some of the clean-up crew had been imbibing alcohol beyond anyone's normal endurance level and one of them bent down and grabbed a fire-grate with his bare hands. The fire had been out for maybe an hour, after burning continually for 6 weeks!

They rushed him to me after a runner warned me that this very drunk and belligerent person with a seriously burned hand was coming. I poured bleach into a bucket and told him that I had mixed up a special solution to fix his hand. He let me immerse it fully and within seconds he stopped screaming. Ten minutes later he went back to

his own camp and the next day his hand was merely a little tender.

By the way, another way you could have dealt with the swelling and pain of the shrimp-splinter under your fingernail would have been to use castor oil and a Band-Aid. It would have killed the pain almost immediately and within 48 hours the splinter would have been very easily removed.

W.S.

Nacogdoches, Texas

Dr. Williams responds: I've never used bleach for burns. DMSO, however, works wonders, especially if applied full strength immediately. Regarding the term "full-strength," it would be a good idea to read the Mailbox section of this issue concerning full-strength bleach.

Plantar's Warts Yield to Cinnamon Oil

My dear mother shared a remedy with me for a plantar's wart on the sole of my foot. I told her about my problem because I was starting to limp when it reached about the size of a quarter. She looked at me in disbelief and said "Don't you know you use oil of cloves for toothaches and oil of cinnamon for warts?"

Well, being about "ready to try

anything," I went to my drugstore, where I was lucky. They had one old bottle on a back shelf for \$1.98. I went home that evening and, after bathing, covered the wart with the cinnamon oil. The next evening I did the same procedure. After about three days, I carefully removed the top layer of dead tissue with a new sterile single-edge razor blade, then applied the oil of cinnamon again.

I followed this procedure for about two weeks and the plantar's wart was gone. There was no scar and it did not return. The oil must be the natural cinnamon oil, not the artificial kind that is used to scent candles.

Recently, my mailman was limping and shared that he had a plantar's wart on his foot that was driving him crazy. I told him about my mother's remedy and now his wart is gone. He said he had tried every kind of "over-the-counter" application and none of them had worked. I know that my general practitioner would think that I was crazy but I thought maybe this information would be able to help others who suffer.

Janet D.

Chatham, Illinois

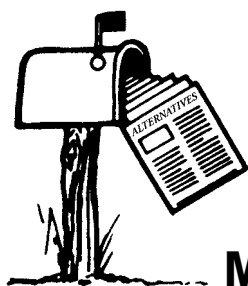
that all fat is bad, the public will probably be slow to accept the fact that certain essential fats and oils, such as CLA, are necessary to keep us thin. In the meantime, there will be a lot more suffering and disease directly related to these fat deficiencies.

I urge you not to wait until all the research is in and fats like CLA have the full blessing of the medical establishment. Do yourself a favor and get started on CLA now. It's not an inexpensive supplement, unless you weigh its cost

against the price of treating obesity, cancer, heart disease, and the other problems related to CLA-deficiencies. On the other hand, most people would pay ten times the cost of CLA supplements just to lose 20 percent of their body fat.

CLA is very safe and non-toxic. It's possible that you are getting some CLA from your diet, but certainly not enough. Whole milk, butter, beef, lamb and turkey are sources, as I've mentioned, but they are becoming less reliable. If you have a safe source of raw milk and cream, that's an espe-

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MAILBOX

QUESTION: I think you should make a correction in your next newsletter about the use of bleach. The term "full-strength" bleach could mean different things to different people.

The common household bleach that you are probably referring to is 5% chlorine. However, there are much stronger "bleaches" available, such as those used in swimming pools. If someone put their hand in that, it would cause severe burns.

Also, you should instruct the readers to rinse the household bleach off VERY well. I'm a nurse who used to work in the poison center in Florida.

*Cathy W., R.N.
E-mail Letter*

ANSWER: Good points. Thank you.

QUESTION: I'm not looking for a quick fix for my weight problem, but I continue to see advertisements for the "fat-absorber" chitosan. The ads claim that you can eat all the fatty food you want and, as long as you take a few tablets or capsules of chitosan, you won't absorb the fat. Obviously, there's more to the story, but I'd just like to know if it's worth trying.

I don't need a long lecture saying the only way to lose weight is to cut calories and exercise. I've been down that route numerous times with varying degrees of success.

*Samuel K.
Sacramento, California*

ANSWER: It's probably better to think of chitosan as a treatment for kidney failure than for losing weight.

I'll discuss why in a moment, but first I'll respond to your question about weight loss.

When it comes to weight loss, studies are mixed as to the effectiveness of chitosan (pronounced "kite-o-san"). Basically, it's used to prevent fat absorption, which can be a mixed blessing. Here's why. Chitosan is processed from the hard exterior skeleton of shellfish into a compound that your intestinal tract converts into a positively charged gel. Your body can't absorb this gel, and as it passes through the intestinal tract it also attracts negatively charged particles such as fats and fat-soluble vitamins, and carries them out of the body with your stool. It removes cholesterol and bile as well.

Because chitosan helps prevent the digestion of fat from your diet, a reasonable alternative would be to lower the fat content of your diet. Doing so has many benefits, but most importantly, it doesn't block all the fat-soluble vitamins like A, D, E, K, and the beneficial fats and oils from your foods like chitosan does.

