Alternatives

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

The Best Epidemic Money Can Buy

Future historians will eventually look back and see that people living in the early 21st Century endured one of the most extensive epidemics of all time–and that it was their own fault. The signs are all around us, but for some reason we seem to be missing the big picture.

The epidemic is one of cardiovascular disease. This health problem is the leading cause of death among humans on the planet, and, frankly, I see no chance of reversing the situation in the foreseeable future. This may sound like a gloomy prediction, but when you look at the way events are unfolding, it's easy to see that deaths from cardiovascular disease will only continue to increase in the years to come.

Some forms of heart operations in this country are about as common as tonsillectomies were 40 or 50 years ago. It's rare to find an American over the age of 60 who isn't taking medication for a heart or cardiovascular problem. And it's not uncommon to see men in their late thirties or early forties taking cholesterol-lowering medication. I have no doubt that one of the reasons for this widespread drug use is the ability of pharmaceutical firms to advertise on television, as I discussed earlier this year.

Currently, the most popular (note that I didn't say most effective) class of cholesterol-lowering drugs is the statins. First introduced in 1987, these drugs now fuel a market of over $14 *billion* a year in sales. They include Lipitor by Pfizer, Zocor and Mevacor by Merck, Pravachol by Bristol-Myers Squibb and Lescol by Novartis. Another statin drug from Bayer called Baycol was recently taken off the market by Bayer when hundreds of individuals reported muscle weakness or kidney or liver failure–or death in the case of more than 110 individuals taking the drug. Statin drugs are obviously not the answer!

Solving the Problem with Fiber

Baycol's removal from the market has resulted in some media coverage. But the coverage has given the impression that the problem is with just one particular drug rather than with statins as a whole. And I didn't see any mention of the fact that a high-fiber diet can achieve effects comparable to statin therapy. That should be the real news.

Numerous studies have shown that high-fiber diets are effective at lowering LDL-cholesterol levels. When roughly 100 grams of fiber daily in the form of vegetables, fruits, and nuts is consumed, up to a 30 percent drop in LDL-cholesterol can be accomplished in as little as a week's time. Studies also indicate that the diet improves bowel transit time, hormone levels, and overall digestion.

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

Of course there's not a lot of money for the pharmaceutical companies in promoting such a diet. *(Metabolism 01;50(4):494-503) (Metabolism 00;49(6):731-5) (Metabolism 00;49(1):67-72)*

Even with access to all the latest pharmaceuticals and medical help, the incidence of cardiovascular disease continues to increase. Several respected health analysts I've spoken to tell me that no one expected the worldwide incidence of cardiovascular disease to reach current levels for at least another two decades. By adopting our diet and habits, developing countries around the world, including Chile, Argentina, Columbia, and others, are now experiencing cardiovascular disease in proportions similar to ours.

Global marketing efforts by fast food chains, soda companies, tobacco giants, and the pharmaceutical companies will continue to spread cardiovascular disease here and abroad for decades.

Cholesterol Is Not the Enemy

I've discussed cardiovascular disease dozens of times in the past, and I don't want to belabor the issue, but, *knowing what we know today, there's absolutely no reason your life should be shortened by cardiovascular disease.*

In past issues, I've given clear guidelines to prevent or recover from cardiovascular disease. I described how cholesterol isn't the problem. Cholesterol is a "risk marker" for atherosclerosis and cardiovascular disease, not the cause. There are dozens of factors contributing to the disease and I've covered most of them in great detail. Actions you can take to protect yourself include:

1) Avoid chemically- or heat-altered fats, such as margarine and cooking oils. Stick with products like butter, extra virgin olive oil, and flax oil, and cut out fried foods.
2) Include fresh nuts in your diet. Several studies have shown nuts to be beneficial for your heart. To read more on this connection, see the February 2000 issue of *Alternatives.*
3) If you drink milk, drink skim milk. Homogenized milk is a problem. The process breaks down the fat molecules, making them easy to absorb, and allows the enzyme xanthine oxidase to tag along and wreak havoc in your arteries. Since skim milk contains no fat, its processors don't homogenize it. If you need a slightly richer taste than skim milk, add a small amount of pure whole cream to the container and shake it each time before using it. As a sidenote, fermented milk products like cheese, yogurt, buttermilk, etc. have never been shown to increase cardiovascular problems.
4) Minimize drugs and medications. Researchers seem to find another popular medication that adversely affects the heart every year. Surprisingly, one of the side effects of many

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anti-cholesterol and heart medications is interference with heart function.

