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Dr. David G. Williams

Fluid Retention: The Stress Connection

A couple of weeks ago I was in Southern California attending a health conference. During a short break, I had the opportunity to wander through a couple of the health food stores in the

area. It probably comes as no surprise that I like visiting these stores to see what different products are being sold, and to hear firsthand what customers are asking about (and what answers the sales staff gives them).

On this particular day, a lady was discussing her concern about water retention. It seems that, especially right before her period, her feet, ankles, hands, and even her face become puffy and swollen. Interestingly, I've been hearing this same complaint from a number of *Alternatives* readers lately. It is obviously a more common problem than I first imagined.

The two clerks at the health food store told this lady that she basically had three problems. First, her body was full of toxins and fluid retention was her body's way of trying to dilute them. Second, she had weak capillaries, which allowed excessive amounts of fluid to leak out of her bloodstream into her tissues. And third, she was consuming too much salt. The clerks agreed that the lady needed to avoid salt completely and recommended taking two supplements to correct the problem: a natural, herbal diuretic to pull fluids and toxins out of the body, and the herb horse chestnut (*Aesculus hippocastanum*) to help strengthen her capillaries.

Although these recommendations are quite similar to what many doctors might also say, I'm afraid that they won't help this lady—or most people, for that matter—treat fluid retention problems. Unfortunately, most individuals, including

doctors, don't really understand the underlying cause of edema, as fluid retention is called in medical jargon. Consequently, following their recommendations can end up doing more harm than good.

If you or someone you know suffers from water retention, it may actually be a sign that you have weakened adrenal glands. I've written many times in the past about how too much stress, sugar, caffeine, and alcohol can overtax the adrenal glands, and about the large number of conditions commonly ascribed to other causes that are actually caused by adrenal exhaustion. Now, edema seems to be another commonly misdiagnosed condition that is often caused by adrenal problems.

At the risk of somewhat over-simplifying the connection between edema and adrenal gland function, I'll give you a brief overview here to help you understand how fluid retention is often a symptom of a deeper problem. This understanding will help you to correct



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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

the real problem instead of merely treating its symptoms.

It's a Matter of Balance

Retaining excess fluid isn't just an inconvenience, nor is it a problem limited to women. It can result in excess weight gain (as much as 20 pounds), muscle fatigue, flu-like symptoms, high blood pressure, and even stroke. Because practically anyone can suffer from edema, it's something everyone should know how to deal with. Depending on your age and your body's fat content, your body consists of between 45 and 75 percent water. Infants have the highest water concentration, while thinner people have more water than fat people, because fat contains little water. In the average adult male, water constitutes about 60 percent of the total body weight. In women, on the other hand, who have slightly more body fat than men, water constitutes only about 55 percent of their total body weight.

Because over half of your body consists of water, maintaining a proper balance of this crucial element is essential for your health. Overall, your daily intake and output of water is a pretty complicated process. But basically, although you are constantly losing water through your breath, perspiration, urine, and bowels, under normal circumstances the total amount of water in your body is kept reasonably in balance.

On a cellular level, a balance between the fluid inside your cells and the fluid surrounding the cells is maintained by the minerals potassium and sodium (or salt). Potassium stays mostly inside the cell and sodium stays mostly in the fluid surrounding the cells. Fluid retention occurs when the balance between potassium and sodium gets out of kilter and more fluid begins to accumulate either inside the cells or in the area surrounding the cells. This imbalance causes the puffiness and bloating in areas like the lower legs, ankles, feet, hands, and fingers.

What keeps your sodium and potassium levels in balance is a hormone called aldosterone, which is produced by the adrenal glands. Your adrenal glands (also called stress glands) are walnut-sized glands that sit on top of your kidneys and help regulate your blood sugar levels. The aldosterone produced by these glands also causes the kidneys to recapture sodium from the urine and retain it within the body while causing the kidneys to eliminate potassium.

As you may know, sodium attracts water. By retaining sodium from urine, your body is able to maintain adequate water levels, keeping the body from becoming dehydrated. When your adrenal glands become fatigued, overworked, or depleted, they produce less aldosterone. As a result, sodium spills out into the urine, along with the water needed to hydrate your body. With less aldosterone being present, your body also doesn't eliminate enough potassium from inside your cells.

On the surface, it might seem like you couldn't have fluid retention when this occurs. After all, your body's inability to retain adequate amounts of sodium results in too much water being discharged as urine. However, this situation also causes more and more potassium to remain inside your cells, which causes an increasingly dangerous condition. Too much potassium can interfere with proper nerve and muscle function.