Although I really don't recommend it, if you decide to take chitosan you should also do the following: Take fat-soluble vitamins and any oils containing essential fatty acids (like flax oil) at a different time during the day; drink plenty of water (a minimum of 8 glasses); and take a gram (1,000 milligrams) of vitamin C with the chitosan. The vitamin C helps break down the chitosan more efficiently into a gel-like state. Keep in mind also that a good percentage of those who take chitosan experience severe stomach cramping and/or diarrhea.

For all these reasons, I'm not a big fan of using chitosan for weight loss. Trying to manipulate your fat absorption is a tricky thing. Additionally, as I've emphasized numerous times, one of the major factors contributing to many of our health problems today is our lack of certain essential fatty acids. If you're looking for a safe, effective supplement that will help with losing body fat, I would suggest trying conjugated linoleic acid (CLA), which I wrote about earlier in this issue.

There is a condition, however, that chitosan does effectively help treat: kidney failure. But, for some reason this treatment has been overlooked by the medical community.

For decades, chronic renal (kidney) failure has been treated routinely through diet and dialysis. Such an approach is costly, dangerous, and usually results in failure and the need for a kidney transplant.

The problem in renal failure occurs when the kidneys are unable to remove the byproducts of metabolism, and compounds like urea and creatinine begin to accumulate in the body. Treatment generally consists of reducing protein in the body and trying to increase kidney excretions through drugs or, eventually, dialysis.

Based on new research, however, chitosan could be used as an inexpensive alternative, or at least as an adjunctive treatment.

Researchers in Japan found that when compared to patients with renal failure taking a placebo, those on chitosan had significantly reduced levels of urea and creatinine. Their hemoglobin levels also increased, preventing the anemia normally associated with the problem. After 12 weeks of taking chitosan, patients reported increased strength, better appetite, and improved ability to sleep. There were no ill effects noted from taking the chitosan. (*J Pharm Pharmacol* 97;49(7):721-3)

For reasons unknown to me, (financial ones, I'm sure), the only other studies with chitosan and chronic kidney failure involved animals. And in those studies, it demonstrated that chitosan not only improved the condition, but resulted in an increase in lifespan.

If you know of anyone having to undergo dialysis, please pass this information along. Although it's something that could certainly help ease their suffering, they probably will never hear about it from their kidney specialist.

cially good source of CLA. Other dairy products, such as cheese, also contain CLA.

In one evaluation of several varieties of cheese, the CLA content varied from 3.59 milligrams to 7.96 milligrams per gram of fat. Blue, Brie, Edam, and Swiss cheeses had the highest CLA content. Cheddar cheese also ranked fairly high, with the sharper cheddar having more CLA than the mild to medium varieties.

The CLA content of fermented dairy products ranged from 3.82 milligrams to 4.66 milligrams per gram of fat. Cultured buttermilk had the highest content.

In this same study, the CLA content of regular milk varied from 3.38 milligrams to 6.39 milligrams per gram of fat. (*J Dairy Sci* 95:78(11): 2358-65)

As you can see, it's very difficult to ingest anywhere near 3.4 grams of CLA per day strictly from your diet. I ran across several researchers who are working on ways to increase CLA levels in milk, butter, cheese, and beef through changes in animal diets. One was even trying to see if eggs could become a CLA source by manipulating the diet of chickens. It may be years before any of these products ever come to market, and they may never get there. The best we can do now is to incorporate items like high-quality butter, buttermilk, "real" yogurt, organic beef (if available), and CLA supplements into our diets.

Help for the Dietary Fat-Challenged

Much of the research on CLA has been done using a form of CLA called Tonalin. The Wisconsin Alumni Research Foundation holds the patent on Tonalin, but several companies

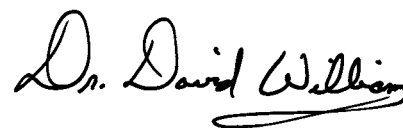
have been granted licenses to market the product. Looking for the Tonalin label is probably the most reliable way of insuring that you're getting a quality CLA product. There are some companies out there selling vegetable oil and calling it CLA (Tonalin CLA comes from safflower oil, but is a conjugated product that is quite different from common vegetable oil). Obviously, you won't get the results I've discussed in this issue by using vegetable oil.

If taking 3.4 grams of CLA per day is cost prohibitive, 2 to 2.4 grams might be enough. A healthy diet that includes moderate amounts of the foods I've mentioned in this article might give you a gram of CLA each day.

CLA is available from most health food stores. Mountain Home Nutritionals has also obtained a quantity of Tonalin in order to provide you with a mail-order source for this product. You can purchase Tonalin from MHN by calling 800-888-1415. The cost is \$24.99 for a bottle containing 90 one-gram softgels. If you mention that you're an *Alternatives* subscriber and specify code E915-E, you'll receive a 10 percent discount on the purchase of three bottles.

As usual, one of the most basic nutrients is also one of the most important. Now that you know about it, make sure you get plenty of this fundamental nutrient in your diet. And if any of the health concerns I mention in this issue are a particular concern for you, you might want to consider taking supplemental CLA, too.

Take care,



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:

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Let us hear from you soon! —The *Alternatives* Customer Service Team