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FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

We're On the Right Track

Over the holidays, I've had the opportunity to try to catch up on my "in-house" research. Since I stayed put for a little longer than usual, I was able to peruse more correspondence and clinical studies, and sort through

the dozens of research journals I receive on a weekly basis. I was also able to return more phone calls to research colleagues around the globe. While I did uncover a host of new leads and potential cures and treatments that need to be investigated, most of what I saw simply confirmed that when you read *Alternatives*, you're years ahead of the pack. The ideas, supplements, and techniques that you've had access to for years are only slowly becoming known to the general public.

For years, I've been praising the use of onions. Now German researchers are preparing to release an onion/olive-oil product that has been shown to help reduce blood pressure. They found that individuals could significantly reduce their blood pressure by taking four capsules daily of an onion/olive-oil macerate (the equivalent of roughly 2.5 grams of fresh onions). (*Arzneim Forsch/Drug Res* 01;51(1):104-111)

This isn't news to subscribers to *Alternatives*. In past issues, I've also described in great detail how you can use onions to stop coughing, reverse bone loss from osteoporosis, lower cholesterol, prevent asthma and diabetes, and treat gum and heart disease.

Another "new" discovery seems to be curcumin, one of the components of turmeric. Researchers at the University of California have recently reported that regular ingestion of curcumin lowered the risk of developing Alzheimer's disease. Some time ago, it was found that the regular use of nonsteroidal anti-inflammatory drugs (NSAIDs) could also decrease

the Alzheimer's risk, but the long-term side effects, including gastrointestinal bleeding and liver and kidney damage, weren't a good trade off. In their initial animal studies, these researchers found that the amyloid plaques that develop in the brains of Alzheimer's patients were reduced by over 40 percent in animals fed curcumin. Additionally, there was less inflammation and free-radical damage in the brain. (*J Neurosci* 01;21(21):8370-7)

While this new study will undoubtedly help spread the news about curcumin, as a reader of *Alternatives* you've been aware of curcumin and turmeric for years. Using turmeric has been something we've discussed numerous times. It's one of the components of the Indian spice curry. Not only has curry been one of the primary spices of Indian culture, it has also been widely used medicinally in Ayurvedic medicine. It should also come as no surprise that India has one of the lowest rates of Alzheimer's disease in the entire world. I think so highly of turmeric that I included it in

Daily Advantage. I want to make



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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

sure that everyone gets his or her daily dosage of this miracle spice.

I could go on and on, but the important thing to remember is that as more and more research becomes available it just proves we're on the right track. The formulas and recommendations I make are based on personal experience, as well as ancient medicine and the latest hard research data from around the world.

It's no coincidence that I recommend things like turmeric, or that Daily Advantage has a base component of the blue green algae spirulina, one of the few compounds that can actually dramatically enhance immune function. Nutritionally, you need to have a good basic foundation that you adhere to daily. Just as importantly, you must be consistent. If it's not too late to make another New Year's resolution, then I recommend that you resolve to be consistent with your daily supplements, improve your diet, and stay regular in your exercise. The quality of your life will undoubtedly increase, and the length of your life will probably increase as well.

Rare Help for Adrenal Cancer

I expect to get my fair share of negative letters and feedback regarding this next topic. The same thing happened when I outlined the health benefits of drinking your own urine, where to obtain and how to use leeches, and several other articles on highly unusual therapies. Before anyone gets upset, however, I'd like to preface this article with a few comments.

I don't research and write about remedies to be controversial or to keep up with the latest fads. My only purpose is to provide solid information that has been shown to help you or someone else overcome a health problem. Unfortunately, much of the information never shows up anywhere except in this newsletter. If the next article offends you, please keep in mind that the information could save someone's life. Someday, it may even prove to be invaluable to you or someone you love.

A Deadly Problem

When cancer involves the adrenal glands, the prognosis is generally very dim. Death usually occurs within three to five years of diagnosis. I've focused on the adrenal glands numerous times in the past, and I'm sure that by now you know they are the two small glands that sit on top of the kidneys, one on each side. They are also referred

to as the "stress" glands because they produce numerous hormones. One, called adrenaline, increases heart rate during times of stress.

