Alternatives

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

Who Let the Dogs Out?

I guess it's just human nature that the more we get to know about something unfamiliar, the less intimidating and frightening it becomes. No one capitalizes on this fact more than marketers.

A few years ago, the FDA decided to allow pharmaceutical companies to advertise prescription drugs on television. On the surface, that decision might seem harmless. After all, buying any of these drugs would still require a doctor's visit and a prescription. The pharmaceutical companies claimed that they would simply be providing a service by alerting the public to possible solutions for many of their health complaints. How could that be a problem?

The marketing departments of these drug companies knew that continued exposure to these kinds of advertisements would foster greater acceptance of drug use. In other words, when you repeatedly see something that is potentially dangerous portrayed in a positive light, it becomes more acceptable and less intimidating.

When you see someone suffering from allergies (or heartburn, indigestion, heart disease, etc.) get instant relief from some new "miracle drug," you begin to assume that there is a readily available, harmless solution to the problem. The public gets duped into believing that "harmless" prescription medications are the answer to all of our health problems. And based on increased sales and enhanced public perception, this kind of marketing program works extremely well.

A similar form of advertising has been used successfully for decades by chemical manufacturers to sell insecticides and pesticides. As a result, the public has lost its natural fear of medications and "common household" chemicals. This change in attitude has undoubtedly contributed to many of our society's serious health problems, which have become far more prevalent in the last 20 or 30 years. The problem is so complex and pervasive that I hardly know where to start. Let's look first at the insecticide/herbicide industry, and then at the pharmaceutical industry.

Look What the Dog Dragged In

When it comes to insecticides, a warning flag went up several weeks ago when Marsha Morgan, a researcher at the EPA's National Exposure Research Laboratory in North Carolina, published the findings of a recent study she performed. *(Environ Contamination and Toxic 00;66:295)*

Morgan was comparing the levels of pesticides in freshly treated lawns to indoor levels. In a household with four family members and a dog, she found that inside air and carpet levels of diazinon were 50 times higher than outside levels. When she

In This Issue

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

checked for pesticide residues on the paws of the dog, they were 55 to 250 times higher than levels found in the yard. It appears that the dog was one of the primary methods of transporting the diazinon from the yard into the house.

I'm sure that this same scenario, or a similar one, is being repeated millions of times across the country. We're tracking in all types of chemicals from our lawns and gardens. Our exposure to pesticides and/or insecticides has never been greater, and it takes only microscopic amounts to wreak havoc.

Most of these chemicals kill insects by disrupting their nervous systems. The more popular insecticides contain carbamates or organophosphates, such as the diazinon mentioned above. These chemicals kill insects by inhibiting the formation of the cholinesterase enzyme in the nervous system. This process, in turn, blocks the transmission of nerve impulses, and ultimately results in a complete breakdown of the nervous system. Mammals, including humans, rely on these same neurotransmitters, and will experience the same breakdown of the nervous system when exposed to these chemicals.

Idiopathic, or Just Idiotic?

From the research data I've been seeing lately, it's highly probable that many of the "untreatable" neurological problems we see today are linked to the use of pesticides. The development of Parkinson's, Alzheimer's, amyotrophic lateral sclerosis (ALS), and several other "idiopathic" (meaning their cause is unknown) neurological diseases may be associated with exposure to pesticides and/or other chemicals.

Parkinson's, a disease of the central nervous system that was unheard of 200 years ago, has now become the second most common degenerative nerve disease. *(Curr Opin Neurol 00;13(6):687-90)* It affects approximately one million individuals in this country, and that number is expected to increase over the next couple of decades as the baby boomers reach the higher-risk age group. It can occur as early as age 30, but usually begins around 50 years of age. More than two percent of the population over the age of 65 has Parkinson's.

Considering that Parkinson's has been linked to pesticides, it should come as no surprise to hear that this disease is becoming more and more common. Researchers have demonstrated in mice that pesticide exposure can cause the symptoms associated with Parkinson's. *(Nat Neurosci 00;3(12):1301-6) (Science00;290(5494):1068)*

A recent study from Denmark evaluated the health and hospital records of over two million men and women aged 20 to 59. The study authors found that individuals working in agriculture and horticulture, where the use of pesticides is more common, had a high risk of developing Parkinson's disease. *(Scand J Work Environ Health 00;26(4):359-62)*

