Alternatives®
FOR THE HEALTH-CONSCIOUS INDIVIDUAL
August 2002 Volume 9, No. 14


Dr. David G. Williams

When It Comes to Instinct: Trust, but Verify

It may be just that I'm getting older, but it certainly seems like almost everything in life is changing so quickly. I think most everyone would agree that computers and electronics continue to change almost every aspect of our lives. I've written dozens of articles explaining how our environment and food supply have changed more in the last 50 years than in the previous 2000 years.

While I honestly feel that the majority of these changes are beneficial, there are many changes that are making it increasingly more difficult for our society to remain healthy. Unfortunately, some of these changes are so subtle, or have been introduced so gradually, that most people are unaware of what's taking place.

I think I've mentioned this before, but it's gotten to the point that I sometimes feel like *Alternatives* has become an ongoing survival manual. For any species to survive, including mankind, it must be keenly aware of what's happening around it and be able to adapt to changing situations. When confronted with unfamiliar circumstances, the cardinal rule has always been to "trust your instincts." It's uncomfortable for me to say this because I still firmly believe in this saying, but, in many cases, trusting your instincts may no longer be the best advice. We've managed to manipulate our environment and food supply in such a way that our perception of what's happening is often totally inaccurate. As a result, "following our instincts" can create some unexpected problems.

What a Smell can Tell

A good example happens to be our sense of smell. Although humans have a weak sense of smell relative to most other animals, scents can still provide us with important information that our instincts act upon. For instance, an ever-growing body of research indicates that we're affected on an unconscious level by the scent of other people. The research also indicates that women have a more acute sense of smell than men, particularly during their reproductive years. It appears that female sex hormones heighten sensitivity to certain odors. This sensitivity seems to help guide women in various reproduction-related matters and in picking a compatible partner for marriage.

In some of the more primitive cultures I've visited, newlywed women who wish to become pregnant are encouraged to spend time with new mothers who are breastfeeding. This little tidbit of information was something I stored in the back of my mind, but never really considered to be of any importance. However, new research suggests that the smells of a breastfeeding mother and her baby can significantly change the hormone levels of other women who spend time close by.

In This Issue

You will observe with concern how long a useful truth may be known and exist, before it is generally received and practiced on.

—*Benjamin Franklin*

Researchers at the Monnell Chemical Senses Center in Philadelphia collected odors by having 26 nursing mothers wear absorbent pads under their arms and in their bras. Another group of 45 women who had never before given birth sniffed either these pads or pads with a placebo smell four times daily for a month. All of the subjects recorded their body temperatures, took daily urine samples, and kept records of their sexual activity. As with similar studies performed in the past, the exposure to breastfeeding odors caused menstrual cycles to get longer in women who had long cycles and shorter in those with short cycles. Additionally, the women smelling the breastfeeding odors reported having significantly more sexual desire and fantasies. The researchers concluded that scents associated with breastfeeding encourage other women to reproduce by influencing sex hormone levels.

The Proper Scent Precedes the Big Event

As further proof of the role of smell in reproductive-age women, researchers at this same center informed me of another study they had seen. This study found that women in their reproductive years had a much stronger sense of smell than men of any age, girls between 8 and 10 years old, and post-menopausal women. Also, studies at the University of Chicago indicated that scents might be influential in a woman's choice of a mate. The researchers in these studies found that women seem to be attracted to men who have the same smell as their fathers.

Although the whole process is quite complicated and not fully understood, by smell alone women unknowingly choose men whose immune systems contain the same genetic material as their own and their fathers'. These genes, called *major histocompatibility complex (MHC)*, help encode the immune system. They have also been linked to the natural odor that our bodies produce. Researchers are divided on exactly what all this means. While it has always been said that opposites attract, that doesn't seem to be the case in every respect. Instead, it might be that this phenomenon provides a way for women to choose a mate whose immune system is similar to and compatible with their own. *(Nat Genet 02:30(2):175-9) (Neuroreport 0112 (11):2391-4) (Horm Behav 00;37(1):57-78)*

The Danger in Taking the Stinc Out of Instinct

The instincts associated with these smells are obviously important in young women's lives. However, these instincts can apparently be fooled. Another study from Italy has shown that women taking oral contraceptives (the pill) lose much of their ability to detect such odors. Instead of their sense of smell becoming more sensitive during the period of time when they are most fertile, it becomes less sensitive. *(Hum Reprod 01;16(11):2288-94) (Ann Otol Rhinol Laryngol 01;110(8):785-9)*

It would stand to reason that the natural ability to determine another person's immune system make-up would also be impaired through the use of perfumes, colognes, soaps, lotions, etc. I suspect that the supplemental use of other hormones could have a similar effect.

