

Alternatives[®]

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

First Things First

I've seen several references lately to the Brazil nut effect. If you shake a can of mixed nuts long enough, the largest nuts—the Brazil nuts—end up on top. You would think that the

larger nuts would settle to the bottom, but, for some reason, it doesn't happen that way; no one has yet been able to explain why. The effect has continued to baffle scientists since the 1930s.

The Brazil nut effect seems to hold true for life in general, too. As world events continue to disrupt our lives and shake the foundations around us, it seems like the larger, more important issues begin to work their way to the surface. If nothing else, the events of the last couple of months should help up focus on what's really important in life and what is necessary for our well being and survival.

A Serious Problem—But Probably Overblown

One of the events that has been shaking things up lately has been the threat of anthrax contamination. And although the threat of anthrax is receding at the time of this writing, I've received a lot of anxious mail on this subject, so I'll touch on it briefly before I move on to what I see as a much more significant threat.

I hope this doesn't come back to bite me, but I feel that the anthrax threat has been blown out of proportion. Quite frankly, there's not a lot we can do as individuals to *totally* protect ourselves from anthrax. To suggest otherwise would be untrue. The risk is very small and the chances of the problem becoming widespread are even smaller. You have a greater risk of being hit by lightning than you do of contracting anthrax.

Precautionary measures such as taking antibiotics will only weaken your immune system and make you more vulnerable to common problems that you will likely encounter.

If you're concerned about anthrax, which I'm not at this point, there are some simple precautions you can take. Anthrax spores can be killed on any surface with common disinfectant sprays or wipes like Clorox or Lysol. This includes mailboxes, mail, etc. Using disposable gloves to handle any potentially contaminated items is also a good idea. Actual inhalation exposure to anthrax spores will require antibiotic treatment, but to help minimize the risk of inhaled spores I would strongly recommend using a fiber-type surgical mask that has been misted with eucalyptus oil. Disposable gloves and masks are still readily available at most pharmacies.



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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

Like the Boy Scouts, Be Prepared

Regardless of the form of bioterrorism we might encounter, from a practical standpoint your best defense involves the use of many of the remedies I've already covered in past issues of *Alternatives*. I urge you to go back and read about how the following items can be used to protect yourself and loved ones from various strains of bacteria, viruses, and other pathogens: food grade hydrogen peroxide (H₂O₂—available from Jim Haigh, phone 952-937-2354), chlorine bleach (from the grocery store), Citricidal (grapefruit seed extract, from Mountain Home Nutritionals, 800-888-1415), PAV (tree pitch—from NATR, 800-422-4716), propolis (from CC Pollen, 800-875-0096), xylitol (Xlear, Inc., 877-599-5327 or Mountain Home Nutritionals), eucalyptus oil (health food stores or Penn Herb Co., 800-523-9971) and elderberry extract (Sambucol from Sullivan Creek Distributors, 888-406-4066, or Elderberry Advantage from Mountain Home Nutritionals).

You should have a rotating stock of each of these items on hand. The total cost would be somewhere in the neighborhood of only \$100. In past issues, I have gone into great detail about where to obtain and exactly how to use each one of these items. Each could be a lifesaver under the right circumstances.

Five additional items that I would always keep on hand would be: at least one pint of DMSO (the 99.99 percent DMSO liquid, available at health food stores, feed and grain stores, or DMSO Marketing, 800-367-6935), powdered Cayenne pepper capsules (Standard Process brand, available from The Apothecary, 800-869-9159), powdered turmeric capsules (Nature's Herbs brand, available in health food stores or from Vitamin Shoppe, 800-223-1216), fresh garlic, and powdered vitamin C (health food stores).

Nuclear Terrorism Could Be Next

Personally, I think the threat of a nuclear explosion or nuclear power plant sabotage is as great as or greater than exposure to biological agents. Due to the number of nuclear power plants, prime military targets, and the prevailing wind patterns, I doubt there's any location in the United States that is totally protected from nuclear fallout resulting from a nuclear accident or explosion. This is why, for years, I have recommended that you keep oral iodine supplements on hand at all times.