5) Stop smoking. Knowing what we know about smoking, I can't imagine why anyone would still do it. If you smoke throughout your life, there's a one in two chance that smoking will be responsible for your death (by causing lung cancer, heart disease, emphysema, etc.). I take risks in my life, as I'm sure you do, but I certainly wouldn't accept odds like that. The odds are the same as if you flipped a coin; heads, you live, tails you die. I'm a staunch supporter of personal freedom and the right to control your own destiny, but, for the life of me, I can't see why anyone would subject their life to such unnecessary risk.

6) Eliminate sugar. I've written dozens of times on this topic. Diabetes is becoming one of the most common diseases of our time, and it is directly related to our increased consumption of sugar. Besides that, the link between diabetes and heart disease is very clear. Diabetics without any previous history of heart attack have the same high heart-attack risk as do non-diabetics who have already experienced a heart attack. (Publisher's note: Please see the August, 2000 issue for the latest research on the dangers of sugar.)

   One of the big changes that has been overlooked in our diet is the addition of high fructose corn syrup. As a cost-saving measure in the early 1970s, manufacturers begin to substitute this fructose for sugar. That's when we began another grand experiment on the human population of this planet.

   Fructose consumption increased by a factor of ten from 1975 to 1990 and is still on the rise. Nowadays, it's hard to find a sweetened food product that doesn't contain high fructose corn syrup. It's in candies, soda, cereals, crackers, bread, and hundreds of other items.

   At one time fructose was thought to be a healthy sugar substitute, since it doesn't seem to raise blood sugar levels or insulin secretion following ingestion. New research, however, has revealed that fructose comes with its own set of problems, which may prove to be even worse.

   When you ingest fructose, rather than staying in the bloodstream like sugar, it gets shut-tled directly to your liver. In the liver, it becomes one of the building blocks of triglycerides, which are fat-storage molecules. Triglycerides are released into the bloodstream, carried by LDL cholesterol, and deposited on the walls of the arteries. Research has shown that one of the quickest ways to raise triglyceride levels in animals is to feed them a diet high in fructose (the amount of fructose given to animals is comparable to that now found in the diet of many Americans).

   Since most people refer to fructose as "fruit sugar," I should clarify one point. While the sweetness in fruits is from fructose, this sugar is present in only very small amounts and nature binds it with complex plant fibers and other nutrients and minerals. As such, fructose-containing fruits (and vegetables) help prevent cardiovascular and other health problems. (As I have written before, juicing separates the fructose in fruit from the fibers, and can cause trouble for people with blood sugar problems.)

   Consuming fructose has another serious downside. A couple of years ago, I wrote about the process called glycation, where sugar combines with various amino acids in your body to create what are referred to as advanced glycation endproducts (AGEs). AGEs are thought to be permanent, and they accumulate throughout the body, accelerating the aging process and causing all kinds of problems. AGEs result in cataracts, blockages in blood vessels, kidney problems, and possibly even Alzheimer's disease.

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High levels of fructose contribute to increased levels of glycation in the body. If the general public ever understands what high fructose is doing to their bodies, health manufacturers may be forced to stop using it. As with many of these experiments on our health, however, a couple of generations will probably have to suffer from a few new unexplained "syndromes" before medical authorities finally figure out what's happening. You can do yourself a favor by not following the crowd on this one and eliminating the sweets now. (Publisher's note: Please see the June 1999 issue for complete details.)

7) Exercise as if your life depends on it. In many ways, it does. Even with the best of efforts, it's practically impossible to eat a perfect diet. Exercise improves and builds collateral circulation. It can also help utilize extra fats and fatty compounds as fuel rather than allow them to be stored in the body.