Some researchers now feel that interfering with this natural "instinct" may be a contributing factor in long-term compatibility in relationships and the ever-increasing divorce rate in our society. I doubt that a relationship based solely on another individual's smell would automatically produce or prevent a stable and long-lasting marriage. However, when making decisions as serious as marriage, every instinct should probably be as sharp as possible. Forgoing any hormones, perfumes, and cologne, and utilizing another form of birth control for a couple of months, to see if the attraction subsides, would be only a minor inconvenience. (I can see where giving up the use of deodorant might be counterproductive. Several *Alternatives* subscribers have written in with recipes for natural deodorants in the past, and I've published them in the Health Hints section: See Vol. 8, No. 5, Vol. 5, No. 11, and Vol. 4, No. 18. Using such a deodorant might be a good way to keep both your instincts and any hope of acting on them intact.)

Foods That Aren't What They Seem

Another area where our instincts are being challenged on a daily basis is our food supply. Every day, it seems like we're being introduced to some new artificial or no-calorie sweetener or fake fat. These artificial compounds have been created to trick the body into thinking it's consuming fat or a concentrated carbohydrate (sugar), when in fact the substance is really some chemically altered protein. At first glance, there would seem to be little harm in doing this. After all, what harm could there be in enjoying just the taste of fat or sugar without the associated calories?

It is reported that there are now over 5,000 low-fat and fat-free food products on the market in the

United States. And while I personally think many of these products can be part of a healthy and beneficial diet, they certainly haven't been the answer to the obesity epidemic in this country. Even the American Heart Association has announced that low-fat and fat-free products are one of the major contributors to the unprecedented rise in obesity and diabetes.

Consumers have been led to believe that obesity and cardiovascular problems are caused by too much fat in the diet. Because of this belief, many people feel they can consume as many fat-free foods and snacks as they like. What they're not being told is that these foods are generally high in sugar and artificial sweeteners, and very often higher in calories than the full-fat products. This has resulted in the incidence of obesity doubling in the last 20 years and the number of people with type 2 diabetes increasing by one-third in just the last ten years. As I've reported in the past, we're now seeing this "adult onset" diabetes in children under the age of ten. The United States now has the honor of being the most obese nation on the planet. French fries have become the number-one-consumed "vegetable" in this country, and 18 percent of the average American's calories come from snack foods.

Fifty Ways to Leave Your Love Handles

Along with this increase in obesity, America has become obsessed with dieting. Every day I get asked about one diet or another. I never knew there were so many different diets. Besides those like the Atkins, Pritikin, and Zone diets, there's also the Beverly Hills diet, the Airline Stewardess's diet, the cabbage diet, the sweet potato diet, and a host of others. For the record, you can generally lose weight on almost any diet. The real problem is always trying to keep the weight off. Statistics show that, of those who lose any substantial amount of weight, only about 3 to 5 percent are able to keep the weight off for at least a year. The primary reason nobody can keep the weight off is because low-calorie weight-loss diets go against your body's natural instincts. Initially they "trick" your body into losing weight, but this can go on only so long before your body's natural survival instincts kick in.

In the 1980s, a French doctor, Dr. Ruasse, published research showing how following a series of low-calorie diets for several years (known as yo-yo dieting) actually leads to obesity. Additional research conducted at the University of Pennsylvania supports Dr. Ruasse's early work, and explains why someone who starts dieting to lose 10 or 15 pounds can eventually end up 20 or 30 pounds overweight several years down the road. *(Physiol Behav 86:38(4):459-64) (Int J Eat Disord 95:18(1):49-57) (JAMA 88;260(21):3132)*

A Strict Training Regimen for Obesity

Once you understand how your body works, you'll see exactly how these low-calorie diets lead to long-term problems. For example, let's say that you are overweight and your diet consists of 2,500 calories a day. To lose weight, you drop your calories down to 2,000 calories a day. Since your body is used to getting and using 2,500 calories each day, there's a deficit of 500 calories. At first, your body will tap into its fat reserves to find the additional 500 calories it has become accustomed to, and you will begin to lose both fat and weight. This will continue for a while, but then you will notice that you are no longer losing weight. The weight loss stops because the survival instincts of your body begin to kick in.