The majority of downwind problems following any type of nuclear accident result from the absorption of radioactive iodine (iodine-131). This substance is a major component in nuclear weapons and nuclear power plants. When released in the air, radioactive iodine can travel for hundreds of miles. When inhaled or ingested, it quickly accumulates in the thyroid gland. These radioactive particles sitting in the thyroid gland eventually cause it to malfunction. Cancer usually develops within a short period of time.

Since the thyroid acts much like an iodine sponge, the absorption of radioactive iodine can be prevented by saturating the thyroid with safe forms of iodine prior to exposure to radioactive fallout. Taking iodine prior to exposure can limit the uptake of radioactive iodine to as little as one percent of the total iodine absorbed, and prevent the problems and cancer it causes.

Don't Be Caught Without Potassium Iodide

In all developed countries (except the United States), the government stockpiles potassium iodide (chemical symbol: KI) tablets and makes them readily available to its citizens. To be effective, the tablets need to be taken no sooner than 48 hours prior to fallout exposure and absolutely no later than 16 hours after exposure. *Ideally, iodine should be taken several hours prior to exposure and every 24 hours thereafter for at least 15 days (or until one day after exposure, whichever is longer).*

A daily dosage is as follows:

Adults and children over 12.....	130 mg
Children 3 to 12 years old	65 mg
Children 1 month to 3 years old.....	32 mg
Children under a month old	16 mg

There are only four over-the-counter potassium iodide tablet products available. A couple come as 130 mg tablets and the others as 65 mg tablets. I prefer the latter because you don't have to break the tablet to get a child's dosage.

The best source I've found for potassium iodide tablets is a company called: KI4U, 212 Oil Patch Lane, Gonzales, Texas 78629. A 100 adult-dose bottle costs \$24.50 delivered. They don't take orders over the phone, however, and you must either order over the Internet at their web address listed below or mail a check or money order to the address above.

The owner of the company, Shane Conner, is extremely knowledgeable and helpful. He also has one of the most informative Web sites I've seen. It details the tools and specific information needed to help protect yourself from nuclear accidents. If you have access to a computer, I highly recommend you check it out. The address is www.ki4u.com.

A Stitch in Time Saves...Your Life

Our government is still debating whether or not to stockpile potassium iodide tablets for the public and distribute them when necessary. Unfortunately, the tablets need to be taken before you are exposed to the nuclear fallout.

When taken ½ hour to 1 day before exposure, potassium iodide can prevent 99 percent of the damage to the thyroid gland. If you wait until 2 hours after exposure to take the tablets, the protection percentage drops to 80 percent; after 8 hours it drops to 40 percent.

Children are particularly susceptible to thyroid cancer from radiation exposure. Their metabolic rates are higher, they are still growing, and their thyroid glands are more active. Even so, administering iodide tablets can give them the same protection. During the Russian Chernobyl accident, most of the children downwind of the plant didn't receive iodide and doctors are now seeing thyroid cancer in about 40 percent of children who were under the age of four at the time of the accident. As many as 10 percent of those people will die from the disease. Polish authorities, however, realized the danger of the fallout. They immediately provided iodide tablets to 97 percent of their childhood population and also carefully screened milk and food products for radiation. As a result, they haven't seen any increase in thyroid problems or cancer.

The primary reasons potassium iodide tablets are still available as over-the-counter items are the government's lack of a clear policy concerning their use and the fact that the tablets are safe. But

being classified as over-the-counter items certainly doesn't mean they are readily available. Very few companies sell them, and only four or five companies make them. Shane says that he buys almost the total production of two of those companies. When you really look into the situation, there's just not much of this stuff available.

Following the September 11th attack, Shane told me his company, KI4U, was swamped with orders, and is just now getting its inventory built back up. With any kind of nuclear accident, his inventory would literally be gone overnight, and it could take months to get additional supplies. Shane told me that he expects to be "out of business" within 24 hours of any nuclear emergency.