In response to this danger, your body begins to dilute the concentrated potassium by forcing more water into the cells. As a result, the cells begin to swell, which causes the fluid retention. When you understand this sequence of events, you'll also understand why a diuretic can only make matters worse in the long run. Most diuretics work by inhibiting aldosterone, which obviously makes the situation worse—causing further dehydration and weakening the adrenals.

Other Symptoms, Same Cause

Fluid retention is one of the first signs that you may have low aldosterone levels. When you begin to lose sodium and water, and simultaneously retain potassium, you can start to experience a long list of symptoms that even most doctors fail to associate with weakened adrenals.

Dehydration results from excessive urination and your body's inability to retain water. When the adrenals are depleted, it's not uncommon for a person to urinate 15 or 20 times a day. This in itself can trigger dozens of other problems, such as constipation, headaches, and constant fatigue. Although it may seem contradictory to someone who doesn't understand what's going on, it's imperative that you drink lots of water if you have problems with fluid retention. Even partial dehydration can have a dramatic impact on the way you feel and perform. Researchers working with Britain's Olympic teams found that at levels of

one percent dehydration there was a corresponding five percent drop in performance.

Although not 100 percent foolproof, there are a couple of quick tests you can perform to determine if you are dehydrated. When you're properly hydrated, you should be able to slide your fingertip down your tongue like a piece of ice across a warm glass tabletop. When you're dehydrated, your finger will stick to the tongue's surface or the tongue will feel like sandpaper. Another good sign of sufficient hydration is when your first urination of the day is a pale yellow without any smell. When you're dehydrated, your urine will often be darker-colored, more concentrated, and have a stronger odor.

Excessive sweating or perspiration, especially with little activity, is another sign of weak adrenals.

Lower back pain and/or knee weakness or pain, especially on one side.

Muscle twitches will often occur because the excess cellular potassium levels won't allow the muscles to relax properly.

Cardiac arrhythmia, or "heart palpitations," are also associated with excess potassium levels.

Sensitivity to light is another symptom of weakened adrenals. It is often hard to see at night, while during the day the light seems so intense that sunglasses are nearly always necessary.

A craving for salt, not surprisingly, is another sign. When your sodium levels are low, adding a little salt to the diet or, even better, eating more sodium-rich foods (e.g., celery, green beans, zucchini, seafood, cottage cheese, vegetable soups, sauerkraut), can help re-establish the sodium/potassium balance.

How to Bolster Your Adrenal Gland Function

To strengthen the adrenal glands and help promote adequate production of aldosterone, I also recommend taking the following steps.

- Eat several (4-6) *smaller meals* or snacks throughout the day, rather than two or three large meals. (Eating as if you were diabetic will take a burden off the adrenals and allow them to rebuild.)
- Snacks and meals should consist of foods higher in protein. Protein doesn't stress the adrenals by causing rapid blood sugar fluctuations as refined carbohydrates do. Protein also tends to pull excess fluid out of the tissues. This is one of the reasons people lose weight quickly when placed on a high protein diet. Much of the initial weight loss is from fluids.
- Avoid sugars and refined carbohydrates (such as deserts, candies, sodas, fruit juices, etc.).
- Support the adrenals nutritionally with a good multivitamin or vitamin B-complex. I also highly recommend using a high-quality adrenal glandular like Drenamin from Standard Process Laboratories (available from The Apothecary, phone: 800-869-9159).

More On Women and Fluid Retention

Although everyone is susceptible to edema, fluid retention does seem to be more of a problem in women. There are a couple of reasons for this tendency. For one, because of their naturally occurring, higher level of body fat, women have less water reserves, making it easier for them to become dehydrated. Additionally, some women have a problem with excess estrogen, which also causes the body to retain water. The excess fluid is the reason for the breast tenderness that often occurs a week to ten days prior to their period. Excess estrogen also tends to depress thyroid function prior to the period, resulting in excessive mood fluctuations,



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heavy cramping at the start of the period, and heavy flow.

Correcting fluid retention in these women requires a little more effort than the recommendations I've discussed so far. In addition to strengthening the adrenal glands, women who have these symptoms must also concentrate on helping the liver break down any excess estrogen in the system.

Given the right circumstances, the liver can eliminate extra estrogen. First, make sure that any problems with constipation are corrected. When the transit time through the bowel is longer than normal, excess toxins are absorbed into your body. Detoxifying this material is an extra burden on the liver, and it takes precedence over breaking down excess estrogen.