Adrenal cancer stimulates these glands to constantly produce excess adrenaline. As a result, the heart pumps furiously and the blood pressure skyrockets. Cancer victims usually die from a stroke, aneurysm, or heart attack. Traditional medicine offers little hope.

A Problematic Solution

What does seem to work with these patients, however, is marijuana. For over 20 years, the U.S. Department of Health and Human Services' Compassionate Investigational New Drug program has been providing marijuana to several patients with adrenal cancer. Recently, information was released showing that four patients have not only survived but also remained very healthy by smoking 12 grams of marijuana a day. Through the daily use of marijuana, the group has been able to keep their blood pressure under control. The diagnosis of adrenal cancer in the four patients was made from 10 to 19 years ago.

One of the original neurologists who conducted the study recently evaluated each of the four patients. Examination included X-rays, brain scans, and pulmonary and psychological tests. The only negative findings were some mild changes in lung function in two of the patients. Other than that, the four were healthy and without any mental problems.

Based on these long-term findings and the lack of other options, it certainly appears that the daily use of marijuana is a viable treatment option for adrenal cancer. Unfortunately, with the government's current position on marijuana use, it's hard to see the treatment becoming legal or available anytime soon. The above investigative program was terminated in 1991, and there are no plans to start it up again. (The original participants still receive marijuana from HHS, but the program has been closed to new participants for 10 years.)

Because of the importance of this study, I'm telling you about it before it's published. Reportedly, it's scheduled for publication in the next couple of months. It's very significant because I don't know of any treatment for adrenal cancer, orthodox or alternative, that has been shown to be as effective as marijuana in keeping the patient alive and functional. The small number of subjects involved is overshadowed by

the extremely high percentage of successful outcomes. Also, this is a study that probably won't be repeated or funded again because it deals with marijuana. So although this drug is not legal, it's certainly an alternative treatment that works and one you should be aware of.

Common Sense Preparation

Since the September 11th attacks and the anthrax letters, there have been numerous articles in various health journals outlining various natural treatments for anthrax exposure. I've read articles claiming that olive leaf extract, homeopathic remedies, vitamin C, oregano oil, garlic, ginseng, DHEA, colloidal silver, and dozens of other herbs and natural compounds can be used to treat anthrax. Most, if not all, of these articles are based on wishful thinking. It's possible that high doses of injectable vitamin C or hydrochloric acid might be of help, but just as with the other compounds, this has yet to be proven. I'll continue to keep a watchful eye on any new research in this area. For now, however, be aware that although in theory some of these remedies should work, no one can say for sure. In simple terms, you wouldn't want to bet your life on it.

I'm for natural treatments as much as anyone, but for me to start speculating and making claims about natural therapies that will successfully treat anthrax would be totally irresponsible. Anyone making such claims at this point probably has a financial interest in some product. And while the product may not hurt you, with anthrax you're talking about a life or death situation and definitely not something you should be experimenting with. To be honest, there has been very little actual research on anthrax treatment, and, presently, the only treatment we know of that works is antibiotics. Until we have more data, don't bet your life or waste your hard-earned money on some unproven natural therapy.

I hope this doesn't come back to haunt me, but I still think the threat of anthrax is overblown. I'm far more worried about nuclear fallout and contamination, which I discussed in some detail last month. In addition to obtaining a supply of potassium iodide tablets, there are a few additional, simple measures you should take to help protect yourself and your family.

Following any nuclear explosion or accident, there will be a period of at least two days where everyone needs to stay in a protected shelter to avoid undue exposure to the gamma radiation particles. Fortunately, 90 percent of the gamma radiation is gone after seven hours and 90 percent of the remaining 10 percent is gone after two days. If at all possible, it would be ideal to stay sheltered for a full two weeks, when only one 1/1000th of the gamma radiation would be remaining. After two days, you could, if necessary, return to your home or leave the area.

