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Dr. David G. Williams

Respectability for Sale

When I wasn't traveling as much as I do now, I made it a point to keep up with the latest news from around the world. Rarely did I miss watching the nightly news on television. Now,

however, since I seem to be constantly traveling, I have to stay informed by reading various newspapers and occasionally checking the news services on the Internet.

Recently, I was able to stay put for a few weeks in Texas. When I started watching the nightly news again, I was shocked. Almost every single commercial during network newscasts and a large percentage of the commercials on CNN are for prescription medications.

When the FDA first allowed pharmaceutical companies to advertise on television several years ago, the commercials were very subtle in their content and claims. That's obviously not the case anymore. There now appears to be a pharmaceutical answer for every possible health problem and the new commercials leave nothing to the imagination. As I've noted before, the pharmaceutical companies seem to use the best and brightest in the field of marketing. These companies don't miss a thing when it comes to brainwashing both the general public and the doctors that push their products—and television commercials are only one of their many tools.

One of their more effective scams was recently exposed by CBS news. Apparently, it has become common practice for drug firms to "ghostwrite" articles covering medical studies performed by their in-house research staffs. These articles are then submitted to outside physicians for their "review." Once a doctor

reviews the article, his or her name is included as one of the authors of the article and it is submitted for publication in a medical journal. The end result is that the pharmaceutical companies get some of the best, most reputable advertising possible at very low cost.

If the article is published, the pharmaceutical company gets a favorable and seemingly unbiased writeup in a peer-reviewed medical journal. It doesn't get any better than that. And the reviewing doctor gets the prestige associated with having a journal article published. Other doctors reading the study view the results as totally above-board. Naturally, they feel comfortable giving their own patients more prescriptions for the drug. The pharmaceutical companies reap the profits from the new publicity and increased sales, and the unsuspecting doctors and patients are none the wiser.

I can tell you that these companies are simply amazing when it comes to figuring out ways of duping the public into consuming more drugs. And their



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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

latest scam makes the above programs look like the work of amateurs.

The Fox Is Guarding the Chicken House

With “guidance and help” from the pharmaceutical industry, our federal government has just recently “adjusted” its guidelines for managing the cholesterol problem in this country.

Until these new guidelines were introduced just over a month or so ago, dietary cholesterol consumption of under 300 milligrams (mg) a day was considered acceptable. That has now been lowered to less than 200 mg a day. The new guidelines also say that an HDL-cholesterol level (the “good” form of cholesterol) of less than 40 mg per deciliter (dL) is unacceptable instead of the old guideline of less than 35 mg/dL. (*JAMA* 01;285:2486-2497)

While these changes may seem to be of little importance to the average person, they instantly translate into billions of dollars for the pharmaceutical companies. Under the old guidelines, roughly 13 million people in this country “needed” to take cholesterol-lowering medications. Under the new guidelines, 36 million people will now need these drugs. By helping to adjust the federal guidelines by just a few points, the pharmaceutical companies have almost tripled their market for cholesterol-lowering drugs.

Stay tuned, I’m sure it will get even better. I predict that their next step will be to reclassify these drugs as over-the-counter (OTC) products instead of prescription items. Merck and Bristol-Myers Squibb have already tried with Mevacor and Pravachol. The FDA turned them down in July of last year, but the agency’s concerns were mostly about patient compliance rather than safety. For some reason, the FDA doesn’t seem to have many problems reclassifying drugs from prescription to OTC as their patents get close to expiration. It certainly isn’t because the drugs suddenly become safer to use. Nonsteroidal anti-inflammatory drugs (NSAIDs) like Motrin and Aleve were originally sold only as prescription medications to treat arthritis. They required a prescription because they were dangerous. Now they are sold OTC with other NSAIDs and are responsible for over 16,500 deaths a year in the U.S. alone.

Unfortunately, patients encourage the pharmaceutical companies in this matter. In a 2000 survey, 91 percent of respondents said they sup-

ported increased OTC availability of common prescription drugs, and said they would even be willing to pay a premium over current prices for the convenience of not having to see a doctor to get the drug.

Too Much of a Bad Thing

When the new guidelines for cholesterol management are implemented, you can expect to see dozens more problems begin to crop up. Studies have shown that low cholesterol levels are directly linked to problems such as depression, violent behavior and suicide, aggression, increased risk of stroke, and poor immune function.

