

# Alternatives<sup>®</sup>

## FOR THE HEALTH-CONSCIOUS INDIVIDUAL

December 2001

Volume 9, No. 6



Dr. David G. Williams

## An Ancient Formula for Heart Health and Longevity

In the field of health, there has never been a shortage of opinions or advice. The difficulty has always been to determine exactly what products and techniques are truly legitimate. Every month or so, we hear about some new miracle supplement, product, or procedure that cures either this or that problem. Sometimes it's hard not to get caught up in all the excitement and frenzy. Unfortunately, as you well know, most of these "breakthroughs" turn out to be only marginally helpful at best. Oftentimes, they're totally worthless. Once the promotional hype subsides, these products seem to gradually fade into the background. There are dozens of examples, including products like colloidal minerals, Noni juice, and many products sold through multi-level marketing organizations.

At the other extreme, there are a few products and techniques that have withstood the test of time and continue to be used thousands of years after their discovery. Acupuncture is one such technique that comes to mind, and ginseng is a product in the same category. Both have been used for hundreds, if not thousands, of years with continued success. Such products or techniques often go unnoticed in Western societies, and yet play a crucial role in societies still practicing their own brand of traditional medicine. This has been the case with another product, called Padma 28, that I wrote about several years ago.

The formula for Padma 28 comes directly from Tibetan medicine, a system that history shows began over 3,500 years ago. Padma was derived from a very ancient formula known as *Gabur*, or the "camphor formula." The formula has a long and success-

ful history of treating and strengthening the cardiovascular system, stopping infections, and relieving inflammatory conditions. To this day, it remains one of the primary longevity formulas in Tibetan medicine. Luckily, Padma is one such formula that not only withstood the test of time, but has also been spared the fate of hundreds of other traditional remedies. Over the years, the Chinese have systematically destroyed many of the Tibetan monasteries, which contained untold volumes of information on healing formulas and techniques, as well as historical and cultural treasures.

The camphor formula was taken out of Mongolia in the 1850s and eventually found its way to Switzerland. It has been available commercially in that country and parts of Europe for the last 40 years. The European product is called Padma 28, and, as I reported in the May 1998 issue of *Alternatives*, the product was also available for a limited time in this country during the early 1980s. Unfortunately, the people selling the product in the U.S. made various health claims that raised the ire of the FDA, which subsequently forced the product off the market.



### In This Issue

**An Ancient Formula for Heart Health and Longevity .....41**

*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*

Padma obviously has a long and interesting history, but that isn't what makes it so unique and useful. The research is what convinces me that this product should be a part of everyone's nutritional program. Over the last couple of decades, research coming from both Europe and Israel continues to suggest that Padma is extremely helpful in the lengthening of life and improvement of health. This is particularly important now that cardiovascular disease has become the number-one killer in Western civilization. After all, if you were searching for a product to help you live longer, something that could protect you from the deadliest disease in this country would be a good place to start.

### In the Pursuit of Health, Repetition is No Vice

If it seems like I've been focused on cardiovascular disease (CVD) lately, there's a good reason: I don't want you to die from it. I don't want you to stick your head in the sand, like almost everyone else in this country, and act like you're somehow immune to the problem. CVD is *directly* responsible for over 40 percent of all health-related deaths in this country. *It is either the primary or a major contributing factor in over 70 percent of all health-related deaths.* Every 33 seconds, someone in America dies as a result of CVD. It causes more deaths per year than the next six causes of death *combined*.

Last month, I discussed diet and other recommendations to help avoid cardiovascular problems. I now feel that Padma should be an integral part of that program.

Research has also shown that Padma can be helpful at boosting the immune system, preventing both bacterial and viral infections and protecting the liver. I'll discuss these additional benefits later.

### Taking Aim at Public Enemy Number One

I've often said that each of us falls into one of two categories: Either we have cardiovascular problems and know about them, or we have cardiovascular problems and don't yet know about them. It's a fairly safe assumption these days that everyone has cardiovascular problems to some extent. It's just a matter of time before you'll begin to experience symptoms associated with them. And a very large percentage of our population already has symptoms associated with CVD. The figures are frightening, to say the least.