Since most of us don't have bomb shelters, it would be a good idea now to have some plan on where to seek refuge. If you have a secure, closed basement, that might be a good option. Taking refuge under a sturdy table covered and surrounded with books, buckets, or blocks would suffice. Clean, uncontaminated water could be obtained using a garden hose connected to a hot water heater. For sanitation, a 5-gallon bucket lined with plastic bags could be used. Foods that can be eaten directly from cans (tuna, beans, peanut butter, etc.) can easily be stored and will provide a temporary food source.

Obviously, these ideas don't represent the ideal situation, but I don't think it's a bad idea to at least give some thought to where you would go and have at least some minimal supplies on hand.

Depending on where you live, now would be a good time to check with area hospitals, schools, churches, armories, city and county buildings, etc., to see which ones may provide temporary

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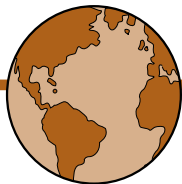
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Author: Dr. David Williams; Publisher: George Stamathis, Editor: Robert Kroening

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News to Use from Around the World

When to Prune Your Diet

MANHATTAN, KANSAS_____A year or so ago, I reported on how cherries, red grapes, plums, and vitamin E could be added to ground beef to help limit oxidation of the meat. Some new research from the Department of Animal Science and Industry at Kansas State University has revealed that adding dried plums (formerly known as prunes) to hamburger meat could kill any *E. coli* bacteria that was present. *E. coli*, as you recall, is the bacterium responsible for food poisoning.

Daniel Fung, at the university, discovered that when ground beef contained 3 percent dried plum puree, 90 percent of the *E. coli* bacteria would die after a three-day period. After five days, over 99 percent of the bacteria would die.

This study showed that the longer the plum had to work, the more efficient it was at killing *E. coli*. However, I wouldn't recommend using the five-day test. Instead, I recommend buying hamburger meat that is as fresh as possible and using it right away. If you have concerns about possible *E. coli* contamination, I would buy freshly ground hamburger, add the plum puree—possibly double the normal amount—and then wait three days.

While the thought of adding prunes to hamburger meat might not appeal to some individuals, in reality it is a very simple and inexpensive technique that could help many people in this country. There are currently thousands of people whose immune systems have been severely compromised by problems like AIDS, immunosuppressant therapies used for organ transplants, and numerous forms of chronic infection. A case of food poisoning in these individuals could prove fatal. Dried plums could help eliminate such problems.

A Spoonful is All You Need

In the above study, adding 3 percent dried-plum puree to hamburger would work out to be about one tablespoon of plum puree to one pound of hamburger meat. At those levels, there would be little if any taste change. This same ratio could be used with other foods where the possibility of *E. coli* contamination might exist. To make matters even simpler, dried plum puree is readily available as baby food.

I don't see it happening commercially anytime soon, but by adding a few cherries and a tablespoon of dried plum puree to hamburger meat, we now know it's possible to prevent both harmful oxidation and food poisoning. And fruits that contain cinnamic acid,

like cherries, also help to prevent cancer and have the added benefit of strong anti-inflammatory properties. Compared to two aspirin, twenty cherries have the same or better anti-inflammatory effects, without the stomach bleeding.

With meat contamination becoming an ever-increasing problem, it would certainly be nice to pursue fruit additives as a solution to the problem instead of techniques like irradiation.

Skin Protection from Surprising Sources

TUCSON, ARIZONA_____With spring just around the corner, we're sure to start hearing more on the subject of skin cancer. On the prevention front, there's an exciting tidbit I recently ran across.

Researchers at the University of Arizona recently surveyed the older southwestern population in their area with regard to skin cancer and their consumption of citrus products and citrus juice. Of those surveyed, 64.3 percent regularly consumed either citrus fruits or juices. Orange juice was the most popular (78.5 percent), followed by oranges (74.3 percent), and then grapefruit (65.3 percent). What was somewhat surprising to me was the number of individuals that regularly consumed citrus peel (34.7 percent).