As a reader of *Alternatives*, you’re probably fully aware that dietary cholesterol isn’t the problem. Increased consumption of sugar, trans fatty acids, polyunsaturated oils, and fried foods are some of the deeper underlying problems. Simply cleaning up one’s diet will generally bring any cholesterol problems into balance. If diet doesn’t do the trick, the use of the B-vitamin niacin will work wonders. It’s inexpensive, safe, and it works. Niacin is one of the substances, if not the only one, that can elevate the good form of cholesterol (HDL) and at the same time lower LDL-cholesterol, lipoprotein (a), triglycerides, and fibrinogen. (*Publisher’s note: For complete details on the miracles of niacin see the October 1986 issue of Alternatives.*)

Another natural remedy that successfully lowers harmful LDL-cholesterol levels while maintaining beneficial HDL-cholesterol is red yeast rice. Several products containing this rice are now being marketed. One of the most popular is Cholestin. The products are made from rice on which red yeast (*Monascus purpureus*) has been fermented. This fermentation process was discovered in China during the production of wine and other products almost 3,000 years ago. Studies have shown that the red yeast rice product works just as well as the most effective cholesterol-lowering medication, lovastatin (trade name Mevacor), but without the side effects. (*Am J Clin Nutr* 99;Vol 69#2)

As a side note, Cholestin’s active ingredient, mevinolin, is a precursor to lovastatin. In other words, when your body processes mevinolin, lovastatin is produced. But since Merck has a patent on lovastatin, that company fought hard to get Cholestin off the market—and may recently have succeeded. Merck said it was too “dangerous” to allow unrestricted use, which didn’t stop

the company from trying to get its own lovastatin product approved for OTC use.

Lovastatin is just one of the popular “statin” drugs (simvastatin, pravastatin, atorvastatin) that have become the premier cholesterol-lowering medications. Their active ingredients were isolated from various strains of yeast. Unfortunately, these unnatural products have side effects, which include liver toxicity and the inhibiting of co-enzyme Q10.

The case for a healthy lifestyle and alternative medical therapies has never been stronger, but it doesn't seem to matter to a great many people. At this point, I must tell you, I think the trend for increased prescription and over-the-counter drug use will continue. The general public is either too naïve or complacent to care. Whatever happens, don't fall into the trap of believing that health problems are caused by drug deficiencies or “cured” by taking drugs. There's certainly a place for drugs in healthcare, but they aren't the answer for all of mankind's ills.

One of the Best Reasons to Kick Your Shoes Off

While I'm constantly on the lookout for solutions to existing health problems, I'm just as concerned about uncovering simple tools you can use to prevent problems from occurring in the first place. Oftentimes, simply by eliminating or modifying some habit we've developed over the last few decades, we have the potential of preventing a future health problem. When the incidence of a particular disease begins to increase dramatically, it's a pretty strong indication that we're doing something wrong. Cancer is a good example.

I recently read that the World Health Organization (WHO) predicts that the number of people who develop cancer over the next 20 years will double. Instead of ten million cancer cases a

year, the number will skyrocket to twenty million cases a year. Cancer will begin to occur earlier in life, and nearly three quarters of all new cancer cases will occur in developing countries.

While there can be dozens of factors that cause cancer, one primary factor seems to be our exposure to various chemicals and pollutants. Increased exposure to these compounds has also been linked to a greater incidence of unexplained neurological diseases such as Alzheimer's, Parkinson's, multiple sclerosis, and others; lower IQ levels; decreased sperm counts and fertility rates; increased incidence of asthma and respiratory problems; feminization of males; and early puberty in females.

Wall-To-Wall Contamination

Besides the obvious precaution of minimizing the use of and contact with household chemicals and pesticides, most people are at a loss as to what else they can do. For the past several months, I've been looking closely at the situation and I've come to the conclusion that one very important contributing factor has been overlooked—and that is the carpeting in our homes. They are natural reservoirs for pollutants. I've spoken with dozens of researchers and uncovered numerous reports that support this conclusion. What I've discovered will undoubtedly change the way you look at the carpet in your home.

A couple of months ago, I reported on the high concentrations of pesticides that could be tracked into the house by family and pets. Indoor levels were found to be as much as 50 times higher than outdoor levels. Increased exposure from tracking freshly applied pesticides into the house appears to be just the tip of the iceberg. We track all kinds of toxic materials into our homes. We also sprinkle or spill other substances on our carpets, and things like cooking residues and other airborne contaminants settle on them, too. And our modern, tightly-



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sealed, energy-efficient homes make matters worse, by concentrating materials that would otherwise disperse or break down naturally.