Closer to home, a study linked the use of herbicides and pesticides in California to an increased risk of Parkinson's disease. California uses over 250 million pounds of pesticides annually, roughly one-fourth of all the pesticides used in the U.S. Researchers found that the incidence of Parkinson's was significantly greater in those agricultural counties where the chemicals were being used. *(Int J Epidemiol 00;29(2):323-9)*

Additional studies have confirmed that pesticides are directly linked to Parkinson's. Researchers recently evaluated the effects of home exposure to pesticides by comparing 496 newly diagnosed Parkinson's patients to 541 individuals with no sign of the disease. The researchers found that a high level of pesticide exposure in the home (160 exposure days) increased the risk of developing Parkinson's by 70 percent. Those in the lowest exposure group (30 exposure days) still had a 40 percent increase in risk. And those who used the chemicals in their gardens had a 50 percent increase in risk. *(JAMA 00;283(23):3025-5) (Nature 00:408(6809):125) (Nat Neurosci 00;3(12):1227-7)*

In short, when you expose yourself to pesticides, you increase your chances of developing Parkinson's disease. The same may be true in the case of Alzheimer's disease.

We're Swimming in a Chemical Sea

There is also evidence to suggest that, as we get older, we become more sensitive to chemicals like organophosphates (the active compounds in pesticides like Dursban, Diazinon, Malathion, etc.). Organophosphates inhibit the cholinesterase enzyme in our nervous system, which results in impaired nerve transmission. The resulting problems are the same

as those that occur in Alzheimer's disease. *(Neurotoxicology 00;21(1-2):75-81)*

Since damaged nervous tissue is difficult and often impossible to repair, it's extremely important that you have as little contact with organophosphates and other pesticides and herbicides as possible. The damage they cause may not start to show up immediately. In fact, it rarely does. And when these problems do show up years later, it may be too late to resolve the problem. Repairing and regeneration of nerves is a long, difficult, and uncertain process at best. It's far better to prevent the problem in the first place.

When you consider that we are being exposed to hundreds, if not thousands, of different chemicals in our air, food, and water supplies, it's not hard to see why this mess may never be completely understood or resolved. To make matters worse, we don't really know what our current exposure is to these chemicals.

In late March, the Centers for Disease Control and Prevention (CDC) reported that they had recently measured blood and urine levels of 27 different chemicals in 5,000 Americans. The findings revealed that our exposure to potentially toxic chemicals is far greater than anyone thought. Chemicals commonly found in such items as shampoo, soap, hairspray, nail polish, plastic products, etc., were present in unexpectedly high levels. Prior exposure measurements, which relied on chemical levels in the air, water, and soil, were grossly underestimating the problem.

A Viable Solution

I can't see the problem getting any better in the near future. As a result, it's important for you to avoid contact with, or at least minimize your exposure to, these chemicals. And it becomes extremely important that you consume the purest foods and water possible.

Additionally, it's imperative that you *regularly* supplement your diet with a wide range of antioxidants. Research has shown that antioxidants can negate many of the effects of harmful pollutants and chemicals.

Also, there are some effective natural insecticides available today, and I certainly recommend them over the synthetic alternatives. I've discussed several of these in the past. They include neem-oil products and inorganic insect killers like boric acid and forms of diatomaceous earth. You should also be aware of a new line of natural insecticides that has just been released under the Bioganic label.

Bioganic products contain various plant and tree essential oils (primarily eugenol, the oil from cloves). Research on these various plant and tree oils reveals that they contain a component that blocks the insect neurotransmitter octopamine. Octopamine is unique to insects, and once it is disrupted the insect's nervous system is destroyed and the insect dies very quickly. Mammals, birds, and fish don't have octopamine, so their nervous systems aren't effected by the eugenol in clove oil or other natural compounds. Bioganic products give you an effective method of killing everything from ants to cockroaches and fleas without endangering humans, pets, fish, or birds.

This is the first year that Bioganic has been on the market, yet its product line is already expanding. It has crawling- and flying-insect sprays, a wasp and hornet killer, garden and flower dusts, weed and grass killers, insect repellents, and lawn granules, just to name a few. Since the products consist mainly of natural plant and tree oils, which have been used for decades as flavor and aroma ingredients in beverages, foods, and cosmetics, they are recognized as safe and non-toxic to humans, animals, and the environment.

These products are relatively new, so they might not yet be universally available. Certain

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Bioganic products are being carried by Wal-Mart, Lowe's, Home Depot, and others. You can also order from their website at www.bioganic.com. Their website also lists every ingredient in each product, including the inert ingredients, which is helpful for those with chemical sensitivities.