Current estimates are that over 60.8 million individuals in this country have at least one type of

cardiovascular disease. That's roughly one-third of the adult population. Of those, over 50 million people have high blood pressure and about 12.5 million have heart disease either in the form of a past heart attack or angina problems. Another 4.5 million have experienced a stroke, one million have congenital cardiovascular defects, and almost 500,000 suffer from congestive heart failure.

If you have a history of high blood pressure, past heart attack, stroke, congestive heart failure, intermittent claudication, poor circulation in the extremities, congenital heart defects, or angina pain, make no mistake, you have CVD.

Also, you should know that "the writing is on the wall" if you take any of the following types of medications.

- High blood pressure medication
- Diuretics (water pills)
- Anti-coagulants (blood thinners)
- Anti-cholesterol or anti-lipid drugs
- Digitalis or other drugs to regulate heart rhythm
- Anti-diabetic medication
- Angina medication

Whatever you do, don't fall into the trap of thinking these medications are the cure for your problem. They are simply being used to treat the symptoms of much deeper problems. Based on the research and statistics I've given above, more serious problems will eventually develop. It's just a matter of time. Every 33 seconds, someone in this country dies of cardiovascular disease.

Although reversing the death rate from cardiovascular disease will obviously require more than just including Padma in your program, it has been proven immensely helpful in a wide variety of circumstances.

Poor circulation is often the first warning of cardiovascular disease. Unfortunately, this warning is often simply ignored—and it's not apparent in every-one. As I have often reminded you, a large number of heart attacks and strokes occur without any prior warning.

### Clearing Clogged Arteries in the Extremities

One dire warning of impending cardiovascular problems is characterized by decreased blood flow in the extremities (i.e., the arms, hands, legs, and feet).

This is often referred to as per-ipheral artery occlusion (PAO). It's one of the more difficult problems for doctors to treat and can be extremely debilitating for the patient.

When extremities, such as the legs and feet, don't receive an adequate supply of oxygen-rich blood, difficulty in walking becomes a common complaint. One of the primary symptoms is called intermittent claudication. This involves numbness, pain, aching, and extreme muscle tiredness or cramping when walking. It generally starts in the calf muscle but can be felt in the feet, thighs, and often even the buttocks. If you stop and rest for a minute or two, the pain may subside, but it quickly returns when you resume walking. And walking uphill or at a fast pace causes the problem to come on more quickly. The distance you can walk indicates the seriousness of the occlusion or clogging in the arteries supplying the lower extremities—the shorter the distance, the worse the clogging.

Several studies have now shown that Padma can very significantly improve circulation in the extremities and improve problems of intermittent claudication.

One German study found that 23 patients suffering from intermittent claudication were able to increase their pain-free walking distance 100 percent after taking Padma for just 16 weeks. (*Schweiz Med Wochenschr* 85;115(22):752-6)

In another Danish study, after taking Padma for four months, patients suffering from intermittent claudication were able to increase their average pain-free walking distance from 115 meters to as much as 227 meters. (*Ugeskr Laeger* 94;156(42):6207-9)

In a similar 16-week study, Padma was tested on another 93 patients. Those receiving the product were able to increase both their pain-free and their maximum walking distances. In fact, their average maximum walking distance increased from 87.5

meters to 187.7 meters. (*Forsch Komplementarmedizin* 94;1:18-26)

Another study found that Padma not only decreased pain and increased walking distances, but also reduced blood pressure levels measured at the ankle. This alone would indicate that blood flow through the area was being improved. (*J Vasc Invest* 98;4:129-136)

It's rare that any type of treatment, natural or otherwise, would cause such dramatic improvements in such a short period of time. What makes it more unusual is that it appears Padma doesn't work by vasodilation. In other words, it doesn't cause the blood vessels to open up wider. Instead, additional research has shown that it actually makes several beneficial changes to the chemistry of the blood.

