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FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

Store Some Sunlight This Winter

I'm writing this issue during one of my favorite times of the year—fall. The weather is just beginning to turn crisp and inviting. It makes you feel more invigorated and alive. I've never been able

to explain it, but there's always that one day where the air suddenly feels and smells different. The temperature may be the same as the day before, but the air *feels* cooler—or maybe just crisper. That's when I know fall has arrived. But that's not all I like about fall. Believe it or not, another of my favorite things about the season is nuts. Yeah, nuts.

The produce section of every grocery store seems to be loaded with bushels of fresh nuts. Now is the time of year you easily can find plenty of pecans, walnuts, almonds, Brazil nuts, and hazelnuts. And man do I stock up. I buy pounds and pounds and load up my freezer. My wife is always calling me a bird because of my love of seeds and nuts. Stockpiling nuts, I guess, is more like a squirrel than a bird, but I'm not going to tell her that. I certainly don't need that label.

It's probably no coincidence that many of the nut crops become available just before winter. Nuts are rich in unsaturated fatty acids, which have the ability to actually "store" energy from sunlight. As a result, nuts are a rich source of these important nutrients during the cold months when such fatty acids are otherwise scarce. In areas like the Arctic region where winter sunlight becomes almost nonexistent, the traditional diet of seal blubber and other extremely rich sources of unsaturated fatty acids is instrumental in preventing many health problems, particularly winter-related depression. New research shows that increased nut consumption can have the same beneficial effects for those of us living a little farther south.

Fight Depression with Fatty Acids

The incidence of depression has been increasing at an alarming rate over the last 50 or so years. It has become so common that the stigma once associated with using antidepressants has vanished. Taking drugs like Prozac, Zoloft, Wellbutrin, Celexa, and Paxil is becoming as common as taking high blood pressure medication. For some reason, very few people (other than the pharmaceutical companies) seem to be aware of or the least bit alarmed about what's going on.

Like many of the other emerging health problems we're facing, the increase in depression can be linked directly to our diet. If you or someone you know is suffering from depression, there's an extremely good chance that it may be a result of a long-term deficiency in unsaturated fatty acids.

Cross-cultural studies have shown that a country's level of depression has a strong link to the overall amount and kind of fatty acids being consumed. This goes back to what we talked about in the February 2000 issue of *Alternatives*, concerning the imbalance between omega-6 fatty acids (from polyunsaturated oils like



In This Issue

- Store Some Sunlight This Winter 137
- Don't Bury Conventional Medicine Yet . . . 140
- News to Use From Around the World . . . 142
- A Papaya Pontification 143

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

those from corn, soy, palm, and cottonseed) and omega-3 fatty acids (from fatty fish, flaxseed, and olive oil). (Nuts contain mainly omega-9 fatty acids, which have no effect on the balance between omega-3 and omega-6 fatty acids, but which have other important health benefits.)

Research has revealed that countries with the highest consumption of fish have the lowest rates of depression, and vice versa. For example, individuals living in New Zealand eat an average of 40 pounds of fish each year, and 6 percent of their population suffers from depression. On the other hand, individuals in Japan consume an average of about 140 pounds of fish a year, and less than 1 percent of their population suffers from depression. In countries where our Western diet, high in processed and fried foods, has been introduced, the incidence of depression goes up correspondingly. (*The Lancet* 98;351:1213)

Much of your brain and other nervous tissue is made up of fats. In fact, the cell membranes of nerves contain 20 percent essential fatty acids. It is through these complex and intricate membranes that various charged particles must pass to trigger nerve impulses. If your body is short on the proper raw materials, such as unsaturated fatty acids, then other fats must be used to build and maintain these cell membranes. This can influence the ability of your brain to send and receive signals. If you're not consuming adequate amounts of essential fatty acids, then you're setting yourself up for disaster.