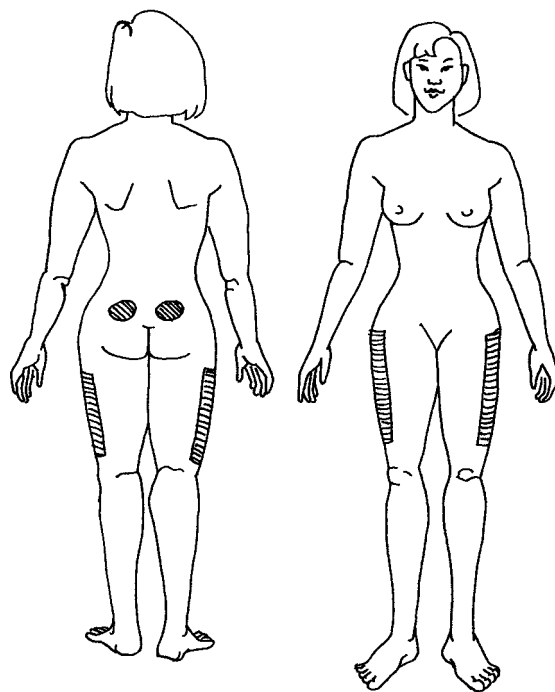
To break down excess estrogen, the liver requires adequate amounts of B vitamins, which are often depleted from eating too many refined carbohydrates. Overindulgence of sweets and refined carbohydrates is probably the primary reason for both the weakened adrenals and excess estrogen that results in fluid retention.

You can help eliminate breast tenderness and fluid retention throughout the menstrual cycle by supplementation. From the day menstrual flow stops until premenstrual symptoms begin (breast tenderness, fluid retention, mood swings, etc.), take a good "B-100" tablet once a day. Then take three tablets until the menstrual flow begins again. You'll find that alternating the B-vitamin dosage this way will work wonders.

Almost instant relief from the breast tenderness can also be obtained by stimulating some related "neurolymphatic points." The following points stimulate lymphatic drainage and circulation related to excess estrogen in the body. When premenstrual breast soreness is a problem, use your index and middle fingers and apply firm pressure using a circular motion for about 30 to 60 seconds to the areas shown at above right. Oftentimes you will experience immediate relief. This can be performed several times throughout the day, if necessary.

Look Before You Leap

Although the problem of weakened adrenals outlined in this article is responsible for the majority of fluid retention problems, there are other causes as well.



Stimulate these neurolymphatic points to relieve premenstrual breast soreness.

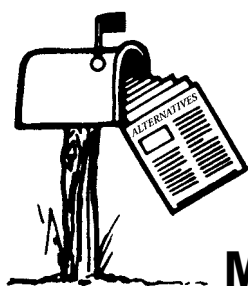
Outright kidney failure will result in fluid retention. Congestive heart failure and/or heart valve problems will also cause the problem. Even certain medications cause individuals to retain water. Pregnancy, sitting too long (especially in an airplane), or trauma to a part of your body are other causes. In many such instances, diuretics may be the treatment of choice.

However, as you now know, diuretics are not always the answer. Even though they are routinely prescribed for all types of fluid retention, they often make the problem worse. Like most health problems, it's imperative that you always take a closer look at the whole picture before jumping to conclusions.

The African Cure That Almost Got Away

Traipsing around the world in search of cures for the last 16 or 17 years hasn't been without its share of failures and disappointments. For every effective remedy I uncover, I would guess that there are at least a

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MAILBOX

Question: We live in the country, and our kids always seem to have several run-ins with poison ivy during the warmer weather. I've tried all the over-the-counter creams and ointments but they're really just a waste of time and money. Our pharmacist recommends corticosteroid creams, but after reading all your articles about their dangers, particularly to children, I hate to use them. Do you have any specific recommendations?

Martha K.
Palestine, Texas

Answer: Along with all the joys of summer come encounters with plants like poison oak and poison ivy. You wouldn't know it from talking to most druggists or dermatologists, but there are better and safer ways to treat these problems than steroid creams. In past issues of *Alternatives*, subscribers (through Health Hints) and I have mentioned several possible remedies for this seasonal problem (see the January 1989, August 1994, August 1997, and November 1998 issues).

In addition, various essential plant oils, such as lavender and camphor oils, can help stop the itching and pain and speed the healing. One of my favorite products to use for these problems is called "White Flower Oil."