All You Ever Wanted to Know About KI

If just a small percentage of *Alternatives* subscribers follow these recommendations and purchase tablets, I suspect he'll also be out of stock. If this happens and you're caught without potassium iodide tablets, there are a couple of viable alternatives you should know about. They could save you and the lives of those around you.

I am indebted to Shane Conner for sharing much of the following information with me in our conversations, and for posting it on his website.

The first alternative is to make your own potassium iodide solution. With the right raw materials, it's not hard to make, and it's just as effective as the pills.

To make your own solution, first buy a bottle of either crystalline or granular potassium iodide. It is readily available from chemical supply houses (listed under "Chemicals" in the yellow pages) or some photo supply stores (listed under "Photographic Equip. & Supls.—Retail"). Keep in mind, too, that most high school and college science labs will have a bottle or two.

The quickest and easiest way to make the solution is to fill a small glass bottle (a two-ounce bottle makes enough for a family) about 60 per-



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cent full with the potassium iodide crystals. Then pour clean, room temperature water over the crystals until the bottle is 90 percent full. Close the bottle with a non-metallic screwtop and shake vigorously for several minutes. When allowed to sit for a short time, there should be undissolved crystals settling to the bottom of the bottle. This will tell you that the solution you made is totally saturated.

With a totally saturated solution, the adult dosage would be four drops every 24 hours. A 3-to-12-year-old child's dosage would be two drops every 24 hours. (Tests have shown that, with a crude solution like this, a single drop supplies between 28 and 36 mg of potassium iodide.)

2) A second alternative involves painting the skin with a tincture of iodine solution. ***However, elemental iodine, tincture of iodine, iodine purification tablets, and povidone-iodine solutions like Betadine brand solution are poisonous to drink or swallow. Never take any of these internally, even if it's the only thing you have following a nuclear accident!***

It's possible, however, to use one of these iodine solutions to help safely reduce your uptake of radioactive iodine-131. In one study performed during the late 1980s, one researcher showed in 24 individuals that you could get an adult blocking dose of stable iodine to the thyroid by painting 8 milliliters of a 2 percent tincture of iodine solution on either the stomach or forearm. (To help put this in perspective, 5 milliliters is equivalent to about 1 measuring teaspoon. And remember, a child's daily dosage could be obtained by using only 4 milliliters.) (*Health Physics* 89;56(6):911-914)

3) A final, untested possibility is to use Iosol (see *Alternatives*, Vol. 8, No. 10) to saturate the thyroid, but there haven't been any studies to show how much would be necessary. I've used it in practice to saturate the thyroid and stop hyperthyroidism, but the amounts were different in every patient and it would be hard to give a proper dosage. The potassium iodide, however, has been thoroughly tested.

Keep It All in Perspective

There are many threats to our health and well-being from around the world these days. They can become overwhelming if we look at them all at once, so the important thing for each of us is to prioritize and concentrate on the ones that seem most relevant at any given time. I honestly feel

that taking steps to help protect yourself and your loved ones from a nuclear accident should now be at the top of the list.

Few people seem to realize that our exposure to nuclear fallout can originate from incidents anywhere on the globe. The problem doesn't have to be from nuclear terrorism here at home, which has now become more of a threat. Nuclear detonations or war in the Middle Eastern countries, Pakistan, India, Russia, North Korea, or China would result in a deposition of radioactive fallout across America for weeks, if not months.

Unfortunately, the threat is real, but a small investment can go a long way toward protecting you and your loved ones. It's one investment that I hope turns out to be a waste of money. I hope your potassium iodide tablets remain on your shelf unopened and unused for the rest of your life. But even if that happens, like my dad always says, "it's cheap insurance."