Countries with higher average fish consumption have lower rates of homicide, bipolar disorders, and suicide, in addition to lower rates of depression. (*World Rev Nutr Diet* 01;88:41)

Much to the dismay of pharmaceutical companies, there have been a few studies that have shown that fish oil supplements can dramatically improve depression and many of its accompanying symptoms, such as mood swings, insomnia, etc. (*Psychiatr Ser* 01;52(4):529-31) (*Arch Gen Psychiatry* 99;56:407)

Clinical trials are now underway to test the effectiveness of fish and other omega-3 oils in treating problems like bipolar disorder, attention deficit disorder, and schizophrenia. You can bet that the pharmaceutical companies aren't funding this research. In fact, I wouldn't be the least bit surprised to find that they are funding research that might cast a negative light on consuming fish or other omega-3-rich foods.

Flu Prevention from Selenium

Another substance that helps ward off depression and other mental problems is selenium. Brazil nuts are one of the richest—if not *the* richest—natural sources of selenium.

The selenium in Brazil nuts also has an antiviral feature that could keep you from getting the flu. One recent study showed that animals with lower levels of selenium developed more serious viral infections than those with normal selenium levels. Another study found that when selenium levels were low, the flu virus mutated from a mild form to a more virulent one. (*FASEB J* 01;15(10):1846-8) (*FASEB J* 01;15(8):1481-3)

In the medical press, selenium has been getting quite a bit of attention lately. Scientists have found that coating contact lenses with selenium stops bacterial growth on the lenses. The result is that contact wearers can wear their lenses for as long as three months. Researchers are now experimenting with the coating of other medical devices, such as implants, where bacterial infections are a major problem.

Why Health Nuts Eat Nuts

If you still haven't begun to stockpile nuts, let me give you a few more good reasons to do so.

There are still many doctors and dietitians who have their heart patients avoid nuts because of their high fat content. Study after study, however, has shown that adding nuts to one's diet can dramatically lower the levels of harmful cholesterol (the LDL-form), while increasing the beneficial form of cholesterol (the HDL-form). *When certain nuts are added to a healthy diet plan and other cholesterol-lowering foods, they can be just as effective as cholesterol-lowering drugs, such as statins.* (*Circulation* 02;106(11):1327-32)

In this Canadian study published in *Circulation*, doctors divided a group of 27 men and women with high cholesterol into three groups. For one month, they were all placed on a low-fat diet that included a daily snack of one of the following: 1) whole wheat muffins, 2) 74 grams of almonds (roughly two handfuls) or 3) half almonds and half muffins. The muffins were made to have the same calorie content as the almonds (by weight).

At the end of just one month, there were no changes in the cholesterol levels of those eating the muffins. Those eating the mixed snacks reduced

their LDL cholesterol levels by an average of 4.4 percent. Those eating two handfuls of almonds had an average reduction of 9.4 percent. Those in the almond groups also had an increase in their HDL cholesterol levels, the “good” cholesterol.

When you take into account all the changes in the various forms of cholesterol, the statistics show that a handful of almonds a day can reduce your risk of cardiovascular disease by 10 percent. Two handfuls of almonds will reduce your risk by 20 percent. By adding a few other cholesterol-lowering foods such as oats, oat bran, barley, or psyllium to your diet, it would be easy to reduce your risk of cardiovascular disease by as much as 25 percent. This is as good as you can expect to get with the dangerous cholesterol-lowering statin drugs, which deplete compounds such as coenzyme Q10 and eventually make the problem worse.

While this particular study focused on almonds, other studies have found that peanuts (really a legume and not a nut), pistachios, walnuts, and hazelnuts can all help lower cholesterol and other harmful blood fats.

Nuts Do Not Contribute to Weight Gain

There’s a growing number of individuals who don’t want to take cholesterol-lowering medication, but at the same time have a difficult time sticking to a low-fat diet. Nuts provide an effective alternative.