White Flower Oil is a Chinese product that originated in Singapore and Penang, Malaysia in the 1920s. You can find it in larger health food stores and practically all Chinese medicine shops. (In Chinese it's called *Pak Fah Yeow*.)

White Flower Oil is a blend of the natural oils of eucalyptus, pepper-

mint, lavender, wintergreen, and camphor. While claims have been made that it is good for everything from headaches and flu to motion sickness and pimples, I have found it most useful for treating poison ivy and poison oak.

From the strong smell, it becomes obvious rather quickly that this is a potent product. Just apply a couple of drops and rub it gently into the skin lesions. The oils actually have a drying effect, so as soon as the lesions have stopped oozing you can stop using the White Flower Oil and then apply your favorite moisturizing lotion.

White Flower Oil is inexpensive, and most commonly comes in a small, 20-milliliter bottle, which is enough to last a long time. If you can't find White Flower Oil in your local health food store, the cost goes up a bit for mail order. You can purchase the oil through the mail from a company called Winghopfung.com at www.winghopfung.com on the web or by phone at 866-238-1688. The oil sells for only \$3.95 per 20 ml bottle, but the company has a \$10 minimum order, for which there is a \$5.50 shipping and handling charge. A more expensive source with no minimum order is 1st Chinese Herbs at www.1stchineseherbs.com or 888-842-2049—\$7.99 plus \$4.95 shipping and handling.

Question: I suffered from severe allergies for years so my doctor had me taking prednisone. I took it for over a year. During that time I began to bruise easily and even though it's been over a year since I took the drug I still have black and blue marks all over, especially on my forearms and the backs of my hands. My skin now seems so thin that it tears open with the slightest scratch. Is this a permanent problem or is there something I can take to fix it?

Marlin J.
Fargo, North Dakota

Answer: I'm sorry to say that the problem may be permanent. I do,

however, have some ideas that may be of help.

Prednisone use interferes with adrenal function. More than likely, your adrenal gland could use some nutritional support. I would suggest following the steps I outlined in the lead article to help rebuild and support the adrenal glands. You should also check your basal metabolic rate as I've described in the past (see the February 1999 issue of *Alternatives* or look for the thyroid self-test under Health Tools in the Health Library at drdavidwilliams.com). There's a good chance that your thyroid gland could use some help also. If your thyroid isn't functioning properly, the circulation to your skin will be poor. Once you improve your circulation, there are some supplements that might help repair the damaged areas.

Bioflavonoids (rutin, hesperidin, quercetin, etc.), along with additional vitamin C, can help strengthen the blood vessels and prevent further bruising. Look for a good bioflavonoid-complex product and start to include lots of vegetables in your diet, especially the brightly colored ones.

Additionally, I would suggest taking a couple of scoops of Designer Protein (by Next Proteins International) every day. You can get Designer Protein at health food stores or on the web from dozens of companies. The various amino acids, particularly the sulfur-containing ones, will help provide many of the raw materials necessary to rebuild the skin.

Steroids such as prednisone have dozens of side effects. Some are highly visible, like the black and blue mottling you can see. Others are internal and can wreak havoc with practically every system in the body. Unfortunately, most doctors who prescribe them fail to adequately warn their patients of their serious side effects.

hundred others that prove to be worthless. I can't remember how many times I've traveled half way around the world to some desolate, disease-ridden village in search of a highly touted "miracle," only to find that it was either an elaborate hoax or something that simply didn't exist. It's frustrating to say the least.

If I focused on all the failures and dead-end roads I've traveled, I would have stopped doing this years ago. That hasn't been the case however. Even with a young family at home, I'm still on the move.

Last week after returning from yet another trip, I placed my backpack, stuffed with potential new "cures", in the corner. My understanding wife, Wendy, kindly informed me that I needed to unpack it. She then pointed to a pile of other backpacks and bags that still hadn't been unpacked from my last three trips. Lately, I've been packing a bag to leave even before I unpack from the last trip. (I unpacked all—well, almost all—of my backpacks and canceled a trip last week. I spent the weekend camping with my wife, nine-year-old daughter, Meagan, and my son, Mason. It was Mason's seventh birthday.)

I'm leaving again next week. It's not always easy to leave home, but stories like the following one keep me on the trail of new cures.

Gumshoe, Black Goo, and Voodoo

Several years ago, I received reports of two natural remedies from Ghana in Africa. One was a foul smelling black liquid that was supposed to cure impotency. The other was a powder that reportedly cured asthma and hay fever.