Bioganic's parent company, EcoSmart Technologies Inc. of Franklin, Tennessee, is working on products for the professional and agricultural markets, as well. If you farm, raise animals, or use commercial pesticides, I would suggest that you contact them for information on their natural alternatives. They market their professional brand of products under the name EcoPCO and also have a website at www.ecosmart.com, and their phone number is 888-326-7233.

Don't get lured into thinking that synthetic pesticides and herbicides are safe. As I said earlier, advertising created the public perception that organophosphates are totally harmless compounds.

If that's how you think of organophosphates, you might be interested to know that they were developed during World War II by Nazi chemists as a nerve agent. Over fifty years later, we're spraying these chemicals in our gardens, on our lawns, and inside our homes. And believe it or not, these same organophosphates are the active ingredients in lotions being used to treat scabies and head lice in children. The idea of treating children for head lice with a World War II chemical nerve agent that has been linked to Parkinson's and Alzheimer's disease is amazing, to say the least. If you think about it for a moment, it has to be one of the most effective marketing campaigns ever conceived.

Marketing Madness

Pharmaceutical companies, too, have conducted a massive marketing campaign for their hazardous products. It's hard to say who has the better grasp on marketing, the chemical companies or the pharmaceutical industry. The issue might be moot, however, since many organizations now produce both kinds of products.

With highly sophisticated marketing, the pharmaceutical companies have gradually brainwashed the general public into believing that over-the-counter drugs are totally harmless. Most people now give no more thought to purchasing and using over-the-counter drugs than they do a package of chewing gum. They fail to realize that *anytime* you introduce a synthetic, unnatural molecule into the body, you risk disturbing some function of the body. The result can be abnormal body functions, tissue damage, and/or disease. If you think I'm being even the slightest bit dramatic, I can assure you that that's not the case.

Until just recently, dozens of well-known over-the-counter and prescription appetite, cold, and cough suppressants contained the chemical phenylpropanolamine as one of their active ingredients. After years of use, phenylpropanolamine was recently declared unsafe by the FDA because it causes strokes. Studies revealed that products containing phenylpropanolamine significantly increased the risk of stroke, particularly in women, *often after the first use of the product. (N Engl J Med 00;343(25):1886-7)* There are even documented reports of infants suffering from stroke following the use of nasal decongestants. *(Am J Emerg Med 00;18(3):343-5)*

Phenylpropanolamine is just one of hundreds of over-the-counter drugs that can cause serious problems. Under normal circumstances, we don't hear about the problems these drugs cause. For example, when someone is rushed to the emergency room with a stroke, the attending doctors are obviously more interested in treating the problem and minimizing the damage than in determining what might have triggered it.

There's no telling how many thousands of strokes and other problems are caused by using over-the-counter and supposedly harmless prescription medications. I've been watching a very frightening trend that tells me we're seeing only the tip of the iceberg, especially with regard to strokes. Over the last few years, an epidemic of "silent strokes" has been occurring in the U.S.

Silent strokes are different than what are commonly referred to as symptomatic strokes. There are roughly 750,000 symptomatic strokes that occur each year. These are strokes that result in obvious neurological damage, with symptoms such as the loss of the use of a limb, difficulty with speech, paralysis, or even death.

On the other hand, the effects associated with silent strokes are subtler and often don't result in permanent damage. They can cause a loss of memory, coordination, or cognitive skills, and/or blackouts, temporary blindness, double vision, confusion, slurred speech, falling, and mood dis-

orders. It is now estimated that there are over 22,000,000 silent strokes a year in the U.S. They occur more frequently as we get older. Most occur in women, and most go unreported.

Unlike symptomatic stroke damage, which can be permanent, the effects of silent strokes may last only a few hours, or even less. Once the problem seems to be resolved, the individual figures "I'll live," and doesn't bother reporting the problem to their doctor or family. Unfortunately, these silent stokes are just a prelude to a full-blown symptomatic stroke. In fact, evidence of prior brain damage from silent strokes is a common finding on the MRIs of individuals who arrive at the hospital with their first symptomatic stroke.

You may have heard silent strokes referred to as "mini-strokes" or TIAs (Transient Ischemic Attacks). They are all one and the same.

Getting Beneath the Surface

There are two basic kinds of stroke. Both shut off blood to an area of the brain and cause the nerve cells to die. They are referred to as ischemic stroke and hemorrhagic stroke. About 85 percent of strokes are ischemic. These occur when a blood vessel becomes blocked from a clot, a spasm, or atherosclerotic (clogged) arteries. The other 15 percent of strokes are hemorrhagic, and occur when a weakened blood vessel bursts.