This happens because of the synergistic effects of 19 different herbs combined with natural camphor in Padma. The product contains a wide range of bioflavonoids, tannins, salicylates, valepotriates, phenol acids, essential oils, and esters of various acids. As more and more research is done on the product, it has become increasingly evident that the traditional Tibetan healers (called *emchis*) were right about the unique way all these herbs work together in the Padma formula. Together the herbs have been shown to cause a significant decrease in platelet aggregation or excessive blood clotting. They also lower total cholesterol levels, triglycerides, total blood lipids, and beta lipoproteins, while at the same time increasing the ++alpha lipoproteins. (*Ann Acad Med Stetin* 91;37:191-202)

These are just some of the many characteristics that help make Padma an ideal therapy for treating ischemia, i.e., problems that result from poor circulation or diminished blood flow to an area.

Oftentimes, Padma can be extremely beneficial in treating the common problem called "restless legs." An individual with this condition can't seem to lie still at night. Their legs are constantly mov-



## ALTERNATIVES™

Author: Dr. David Williams, Publisher: George Stamathis, Editor: Robert Kroening

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

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

The approaches described in this newsletter are not offered as cures, prescriptions, diagnoses, or a means of diagnoses to different conditions. The author and publisher assume no responsibility in the correct or incorrect use of this information, and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. Dr. Williams works closely with Mountain Home Nutritionals, the supplement service that manufactures his unique formulations and supplies many of the hard-to-find nutrients he recommends. The compensation he receives allows him to continue devoting his life to worldwide research and the development of innovative, effective health solutions.



ing. This is often associated with muscle cramping and/or shooting pain or numbness. While it can also result from a calcium/magnesium imbalance or an acid/alkalinity disturbance, poor circulation is also one of the major causes. Using Padma for two to four weeks will often solve such problems.

## Relieving that Pain in the Chest

Angina is another circulation problem where Padma can be of tremendous help. It has become so common in this country that many people don't even think of it as a symptom of a deeper, more serious health problem. Some of the confusion may stem from a lack of understanding just what angina is and what it represents.

A person experiencing angina might feel severe crushing pain or sometimes no pain. An episode occurs when the heart muscle doesn't receive adequate oxygen from the blood supply—usually because of a blockage in the small arteries that surround the outside of the heart and supply it with blood and oxygen. The blockage in these small arteries is a result of atherosclerosis or clogging.

The angina “attack,” or sensation, is triggered when the heart is put under additional stress and doesn't receive the oxygen it needs. This sequence may occur under a variety of circumstances, such as exertion or increased activity. It's worse when the exertion occurs immediately following a meal. It's also worse during cold weather. In fact, walking from a warm room into a cold wind can trigger the sensation. Even stressful or frightening dreams can trigger angina. It usually doesn't last longer than a few minutes, and it tends to subside with rest.

As I mentioned earlier, the sensation of angina can vary from individual to individual. It may come as a deep ache, a vague cramping pain, constriction, or a crushing pain. It's most commonly felt directly beneath the breastbone, or sternum, and in some cases can radiate from there to the left shoulder and even down the arm to the fingers. It may also go from the chest straight through to the back or up to the throat, the jaw, or occasionally down the right arm. Angina pain generally *doesn't* occur directly over the heart. It differs from that of a myocardial infarction (MI, or heart attack) primarily in intensity, duration, and frequency. MIs are more painful, last longer, and occur less frequently.

While the sensation and exact location of angina may vary, the important thing to keep in mind is that

it is a warning sign of a much more serious, deeper problem that needs to be addressed. The conventional medical approach to angina involves the use of nitroglycerin tablets, which temporarily dilate or open the blood vessels supplying the heart. These give temporary relief, but do nothing to correct the underlying problem. Padma, however, can not only help relieve the angina, but also begin to correct the underlying problem.