I can almost hear your mind churning at this point. What about the weight gain from eating all these nuts? Well, you can rest easy. There wasn’t one. In fact, in all the studies I’ve seen involving nut consumption, none have shown that eating nuts leads to weight gain. It appears that your body adapts to eating these energy-rich powerhouses by decreasing the desire and/or appetite for other foods. In all the studies I’ve talked about, the researchers found there was no increase in body weight. I would suggest, however, that you not consume nuts that have been oiled or fried, or heavily salted or sugared nuts.

Fresh, whole nuts should be your first choice, followed by lightly salted or dry roasted nuts.

One other note about almonds. Studies have also found that they can significantly lower triglyceride levels, as well as “bad” cholesterol. (*J Nutr* 02;132(4):703-707)

Improve Your Diet Regularly with Nuts

Nuts should be a regular part of your diet. Not only are they rich in unsaturated fatty acids, they are also a good source of the monounsaturated fatty acids, just like olive oil. If you haven’t already, you need to give them a try. And don’t get caught up in the nonsense that you can’t eat nuts because they’ll make you put on weight. Unfortunately, that seems to be most people’s main reason for not eating nuts. Obviously, chocolate-covered nuts or those cooked in oil or found in candy are a totally different animal.

From now until after the holidays you can take advantage of the bounty and start stockpiling. Each type of nut has a different oil and mineral content, so be sure to eat a variety of nuts. They are readily available in just about every grocery store produce department. If you are looking for a unique and healthy gift to give this holiday season, I’ve located a very nice basket of healthy nuts. It includes a pound each of raw almonds, Brazil nuts, English walnuts, and pecans. It costs \$32.99 (in Canada: US\$49.99—includes customs and fees) plus S/H from Mountain Home Nutritionals. Just call 800-888-1415 and ask for item NGPK (in Canada: CNGPK), code 17331N (in Canada: 17408N).

Although the pecan tree is the state tree of Texas, I’m not partial to just pecans; I like all nuts. For the record, though, I pronounce pecan as “puh cahn” and not “pee can.” In this neck of the woods, I don’t think you’d ever want to tell someone that you like to eat pee cans.



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Don't Bury Conventional Medicine Yet

Over the past few months, several articles have appeared claiming that medicine as we know it is dying. The authors of these articles are proclaiming that the present medical establishment will rapidly disappear. They claim that tainted research, greed, and dishonesty in advertising and marketing will result in its downfall. With the proliferation of the Internet, they say, these evils can no longer be hidden from the public. It's now only a matter of time before the medical establishment will totally collapse.

I don't fully understand the basis of this thinking. It seems to have started several months ago when several politicians announced that our medical system is doomed to failure because of the skyrocketing costs of new medicines and procedures. I'll be the first to agree that things have gotten out of hand, but, from my perspective, I certainly wouldn't predict the downfall of the medical establishment.

Don't get me wrong. I obviously don't believe that drugs and surgery should be the solutions to all our health problems. And although most people say they agree with this belief, they seem to live their lives a little differently. The majority of individuals these days want to "have their cake and eat it, too." Mainstream medicine—led by the pharmaceutical industry—is only supplying the public with what it demands.

America's Holy Grail: Health Without Healthy Living

The vast majority of people don't want to drastically change their eating and lifestyle habits. They want quick fixes that will allow them to continue living a so-called normal life, without the inconvenience and discipline of exercising or eating a healthy diet. And through some of the slickest propaganda campaigns ever developed, the pharmaceutical companies have convinced the public that they can provide it with just what it wants—health without hassle. The real shocker has always been that the government agencies responsible for evaluating and overseeing such activity actually aid and abet these propaganda campaigns. That's one of the primary reasons why medicine, as we know it, will continue to flourish.

Another reason has to do with the Golden Rule: "He who has the gold makes the rules."

Even in this "down" economy, pharmaceutical companies continue to report astronomical profits. Our government agencies undoubtedly helped fuel these profits when they allowed the pharmaceutical companies to advertise prescription drugs on television and elsewhere. Last year alone, the five most promoted drugs had combined sales of over \$14.5 billion. (These were Celebrex and Vioxx for arthritis, Claritin and Allegra for allergies, and Lipitor for cholesterol.)