Upon further evaluation, the researchers couldn't find any relationship between the incidence of squamous cell skin cancer and the consumption of citrus fruit or citrus juice. However, they did find that those who used citrus peel had a significant reduction in skin cancer rates. (*Nutr Cancer* 00;32(2):161-8)

Citrus peel contains a compound called d-limonene that seems to provide the protection against skin cancer. Earlier studies have found it also can help reduce the incidence of cancers of the breast and colon. (For more information about d-limonene and skin cancer, see the July 2000 issue of *Alternatives*.)

The Reason Tea Comes Before UV

In a somewhat related study from the same university, researchers found that regularly drinking hot black tea also reduced the incidence of skin cancer. Compared to individuals who didn't drink tea, the tea drinkers had a 40 percent reduction in the incidence of the most common form of skin cancer, squamous cell carcinoma. Even more exciting, those who added a twist of citrus peel to their tea experienced a 70 percent reduction in skin cancer. They also experienced

News to Use Continued...

a 70 percent reduction in severe sunburns. (*Cancer Epidemiol Biomarkers Prev* 01;10:667-78)

Other studies have repeatedly found that drinking green tea can protect against UV radiation- (sunlight-) induced DNA damage to the skin. Dr. Hasan Mukhtar at Western Case Reserve University has shown that green tea is protective in all stages of skin cancer formation—initiation, promotion, and progression. (*Skin Pharmacol Appl Skin Physiol* 01;14:69-76) This is a particularly important finding when you consider that it can be decades between the time when skin is damaged by the sun and when the damage becomes visible as premature aging or skin cancer. These findings tell us that it's never too late to start drinking green tea. Regardless of when the damage might have occurred, green tea can still help protect against any further damage.

Don't Wait for the Market

You can be assured that efforts are now underway to market a tea/citrus peel supplement to help fight skin cancer. With all the other benefits that have been linked to hot tea consumption, however, you'd do

yourself and your pocketbook a huge favor by simply drinking hot tea with a twist of citrus peel everyday. I'd recommend using lemon as a first choice, grapefruit second, and lime third. The peel oils of lemons and grapefruit contain the highest percentage of d-limonene, with lime containing a little less. Make sure you squeeze and twist the peel to release the peel oils into the tea.

Iced tea has always been a popular drink here in the South, and adding the juice of a little lemon is standard practice. Unfortunately, however, I'm not sure it provides the same benefits as hot tea. For one thing, iced tea is more diluted and contains far less of the protective polyphenol compounds. Also, I would suspect that the hot water helps to "extract" the d-limonene from the citrus peel.

As a side note, d-limonene promotes tumor formation when applied topically to animals. Only when taken internally does it exhibit a protective effect.

The beneficial effects of hot tea continue to grow. It's one habit I highly recommend. Now you can potentiate those effects by simply adding a little citrus peel.

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safe shelters during such emergencies. You need to have some idea of where a safe refuge is before any such nuclear accident occurs.

The Simple Cure for Many Ills

Not too long ago, I was in the Caribbean investigating several traditional medicines. Since parts of this area border on paradise, it wasn't hard to convince my wife, Wendy, to accompany me on the trip.

While driving through one small village, she commented to me how a large proportion of the young men seemed so muscularly toned and "cut." It was obvious that most of their occupations involved extremely hard labor, and their meager incomes didn't allow them to indulge in the junk foods so common in our country. In these ever-decreasing areas around the world where the Standard American Diet (SAD) hasn't yet been introduced, you'll also find a distinct difference in the physique of the older populations.

Unlike the working elderly in many third world countries, one of the accepted physical

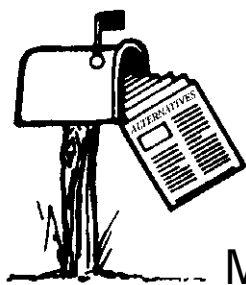
characteristics of aging in our society is that of stooped or rounded shoulders. As our society becomes increasingly based on technology, more and more occupations involve paper shuffling, assembly lines, computer work, and/or sitting or standing in a hunched-over position for most of the day. Even a large number of construction and agricultural tasks are now performed sitting behind the wheel of a tractor or other piece of machinery for hours at a time.