After considerable effort, I did finally find the so-called impotency cure. I collected samples and also had samples sent to my office back in Texas. It was a foul-smelling, nasty black liquid. Unfortunately—or maybe fortunately—before I had a chance to test it, it turned into a mass of orange and gray mildew. The mailed sample that made it back to Texas looked even worse when it arrived. It had fermented and had leaked through all the packaging. I've always felt fortunate that I wasn't arrested by customs or postal authorities for trying to bring it into the country.

I was never able to find the powder that reportedly cured asthma. My sources told me that a lady healer or shaman was dispensing the cure to locals. The source of the powder was a closely guarded secret that had been passed down from African shaman to shaman for generations. I was disappointed at not finding the powder, but, as I've said, it happens a lot.

A Cold Trail Heats Up

Then, a couple of months ago, I got a call from one of my contacts and was told that the powder I had been looking for years ago was now being sold in London. After doing some serious investigative work, I discovered that the powder is in fact now available there. The man selling it, Jerry Yamoah, happens to be the grandson of the lady shaman I was trying to locate years ago in Ghana.

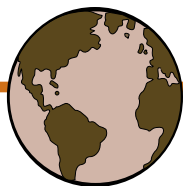
Jerry told me that his grandmother was a traditional healer who lived near Agogo, in the Ashanti region of Ghana. Her name was Akua Asirifia. During the 1970s and 1980s, she became quite famous in the area for curing people's asthma problems. Although she was approached on numerous occasions to reveal her secret remedy, she always declined. She was afraid that once the remedy became commercialized it would become too expensive for those who needed it.

During this time, Jerry emigrated to England and got a job working with the post office. He returned to Ghana in the mid-1990s and, after seeing how helpful the remedy was for asthma sufferers, he eventually persuaded his grandmother to give him the secrets of the powder so he could take it back to England. When she revealed her secret to her grandson, she was over 100 years old. (Her exact age was unknown, but when I last spoke with Jerry about the subject, he said she always told him that when World War II started she was 52 years of age. Unfortunately, I'm sure we lost a wealth of traditional healing knowledge when Akua passed away at the age of 107.)

Jerry returned with the powder to London in the mid-1990s and used it successfully on several of his fellow workers at the post office. He then tried to persuade several companies to help market the asthma powder, but was unsuccessful in those efforts. It has probably worked out for the best, however, since he has recently started selling the product on his own through a company he started. (He just informed me that he quit his post office job, and is concentrating all his efforts on getting the word out on the powder.)

Ease a Wheeze or Sneeze with Trees and Bees

The rare gum tree used to make the powder is apparently the *Funtumia elastica* tree. Unfortunately, there currently isn't much infor-



News to Use from Around the World

Are You a Dealer in Dirty Money?

BEAVERCREEK, OHIO_____While I certainly don't believe that money is the root of all evil, some new research suggests that it may be the underlying cause of some common health problems.

Physicians at the Medical Center of Wright-Patterson Air Force Base recently worked with Michael Koroscil on his high school science project, which involved determining the amounts and types of bacteria that could be found on dollar bills.

The researchers collected 68 dollar bills from a grocery store and from individuals attending a high school sporting event. The bills were incubated in a nutrient broth for 24 hours and then the various bacteria strains were allowed to grow in a laboratory. Over half of the dollar bills contained strains of bacteria that routinely infect patients in hospitals and people with compromised immune systems. Five of the dollar bills were found to have bacteria strains that cause illness in healthy individuals, *Klebsiella pneumonia* and *Staphylococcus aureus*. In total, the researchers found 93 different strains of live bacteria on the dollar bills and two-thirds of the bills contained at least one type.

In the past, I've reported on studies that found that a large percentage of the dollar bills in this country contain traces of cocaine, but this study is one of the first to highlight the bacterial contamination of our paper money.

On the surface, studies like these may seem to be of little value. However, when you consider the speed at which dollar bills travel throughout the country—and world for that matter—it's easy to see how they might easily contribute to widespread infections.

Individuals returning from areas of the world that suffer from infectious epidemics are often quarantined, but their money remains free to circulate. We'll probably never know just how many infections are related to contaminated money. It would be interesting to see if the degree of contamination is higher on bills collected by pharmacies and doctors' offices.