8) Avoid chlorinated water. Chlorine is a very strong oxidizing agent. In rabbit studies, researchers have clearly demonstrated that drinking chlorinated water can cause atherosclerosis (damage and "clogging" in the arteries). The concentrations used in these studies were only slightly higher than the amount used by municipalities to chlorinate drinking water. It's no wonder that, after drinking chlorinated tap water all their lives, so many people just happen to end up with heart disease.

   If you aren't drinking distilled or unchlorinated water, simply add a couple of pinches of vitamin C powder to the tap water before drinking it. This will help neutralize the chlorine. Also, most of the chlorine will dissipate if you let the water sit out overnight. You can get inexpensive vitamin C powder from Wholesale Nutrition at P.O. Box 3345, Saratoga, CA 95070-1345, *www.nutri.com*, or by phone at 800-325-2664. A container with 9Ω oz. of vitamin C powder costs $12, and shipping is free.

   If you choose to distill your water, distillers are widely available now. To get the model I recommend, you can call Hammacher-Schlemmer at 800-321-1484 or Mountain Home Nutritionals at 800-888-1415.

9) In addition to your multi-vitamin/mineral, take a daily supplement specifically formulated for heart health. You can read more about this subject in the February 1998 issue of *Alternatives*.

Follow the Money

This worldwide epidemic of cardiovascular disease is almost impossible to stop–not because we don't know how to do it, but because so many people have such a large vested interest in continuing it. If you take a quick survey of your friends and family, it's easy to see just how serious and widespread the problem has become. For some reason, we refuse to address the issue. We're spending millions of dollars on things like genetics and stem cell research, but we're doing practically nothing to spread the information on how to prevent the number one killer in the world. Once again, if you follow the money trail, you'll have a much clearer picture of what's going on. The money is this case comes from treating cardiovascular disease, not from preventing it. You're truly "on your own" when it comes to heart disease.

You can avoid becoming a victim of this epidemic, but it will definitely require a concerted effort on your part. Don't be fooled into believing that someone will discover some magic pill or cure for the problem. It won't happen.

A Simple Recipe for a Good Night's Sleep

I was recently visiting the home of an elderly couple and, as always, they had several health questions for me. Not surprisingly, one of their concerns was insomnia. I've discussed insomnia in *Alternatives* on several occasions in the past, and I shared that research and information with them. However, while sitting in their home, I became aware of another possible contributing factor.

Like many older individuals, they seem to keep the interior of their home quite dark, even during the day. Establishing proper sleep patterns requires that you experience the exposure of bright sunlight (direct or indirect) during the day. Exposure to bright light during the day is just as important as sleeping in complete darkness during the night. Both are required to help establish a proper circadian rhythm. If you're

News to Use from Around the World

Limiting Stroke Damage

Edinburgh, United Kingdom_____Researchers at the University of Edinburgh have found that the physical position a person is placed in after a stroke can influence the degree of brain damage the person will sustain. They examined and precisely measured both the heart rate and the arterial oxygen content of 129 individuals within 72 hours of suffering a stroke.

Arterial oxygen was higher in those who were allowed to lie on their right side compared to those lying on their left side. Individuals who were kept in an upright sitting position had the highest arterial oxygen levels of all. In fact, oxygen levels dropped as much as 3 percent when a patient was moved from a chair to a bed. (*Cerebrovasc Dis 01;12(1):66-72*)

In the simplest terms, a stroke victim's brain will receive more oxygen and suffer less damage if he or she is kept in a sitting rather than a lying position. If for some reason they must be laid down, less damage will result if they are laid on their right side on than their left. Perhaps the phrase "sitting is right" will help you remember what to do in case of a stroke.

Most doctors, nurses, and caregivers won't be aware of this research, so don't expect it to be something that has been implemented in clinics, hospitals, or emergency rooms.

Being able to increase arterial oxygen levels following a stroke can dramatically influence the degree of brain damage. This is one technique I hope the health care field adopts quickly.

having problems with insomnia, make sure your house is bright and receives natural sunlight during the daylight hours. It will certainly help you to sleep at night.

Another easy method to help induce sleep is to drink some "walnut milk" prior to bedtime. I'll give you the recipe a little later in this article.