When I questioned FDA and FTC officials about the wisdom of allowing advertising of prescription drugs, I always got the same answer: When done properly, advertising addresses serious health issues and leads to a more educated and informed public. This may sound "appropriate," but the truth of the matter is that this type of advertising is not done to reduce or prevent disease; it's done to build brand recognition and sell products.

A Bias That Kills

The regulatory agencies' bias that favors pharmaceutical products over nutritional supplements is so obvious, it's ridiculous. If any supplement were to kill 450 people a year, there's no question that it would quickly be taken off the market and banned forever. That's not the case with drugs, however. Acetaminophen-containing products (Tylenol, Midol, Alka-Seltzer Plus, Vanquish, etc.) result in over 100,000 calls a year to poison control centers, 560,000 visits to emergency facilities, 260,000 hospitalizations, and 450 deaths (from 1996 to 1998 the average annual deaths directly attributed to acetaminophen averaged approximately 458).

Confidential documents revealed that the *FDA has purposely avoided addressing the dangers of acetaminophen to avoid offending Johnson and Johnson* (the dominant marketer of acetaminophen products) and the pharmaceutical industry. (*BMJ* 02;325:678)

The regulating authorities in the United Kingdom recognized that they were having the same problems, and required that acetaminophen be blister-packed instead of sold as bottles of loose tablets. Their research indicated that individuals would be less likely to overdose when the medication was packaged differently. By simply repackaging the acetaminophen, they have significantly reduced the number of drug-related poisonings, liver transplantations, and deaths. (*BJM* 01;322:1203-7)

I doubt that any such thing will happen in the U.S., simply because the change in packaging resulted in UK sales of acetaminophen products dropping from \$123 billion to \$84 billion. Thus, although 50 million Americans take some form of acetaminophen for pain each week, the FDA proceeds as if the known side effects, such as immune suppression, hearing loss, liver damage, and even death, are all acceptable risks for a pain reliever.

The FDA and other “watchdog” government agencies seldom are called to account for erroneous or irresponsible decisions. In the Dow Chemical silicone breast implant suit, the government was recently awarded \$9.8 million for medical expenses paid out through Medicare and Medicaid. It didn’t seem to matter that another agency, the FDA, of the same government had previously approved the use and sale of these implants and is currently considering whether to allow them to be sold again.

Further, these same agencies show definite bias when it comes to evaluating the risks associated with drugs. A good example is the fact that the agencies are constantly pushing for vaccinations and flu shots. For some reason, however, they neglect to tell the public that the preservative in these flu shots and vaccines is mercury.

Is There Such a Thing as Healthy Mercury?

When it comes to other sources of mercury, though, they are extremely vigilant. They have issued repeated warnings on the consumption of various fish, including tuna, shark, swordfish, and mahi-mahi, because of possible mercury contamination. And since mercury is particularly harmful to nerve cells, government health authorities have stressed that infants and small children shouldn’t be fed these foods, and pregnant and nursing mothers should avoid eating tuna also. (Although most canned tuna contains less mercury contamination than tuna steaks, which come from larger tuna, it’s hard to tell how much, if any, mercury these products contain. Smaller fish are safer, and so are fish like sole, sardines, herring, bass, catfish, salmon and shellfish.)

Although the EPA (Environmental Protection Agency) has determined that the maximum allowable daily exposure to mercury is 0.1 microgram per kilogram of body weight, the new flu vaccine for babies, called Fluzone, contains 25 micrograms of mercury per 0.5 ml dose.

Practically all vaccines contain mercury and aluminum. And vaccines are not “safer” sources of these toxic minerals. It doesn’t matter if the mercury comes from fish or from a vaccine. The potential for neurological damage remains the same. But for some reason, even though we’re warned about fish consumption, vaccines and flu shots are strongly encouraged and, in many instances, even required by law. It shouldn’t come as any surprise that more babies seem to be developing autism problems, and the risk of developing Alzheimer’s disease is steadily increasing.