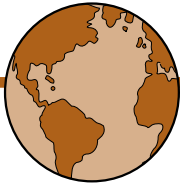
Statin Drugs: Risky Business

Years ago, I wrote about the possible pitfalls of targeting cholesterol as the culprit behind our ever-increasing problem with cardiovascular disease. I certainly didn't expect to single-handedly change the way this problem was being addressed. My only hope was that *Alternatives'* readers would at least learn the true story and the dangers involved with various drugs to lower cholesterol levels. Mainstream medicine, however, has continued its "war" on cholesterol. One of the primary weapons in this war has been, and continues to be, statin drugs.

Statins have been on the market since about 1987 and are by far the most common cholesterol-lowering medications in use today. Brand names are Lipitor (atorvastatin), Zocor (simvastatin), Mevacor (lovastatin), Pravachol (pravastatin) and Lescol (fluvastatin), plus one that was recently taken off the market due to publicity over its adverse side effects, Baycol (ceriva-statin).

A Few Questionable Benefits; Lots of Real Problems

Statins lower cholesterol levels in two ways. First, they block the action of an enzyme that produces cholesterol, and second, they make your body excrete more cholesterol through the intestine (or in the stool). Some research suggests that



News to Use from Around the World

New Help for People who Stutter

GREENVILLE, NORTH CAROLINA—Researcher Joseph Kalinowski has developed a unique device that can help overcome stuttering and other speech impediments.

The device is called the SpeechEasy. It resembles a hearing aid, but rather than amplifying sounds, it plays back the wearer's voice with a very slight delay. Presently, it has been used in just over 200 patients, with a reported success rate of 98 to 99 percent. Some have begun speaking fluently immediately, while others required a little time to learn to use the device. The youngest person tested was 7 years old. Children seem to respond especially well to the effects.

The altered auditory feedback caused by the device is based on a phenomenon that for centuries has been known to make people who stutter fluent. It's called choral speech, meaning that stutterers can speak fluently when they are speaking in concert with other people.

The SpeechEasy has helped people with varying severities of stuttering. There's currently no way to identify people who might be resistant to the effects of the device, so the best way to find out if it will work is to try it out in the laboratory associated with the marketer

of the product. Although many people who have worn the device for a time learn to speak fluently without it, most individuals remain dependent on the device for fluent speech.

The people I've spoken with say that the positive results are almost immediate. The only downsides that I've seen thus far are the fact that you must travel to Greenville to get the device fitted and calibrated, and it is quite expensive. Depending on the unit you choose (i.e., over the ear, in the ear, in the canal, etc.) the price can range anywhere from about \$3,600 to around \$4,400. In addition to a years' warranty on the product, the manufacturer also gives a 30-day satisfaction guarantee. If you don't like the product for any reason, they will refund all but 10 percent of the purchase price.

I'm not sure if any insurance companies will help pay for the device, since it isn't actually a hearing aid.

For additional information, you can contact Darwin Richards at Janus Development Group, Technology Enterprise Center of Eastern Carolina, 1800 N. Greene St., Greenville, North Carolina 27834. His phone number is 252-551-9042 and his fax number is 252-328-1545.

This is one simple device that has the potential to change the lives of a lot of people.

statins may also have an anti-inflammatory effect on arteries that supply the heart muscle.

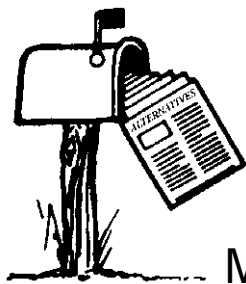
Statins have become so popular because, when it comes to lowering cholesterol, they can certainly do the job. While lowering fat and cholesterol consumption in the diet might reduce cholesterol levels 10 or 15 percent, statins can reduce cholesterol levels as much as 50 or 60 percent. As a result, millions of people now take statin drugs, and the level of usage continues to increase in light of new government recommendations that have lowered the recommended levels of cholesterol. Unfortunately, no one has yet been able to show that lowering cholesterol in this manner increases one's life span and/or makes one healthier in the long run. Statins cause liver damage, muscle problems, and quite possibly even accelerate cardiovascular disease, as I've explained in the past (see the November 2001 issue of *Alternatives*). And new research I've just

received brings into question whether statins may even increase the risk of some cancers.