Orthodox medicine says that the two main risk factors for all of these strokes are high blood pressure and age. I agree, but, after seeing the dramatic rise in the incidence of these silent strokes, we obviously need to look a little deeper than the simple conclusion that getting older increases your risk of stroke. For the most part, the aging process is something we can't control. We can, however, make some simple adjustments in our drug use, eating habits, and supplement intake that should dramatically lessen our chance of having a stroke.

Anything you can do to promote a healthy cardiovascular system will help reduce the risk of stroke. I won't cover every detail here, since I've written about most of the following steps in past issues of *Alternatives*. But there are two fundamental areas you need to address. First take steps that will help prevent a hemorrhage or the bursting of a blood vessel. Second, improve your blood flow by making the blood platelet cells less sticky, through eating the right foods and using supplements that keep the arteries clean and clear.

I strongly believe that everyone should be taking a good daily multi-vitamin\mineral complex. I'm particularly fond of the one I formulated, since I used specific ingredients that address issues such as cardiovascular health, diabetes, and other common problems, in addition to providing an overall maintenance dosage of various vitamins and minerals. If you have another product you prefer, that's fine. Just take it on a regular basis.

Considering the ever-increasing risk of stroke, which can leave you an invalid even if it does not result in death, and the fact that cardiovascular disease is the number-one killer in this country, everyone should also be taking a supplement specifically designed to support the cardiovascular system.

Additionally, avoid medication unless it is absolutely necessary. I've uncovered and outlined dozens of natural alternatives to most of the more common medications. They often work as well or better, without the side effects.

Aspirin continues to be one of the most consumed drugs in this country, despite the fact that it causes internal bleeding and increases the risk of stroke. If you still take aspirin on a regular basis to prevent heart attack, I strongly suggest that you consider a heart supplement containing bromelain instead.

If you take aspirin or other nonsteroidal anti-inflammatory drugs (NSAIDs) for pain purposes, try a natural pain reliever instead. Many people have said that, though Joint Advantage was developed to help repair joints and relieve joint pain, it seems to be very effective at relieving all types of pain.

If you take estrogen, you should know that new research has found that it increases the risk of stroke. Not only does it increase the risk of having a fatal stroke; taking estrogen results in more severe neurological impairments following a stroke. *(Report from the 2001 International Stroke Conference by Lawrence Brass of Yale University)*

Among other things, estrogen can deplete vitamins B6, B12, and folic acid. Each of these vitamins is necessary to lower homocysteine blood levels, which, when elevated, contribute to clogging of the arteries. Vitamins B6, B12 and

MAILBOX

QUESTION: In past writings, you have recommended consuming fish on a regular basis as a way of increasing the omega-3 fatty acids in the diet. Which types of fish are best?

Karen L., Fargo, North Dakota

ANSWER: There's a big difference in the omega-3 content of different varieties of fish. Fish caught in the wild, as opposed to those that are farmed, seem to have higher levels of the fatty acid.

Having said that, here's a list of three groups of fish, with their percentages of omega-3 oil content. In the first group, a four-ounce serving two or three times a week will supply a beneficial dose of omega-3 fatty acids. It will take two or three 8—12 ounce servings a week of those in the second group. And the omega-3 levels of those that fall into the third group are almost too small to count. (Remember, too, that along with more fish in the diet, I still recommend two or three tablespoons of freshly ground flaxseed each day.)

Fortunately, some of the most beneficial fish are also the least expensive, i.e., mackerel and sardines. This is obviously because their high oil content gives them a more "fishy" taste, which a lot of people don't like.

- Group I: mackerel (1.8%), lake trout (1.6%), herring (1.5%), sardines (1.4%), albacore tuna (1.3%), salmon (1.1%)
- Group II: halibut (0.6%), river trout (0.5%), catfish (0.4%)
- Group III: cod (0.3%), snapper (0.2%), tuna packed in water (0.2%)

folic acid are also depleted by the use of antibiotics like streptomycin and aminoperin, sulfa drugs, anticonvulsants, oral contraceptives, and phenobarbital.

Folic acid and many B vitamins can be manufactured in your intestines when good bacteria are present in sufficient numbers. But antibiotics and many other drugs disrupt the normal flora, making you susceptible to cardiovascular problems or infections from foreign pathogens.