In the year 2000, there were approximately 5 million people in the U.S. with Alzheimer’s, and it has become the fourth leading cause of death in individuals over the age of 75. By the year 2010, it is estimated that over 7 million individuals will have the disease, and by 2025, 22 million will develop Alzheimer’s.

As the general population continues to consume more contaminated food, water, and medicines, these predictions will prove accurate. One expert at the 1997 National Vaccine Information Center (NVIC) International Vaccine Conference stated that anyone who had five consecutive flu vaccine shots increased their risk of developing Alzheimer’s disease by a factor of ten over someone who received only two or fewer shots.

A Powerful Herb to Prevent Alzheimer’s

It’s worth mentioning again, while we’re on the Alzheimer’s topic, that the elderly in India have the lowest incidence of Alzheimer’s disease in the world. *Only 1 percent of the elderly in India suffer from Alzheimer’s. In contrast, the Alzheimer’s Association in this country says that 10 percent of our population over 65 years old has the disease, and 50 percent of those over 85 have Alzheimer’s.* Researchers have theorized that the low incidence of Alzheimer’s among the Indian population could be due to their increased consumption of the spice turmeric, a component of curry. Animal studies have supported this theory.

Studies have shown that when either turmeric or curcumin, (a major component of turmeric) was added to the diets of animals bred to develop Alzheimer’s, the brain damage was significantly lessened. (*Neurobiol Aging* 01;22(6):993-1005) (*J Neurosci* 01:21(21):8370-8377)

Turmeric has been shown to have very strong antioxidant properties that can be very effective



News to Use from Around the World

Humming for Health

STOCKHOLM, SWEDEN_____ When I ran across the following research, it reminded me of the report I did several months ago on the healing effects associated with the purring of cats. It looks like our own “purring” can elicit some fairly strong effects in the body.

Researchers at the Karolinska Hospital discovered that humming increases ventilation in the paranasal sinus cavities.

Your sinuses are major producers of nitric oxide (NO). As you may recall, NO helps dilate capillary beds and increase blood flow. When NO levels were measured during humming, researchers found that they were 15 times higher than during normal breathing. What is even more amazing is the fact that humming dramatically increased the exchange of gas in the nasal sinuses.

During humming, the gas exchange between the nasal passages and the sinuses was 98 percent during just one exhalation, almost a complete exchange. During normal exhalation, without humming, the gas exchange rate was only 4 percent.

Poor gas exchange and poor circulation in the sinus cavities promote the perfect environment for bacterial growth and infections. Based on the results of this study, the researchers feel that daily breathing exercises involving humming could help reduce the incidence of sinusitis and upper respiratory infections. (*Am J Respir Crit Care Med* 02;166(2):131-2)

When you hum, you can feel the vibration along the roof of your mouth and in your nasal cavity and sinuses. It's amazing that this simple sound/vibration can have such a profound effect on the exchange of gases and circulation in your upper respiratory tract. This phenomenon undoubtedly is linked to the increased men-

tal clarity experienced while humming different mantras during meditation. I would suspect that humming various sounds for long periods of time would increase blood flow and oxygenation in the brain.

I would also like to see studies that explore how well the nasal cavity absorbs inhaled substances during or immediately following humming. Inhalation of certain vitamins, minerals, and medications has proven to be successful in many cases, and can eliminate the need for injections. If humming would improve these substances' absorption rates even further, it could open up a whole new range of therapeutic possibilities.

If you suffer from chronic sinus problems, try humming several times a day on a regular basis, and see if you don't notice an improvement. In fact, it appears that a little humming would probably do us all some good, especially during the winter season. It beats a flu shot any day of the week.

Sleep Training

ADELAIDE, AUSTRALIA_____ Researchers at Flinders University have uncovered a unique therapy that appears to help beat insomnia. Although it was a small preliminary study involving only seven insomniacs, the results were very consistent and positive.