Possible Cancer Connection

Two reports, one from the Department of Medicine at the University of Frankfurt in Germany and the other from Tufts University School of Medicine in Boston have found that statins can be potent angiogenic compounds. In simpler terms, statins can trigger the formation and growth of new blood vessels. (*J Clin Invest* 01;108(3):391-397) (*J Clin Invest* 01;108 (3):399-401)

As you may know, angiogenesis, or new blood vessel formation, normally occurs only during periods of growth or repair. Proponents of statins would say that this is simply another benefit of the drugs because it helps increase blood flow to the heart muscle. While this may be partially



MAILBOX

No Smoking Information, Please

Question: I have been a subscriber to *Alternatives* for several years now, and I have generally been pleased with the information you provide. The one exception, however, is when you spend time discussing the perils of cigarette smoking and possible ways to quit. I think those discussions are a total waste of time. If one wants to quit the habit, they will do it on their own. I would rather you devote your efforts on other areas that have a broader appeal.

Amanda K.
Phoenix, Arizona

Answer: Actually, this subject has a much broader appeal than you might think. Roughly 24 percent of our population smokes (46.5 million individuals), with the greatest number of smokers in the 18-to-24 age group. (*Morbidity & Mortality Weekly Report* 01;50(40):869-873)

In fact, an increase in smoking among the younger people of this country has helped fuel a worldwide rise in the incidence of smoking.

Smokers are 25 times as likely to die of lung cancer as non-smokers, and their risk of having a heart attack is two or three times as great. It's estimated that half of all smokers die as a direct result of smoking.

The bottom line is that stopping the habit of smoking would do more to reduce medical costs and suffering in this country than any other single change. That's a fact that a health newsletter writer can't ignore.

Another fact that compels me to write about this subject is that millions of smokers would like to quit smoking. Smokers aren't dying from ignorance, at least in this country. They know the dangers involved. Unfortunately, quitting is not always as easy as you might think. Studies have shown that only about 1 to 5 percent of those that try to quit "cold turkey" are successful. And 90 percent of those who quit using the latest nicotine replacement gums, sprays, lozenges, or inhalers are smoking again within a year.

It should be obvious from past issues that I am no fan of cigarette smoking, but I don't write about smoking to harass people who smoke. They certainly have the right to do so. One of the major reasons

I write about smoking is that I am constantly looking for methods and techniques that might help people who choose to quit, but have a tough time taking that step.

A Partial Win Counts

Part of the problem may be that, in the U.S., most therapies aimed at curbing cigarette smoking take an all-or-nothing approach. When you consider the health costs and disability involved with smoking, it may be time for us to view help for smokers from another perspective.

Nicotine replacement is certainly a viable alternative because most of the health problems associated with smoking aren't a result of the nicotine. Cigarette smoke contains over 4,000 compounds, of which more than 60 are carcinogenic. Nicotine has some side effects, but, in comparison, they are pretty minor. Nicotine can raise blood pressure and heart rate. Most people aren't aware that it also promotes angiogenesis (like the statin drugs I mentioned earlier) and could promote the growth of cancerous tumors. And it is also toxic, though a lethal dose would require something like 20 pieces of nicotine gum. These are not inconsequential side effects, but, all in all, nicotine is far less damaging than cigarette smoke.

true, there's more to the story. It's important to keep in mind that angiogenesis is also one of the things that cancerous tumors need in order to grow. This is true because cancer cells reproduce rapidly and need an extra supply of blood to support their activity.

Anything that promotes angiogenesis and possibly cancer growth needs to be taken with caution. At this point, we don't really know how the use of statin drugs might influence the formation or acceleration of prostate, breast, or other cancers. We do know that some of the most promising and effective cancer treatments are *anti*-angiogenic substances. They work by stopping the formation of new blood vessels in the body, which starves cancer cells of the blood supply they need for their accelerated reproduction.