Targeting the pesticide part of the problem, researchers randomly selected nine homes in North Carolina and checked for the presence of 30 different pesticides. Twenty-three of the thirty were detected, with the greatest concentrations found in the carpets. (*Arch Environ Contam Toxicol* 94;26(1):37-46)

But typical samples of household carpet have also been found to contain high concentrations of various heavy metals such as lead, mercury, and cadmium, as well as PCBs (polychlorinated biphenols) and PAHs (polycyclic aromatic hydrocarbons). And unlike the same compounds outside, which eventually break down from exposure to sunlight and rain, these indoor pollutants can remain intact for years. This explains why the researchers in North Carolina were still able to find pesticides like DDT in carpets, even though the chemical was banned for use in this country years ago.

To make matters worse, the pollutants have a tendency to migrate or move throughout the house. As the temperature changes in the house, many of these chemicals will evaporate into the air and later settle back into the carpet or on items like toys, bedding, or other horizontal surfaces. (*J Air Waste Manag Assoc* 01;51(3):339-51)

The fact that these chemicals move throughout the home is one the major problems associated with using pesticides indoors. Even though every effort can be made to keep these chemicals and contaminants away from the occupants of a home, chances are that they are still being exposed. And the situation is particularly grave for smaller children.

Little People, Big Danger

Children not only spend more time on the carpet, but, as we all know, they are also constantly touching everything. (*J Expo Anal Environ Epidemiol* 99;9(5):513-20) Last October there was a meeting in Monterey, California of the International Society of Exposure Analysis. Researchers from Stanford University explained how they videotaped 80 different children for as long as eight hours at a time to determine their movements. They discovered that the children touched something in the room on the average

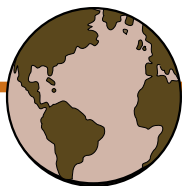
of 340 times an hour. And the younger a child is, the more likely he or she will be to put their hands or an object into their mouth as well.

Two-year-olds may insert as many as 75 things in their mouth each hour, while four-year-olds do so only half as often. Toys are at the top of the list. Toys also happen to attract the most pesticides. When researchers test for pesticide accumulation, they routinely take their measurements from fuzzy-type toys, which seem to be pesticide magnets. One study I reviewed showed that, although children's direct exposure to pesticides was minimal, playing with toys or sorbent materials such as pillows as long as two weeks after a pesticide use accounted for 39 to 69 percent of their total dose of the chemical. (*Environ Health Perspect* 98;106(1):9-16)

Chemical and heavy metal exposure is also more dangerous to children because of their size, the fact that they are still growing and developing, and the fact that their metabolic rate is so much higher than an adult's. Many pesticides contain nerve agents that kill insects by disrupting the nervous system. These agents also affect humans, and can cause permanent neurological damage to a child whose nervous system is still developing. Unfortunately, the damage from pesticides very often goes undetected. It can appear as a subtle change that doesn't appear until later in life, such as a learning disability. In adults, I have little doubt that we're going to discover that the continued exposure to these various chemicals and heavy metals contribute to problems like Parkinson's, Alzheimer's, multiple sclerosis, etc.

Also, the chemical structure of many pesticides is such that it tends to act like the female hormone estrogen in the body. Again, this chemical action can have a very dramatic effect on the development of young children. In young boys, testosterone levels can be offset by the chemicals that mimic estrogen, which can result in the development of feminine characteristics, lower fertility, and impaired growth. Girls can experience earlier puberty and increased rates of breast and other female cancers. We have already started to see all of these changes over the last decade or so.

Until just recently, very little research has been focused on trying to estimate a child's exposure to pesticides, heavy metals, and other contaminants. Most studies have concentrated on adults whose occupation or working environment



News to Use from Around the World

A Saucy Solution for Exercise-Induced Asthma

TEL-AVIV UNIVERSITY, ISRAEL_____ Researchers here have demonstrated that the antioxidant lycopene from tomatoes is effective at preventing exercise-induced asthma (EIA).