During the first night of the study, every time the insomniacs fell asleep, the researchers woke them up and forced them to stay awake for half an hour. As they grew more and more tired, it took them less time to fall asleep again.

By the second night, insomniacs who initially took more than an hour to fall asleep were falling asleep within 25 minutes. Their ability to fall asleep more quickly was maintained even after the study concluded. Apparently, even during this short study, their brains were retrained to fall asleep more quickly.

at normal dietary doses. This is just one of the reasons I have always had turmeric as part of Daily Advantage. If your multi-vitamin doesn't have turmeric, I would strongly suggest that you take a separate turmeric or curcumin supplement. Turmeric powder is a relatively inexpensive spice when purchased by the pound. I guess it could be called “the poor man's antioxidant.” India has some of the poorest people on Earth, and yet turmeric is abundant in their cooking. From the looks of things, this spice may be one of the easiest

and least expensive methods we can use to combat the growing epidemic of Alzheimer's disease.

Selenium: Better Than a Flu Shot

When it comes to beating the flu, another compound that should be in your daily supplement is selenium. Selenium is a necessary mineral for the production of antioxidants within the body. New animal research from the University of North Carolina has found that a dietary deficiency of selenium may cause a harmless strain of the flu virus to mutate into a virulent pathogen.

When selenium-deficient mice were given a known flu virus and compared to mice with normal selenium levels, researchers found that the selenium-deficient animals experienced far more serious symptoms, such as lung damage. Based on this new research, other researchers are wondering if the more potent viruses, such as HIV, also mutated in environments where there were selenium deficiencies. It makes sense when you consider the well-known fact that most of the worldwide flu outbreaks originate in China, where large segments of the population are selenium-deficient.

I suppose that vaccine dangers are another topic that the FDA is hesitant to discuss for fear of offending the pharmaceutical industry. Apparently, it's easier for some people to live with the fact that they've helped create thousands of Alzheimer's victims than it is to question the motives and morals of the pharmaceutical industry.

Whether you decide to get flu shots or other vaccinations is a personal choice you'll have to make on your own. Personally, I will never get one. As you weigh the pros and cons of such a decision, don't be naïve enough to think any of these government agencies have your best interests as their top priority. It could be a fatal mistake.

A Positive Role for Acetaminophen

The topic of government agencies somehow brings to mind a situation I recently read about in Guam. You may have seen one of many bizarre television programs showing how brown tree snakes have practically taken over this island. Since an accidental introduction in the 1940s, these snakes have mushroomed in population to as high as an estimated 26,000 snakes per square mile. Since they have no natural enemies, they have decimated the lizard, rabbit, and bird populations, and been known to eat piglets, puppies, and even bite unattended babies. And by crawling along power lines, they've created electrical shorts resulting in local blackouts. All efforts thus far to eradicate the snakes have been ineffective.

When researchers placed two 40-milligram acetaminophen tablets inside dead, newborn mice and fed them to the snakes, every snake that took the bait died. Since previous toxicology studies have shown that the drug poses little risk to other wildlife and domestic animals, it appears that Tylenol may be the answer to the snake problem. I knew there was probably a good use for this drug, but until now I just didn't know what it was.

A Papaya Pontification

I recently received a call from a reporter whose assignment has been to cover the travels of Pope John Paul II for the last couple of years. Although I can't confirm this story with the 82-year-old Pontiff himself, several other sources I've spoken with support the story. (Unfortunately, my connections don't extend to the Pope or the Vatican, but I'm working on it.)

Although the Vatican has never acknowledged the fact, it is obvious that Pope John Paul II suffers from Parkinson's disease. Over the last few years, his speech has become slurred, his left hand has developed a tremor, and he has difficulty moving about.