The bottom line is that statin drugs are not as harmless as you may have been led to believe. Cholesterol isn't the only factor associated with cardiovascular disease. Sugar, rancid fats, *oxidized* cholesterol, chemical exposure, and free radical damage all play major roles. Blaming cholesterol for cardiovascular disease is like blaming firemen for fires. Every time there's a fire, firemen seem to be there. So, using the medical establishment's reasoning, if you get rid of firemen, there won't be any more fires.

Millions of individuals now take statin drugs to lower cholesterol levels. If physicians and patients buy into the new government guidelines, this number could easily triple in just the next few years. Don't be surprised if, "for some strange reason," we also see the incidence of cancer start to rise shortly thereafter.

When nicotine gum is used correctly, and an herbal withdrawal aid is also used, the chances of quitting are improved. One such herbal withdrawal aid is TobacOff, a Chinese product that seems to adversely change the flavor of cigarettes. It contains houttuynia and the roots of sophora, polygala, and Panax ginseng. It is made by Pacific Biologic and runs about \$30 for a 90 capsule bottle. One to two bottles should be all that's needed, if it is going to work for you. Pacific Biologic can be contacted at P.O. Box 520, Clayton, California 9451; phone: 888-417-4372.

Looking elsewhere in the world, Sweden is one country that has approached the smoking problem from a different perspective. Instead of trying to eliminate tobacco and nicotine use altogether, they are trying to at least minimize its serious side effects. Sweden was the only country that met the World Health Organization's goal of reducing smoking to less than 20 percent of the total population by the year 2000. Part of their success was due to a tobacco product called *Snus*. It consists of moist ground tobacco in a small tea bag-like container that is placed between the lip and gum. Like the snuff so popular in this country, it delivers nicotine to the bloodstream. Unlike snuff however, *Snus* was found not to increase

the risk of oral cancer. It is cured using a special process that inhibits the production of carcinogens. The downside is that it still increases the risk of cardiovascular disease by about 40 percent, but that's still much better than smoking.

Currently, about 19 percent of the men in Sweden use *Snus*, and 17 percent smoke. Not only do they have the lowest percentage of smokers in all of Europe, they also have the lowest risk of dying from smoking related lung cancer (11 percent in Sweden compared to 25 percent for the rest of Europe). The only way to order *Snus* from the U.S., that I'm aware of, is at www.northerner.com on the Web.

As you can see from this answer to your question, I don't agree that articles about smoking are a waste of time. Obviously, the whole country isn't going to quit smoking or change its habits. I just hope that *Alternatives* readers and their families get the message.

DMSO, Glutathione, and Cataracts

Question: Do you have any further information on the Mexican study you cited in the January 2000 issue of *Alternatives*? The study was on the use of DMSO and glutathione to treat cataracts.

George H.

Woodbridge, VA

Answer: Because the study was not published, the particulars are somewhat sketchy. However, its findings have been borne out by other, similar work with DMSO and glutathione. Generally, the procedure involves a solution of 50 percent DMSO (use a 99.99 percent DMSO product for this portion of the solution) and 50 percent distilled water. Take about one fluid ounce of this solution and add a small amount of glutathione (two or three "pinches" of finely ground glutathione powder). The dosage used in this study was two or three drops of the well-shaken liquid in each eye, three times daily. You'll probably experience a slight temporary burning from the DMSO and possibly a slight grittiness from the glutathione when applied to the eye. Participants in the study began to see results in from one to six months. All of the participants using the solution showed either complete resolution of their cataracts or significant improvement.

No side effects were evident in the study, but it was a small study and we won't be sure about side effects until larger studies are done. I think that the procedure is a safe one; all the ingredients must be pure and the procedure shouldn't be performed if you have any eye infections. If

A Tasty Alternative to Statin Drugs

At the University of California, Davis, researchers have found that consuming as little as 5 ounces of walnuts a week can reduce your cardiovascular disease (CVD) risk by 30-50 percent. (*Am J Clin Nutr* 01;74:72-9)

Walnuts contain a mix of both omega-3 and omega-6 polyunsaturated fatty acids (PUFAs). When walnuts were added to the diets of 13 women and 5 men ranging in age from 52 to 68 years, there was a very significant lowering of both total cholesterol and the low-density lipoprotein (LDL) form of cholesterol.