Walnuts are said to be the richest dietary source of the compound serotonin. Serotonin is a neurotransmitter in the brain that provides two particularly desirable effects. First, it promotes feelings of relaxation and well being. Second, it gives a feeling of satiety, that is, it makes you feel less hungry and gives you a feeling of being full and satisfied. Walnuts can help you lower cholesterol levels, lose weight, fight depression, and sleep better.

As you might recall, the amino acid L-tryptophan also increases levels of serotonin in the brain. Before the FDA took it off the market, it was a favorite sleep aid. Prozac, the antidepressant drug, also works by helping to keep serotonin levels in the brain elevated (though it has many more undesirable side effects than L-tryptophan does).

You can make a sleep-inducing "serotonin shake" (or walnut milk) simply by blending ⅛ to ° cup of walnuts with an equal amount of skim milk about 30 to 45 minutes before bedtime. For even greater benefits, you could also include a teaspoon of ground flaxseeds and/or raw sunflower seeds, a tablespoon of lecithin granules, and a dash of powdered cinnamon and vanilla extract. The walnuts alone will do the trick, but you can experiment a little with the other items to come up with your own personal formula. However, it's best to try and keep the finished mixture around Ω to æ cup. You'll be surprised how effectively this little shake can take the place of those late-night food cravings and help improve your sleep as well.

The Anti-Toxin, Anti-Disease Amino Acid

Some experts now feel that half of all cancer results from our exposure to various chemical compounds. While some of these toxic substances obviously come from our drinking water, it appears that most are finding their way into our food supply.

Some of these toxins are formed naturally when grains or other food products begin to break down and develop molds. For example, in China the incidence of liver cancer has skyrocketed due to a mold that grows on rice. In some parts of China, as many as one in ten adults dies from liver cancer caused by the chemical aflatoxin found in the mold. Aflatoxin also grows on corn and other cereal grains, and has been linked to increases in cancer rates throughout the world.

Many man-made toxins, some of which have been banned from further use, are also finding their way into the food chain. In Europe,

polychlorinated biphenyls (PCBs) were recently found in hen eggs. Further investigation found that chicken feed contaminated with oil was the source. The problem, however, both in this country and abroad, is that there is no regular monitoring in place to check animal feeds, produce, etc. for the hundreds of potential contaminants. If a farmer unknowingly feeds his chickens contaminated feed, or allows them to graze on contaminated soil, and the toxins later show up in their eggs, who would know?

And toxic contamination isn't limited to chickens and/or eggs. Beef, milk, grains, fruit, vegetables, fish, and practically every other food source has been shown to have some level of pesticide, herbicide, toxic metal, pollutant, or other contaminant at one time or another. Unless you raise all your own food, there's a pretty good chance you'll be ingesting toxins from the food and/or water supply at one time or another. (If you're drinking chlorinated water, you're already consuming toxins on a regular basis.)

Treating the Symptoms

As is the case with many problems nowadays, rather than address the root of the problem, scientists are busy trying to find a magic bullet to treat the symptoms. Currently, a drug called Oltipraz is being tested in China in hopes that it can prevent the liver cancer being caused by aflatoxin. Initial studies have found that the drug does help the body neutralize the aflatoxin.

Based on urine tests, individuals taking the drug excreted twice the amount of neutralized aflatoxin as those not taking the drug. Oltipraz works by stimulating the body to make more of an enzyme called glutathione S-transferase (GST). GST, a naturally-occurring enzyme in the body, neutralizes several different carcinogens. It keeps these toxins from damaging the cells' DNA, thus preventing cancer and other cellular damage.

Understandably, this drug has created a lot of excitement, especially in the pharmaceutical industry. Some researchers are now saying that in the next 5 or 10 years we may be able to prevent 50 percent of all cancers simply by taking drugs like oltipraz once a week or so. Obviously, other pharmaceutical companies are rushing to test similar products.

I'm not sure if or just how effectively these drugs will work, or what the side effects will be. Only time will tell. When you take a closer look at how oltipraz works, its does, however, give some insight into specific diet changes that could very easily accomplish the same goal.

Escape from Oltipraz

As I mentioned a moment ago, Oltipraz stimulates the production of GSTs. GSTs are enzymes that are dependent on the tripeptide glutathione. Glutathione (pronounced "glue-tah-thi-on") is composed of three amino acids, namely glycine, glutamic acid, and cysteine.