The study involved twenty patients who suffered from EIA. Half of the group was given 30 milligrams (mg) of lycopene a day for a week, and the other half received a placebo. Following a set exercise program, those taking the placebo experienced a 15 percent reduction in their lung function. Over half (55 percent) of those who took the lycopene experienced improved lung function. (*Allergy* 00;55(12):1184-9)

This was a short-term study, but the results seem quite remarkable. Taking 30 mg of lycopene a day (or æ cup of tomato sauce) might be a small price to pay if your activities are limited by EIA.

A Honey of an Idea for Needle Biopsies

ISTANBUL, TURKEY_____ A recent study here has confirmed another amazing health property of honey. This is one study that would never take place in the U.S., and it regrettably involves a technique that will take years if not decades to ever be implemented here.

Years ago, I reported on one of the major concerns involving the use of needle biopsies and laparoscopic cancer surgeries. If the tumor being inspected or removed is cancerous, the biopsy can spread the cancer. When the needle is pulled back through the skin after being inserted into the tumor, the needle deposits

cancer cells along its path. Often, a tumor forms there. In other words, the cancer cells are spread either along the entrance wound or into the bloodstream where they can reach other parts of the body.

Turkish doctors tested whether the application of honey to the entrance site would have any effect on stopping the formation of new tumors. Using 60 mice, tumor-cell injections were given to 30 of the animals using standard procedures. In the other 30, the entrance area was pre-treated with honey and then treated again with honey after the injection of the tumor cells. In the untreated group, 30 out of 30 animals developed tumors at the wound site. In the group treated with honey, only eight of the animals developed tumors. (*Arch Surg* 00;135:1414-7)

Although this was an animal study, the results are amazing. I hope that this study is followed up with human trials as quickly as possible. However, I wouldn't be surprised if this research gets swept under the rug and lost for a few years. It would be nice to know what kind of honey was used, but I haven't been able to get that information yet. Based on all the previous research on honey's wound-healing properties and anti-bacterial properties, I don't see that there would be any downside to using the same technique on humans. Something this simple that could prevent the spread of cancer should be getting an enormous amount of publicity among surgeons.

If you or someone you know is planning to have either a needle biopsy or "keyhole" surgery that might involve cancerous tissue, I would strongly suggest discussing this study with your doctor and using honey to pre- and post-treat the entry wound.

has put them in contact with these toxic substances. But by neglecting to address the problem of childhood exposure, we've now produced a generation or two of children who routinely suffer from allergies, asthma, and often the burden of irreversible brain or neurological damage.

Based on what researchers are now finding, it's no longer a surprise that asthma has become such a huge problem in this country. Paul Liroy and his colleagues at Rutgers University in Piscataway, New Jersey have been studying human exposure to PAHs. They now estimate that, on a daily basis, the average child under the age of two ingests 110 nanograms of benzo(a)

pyrene, one of the most toxic PAHs, either from cooking fumes or tobacco smoke. That is the equivalent of smoking three cigarettes a day. Again, while a child might not be directly exposed to tobacco smoke, cooking fumes, pesticides, pet residue, mold, air fresheners, cleaning products, deodorizers, or other harmful compounds, all of these substances eventually make their way into the carpet. (*J Expo Anal Environ Epidemiol* 91;1(2):193-225)

Lead: Worse Than We Thought

Then there's the problem with heavy metals, particularly lead. Most people are totally

unaware of just how serious the lead contamination problem is in this country. Although lead has been banned as a gasoline and paint additive, and is no longer used to solder water pipes, almost 1 million children in the U.S. under the age of six currently have blood lead concentrations that are known to cause permanent IQ loss (levels over 10 mg/dL of blood).

Federal guidelines still state that concentrations of two micrograms of lead per deciliter of blood (mg/dL) are low, and levels as high as 10 mg/dl are safe. But Bruce Lanphear, with the Children's Hospital Medical Center in Cincinnati, has shown that children with blood levels of only half the acceptable concentration (5 mg/dL) exhibit lower IQs, behavioral problems, and problems with learning and reasoning.

Previous studies focused on inner-city housing districts where children were found to have blood lead levels of 20 to 44 mg/dL. Previously, it was thought that once blood levels reached 20 mg/dL the brain was permanently damaged. New research shows that even the tiniest amounts of lead can have disastrous consequences. Lanphear, who has been studying the problem for years, now says that by the time lead poisoning shows up in the blood, it is usually too late to reverse the effects.