In an effort to survive, your body has the ability to constantly adapt to your changing environment. In this particular case, when your caloric intake drops, your body instinctively begins to gradually slow down your metabolism. It must do this. Otherwise, if you continued to burn more calories than you took in, you would eventually just waste away. Once your body has adjusted the amount of calories you burn each day to equal the

ALTERNATIVES®
ISSN# 0893-5025. Published monthly for $69.99/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*, PO Box 2050, Forrester Center, WV 25438.

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lower amount of calories in your diet, any weight loss will stop. To lose more weight, you must either cut your caloric intake further or increase the number of calories you're burning. And if you stop the diet or exercise, you will actually regain more weight than you originally lost.

The researchers mentioned above discovered that each cycle of dieting consists of three phases: weight loss, weight stabilization, and then regaining of the weight. The most amazing finding from their research, however, was that after the first diet cycle the initial amount of weight lost at the beginning of each subsequent diet continued to decrease and the amount of weight regained at the end of the diet increased. In other words, with each diet, the body tends to lose less weight during and regain more weight after the diet. This explains how some individuals who have been on low-calorie diets all their lives have gotten to the point where they can practically starve themselves and still not lose a pound of weight. Instead of tricking the body into losing weight, they have turned on and fine-tuned their body's survival instincts.

The Body's Instinctive Fat Ratchet

When you're faced with starvation, your body will instinctively do two things. First, it will lower your metabolic rate to conserve energy reserves. Second, it will begin to store any additional calories it receives in the form of fat to help build up energy reserves for the future. To store this extra fat, the body not only increases the size of existing fat cells, but also increases the number of fat cells in the body. Every time you reduce your caloric intake below normal levels, this survival mechanism is triggered and it becomes more and more efficient. Every time your body senses that you're going into a period of starvation (another low-calorie diet), it becomes more efficient at lowering your metabolic rate to stop weight loss, and more efficient at storing additional reserves of fat as soon as they become available.

Individuals who are habitual dieters generally have a chronically depressed metabolic rate. They suffer from a constant lack of energy and are very often depressed. This yo-yo dieting, or weight cycling, as it is called, is also associated with life dissatisfaction, psychological problems, and binge eating. The majority of the research in this area also indicates that this behavior is linked to heart disease and earlier-than-normal deaths. *(Arch Intern Med 94;154(12):1325-30)*

Habitual dieters will also associate with the fact that they gain weight almost instantly if they deviate in the least bit from a diet. Their body has become so efficient at storing fat that it will do so quickly whenever the opportunity arises. This is why it is so important not to skip meals, which can trigger the starvation instinct. It's also one of the reasons we are all better off eating several (five or six) small meals throughout the day rather than starving most of the day and eating only one meal. A particularly good example of what happens can be seen in dogs.

Turning a Chow Hound Into a Petite Pooch

Most people I know have been taught to feed their dogs once or twice a day. And in the majority of cases nowadays, dogs easily become overweight. I've always found it difficult to determine exactly how much to feed a dog. When they're fed once or twice a day, they always seem to be starving and will eat everything you give them. This is probably because a dog's survival instinct is very similar to man's. If it feels like each meal may be its last, then it is going to eat more food and store more reserves as fat. Thanks to this method of feeding, we now have a whole range of low-fat dog foods on the market. (A lack of exercise is obviously another contributing factor.)

Rather than feeding a low-fat dog food, it often works best to give the dog access to as much food as it wants. By keeping a full bowl of quality *dry* food out twenty-four hours a day, most dogs will very quickly begin to realize that they don't have to eat like every meal is going to be their last. Most will very quickly develop a pattern of eating only when hungry, and will adapt their intake to their activities.

By "grazing," or eating small meals and/or healthy snacks (raw vegetables) five or six times throughout the day, we can also condition our bodies to the fact that we're not starving, either. Whether you need to lose weight or not, eating several small meals throughout the day is a habit that you need to implement. The benefits of this habit are many. In fact, I'm convinced that in addition to helping maintain a proper weight, it will also help you even out your insulin level through the day, slow the aging process, and lessen your chances of developing heart disease and diabetes.

The Deadly White Powder That's *Legal*

If you've been a reader of *Alternatives* for a while, you probably know that I think sugar has become one of the primary factors associated with the declining health of our society. Man has historically been able to adapt to his changing sources of food. In the beginning, he was basically a gatherer and later began hunting, then farming. The food supply changed from nuts, berries, and roots to animals and fish, then later to grains. It took thousands of years to adapt to these changes.