Based on just how drug-dependent our society has become, it doesn't take a genius to predict that the silent stroke problem is going to get much worse in the near future. It's already so widespread that you probably already know someone who has experienced the problem. Take the necessary steps now to keep from being one of the victims.

Help for Stroke Victims

It's worth repeating that one of the best treatments I've uncovered for minimizing brain damage following a stroke is DMSO. I have always suggested keeping a bottle around for treating dozens of health problems, including head injuries and other related neurological problems, such as symptomatic strokes. In the case of silent strokes, the research suggests that DMSO might help minimize or protect against neurological damage.

From the mid-1970s to the mid-1980s, a great deal of research was performed using DMSO. Several studies demonstrated that DMSO was a very effective treatment for central-nervous-system trauma. DMSO's positive effects included anti-inflammatory, anti-swelling, anticoagulant, diuretic, hypothermic, vasodilatory, and respiratory stimulation characteristics. It also has the capability of correcting membrane instability and crossing the blood-brain barrier, which is particularly helpful when it comes to minimizing the damage caused by strokes. *(Ann N Y Acad Sci 83;411(6):278-85)*

One study, at the Mayo Clinic, involved 26 monkeys. A main artery that supplies the brain was clamped off for a period of 17 hours in each of the monkeys. Half of them were treated with DMSO and half weren't. During the following seven days, the monkeys were given all types of neurological tests, then they were euthanized and their brains examined microscopically. Those treated with the DMSO showed significant protection from the severe neurological damage seen in the other group. The researchers felt that DMSO could be an extremely valuable tool in the treatment of stroke. *(Stroke 76;(6):577-83)* Other similar studies performed at the University of Pittsburgh and the Bowan Gray School of Medicine, with dogs and gerbils, showed basically the same thing.

Unfortunately, since there was no way to patent DMSO or get exclusive marketing rights, there was little commercial interest in funding additional research. Most people, including physicians, still wrongly consider DMSO to be a

News to Use from Around the World

A Sweet Solution for a "Plumbing" Problem

GERMANY_____One of the best uses I've seen for peppermint oil is treating the colon spasms associated with IBS (Irritable Bowel Syndrome).

Several research studies, mostly from Germany, have repeatedly found that enteric-coated peppermint/caraway oil preparations can relax the smooth muscle in the colon and relieve spasms. Enteric coating is a slow-dissolving covering that keeps the oils from being released in the stomach. To be effective, the oils must reach the colon. If released in the stomach, the oils may cause heartburn and reflux. *(Aliment Pharmacol 00;14(12):1671-7)*

Enzymatic Therapy sells a softgel product called Peppermint Plus, #08466. It's available at many health food stores or from many of the discount mail-order firms. If you can't find a source, you can call the company at 800-558-7372, and they can help you locate a store in your area. When you obtain the product, just follow the instructions on the label.

Rarely, some individuals using peppermint oil products experience a temporary burning sensation in the rectal area upon defecation. If this occurs, simply reduce the dosage. The menthol in the peppermint oil causes the burning sensation.

Although I'm not sure why anyone would want to, peppermint oil can be administered rectally to achieve the same effect. A mixture of roughly 8 milliliters of peppermint essential oil mixed in 1 liter of warm water and taken like an enema has also been shown to reduce spasms in the colon. *(Gastrointest Endosc 01;53(2):172-177)*

The great thing about herbal oils like peppermint oil is their versatility. For example, peppermint oil was also recently found to improve exercise workouts. When athletes wore a peppermint-scented adhesive strip beneath their nose while using a treadmill, they reported being able to run longer and more easily.

I'm not sure why peppermint oil improves workout performance, but if you have difficulty staying with your exercise program, dabbing a little peppermint essential oil on your shirt collar would be worth a try.

A Good Source for Propolis (Other Than a Beehive)

PHOENIX, ARIZONA_____In the January 2001 issue of *Alternatives*, I reported on a Russian study where an ointment containing a 3 percent solution of propolis was shown to be more effective at treating genital herpes than the prescription drug acyclovir. As you may recall, propolis is the miraculous anti-bacterial, anti-fungal, anti-viral compound that bees make from tree resin. I'm such a fan of the compound that I used it in my immune health product, Elderberry Advantage.

The people at CC Pollen company have since informed me that they now have a product called High Desert Propolis–Herbal Salve. It contains 6.5 percent propolis extract. After reviewing the ingredients and the company's processing technique, and testing the product myself, I think it should work quite well.