Glutathione is an extremely important compound that naturally occurs in the body. Research has shown that glutathione levels decline as we age, and there seems to be a corresponding decline in our health and longevity. It's possible in many instances that the drop in glutathione levels may be related to exposure to heavy metals like mercury, lead, and cadmium.

These metals are sulfhydryl-reactive metals. In simple terms, this means that they steal sulfur groups from enzymes, protein compounds and/or peptides such as GST, and glutathione. Once these compounds lose their sulfur component, they lose their detoxifying ability. Sulfur-rich foods like those mentioned below can help replace the necessary sulfur your body needs.

If you have a known exposure to one of these heavy metals, it's imperative that you restore your glutathione levels both through the diet and by supplementing with the compound N-acetylcysteine, as I explain in detail later.

If you have a copy of the May 1996 issue of *Alternatives*, I urge you to read that issue again. I devoted the entire issue to glutathione. I explained how you could help slow the aging process by increasing your glutathione levels and how these levels were directly related to your overall health and survival.

Glutathione's Detox Role

Much of glutathione's ability to improve your longevity and overall health comes from its role in detoxifying various chemicals, thereby preventing them from damaging your cellular DNA. When you increase glutathione, you in turn increase GST enzymes. In short, you can basically do the exact same thing right now to prevent cancer that these scientists are hoping to achieve three, five, or ten years from now. You don't have to wait for their magic bullet. You can start protecting yourself from 50 percent of all cancers and start slowing the aging

process right now. (Hopefully, if you've been a subscriber since May of 1996, you're already following the steps I outlined at that time. If not, it's certainly time to do so!)

There are several ways you can help to raise your glutathione levels and help increase the production of the GST enzymes.

1) The cruciferous family of vegetables is one of the richest food sources of glutathione. The most potent vegetable is Brussels sprouts. Others include: cauliflower, broccoli (particularly the flowers, not the stem), cabbage, kale, bok choy, cress, mustard, horseradish, turnips, rutabagas, and kohlrabi.

   As usual, while most medical researchers in this country spend all their efforts on isolating a drug from beneficial plants and herbs, researchers in Europe and elsewhere often focus their efforts on ways to use the food to get the most beneficial results.

   Researchers in the Netherlands found that GST enzyme levels could be increased as much as 30 percent simply by eating about 10 ounces of Brussels sprouts over a seven day period. And although I wouldn't want a continuous diet of Brussels sprouts, it's evident that eating vegetables from the cruciferous family can have a significant impact on GST and glutathione levels in a very short period of time. It is also one of the least expensive anti-aging and anti-cancer programs you'll find. *(Carcinogenesis 95;16(9):2125-8)*

2) In addition to the cruciferous vegetables, both garlic (*Allium sativum*) and the ripe seeds of the common green bean (*Phaseolus vulgaris*) work synergistically with the GST enzymes. Including these two items in your diet will help make glutathione and its dependent enzymes more effective.

3) In the Slovak Republic, researchers recently discovered in animal studies that eating red beets not only reduced cholesterol and triglyceride levels, but also decreased cholesterol deposits in the aorta and increased GST enzyme levels, making the animals less susceptible to chemically induced colon cancers. *(Nahrung 00;44(3):184-7)*

4) At the University of Illinois, researchers found that including the herb rosemary in the diet could increase GST enzyme activity. The strongest activity resulted when an extract of the herb was given by injection, but ingesting the herb extract orally (at concentrations of 0.25 to 1.0 percent of the diet by weight) showed a 3.5- to 4.5-fold increase in GST activity, which is very significant. *(Cancer Lett 96;100(1-2):139-44)*

   It appears that rosemary's benefits have been known for hundreds of years. Even the most superficial research will reveal that rosemary has been used in about every form imaginable and for just about every condition. It has been used as a tea, an antiseptic wash, for baths, as a fumigant, and as a rubbing oil. The leaves were even smoked for the treatment of tuberculosis, colds, and flu. I'm sure its reputation as a rejuvenator and healing agent is in part due to its ability to increase GST enzyme activity–though its antioxidant potential is probably also a factor. Rosemary is a popular and effective additive to essential fatty acid/fish oil supplements.