For some reason, walnuts affect fat metabolism differently than other food sources of omega-

3 and omega-6 fatty acids, such as fish oil and soybean products.

This is one time of the year that walnuts are generally in abundance and it's a great time to start adding them to your diet. A couple of walnuts a day is all it takes.

Natural Born Virus Killers

From the preliminary research, it appears that standardized black elderberry extract (in products such as Sambucol and Elderberry Advantage) may be able to neutralize the deadly West Nile Virus.

Until 1999, infections from the West Nile Virus had been mostly limited to Africa and parts of the Middle East. In 1999 and 2000, there were

roughly 80 cases on the East coast, nine of which resulted in death. It is still a fairly rare problem, having been detected in only 12 states. However, health authorities admit that the problem is now permanently established in the United States, and they expect to see an increasing number of cases each year.

West Nile Virus results in a form of encephalitis, or inflammation of the brain. The virus is transmitted to humans by mosquitoes that have fed on infected birds. At this time, no vaccine or treatment is available. Fortunately, the problem is still fairly rare. Preliminary laboratory tests in Israel have found that black elderberry extract is effective at neutralizing the virus. These studies also found that the extract was able to enhance the immune system by triggering an increased production of the white blood cells called cytokines. (*European Cytokine Network* 01;12(2):290-296)

Obviously, further work needs to be done to determine just how effective this elderberry extract might be in treating infections from the West Nile Virus. Presently, however, there are no other possible forms of treatment available.

Get Ready Now

The recent threats of bioterrorism have caused researchers to focus more attention on ways to treat a wide variety of various bacteria and viral infections. The public's widespread fear and uncertainty have caused demand for such treatments to spring up almost overnight.

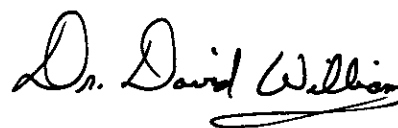
Ultimately, I think we'll find that the most economical and effective solutions will be the use of natural germ-killing and antibiotic substances. Not only do many of these substances have a long history of safe use, they're also readily available, and, more importantly, pathogens don't become resistant to them. The elderberry extract found in Sambucol and Elderberry Advantage is just one

example. If you've used either of these products to treat colds, flu, or other respiratory problems, I'm sure you realize they're worth their weight in gold.

Propolis, Citricidal, hydrogen peroxide, and the substances I mentioned elsewhere in this issue are other examples. And the best news is that you can use these substances now. While the rest of the world is waiting for some magic bullet, you have the tools and knowledge to put these items to work immediately. If some widespread biological problem were to occur in your area I would hate to think that your only solution would be to wait for the local government or health authorities to save the day.

Stock up on these items and begin to understand their strengths and limitations. Instead of reaching for the painkillers next time you have a headache or sprained joint, try DMSO. At the first sign of a sore throat or flu, take elderberry extract and herbal throat lozenges (Mountain Home Nutritionals, 800-888-1415). Cayenne pepper will stop a cut from bleeding, and inhaling from a tissue sprayed with eucalyptus oil can keep you from catching the flu from everyone around you. These are remedies that work. As more research becomes available, some of these very same remedies are going to be "rediscovered" as the miracle medicines they really are. Fortunately, by that time, you'll have been using them for years.

Take care,



P.S. I've mentioned several "emergency medical kit" products in this issue. Space has prevented me from writing about them extensively, but you can find a list of uses and back-issue references for each product at drdavidwilliams.com. If you have back issues and a current index at home, those are also good resources to research the products I've mentioned this month.

If you have questions or comments for Dr. Williams please send them to the mail or email addresses listed to the right. 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
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- 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
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