Sugar, which has become one of the major components in our diet, has only been in wide use for the last couple of hundred years. Prior to this time, sugar was a treasured and expensive commodity. Throughout the 1700s, the yearly consumption of sugar was about one pound per person. In the 1800s, it had increased to just over 16 pounds, and in the 1900s it began to skyrocket. Its use became more widespread in the 1800s when a process was developed whereby sugar could be made from beets. This effectively made it more available worldwide and led to the demise of sugar-cane plantations throughout the world, particularly in the Caribbean and other areas that used slave labor.

In the last 50 to 60 years, its use has become even more widespread in our diets. Our bodies aren't equipped to handle the quantity of sugar we now consume, nor have they had time to adapt to these levels. That ability would probably take thousands of years to develop. Based on the unbelievable number of individuals suffering from diabetes and heart disease, it should be obvious to everyone that the pancreas is not able to handle the constant high blood-sugar levels from our current diet.

The Invisible Epidemic

I'll try not to get into too much detail here, but it's vitally important that you understand what's happening. People are dropping like flies around us from diabetes and heart disease, and for some reason no one seems to recognize and/or report the connection between these deaths and sugar.

When you consume sugar or a meal heavy in high-glycemic foods (i.e., most breads, pastas, colas, refined grains, white-flour products, alcohol, corn, skinless potatoes, white rice, etc.), it causes a rise in your blood sugar. To keep it from getting too high, your pancreas releases insulin. Insulin helps move blood sugar (glucose) out of the blood stream and into each of the cells in the body where it can be used as fuel. Under ideal circumstances, your pancreas will release the exact amount of insulin it takes to bring your blood sugar down into the normal range. Unfortunately, if you were born with a weak pancreas, or if you abuse your pancreas through a lifetime of eating sweets, you can develop hyperinsulinism and insulin resistance.

Hyperinsulinism is a very common occurrence. It happens when the pancreas over-reacts to an increase in blood sugar levels and secretes too much insulin. This creates a couple of immediate problems. First, it causes the blood sugar to drop down further than normal, creating hypoglycemia, or low blood sugar. Second, this blood sugar condition triggers fatigue, depression, headaches, and the craving (addiction) for more sugar to bring the blood sugar up to normal. Over the long term, your body's cells can develop what is called insulin resistance. In effect, they become less sensitive to insulin, and it takes more insulin for them to "open up" and allow glucose to enter. This makes matters worse by forcing the pancreas to produce and secrete even more insulin. *(Vnitr Lek 99;45(10):614-7)*

The Sugar/Heart Disease Connection

In addition to lowering blood sugar (by moving glucose into the cells), higher-than-normal levels of insulin have some not-so-positive effects.

High insulin levels increase triglycerides, harmful forms of cholesterol, blood pressure levels, and blood platelet stickiness. They also cause damage to arterial walls. All of these conditions contribute to the development of heart disease and atherosclerosis, or clogging of the arteries. This link is so strong that two-thirds of heart attack victims also have blood-sugar problems. *(Lancet 02;359:2127-2128, 2140-2144)*

I have a feeling we'll soon find the above numbers to be even higher as more data become available. If you've experienced a heart attack or suffer from heart disease, I highly recommend getting your fasting blood sugar checked. It will be difficult or impossible in most cases to reverse or prevent recurring heart disease if you're diabetic or in a pre-diabetic state.

Another side effect of too much insulin is also not well-known. Excess insulin triggers a

News to Use from Around the World

Nausea Relief Through Deep Breathing

FARMINGTON, CT_____Researchers have discovered a simple little technique to deal with the nausea that is so commonplace in patients recovering from surgery.

Controlled deep breathing appears to be the key. Dr. Jeffrey Gross and nurse Lynn Anderson were recently studying the effects of using aromatherapy on nausea. They divided patients into three groups. One group was given gauze pads wet with rubbing alcohol (isopropyl alcohol). The second group was given pads with oil of peppermint, and the third was given pads dampened with a placebo saline solution.

All of the individuals had just completed surgery and were sick. Each was instructed to inhale slowly through their nose and then exhale slowly through their mouth a total of three times. The patient was then questioned two minutes and five minutes later about their degree of nausea. The researchers were surprised to learn that after five minutes *all* of the individuals reported an average of at least 50 percent improvement. The satisfaction rating of the treatment was 87 percent.

Obviously, the relief comes from the slow, deep breathing techniques rather than anything placed on the gauze pads. Deep breathing therapy has been so effective that it is now being used post-surgically in other parts of the University of Connecticut Health Center Hospital, where the study took place.