In a double-blind study, 50 patients received either Padma or a placebo for a period of just two weeks. Over 80 percent of those on the Padma experienced either good or excellent results. In that short time, the average number of angina attacks was reduced from 37.5 to 11.5. Several other benefits were noticed as well. Those using the Padma could exercise longer without experiencing the onset of angina, platelet stickiness was reduced, and total blood fats were significantly lower. All of these effects also resulted in less need for nitroglycerin tablets. (*Herba Polonica* 86;32:107-114)

Estimates are that about 6.5 million people in the U.S. have been diagnosed with angina problems. I wouldn't be at all surprised if that many more people have *undiagnosed* angina. Unfortunately, only a very small percentage of either group has any idea how serious the problem is. And even fewer know that they can help correct the problem with products like Padma, coenzyme Q10, L-carnitine, green tea, cayenne, and other nutritional compounds. Most will just continue to treat the symptoms with vasodilators like nitroglycerin as the problem continues to progress into something more life-threatening.

## Boosting the Blood Supply to the Brain

Poor memory is one of the most common complaints we have as we get older. For some reason, most people fail to associate gradual memory loss, intellectual deficiencies, attention disorders, and emotional instability with a lack of blood flow to the brain. Only following a stroke does the connection become obvious.

Despite the impression you might get from most doctors, atherosclerosis is a systemic problem. If you're experiencing circulation problems, regardless of whether the symptoms are in the legs or the heart, you can rest assured that the small arteries supplying the brain are also starting to clog and impede blood flow. Since the changes often aren't associated with any pain or noticeable sensation, it might be easy

to attribute things like memory loss or some of the other problems I mentioned to just getting older. In reality you can help prevent and/or reverse these problems by improving the circulation.

This can be accomplished through the use of niacin and/or niacinamide, which I discussed in great detail in the past (see Vol. 7, No. 5), and with Padma.

In another Polish study at the Neurology Department of Regional Hospital in Zyrardow, Poland, 35 individuals with known cerebral atherosclerosis were treated with Padma. The individuals ranged in age from 33 to 72 years, and suffered from one or more of the problems I mentioned above. Nine had evidence of blockage in the carotid artery that feeds the brain, and fourteen had experienced one or more transient ischemic attacks (TIAs) or silent strokes in the last two years.

They were all given Padma for a total of three months at a dosage of 6 tablets a day for the first six weeks and thereafter 4 tablets a day. Practically all patients showed remarkable improvements. Twenty-five reported immediate improvement in their memory and the alleviation of emotional instability. In five of the nine patients with suspected blockage of the carotid artery, associated symptoms regressed almost completely, and in two other patients symptoms were greatly improved. And none of those with a history of TIAs experienced any more such incidents.

When this study was presented at a symposium in Poland, one of the neurologists made the comment that he knows of no substance other than Padma that can make the cerebral circulation so elastic.

If Padma was recognized for nothing other than combating atherosclerosis in the brain, it would be considered a miraculous breakthrough.

### **Padma and the Immune System**

Although much of the focus on Padma has highlighted its beneficial effects on circulation, research has also found that it has profound effects on the immune system. You could say that Padma is an immune system regulator. In other words, rather than simply stimulating the immune system, Padma helps bring it back into balance. The difference is very important.

Many of the therapies being used today really don't work with your immune system. We have

fallen into the trap of thinking that we are somehow smarter than our immune systems. In dozens of diseases, including cancer, allergies, circulatory problems, chronic infections, skin rashes, and the autoimmune diseases, the major forms of treatment involve serious immunosuppressive or immunostimulative procedures. Treatments that involve chemotherapy, radiation, corticosteroids, anti-inflammatories, and the aggressive use of hormones all affect the immune system. Unfortunately, any positive results are generally short-lived and ultimately result in failure; besides which the side effects can be horrendous. Working with an immune regulator, such as Padma, is a totally different story.

When certain components of the immune system are low in number, such as various types of white blood cells, using Padma results in their increased synthesis. White blood cells are one of the first lines of defense against invading bacteria and viruses. In individuals with normal levels of these immune cells, Padma has little if any effect on the immune system.