Obviously, sterilizing our money supply is out of the question. The more practical solution is better personal hygiene in the form of regular hand washing. I'm convinced that a large number of infections result from touching or wiping the eyes, nose, or mouth with contaminated hands. This is particularly true of sinuses and upper respiratory infections. Most people would be surprised at just how often during the day they touch these areas with their hands. If you can break yourself of this habit, you'll experience far fewer colds and flu than the general public. Good nutrition and supplement use certainly strengthen your immune system, but decreasing your exposure to virulent bugs, and thereby lowering the number of battles your immune system has to fight, is the best way to prevent future problems.

mation on the tree or its byproducts. However, there are efforts underway to begin clinical trials on the product itself, and when those results become available I will certainly pass that information along.

I have been testing the product for a couple of months now and the results I've seen have been very positive. Not only does it seem to work well in treating asthma, it has also been helpful for individuals with bronchitis and hay fever. Jerry says he has been seeing the same.

The bitter powder is produced from the bark of the tree. To make it more palatable, you can mix it with something sweet (honey, jelly, jam, etc.). I personally think that the best results are achieved when you use a raw honey that has been produced locally. The honey helps supply small amounts of pollen and other

allergens to further "acclimate" your immune system.

The powder is called Yamao Powder and comes in 30-gram containers. This quantity is considered a 30-day supply. Those I've spoken with say one container is usually all that's needed to correct asthma and hay fever problems.

The most common method of taking the powder is as follows. *Thoroughly* mix the entire 30-gram container of powder with a one-pound jar of honey. *Stir the mixture again before each subsequent use.* Take one teaspoon of the mixture in the morning with breakfast and a second teaspoon at dinnertime. (For children age 2 through 12, use only $\frac{1}{2}$ teaspoon of the mixture twice a day instead of a full teaspoon. For children under 2 years of age, you still use $\frac{1}{2}$ teaspoon twice daily, but you shouldn't mix it with honey. I would suggest using either a

naturally sweetened jam-free of sugar and artificial sweeteners—or, even better, an unsweetened bottle of baby food fruit.)

Safe, Steady, and Available

I haven't seen any reports of, or spoken with, anyone who has experienced any side effects from the powder.

From what I've seen, Yamo doesn't stop asthma symptoms immediately. Most people begin to experience an improvement in their breathing and symptoms within a week to ten days. If it's going to work for you, you should see a definite improvement within the first 30 days. But even if your problem and symptoms resolve in the first week or two, I would suggest that you continue to use the powder mixture until you consume the whole 30-day supply.

One container seems to do the trick for most people. On rare occasions, it seems a few individuals have had to continue on the powder for two or three months to get complete relief.

A 30-gram container (one-month supply) of Yamo Powder normally sells for about US\$40. This price includes bank handling charges, packing, and postage. Jerry has kindly agreed to give *Alternatives* readers a US\$5 discount on the first container (i.e., total cost is US\$35). To get the discount, be sure to mention that you're a subscriber of *Alternatives* on the order.

Yamo Powder can be ordered from:
NHC, Ltd.
Attn: Tania Wedin
2 Millway Close
Wolvercote, Oxford OX2 8BJ
United Kingdom
Phone: 011 44 1865 43 71 34
Email: yampow@aol.com

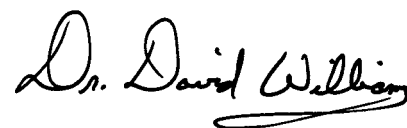
Jerry is currently working on his company's website and hopes to make online ordering available in the near future. In the meantime, you can print an order form from the website and use it to order the powder. The website is www.yamoapowder.bigstep.com.

Let's Xlear the Air

Before leaving the topic of asthma and respiratory problems, it needs to be said that the xylitol-based nasal-cleansing product I wrote about in the November 2000 issue of *Alternatives*, called Xlear (pronounced "Clear"), is something I still highly recommend. It works wonders for getting people off asthma medication and correcting asthma problems. It works in a couple of ways. First, it washes the resident allergens and "bugs" out of the respiratory passages. And second, it makes the bugs that remain far less virulent. It's another one of those safe, inexpensive, and simple products that work.

Just remember that no remedy—natural or otherwise—cures every single person. Even so, with Xlear and Yamo Powder, you have two very effective natural remedies. They're inexpensive and safe. If you suffer from asthma, chronic bronchitis, or hay fever, these two products can be a Godsend. Unfortunately, the general public may not hear about them for another ten or twenty years—if ever.

On a more personal note I'd like to say that being able to share this type of information with you each month through *Alternatives* is one of my greatest joys in life. It's only through your continued support that I'm able to do what I do. Thank you.



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
- To order back issues or reports, call 800-718-8293
- To sign a friend up for *Alternatives*, call **800-219-8591**

Let us hear from you soon!

—The *Alternatives* Customer Service Team