Although the staff realizes that it is the deep, controlled breathing that achieves the results, the pads are still dampened with rubbing alcohol and the patients are told it is a form of aromatherapy.

metabolic reaction that causes the body to store unusually large amounts of fat, particularly fat that has recently been ingested. *(Acta Med Port 00;13(4):302-10) (Cardiogia 99;44(10):885-99)*

It's All In the Pancreas

Among conventional circles, the idea that obesity causes diabetes has been accepted theory for the longest time. It appears, however, that a failure of the pancreas to properly control insulin may be one of the primary causes of obesity. And the pancreas is beginning to fail at a rate never seen before in history. There's a distinct link between the increase in our sugar consumption and pancreatic failure.

Obviously, some people are born with a stronger pancreas than others. This helps explain why some individuals are able to eat tons of sweets and stay skinny all their life. And then there are those individuals who start out that way, but once their pancreas finally fails they start to put on the weight like never before. Those with a weak pancreas from birth end up fighting a weight problem all their life.

Unfortunately, most doctors haven't made the connection between obesity, heart disease, and the inability to properly handle blood sugar. In fact, most blood tests still show that a fasting blood sugar level is anything below 110 mg/dL. An individual with a reading between 110 mg/dL and 125 mg/dL is considered "pre-diabetic," and someone with a reading above 125 mg/dL is considered diabetic.

However, a new study has now shown that those in the "pre-diabetic" category already have a 300 percent increase in the risk of heart disease when compared to those with a reading of less than 79 mg/dL. *(Am J Cardiology 02(1):89(5):596-9)*

To be on the safe side, your fasting blood sugar should be no higher than 90 mg/dL, and around 80 mg/dL would be even better. If it's any higher, it should sound an alarm. It's much easier to correct the problem in the early stages. Unfortunately, for now it appears that as a society we're taking the wrong approach to this problem.

Fake Sweets Create Real Problems

To make matters worse, rather than reducing simple carbohydrates in our diets and removing sugar from our foods, we've just replaced them with artificial sweeteners. Even though we still don't understand the long-term effects of introducing these artificial compounds into the body, the reactions they trigger may be even more dangerous than those of sugar. In our infinite wisdom, we

are again trying to trick the body, basically so we can have our cake and eat it too. In reality, however, what we're doing is confusing another of our body's natural instincts and disrupting its ability to adapt.

Artificial sweeteners certainly give the sensation of sweetness and, in turn, trick the body into believing it is getting ready to digest a carbohydrate. Since the most popular artificial sweetener, aspartame, is a chemical combination of two amino acids, the carbohydrate never comes. One or both of two things might happen. First, if the aspartame-containing food or drink (such as a cola) is taken with a food that is high in carbohydrates, the pancreas might release far too much insulin, triggering all the problems I've discussed (hyperinsulinism, insulin resistance, etc.). Second, the next time your body encounters a real carbohydrate, it might compensate for its prior absorption "failure" by becoming more efficient at absorbing the carbohydrate, which would also create the need for more insulin.

So *That's* What They Mean by a "Big Mac Attack"

The same fast-food restaurants that put us in the hospital in the first place are now locating inside hospitals. A recent survey found that almost 40 percent of the hospitals in the U.S. have fast-food franchises on their main grounds. Most are burger chains like McDonald's, Hardee's, and Wendy's, but pizza franchises are also getting in on the action. I guess this really shouldn't come as any surprise. These companies are geniuses when it comes to picking the right locations. They obviously know where to find their most loyal customers. *(JAMA 02;287:2945-2946)*

When it comes to treatment, as usual, there's more attention being placed on the symptoms of the problem than the problem itself. We've recently seen several new diabetes drugs come to market, and more will be on the way. The pharmaceutical industry is feverishly working on drugs that can manipulate levels of hormones associated with fat storage in the body. First, we heard that manipulating leptin levels would allow us to eat anything we wanted and still lose weight. Now the newly discovered hormone that has to be conquered is called ghrelin. Apparently, as long as the public is willing to pay to be guinea pigs, the pharmaceutical companies will continue to come up with the experiments. *(NEJM 02;346:1623-1630)*

If you want to lose or control your weight, reduce your risk of dying or suffering from diabetes or heart disease, slow down the aging process, and/or prevent dozens of other problems, you need to control your insulin levels. To do this you must:

1. Restrict or eliminate sugars, artificial sweeteners, and high glycemic foods from your diet. (The glycemic index is a rating system that compares the way various foods influence blood sugar levels. The scale goes from 0 to 100. Glucose is rated at 100, and the closer to 100 a food is rated, the more it affects blood sugar levels. You can purchase *The Complete Guide to Fat-Storing Carbohydrates*, a book that contains a list of 1,000 foods categorized by glycemic rating, from The Glycemic Research Institute at phone number 727-344-3361. The cost is $22.90, delivered. You can also order online at *www.glycemic.com*.)
2. Begin to eat smaller and more frequent snacks/meals.
3. Exercise regularly.