Somehow, Padma also improves the body's response toward foreign bacteria and viruses. Preliminary research suggests that the various components in Padma somehow help the immune system to better distinguish between normal, harmless bacteria or proteins and those that can cause destruction and disease. The importance of this unusual characteristic becomes more apparent in treating chronic infections like hepatitis (liver inflammation).

### **Hope for People with Hepatitis B**

This form of liver destruction is associated with a virus. Viruses work by invading and taking control of normal cells. This characteristic makes viruses particularly hard to eliminate. With hepatitis B (and other forms of viral hepatitis, as well), it became increasingly clear that the severe chronic inflammation wasn't coming directly from the virus, but was a result of the body's immune cells continuing to attack its own liver cells where the virus had set up residence. Eventually, it occurred to some doctors in Europe that the standard treatment of giving immune-suppressive drugs and anti-inflammatory medications wouldn't work. It was like burning down the house to get rid of rats. Instead, they decided to try Padma.

After treating 126 adults and 52 children with chronically active hepatitis B, researchers found that Padma can have profoundly positive effects. Patients

were treated for a two-year period with 2 tablets of Padma taken 3 times daily. In addition to the Padma, they were given 1,000 milligrams per day of gamma-linolenic acid (GLA). There was significant improvement in almost all of the patients. In about 15 percent, the viral infection was totally eliminated. In 90 percent of the individuals, blood chemistry returned to normal and the various white blood cell groups improved significantly. The patients reported that their appetites and overall well-being had improved, and ultrasonic tests revealed that there was no noticeable damage to their livers or spleens. Only in about 10 percent of the individuals was the Padma unable to return the biochemical parameters to normal and eliminate the inflammatory process.

A similar follow-up study involving 34 patients showed similar results. (*SchweizZschr fur GanzheitsMed* 92;7/8(Suppl 1):13-14) (*Phytotherapy Res* 93;7:244-247)

As a short side note, it might bear mentioning that Padma has also been shown in animal studies to protect the liver against damage from excess alcohol. Prolonged alcohol exposure can increase blood fats or lipids and increase the activity of liver enzymes. When rats were given Padma along with alcohol, the product exerted a significant protective action against these changes. (*Acta Physiol Pol* 89;40(4):387-92)

It seems that Padma's ability to help the body recognize viruses and bacteria, and improve its ability to eliminate them, may be of help in other kinds of chronic infections as well. In fact, Padma appears to be helpful even in treating HIV/AIDS.

## Fighting HIV and AIDS

There may be a similarity between hepatitis and HIV infection. Both the progression of HIV infection into full-blown AIDS and the chronicity of hepatitis are dependent on the effectiveness of the immune system. Dr. Witold Brzosko, with the Roch Brzosko Memorial Center for Natural Health in Warsaw, Poland, has noted that Padma may be able to help stabilize HIV infections.

At a 1993 symposium in Warsaw, he reported on two studies—one involving 8 patients with AIDS-related complex (ARC), lymphadenopathy syndrome (LAS), and Kaposi's sarcoma, and another involving 10 patients with ARC. In both of these small studies, the use of Padma helped stabilize the conditions and improved white blood cell counts. The researchers felt that they might have achieved

even better results if they could have used Padma on these patients when they were still symptomless carriers of HIV. In such cases, Padma might actually be able to prolong the symptomless period. Obviously, further work will need to be done in this area.

## Help for Children with Chronic Infections

Padma was tested in a three-year study involving 305 children, each of whom had suffered at least one infection per month during the preceding 9 months, including at least three incidences of bronchitis and/or pneumonia. The children ranged in age from 10 months to 8 years. All other treatment programs involving steroids were stopped three months before Padma was administered.

The dosage varied based on the age of the children. Those over 3 years old were given 1 tablet three times a day. Those under 3 were given ½ tablet three times a day. The Padma was taken ½ hour before meals. Over 70 percent of the children showed a clear improvement in both the frequency and severity of their respiratory conditions as a result of using Padma.