There are reports that it also works practically overnight in the treatment of diaper rash. I'm sure I'll find dozens of other uses as well.

The only downside to using the product that I've seen is that it stains clothing and is very messy to work with. The initial sample I received was in a small tub. I personally think it would be less messy and easier to handle if it were packaged in a tube. Nevertheless, it's a very effective product.

CC Pollen can be reached at 800-875-0096, or 3627 E. Indian School Road, Suite 209, Phoenix, Arizona 85018-5126. (When you call or write, mention that you're an *Alternatives* subscriber and you'll receive a 10 percent discount on the purchase of the salve.)

horse liniment of questionable value. In reality, it is one of the most versatile and effective natural treatments you'll ever find.

For someone suffering from recurrent silent or "mini" strokes, using DMSO on a regular basis could help minimize damage until the problem can be brought under control through other means, i.e., diet, supplements, etc. Applying a 70 percent solution (7 parts DMSO and 3 parts distilled water) once or twice daily to any one of the joints on the body would be the suggested recommendation. (*Publisher's Note: For complete details on how to purchase, store, mix, and use DMSO, please refer to Dr. Williams' booklet "Pain-Free Forever," available for $13.90; just call 800-527-3044 and mention code 0K2601*)

(You can get DMSO from many health food or feed and grain stores, or by mail from DMSO Marketing at 800-367-6935.)

Modern Drugs: Solving Dilemmas With Predicaments

Practically every day, I run across another study detailing the dangers of common over-the-counter and prescription medications. Most people learn about these side effects only after they've become a victim. You certainly won't find this information being presented by the mainstream media.

A further example deals with antibiotics from the chemical family known as the fluoroquinolones. These include Avelox, Cipro, Floxin, Levaquin, Maxaquin, Noroxin, Tequin and Zagam. So far, three of these (Cipro, Floxin and Noroxin) have been linked to severe inflammation of one or more tendons in the body. In some cases, a tendon has actually ruptured within 90 days of using one of these antibiotics.

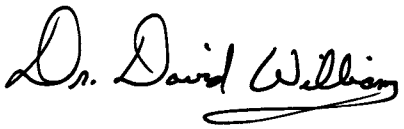
This is a fairly new class of antibiotics, so it's possible that the problem will show up in more than the above three products. If the problem occurs, the tendonitis will sometimes subside within a week or two of stopping the antibiotic. However, in other cases, the tendon ruptures or actually breaks, requiring surgical repair, splinting, and immobilization for weeks. It's such a bizarre side effect that I doubt that most individuals would ever link it to antibiotic use. *(Emergency Med 01;33(1)16)*

Another good example has to do with the common group of pharmaceuticals I mentioned earlier–NSAIDs. These include such well-known over-the-counter products as aspirin, ibuprofen, and acetaminophen (including Tylenol, Advil, Motrin, and Naprosyn). Prescription NSAIDs include names like Celebrex and Vioxx.

While NSAIDs have long been known to cause problems such as gastrointestinal bleeding and liver problems, Danish researchers have now reported that using NSAIDs during pregnancy increases the risk of miscarriage. As a sidenote, these drugs just happen to be among the most commonly prescribed medications for pregnant women. The drugs are used to help alleviate problems like headaches and back pain during pregnancy. *(British Medical Journal March 3, 2001)*

When you look at the skyrocketing sales of over-the-counter medications, it's obvious that the general public has been duped into believing that all of their aches and pains, headaches, coughs and colds, etc. are due to some drug deficiency. Don't get caught up in this giant marketing scam. Any temporary relief you might find in some over-the-counter drug is only paving the way for more serious problems in the future.

Take care,



P.S. Many people who purchased Tonalin after reading about it in the March issue of *Alternatives* have been confused by the dosage instructions in the newsletter. Let me try to clear up the confusion. Each Tonalin softgel contains 1000 mg of safflower oil, 750 mg of which is CLA. I recommend that you take four Tonalin softgels per day, which will give you 3000 mg (3 g) of CLA. If you are getting some CLA in your diet, this addition of three grams should be about right.

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 61010, Potomac, MD 20859-1010 or mailbox@drdavidwilliams.com
- For Customer Service matters such as address changes, call 800-527-3044 or write to custsvc@drdavidwilliams.com
- To get important information between issues, sign up for email dispatches at drdavidwilliams.com
- To order nutritional supplements from Mountain Home Nutritionals, call 800-888-1415 or visit drdavidwilliams.com
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