Although I haven't covered it in this article, dozens of studies have found that regular exercise has been shown to lower and help stabilize insulin levels. Besides diet, it is probably the safest and most effective natural method you can use to lower insulin levels.

Be Still My Racing Heart

One of the more common complaints I hear, especially among older women, is that of a "racing heart or irregular heart beat." Although this problem is certain to create a great deal of fear and stress, individuals who suffer from it often keep it to themselves and hope it will simply go away. Unfortunately, it typically gets worse. On the bright side, the problem can usually be corrected by one of two simple methods.

Oftentimes, the problem stems from a deficiency of the mineral magnesium. Hundreds of studies have established the connection between magnesium and a healthy heart. Our diets are generally too low in magnesium anyway, but what usually triggers an even greater loss of magnesium and a racing heart or abnormal heart rhythm are diuretics. Prescription diuretics are commonly given to help regulate blood pressure and fluid retention. Other diuretics include coffee and alcohol. All of the diuretics pull fluids out of

your system, along with minerals such as magnesium. The over-consumption of coffee and/or alcohol seems to be one of the primary reasons for abnormal heart rhythms.

I had a friend who suffered silently with a racing heart for years. It would become worse after he had a couple of glasses of wine or a couple of beers. Afterwards, he would lie awake at night wondering if he was going to have a heart attack. After he finally told me about the problem and we increased his daily intake of magnesium and other minerals, he was fine. I know there are probably tens of thousands of individuals suffering from the same problem or a similar one.

My friend wasn't telling his family doctor about the problem because he was afraid the doctor might tell him he had heart disease. Unfortunately, he was probably right. Most doctors presented with such a situation would start running all kinds of cardiovascular tests and probably end up giving my friend a sedative or "trying" various heart medications. This course of action could be extremely dangerous. My friend's heart needed to speed up because he had a problem with low blood volume. Slowing his heart with medication could end up killing him in the long run.

Real Help for a Runaway Heartbeat

Obviously, if a speeding, irregularly beating heart is a problem for you, you'll want to cut out or cut back drastically on coffee and/or alcohol. Also, increase your magnesium intake to around 500 mg. If your daily supplement doesn't contain that much, then you'll need to add additional magnesium. Make sure you're also taking at least 1 milligram of copper, since magnesium and copper deficiencies seem to go hand-in-hand. *(Am J Clin Nutr 02;75(3):550-4)*

The other problem that can cause your heart to race is that of hypoadrenia, or adrenal glands that aren't functioning up to par. Your adrenal glands play many roles, but one of the more important is to regulate the total fluid in your body, which has a direct relationship to the amount of blood you have in your system.

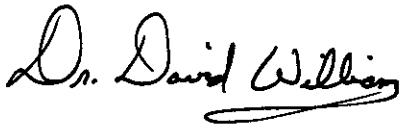
If the adrenals become depleted from too much unresolved stress or overworked from dealing with an overabundance of sugar in the diet, they won't be able to maintain the proper blood volume. In other words, overworked adrenals lead to low blood volume.

When you're dehydrated or have a low blood volume, your heart will naturally have to pump harder and faster just to get oxygen to all your cells. When the adrenal glands are involved, it's not uncommon for the heart to start racing when you change postural positions. For example, your heart might start racing when you move from a lying or sitting position to a standing position.

In past issues, I've discussed the various ways to strengthen and rebuild your adrenal glands so I won't repeat them again here. Without going into great detail, the first order of business is to cut out sugars and refined carbohydrates, eat several small meals throughout the day, and utilize supplements like vitamin C, adrenal glandulars, and the B-vitamin complex. [*Publisher's Note: For further information on exhausted adrenal glands and their treatment, see the following* Alternatives *issues: Vol. 7, No. 2; Vol. 5, No. 1; and Vol. 2, No. 1.*]

If you have a problem with a racing, irregularly beating heart, don't sit around and hope it will just go away. More often than not a few simple steps will correct the situation.

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:

- 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
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