The Padma was given for a ten-week period, and then the children were observed for the next 9 months. During that combined period, 60 children experienced not more than one infection. Another 83 children experienced four or fewer infections and 75 others had seven or fewer infections. There was no effect in 82 of the children and in only 5 children did the respiratory problems get worse.

There were no side effects, and the researchers believed that the positive results would have been much better if the Padma therapy would have been continued for longer than the 10-week period. One of the main reasons for this belief was the before-and-after blood work performed on these children. After only ten weeks, it was obvious that Padma was correcting the various immune cell deficiencies. (*SchweizZschr fur GanzheitsMed* 92;7/8(Suppl 1):22-23)

## Is Padma a Cure-All?

The more you investigate Padma, the more it begins to look like a panacea. Of course, it does not cure everything, but it does have a very wide range of effectiveness. The two areas where it really shines are cardiovascular protection and the regulation of the immune system—and keep in mind that even these two areas are related. We're seeing more and more research showing how the inflammatory

process can lead to arterial damage, atherosclerosis, and ultimately heart disease. Some medical professionals are even suggesting that we all start taking anti-inflammatory drugs and antibiotics to prevent cardiovascular problems. This is obviously a very shortsighted approach, which will only cause more problems in the long run.

The ideal approach is to find a way to help your body's immune system become more efficient and effective. That's what Padma does, but the fact that it can be helpful in so many different situations actually works against its acceptance by Western doctors. This is because the primary "tools" (i.e., drugs) of modern medicine are magic bullets that are designed to work specifically on one problem without regard to the body as a whole. In contrast, Padma supports the immune system, which is the ultimate healer in the body.

The versatility and interactions of the immune system are practically endless. When foreign agents enter the body, the immune system uses oxygen free radicals to destroy the pathogens. However when excessive free radicals are present, which might cause destruction to healthy tissue, the immune system uses antioxidants to quench the free radicals. By supporting the immune system, Padma can effectively be pro-oxidant or anti-oxidant.

Padma is a regulator, or modulator, of the immune system. I've discussed other immune system modulators, or adaptogens, as they are sometimes called, in the past. Ginseng and astragalus are two good examples of adaptogens. Ginseng can increase the production of natural hormones from the adrenal glands when necessary, or limit their production when the body needs rest. Padma, through a careful combination of 19 different herbs, may be one of the ultimate adaptogens. The Tibetan healers who developed the formula over hundreds of years of use were obviously very dedicated and conscientious. And those who manufacture the product in Switzerland have gone to extremes to make sure it is as effective today as it was a thousand years ago.

Padma, Inc., of Switzerland has been making the formula under the name of Padma 28 for the last 30 years. It is called "28" because it was based on the 28th formula in an ancient textbook of Tibetan medicine. Just recently, the product Padma Basic from Padma, Inc., has become avail-

able in the U.S. It is the same product except for very small amounts of one ingredient, called aconite, which Padma 28 contains. There have been some questions as to the safety of aconite, so it isn't allowed in the U.S. product. Tests have shown that removing the aconite doesn't appreciably change the beneficial effects of the product.

Padma Basic contains the following herbs:

- Allspice (*Pimenta dioica*)
- Bengal Quince (*Aegle marmelos*)
- Calendula (*Calendula officinalis*)
- Cardamom (*Elettaria cardamomum*)
- Clove (*Syzygium aromaticum*)
- Columbine (*Aquilegia vulgaris*)
- Costus (*Saussurea lappa*)
- English Plantain (*Plantago spp.*)
- Gingerlily (*Hedychium spicatum*)
- Golden cinquefoil (*Potentilla aurea*)
- Heartleaved Sida (*Sida cordifolia*)
- Iceland moss (*Cetraria islandica*)
- Knotgrass (*Polygonum aviculare*)
- Lettuce (*Lactuca sativa*)
- Licorice (*Glycyrrhiza glabra*)
- Margosa (*Azadirachta indica*)
- Red Sandalwood (*Pterocarpus sandalinus*)
- Tropical Almond (*Terminalia chebula*)
- Valerian (*Valeriana officinalis*)
- Natural Camphor
- Calcium Sulfate

The herbs are sourced from around the world and rigorously tested throughout the production process. In fact, Tibetan medicine recognizes six different tastes. We recognize only four: sweet, sour, salty, and bitter. In addition to our four, Tibetans include astringent and hot. Not only are the herbs tested for identity, purity, and potency by chemical fingerprinting using high-pressure liquid chromatography (HPLC), gas chromatography (GC), and thin layer chromatography (TLC), test batches of each herb are also sampled by trained tasters to check for astringency.