Joel Schwartz with the Harvard School of Public Health showed several years ago that for every point you lower the average IQ of the U.S. population, you also lower the productivity of the economy by one percent. Obviously, the lead problem has broader implications when you take into account the overall productivity and health care costs in this country. (*Environ Res* 94:66(1):105-24) (*Environ Res* 94:65(1):42-55)

All-Lead Roads to Home

We still have some very serious lead problems when you consider that just one hundred years ago body concentrations of lead were one-hundredth to one-thousandth of what they are today. It appears that lead from older paint and the lead weights used to balance automobile tires are two of the primary sources of lead pollution. But the actual human contact with the lead can be traced back to carpet.

I would have never imagined that lead wheel weights were a problem until I came across a study published by Robert Root, a retired scientist from Albuquerque, New Mexico.

Root reported that these weights frequently drop off of car wheels and can be found along all major streets and roadways. They are so soft that they are easily ground into the pavement and within a week only half the weight is usually visible. By his calculations, these weights result in a deposit of as much as 50 kilograms per kilometer (or 177 pounds per mile) of roadway. The fine lead dust that results can become airborne and be inhaled, wash into the sewer and water systems, or be tracked onto our carpets by our shoes or pets. (*Environ Health Perspectives* 00;108(10):937-40)

Based on the data I've been reviewing, a laboratory analysis of most carpets would probably qualify them as toxic waste sites and trigger an environmental cleanup. The average homeowner uses three or more pesticides in or around the house. Cooking ventilation is limited in most homes. And over several years, there's no telling how many different aerosols, cleaning solutions, and deodorizers are used. Add in children, pets, and whatever clings to your shoes, and you can readily see the problem being compounded. Fortunately, there are some simple steps you can take to help resolve the problem in your home.

Carpet Care From "Dr. Dust"

Obviously, you should either eliminate or reduce as much as possible your use of pesticides. If they're required, try the clove-extract products sold under the name Bioganic, which I covered in the May 2001 issue of *Alternatives*. You can find these products in Wal-Mart and other locations, or you can get more information on the web at www.earthlogix.com (at this writing, the Bioganics site is being reconstructed and is not currently usable). You could also do without carpet in your home, but for most people that might seem a little drastic. We seem to enjoy carpet in this country, as about 70 percent of the homes are carpeted here. Keep in mind, however, that a house with bare floors and a few throw rugs will have less than 10 percent of the dust found in a carpeted house.

The real key seems to be cleanliness, and when it comes to carpet, that translates into vacuuming—*serious* vacuuming.

John Roberts is an environmental engineer with Engineering Plus, Inc. of Redmond, Washington. His work with carpets and the dirty little secrets they hide has earned him the nickname, "Dr. Dust." He has performed numer-

ous detailed studies analyzing carpet residue and various methods of removing them. He's discovered that using the proper vacuum and vacuuming techniques, you can dramatically lower the levels of lead, dust and allergens from your home. (*Rev Environ Contam Toxicol* 95;143:59-78) (*Arch Environ Contam Toxicol* 99;36(4):477-84)

Dr. Dust offers the following advice for getting rid of dust and residue on existing carpets.

- 1) Each week for three or four weeks, run the vacuum over the first four feet of your entry-way 25 times. Run the vacuum 16 times over the other areas with the most traffic and eight times over the rest of the carpet. After the three or four weeks, cut these numbers in half.
- 2) Use a vacuum that has a power head (one with moving, agitating brushes). It will pick up three to six times more dust than one without a power head. A dirt-finder vacuum, which monitors the amount of dirt entering the vacuum, works even better. These vacuums often have a light, which glows red as long as dust is being removed and turns green when the carpet is clean.

In one study, Roberts utilized a Hoover Self-Propelled Vacuum with an Embedded Dirt Finder (HSPF) on 12- to 20-year-old carpets in two middle class homes and two small offices. After a maximum of 15 hours of vacuuming, analysis showed that fine dust was reduced 91 percent, dust mite allergens 94 percent, and lead 82 percent. Keep in mind that these were carpets whose owners had been vacuuming regularly before the study.

- 3) Place the thickest doormats you can find at each entry door to your house and have everyone wipe their shoes at least twice before entering your home.

In addition to Dr. Dust's suggestions I would strongly consider the following.

I think that the best habit to adapt would be to have everyone remove their shoes at the door. That would solve a long list of problems, especially if there will be children playing on the floor.