In June, the Pope was visited by Dr. Luc Montagnier, the president of the World Foundation for AIDS Research and Prevention. Dr. Montagnier is the co-discoverer of the AIDS virus, along with Dr. Robert Gallo back in 1983. Dr. Gallo was to accompany Dr. Montagnier on this visit, but had to cancel at the last minute due to emergency knee surgery. The purpose of the audience was to try and convince the Pope to relax the Catholic Church's stance on the use of condoms for AIDS protection.

A Papal Improvement

Apparently, during his audience on June 10th with the Pope, Dr. Montagnier gave the Pontiff a papaya extract to take to help improve his Parkinson's disease. Again, the Vatican won't confirm or deny that the Pope is using the product. What has been confirmed, however, is that, since Dr. Montagnier's visit, there has been a remarkable change in the Pope's symptoms. Whether the change is related to an act of God, the extract, or something else, I can't be certain.

In August, the Pope traveled to Canada and Poland. In Poland, the Pope was able to deliver his own speech for the first time in several months. Reporters traveling with the Pope have also confirmed that his speech is much stronger and clearer. He has more stamina and energy. Reports from the Vatican say only that he is feeling much better.

What Dr. Montagnier gave the Pope is a product called Immun'Age FPP (Fermented Papaya Preparation), which is manufactured by a Japanese company called Osato. Immun'Age is produced from non-genetically modified papayas that are grown in Hawaii. The papayas undergo

a fermentation process and are then dried and ground into a fine powder. The final product is packed in 3-gram foil packs. Immun'Age was first developed in 1969, and has been on the Japanese market for about the last 10 years. It is sold primarily as an immune booster.

Dr. Montagnier feels that the product's ability to scavenge free radicals is what makes it effective in helping Parkinson's disease. He has also started testing the product in AIDS patients in Africa. So far, the studies have been on very small groups, but the results appear to be very positive. When used in combination with AIDS drugs, it seems to stimulate immune activity. There are also indications that it helps with weight gain and improved hemoglobin levels. Larger, more extensive trials are currently being planned.

Dr. Montagnier recommended that the Pope take two sachets, or packets, of the powder daily—one in the morning and another in the evening. For best results, the powder should be dumped under the tongue and taken on an empty stomach. Dr. Montagnier says that whenever he first feels a cold coming on he immediately takes two sachets, which stops the cold before it gets started. This seems to work only if it is taken at the very first sign of a cold.

Hard to Get; Hard to Do Without

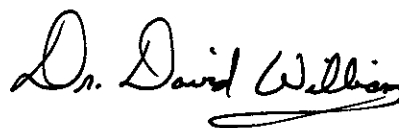
I haven't been able to locate a supplier for Immun'Age in this country. Outside of Japan, the product isn't that well known. If people begin to see a difference in their Parkinson's symptoms, I'm sure that will change. Currently, the only way I've found to get the product is by ordering online from a French company at www.supersmart.com (listed as FPP under New Products). The product isn't cheap. Thirty sachets, with shipping, cost about 70 Euros—which is currently

about \$70 U.S. A month's supply at the dosage Dr. Montagnier recommends (two sachets a day) would run \$140.

Unfortunately, more research is needed on the product. However, it's natural and there haven't been any reports of serious side effects. Another plus is that, according to people I've spoken with, it seems to work rather quickly. You should be able to tell within a couple of weeks if it's going to help you. Under normal circumstances, I would have waited to tell you about this product until more clinical trials or research studies have been completed. However, when you consider just how limited and largely unsuccessful the current treatments for Parkinson's are, getting the word out about this new discovery becomes very important.

If you or someone you know tries FPP, I'd love to get your feedback so I can pass it along to others who could benefit from the information. I'll also be following Dr. Montagnier's work and any new information and research that comes along. I'll also put in a call to the Pope—but don't hold your breath for that report.

Take care,



P.S. Despite the troubled world situation, 2002 has been another year full of blessings and progress. I'm always especially grateful at this time of year for your support, which allows me to continue the work that I believe in so strongly. In that spirit and the spirit of the season, let me wish you and yours a wonderful holiday!

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.

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