The painstaking manufacturing process is followed to insure product effectiveness. It is packaged to have a five-year shelf life. It is also free of pesticides and contaminants, and research has repeatedly shown that it has no side effects or interactions with other medications. (It is still recommended, however, that it be taken alone 2 hour



before meals, and that other medications should be taken at another time.)

Dosages vary somewhat depending on age and condition. I listed the recommended children's dosages earlier. As for adults, 6 tablets a day (2 tablets taken 3 times a day before meals) is recommended during the treatment phase of a problem. Once the problem has been resolved over a matter of weeks or months, you can then generally taper back to a maintenance dose of 1 or 2 tablets a day.

U.S. subscribers can see their health care professionals for Padma Basic, or purchase it from Mountain Home Nutritionals at 800-888-1415. If you mention that you are an *Alternatives* subscriber and also mention code 08521-I, you will receive a 10 percent discount on your \$29.99 purchase of 60 tablets. Canadian subscribers can also visit their health care providers for help with purchasing Padma Basic, or buy it from Professional Health Products, 4307 49 St., Innisfail, Alberta, T4G 1P3, phone 800-661-1366. Mention that you are an *Alternatives* subscriber for a 10 percent discount on your C\$46.75 purchase of 60 tablets.

### An Important Health Tool

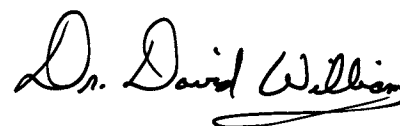
Padma Basic isn't a "cure-all," nor is it some magic pill. It is, however, a Godsend from our past that seems to have surfaced at a time when we need it most. Our Western lifestyle has been changing dramatically. Our systems are being bombarded with a seemingly endless array of toxins, hormones, pesticides, chemicals, altered fats, processed foods, and other stresses. The Padma formula, a longevity formula in centuries past, may turn out to be a survival formula for us.

There's a saying here in Texas that people usually "get religion" in one of two ways. Some get it when they see the light; others have to feel the heat. When it comes to getting "religious" about taking care of your heart and arteries, don't wait until you feel the heat.

Based on my research and experience, Padma may be one of our most effective tools at combatting cardiovascular disease. Keep in mind, however, that it is only one of the tools. A good diet (very, very little sugar, no fried foods, etc.), exercise, rest, stress management, pure unchlorinated water, a good multi-vitamin/mineral, and a heart supplement formula are some of the other tools.

In ancient times, the Padma formula was undoubtedly available to only a select few. Fortunately, the product is now more widely available, but very few people outside of *Alternatives'* readers even know about it. It has already been around for a couple of thousand years. When you consider all the people it could help, we can only hope it doesn't go unnoticed for a couple of thousand more.

Take care,



P.S. I'm sure that the events of the past few months will make home and family even more important than usual to most of us this holiday season. In that spirit of renewed emphasis on the important things in life, let me wish you a very meaningful and blessed holiday.

---

## 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](mailto:mailbox@drdavidwilliams.com)
- For Customer Service matters such as address changes, call 800-527-3044 or write to [custsvc@drdavidwilliams.com](mailto:custsvc@drdavidwilliams.com)
- To get important information between issues, sign up for email dispatches at [drdavidwilliams.com](http://drdavidwilliams.com)
- To order nutritional supplements from Mountain Home Nutritionals, call 800-888-1415 or visit [drdavidwilliams.com](http://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