The development of a kyphosis, or forward slumping of the shoulders, now begins in early adulthood and continues to progress throughout our lives. What most people fail to realize is that rounded shoulders, or kyphosis, is much more than just a postural problem. It has a tremendous influence on your overall health and vitality. To fully comprehend its effects on your health you have to better understand just how it develops.

It's All in the Lungs

First of all, posture does play a role in the beginning, but the progression of the process actually has more to do with breathing technique.

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MAILBOX

Q&A About PSA

Question: At one time, you were concerned about the overuse of testing for PSA levels in men with prostate problems. I have since had my PSA level checked. My first doctor seemed very concerned with the results, while a second opinion from another doctor says I have nothing to worry about. I'm obviously confused about my PSA levels. Could you help simplify the matter?

Kenneth E.
St. Charles, Illinois

Answer: PSA stands for prostate-specific antigen. PSA is produced by all of the cells in the prostate gland. It doesn't matter whether the cells are normal or cancerous. They all produce PSA. Cancerous or malignant cells, however, leak roughly ten times as much PSA into the bloodstream as do normal cells. Since the prostate generally increases in size as men age, the PSA levels will also increase as one gets older.

The following are the maximum PSA levels that most men should have:

- 40-49 years of age, 2.5 ng/ml
- 50-59 years of age, 3.5 ng/ml
- 60-69 years of age, 5.0 ng/ml
- 70-79 years of age, 6.5 ng/ml.

If most urologists followed these guidelines, there would be far fewer biopsies. However, many urologists believe that biopsies should be performed on a male of any age who has a PSA level of 4.0 ng/ml or higher.

The Problem

PSA levels are only a guideline. Only about 75 percent of men with prostate cancer have correspondingly elevated levels of PSA (the cancer may be too small to increase PSA levels).

When PSA levels approach 10.0, there's about a 50 percent chance of finding prostate cancer. At that level the cancer will generally be confined to the prostate gland.

Even when PSA levels are between 10.0 and 20.0, cancer is not always present. However, when it does exist at these PSA levels, cancer is more likely to have spread to the lymph nodes.

Also keep in mind that a slow-growing prostate cancer may not require any treatment, whereas a fast-growing cancer may need more aggressive treatment. I've listed guidelines in past issues. (See Vol. 6, No. 10)

The Solution

In large part due to poor diet and the lack of exercise, prostate problems continue to be one of the most common problems in older men. It's also one of the reasons that I recommend the daily use of flaxseed.

Dr. Demark-Wahnefried at Duke University recently reported that the compound called lignan in flaxseed slows prostate tumor growth by binding to the male hormone testosterone and removing it from the body. This action is important because the body normally converts testosterone to 5 dihydroxy-testosterone, which promotes prostate cancer. (*Urology* 01;58(1):47-52) Flaxseed has also been shown to have an anti-cancerous effect on breast cancer, colon cancer, and melanoma. (You can get flaxseed from most health food stores, or by mail from Mountain Home Nutritionals at 800-888-1415.)

Increased insulin levels also promote the conversion of testosterone, which explains why diabetics and people with diets high in sugar have an increased risk of developing prostate cancer.

In addition to flaxseed, the substance lycopene, found primarily in cooked tomatoes (tomato paste), watermelons, and pink grapefruit, can reduce PSA levels and slow prostate cancer. You can also get lycopene in supplement form. The suggested dosage is 15 milligrams twice daily. (*Cancer Epidemiol Biomarkers Pre* 01;10:861-868)

Quercetin Works, Too

Another underutilized compound that is effective at treating a wide variety of prostate problems is the bioflavonoid quercetin. In one recent study, a dosage of 500 milligrams of quercetin twice daily proved very effective in a period of just two weeks. In 11 patients suffering from prostate pain, nine experienced complete relief of their symptoms and the other two reportedly improved. In nine other patients with non-bacterial prostate inflammation, six had complete resolution of their problem and one improved. In 19 patients who were experiencing chronic bacterial prostatitis, eight experienced complete remission and one showed significant improvement. Out of this entire group, regardless of the problem, there was a complete resolution of symptoms in 59 percent of the cases. For the cases with no infection, the success rate was 75 percent. (*J Am Nutraceutical Assoc* 99;2(2):36-39)

Onions are a good source of quercetin, but it is also available as an individual supplement. In most cases, quercetin seems to work better with vitamin C. If you have recurring or chronic prostate problems that don't seem to respond to traditional therapies, a two-week trial of quercetin could be a viable option.