5) You can raise glutathione levels through the regular use of specially processed whey protein powders. This is one of the primary reasons I so strongly recommend a protein "shake" for breakfast each morning. The one protein powder that has been shown to increase glutathione levels is called Designer Protein by Next Proteins. It comes in several flavors. The Natural and French Vanilla flavors have no artificial sweeteners, while the Vanilla Praline, Chocolate, and Strawberry are sweetened with acesulfame-K. Designer Protein can be purchased from most health food stores or from Nutrition Express, 800-338-7979.

   A fruit smoothie made with 1 or 2 scoops of protein powder, Ω cup of skim milk, a piece of fresh fruit (Ω banana, strawberries or blueberries to taste, etc.), ° cup of flaxseed, 3 or 4 cubes of ice, and Ω teaspoon of cinnamon is my basic recipe. (You can add any other powdered or liquid supplements you desire to your drink as well, e.g., creatine, liquid iodine drops, bee pollen, royal jelly.)

6) You can also increase glutathione levels by taking the amino acid N-acetylcysteine.

N-acetylcysteine is converted in the body to glutathione. Taking 600 milligrams daily of N-acetylcysteine has been shown to increase blood plasma levels of glutathinone by 38 percent. *(Euro J Can 95;31A(6):921-923)*

N-acetylcysteine is available from Jo Mar Laboratories, 251 B East Hacienda Ave., Campbell, CA 95008, *www.jomarlabs.com*, or call 800-538-4545. A bottle containing 150 grams costs $25.30 plus $3.20 shipping. Jo Mar gives *Alternatives* readers a 10 percent discount on their first order. If you make your own capsules or mix it with your food or drink, a daily dose of 600 mg will run in the neighborhood of 10 cents a day.

7. You can also take glutathione powder, and while it's possible that it may be one of the more reliable methods of raising glutathione levels, it's also the most expensive. Jo Mar offers glutathione in bulk powder form at $38.50 for 50 grams, plus shipping. In homemade capsules or with food or drink, a daily dose of 500 mg will run in the neighborhood of 39 cents a day. Jo Mar offers both glutathione and N-acetylcysteine in capsule form at a somewhat higher price.

Get Your Glutathione!

Any steps you take to increase your glutathione levels will be an extremely worthwhile investment. It seems that every disease process begins with a decline in glutathione levels. And when you take a closer look at many of the "miracle" antioxidants that have become popular, much of their therapeutic effect comes from the fact that they help raise glutathione levels.

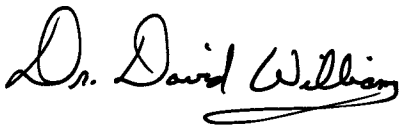
Melatonin has been found to stimulate the production of glutathione peroxidase, the principle enzyme for controlling free radical damage in the brain. Grape seed extract, bilberry extract, curcumin from turmeric, and Pycnogenol from pine bark all increase glutathione levels.

Low glutathione levels have been linked to cardiovascular disease, cataracts, macular degeneration, age-related brain problems like Alzheimer's and Parkinson's, and aging in general. We now know that a lack of glutathione in AIDS patients is responsible for the wide-scale free-radical damage that destroys immune cells and suppresses the immune system.

Just recently, researchers at Louisiana State University were working with mice genetically engineered to develop inflammatory bowel disease, the same disease that affects over a million people in this country. Five weeks before the mice began to experience intestinal inflammation, the researchers noted a sharp drop in one particular antioxidant: glutathione. When the inflammation appeared, glutathione gut tissue levels had dropped 80 percent. To determine if there was any relationship, the scientists added N-acetylcysteine to the animals' drinking water. As their tissue levels of glutathione increased, the inflammation subsided.

The pharmaceutical companies now realize that most diseases are preceded by a glutathione deficiency, and are working feverishly on the ultimate prevention pill. It would be a marketer's dream come true: a pill that everyone took every single day. I'm not sure when or if it will become a reality, and I'm not sure what side effects a drug like that might have. Fortunately, we don't have to wait–or be their guinea pigs when such a pill becomes available. We already know how to increase glutathione levels, and do it safely and effectively.

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
- 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