In addition to a vacuum with the dirt-finder feature, use a vacuum that has a HEPA (High

Efficiency Particle Accumulating) filtration system, preferably one where the filtering occurs after the air goes through the vacuum cleaner bag and motor. This will prevent the dust and other residue from simply being recirculated by the vacuum's exhaust. Studies have shown that a good HEPA vacuum will reduce lead levels even further in your home.

When carpets were cleaned with a HEPA vacuum, bare floors with a wet mop, and other horizontal surfaces and the walls with a damp sponge, blood lead levels of children living in those homes dropped an average of 17 percent. In the homes that were cleaned this way at least 20 times a year, blood lead levels dropped 34 percent. (*Pediatrics* 99;103(3):551-5)

If someone in the family smokes, it should be done outside. Smoking indoors exposes children and other adults to second hand smoke, of course, but it also causes the smoke residue to settle in the carpet, where the various toxins are absorbed through either contact or inhalation.

Keep the Carpet, Lose the Lead

Personally, I like the look and feel of carpet. I think that most people do. In colder climates, it certainly makes living in a home more comfortable. Over the years, however, we certainly appear to have ignored the fact that carpets can become a serious health liability if they aren't properly cleaned and cared for.

And while a lot of the above information is focused on the connection between children and carpet residue, as adults we're not immune to the same or similar problems. Low levels of lead exposure have been linked to high blood pressure and heart disease. They can also cause hearing loss and severe neurological problems, with symptoms very similar to those I mentioned earlier.

The overuse of pesticides has become a modern day curse. Thank God we're beginning to see some safe, natural alternatives in the marketplace. It doesn't take a genius to make the connection between the increase in cancer rates and neurological problems we're experiencing.

I've outlined some very simple, inexpensive techniques that you can put to use immediately that will pay enormous dividends when it comes to restoring or maintaining your health.

The short-term benefits might be getting rid of problems such as constant fatigue, headaches, allergies, chronic sinus problems, or asthma. The long term benefits could include boosting your immune system, keeping your mental faculties intact, and aid in the prevention of diseases like cancer, multiple sclerosis, Alzheimer's disease and Parkinson's. Kick your shoes off and think about it. You don't have anything to lose.

Losing Fat Doesn't Always Mean Losing Weight

Many of you responded to my March 2001 article on conjugated linoleic acid (CLA) by purchasing the CLA product Tonalin. I've received several letters and email messages from subscribers who have used this product after reading the article. The results seem to be somewhat mixed, so some clarification of how CLA works might be in order.

Remember that CLA is necessary for the proper metabolism of fats within the body, and that this metabolism results in more efficient building of muscle tissue. People who judge whether Tonalin works by looking at the bathroom scale are bound to be disappointed—at least at first. If your body is metabolizing fat better and building more muscle, you might very well gain weight for a while, because muscle is heavier than fat. The only reliable way to know if you're losing fat is to have a before-and-after test of your body-fat percentage. Since this isn't practical for many people, you might have to use other measurements of progress.

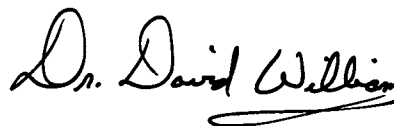
If you're actively involved in resistance exercises such as weight training, you'll probably see

a distinct improvement in your muscle tone and mass, and you'll probably notice a decrease in body fat, too. If your exercises are more moderate or cardiovascular in nature, you'll probably see the difference as an increase in energy, though beneficial changes in muscle tone and fat levels are also occurring.

Some publications have reported that exercise is necessary if you want to enjoy the benefits of CLA, but those reports are not accurate. As I reported in the March article, CLA studies have clearly shown benefits in both animals and people who were not dieting or exercising significantly during the period of the study. Of course, if you use the CLA as an excuse to increase your eating or decrease your exercise, any benefits you experience might be overshadowed by an increase in fat accumulation.

Those of you who engage in some form of resistance training to stay in shape, delay the natural muscle loss that comes with aging, regain injury-induced muscle tone loss, or slow the effects of a muscle-wasting disease might also want to review the article on creatine in the February 1998 issue of *Alternatives*. This nitrogen-like compound is derived from three amino acids, and helps your muscles contract. As a result, it's very effective at building muscle mass. It should be a perfect complement to CLA if your goals fall into any of the above categories. The brand I use is made by Weider Nutrition and is available at many stores including Wal-Mart, Walgreens, Kmart, Rite Aid, Target, GNC, and Longs Drugs for about \$17 for 500 grams, or you can call 800-439-8042 to order by mail.

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:

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