Since PSA testing began, the apparent incidence of prostate cancer has doubled in the United States alone. It's not so much that the cancer rate is increasing, it's just that we're detecting more cancer. But better detection hasn't resulted in more cures. The mortality rate among prostate patients hasn't decreased at all. Instead, there are now thousands of men with asymptomatic, non-threatening, slow-growing prostate cancer, who previously were unconcerned but are now frightened to death for no justifiable reason. And small elevations in PSA levels have become a gold mine for urologists, and have resulted in thousands of unnecessary biopsies and treatment programs.

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men in this country develop severely rounded shoulders or become kyphotic. Occasionally, the problem develops when the vertebra of the spine become thin and weak from osteoporosis, and one or more fracture or collapse.

Recently, researchers from Harvard completed an evaluation of 193 women and 82 men for kyphotic changes that occurred over a 17-year period. They evaluated posture, spinal fractures, estrogen changes in women, and several other variables. Their conclusion was that kyphosis occurs with aging, and that somehow it's probably related to muscle strength and various ligaments that affect posture. The fact that breathing wasn't even mentioned should tell you just how little conventional medicine knows about the problem.

Ancient societies knew that the vitality of man/woman was dependent on the strength of one's heart and lungs. Even today, a broad chest and upright upper body is a sign of vitality. And proper breathing and inflation of the lungs is what strengthens this area.

Most of us give very little, if any, thought to our breathing. Without any effort, it occurs naturally about 28,000 times a day. Inside the chest cavity, just below the lungs, is a trampoline-like muscle called the diaphragm. Contraction of the diaphragm flexes it downward and creates a vacuum in the lungs, which causes air to be sucked in. After a few seconds, the diaphragm relaxes; with the help of the small intercostal muscles that stretch between each rib, the air is expelled.

The Body's Detoxification Station

During the brief time that the air is in the lungs, several things must happen. First, acting much like magnets, the hemoglobin particles in the red blood cells pull oxygen directly from the air. Simultaneously, waste products being carried in the blood stream are released into the lungs.

The oxygen absorbed in the bloodstream is carried along with absorbed vitamins, minerals, and nutrients to every cell in the body. The cells use oxygen to create energy, destroy pathogens and cellular debris, and burn up waste material. The waste material is then carried to the lungs and other organs for removal. On the trip from the lungs, the bloodstream could be compared to a nutrient-rich, clear mountain stream; on the return trip, it's more like a foul stream of sewage. The lungs are one of the primary organs respon-

sible for cleaning and detoxifying the bloodstream. Poor breathing habits inhibit this process, and are directly linked to dozens of health problems.

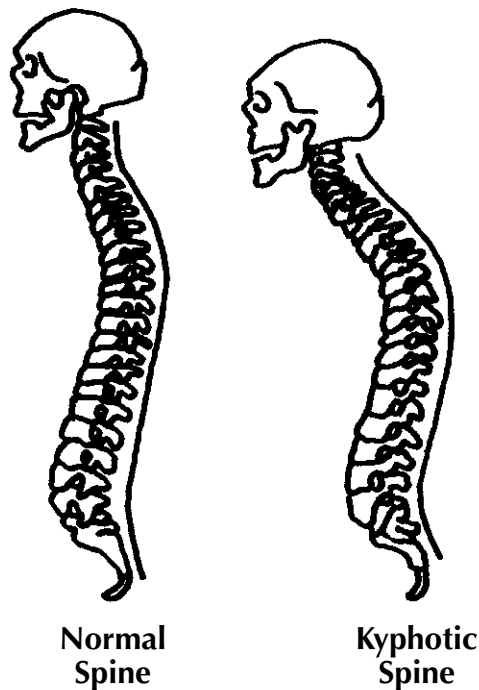
Poor breathing results in poorly oxygenated blood. In effect, it's not much different than restricting the blood supply to all parts of the body. It can result in cold extremities, slow healing, muscle cramps and weakness, swelling, foggy thinking, memory loss, inability to fight infections, and toxicity—with its accompanying fatigue, headaches, and poor vision. The list goes on and on.

All of these problems can and do occur simply because we don't get into the habit of breathing properly.

In with the Good Air...

There are very few wasted movements in the body. That certain spot you have an urge to itch is often an acupuncture point that needs stimulation. The opening and closing of your jaw when you yawn acts like a pump to increase the movement of cerebral spinal fluid throughout the brain and spinal cord. The process of breathing is just another seemingly automatic process that can profoundly affect our health.

Most people don't realize that every time the diaphragm moves, it gently massages and increases the blood supply to the other organs. Many of the positions of yoga were developed to help place an organ in closer contact with the diaphragm to take advantage of this massaging action.



Our breathing habits also help determine our posture and the kyphosis that develops and further restricts our breathing as we get older.

There are dozens of books on proper breathing techniques, but a few simple rules will usually suffice.

- Breathe through the nose as much as possible. The nose pre-warms, moistens, and filters the air before it reaches the lungs.
- Stand erect with your hands to the side. Begin to inhale slowly and concentrate on allowing the air to fill the lower portion of your lungs first. To do this you must relax your abdominal, or stomach, muscles.
- While still inhaling, let the air fill the middle portion of the lungs as you let the rib cage relax and expand.
- Continue inhaling as the upper part of the lungs fill. As this happens, gently raise your collarbone and pull your shoulders up and back.
- Now exhale reversing the above sequence, i.e., let the air release from the upper lungs by relaxing the collarbone and shoulders, then the middle portion of the lungs, etc.

Practice breathing in this fashion. Make sure your breaths are even and continuous as you concentrate on filling the three sections of the lungs separately.

As you practice this form of breathing, visualize each section of the lungs completely filling with air. As you fill the upper portion of the lungs, picture your chest expanding and your shoulders becoming more erect and higher.

After practicing this exercise, it should become obvious, especially when filling the upper portion, just how poorly most of us utilize our lungs. With a little practice and concentration, however, you'll begin to notice both a change in your posture and the way you feel. Deeper breathing increases metabolism, improves circulation, and has a pronounced detoxifying effect.

And when it comes to reversing the problem of slumping shoulders, you can spend the rest of your life trying to hold your shoulders back and standing up straight without much success. If you concentrate on filling your upper lungs with each breath, your upper chest cavity will automatically increase in size and hold the shoulders in their proper position.

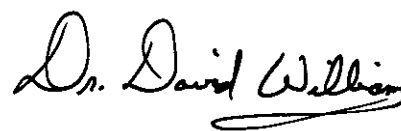
If you already have a severe kyphosis, or you want to speed up the correction process, add the following exercise two or three times a day. It will give you a good idea of how well you're breathing.

- Standing flat on your feet, place your arms straight out in front of you, parallel to the floor, with palms touching.
- As you slowly begin to inhale, filling your lungs in the order given above, swing your arms slowly out to the sides and gently rise up on your toes. Keep your arms parallel with the floor.
- As you exhale, reverse the process.
- Repeat this 8 to 10 times at a session.

Just Breathe

When you take a closer look at most people's posture and their breathing habits, it's easy to see why upper respiratory problems are so common in our society. Warm, damp recesses of the lungs, with little or no airflow, are perfect breeding grounds for all types of infections. Lately there's been a lot of concern over airborne pathogens. One of the simplest measures to help rid the body of these problems is proper tissue oxygenation and proper breathing. Learn how to breathe properly, and I guarantee you'll experience significant health benefits for years to come.

Take care,



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:

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- 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