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FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams years I've written about the importance of including fermented foods in your diet. It seems only recently that mainstream medicine and various "health experts" have discovered the importance and health implications of nurturing beneficial bacteria in the intestines. It's one area of discussion you'll undoubtedly begin to hear more about in the near future. Even some of the pharmaceutical companies have begun to show an interest in the area.

I'm sure it has to do with the fact that we have become such a drug-oriented society, but most people have the idea that bacteria—any bacteria—are harmful. Nothing could be further from the truth. Our environment is covered with bacteria. Your body and practically everything you come into contact with is covered with bacteria. Bacteria in the colon help produce vitamin K, aid in digestion, and even eliminate other forms of bacteria that can cause disease.

Under ideal circumstances, while potentially dangerous and health-robbing strains of bacteria may be present, other strains keep their numbers in check. When various strains of bacteria get out of control we begin to see problems occurring. And the problems can be something as simple as diarrhea to something as complex and serious as a systemic infection. Years ago, I dedicated two issues of *Alternatives* to the topic of promoting proper bowel flora and explained how it could be the key to lifelong good health. The techniques and solutions I discussed in those articles are even more valuable today than they were then.

Pearls of Bacterial Wisdom

(*Publisher's note:* See Vol. 3, No. 1 [July 1989] and Vol. 3, No. 2 [August 1989]).

There's no possible way to eliminate all the potentially pathogenic bacteria from our environment, nor would it be advisable. For humans to exist, a balance must be maintained, not only in our external environment, but in our internal environment as well.

Toxins on Parade

Although it may not be widely accepted, improving the environment of your gastrointestinal tract can result in a reduction of all types of symptoms throughout the body. When most people think about the detrimental effects of pathogenic bacteria they envision these bacteria destroying normal, healthy cells. In reality, this is only a small part of the problem. What are often more damaging are the toxic metabolites, or waste material, that these bacteria produce. These toxins circulate throughout the body and can place a constant burden on your immune system. They can also result in the disease and destruction of any organ in the body.

In past issues, I've written about the work of Dr. Weston Price. During



In This Issue

Pearls of Bacterial Wisdom 153

Consider This Before Getting Stuck
(with the Smallpox Vaccine)..... 158

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

the 1930s, Dr. Price demonstrated time and time again just how dangerous the toxic metabolites of pathogenic bacteria were. In his experiments he would take an infected tooth extracted from a patient with a known health problem and surgically implant the tooth just under the skin of a rabbit. Within a very short time, the patient would recover from his problem, but the rabbit would develop the exact same problem. Dr. Price repeated the experiment hundreds of times, and the same thing happened each time. It didn't matter if the condition was heart disease, kidney problems, rheumatoid arthritis—you name it. The toxic metabolites from the bacteria created the same problem. And once the source of bacteria (the tooth) was removed from the rabbits, their health also returned to normal. Dr. Price's experiments suggest that health problems can occur practically anywhere in the body, even if there isn't a full-blown, *systemic* bacterial infection.

Based on this earlier work, it is possible that the unbalanced growth of pathogenic bacteria in the colon may result in the circulation of toxic metabolites throughout your body. If you think about it, there are really only three routes through which pathogens can enter the body: the skin, the respiratory passages, or the gastrointestinal (GI) tract.

The skin is generally a very efficient barrier. The respiratory tract is less efficient and the route through which we usually contract acute problems like colds and flu. The GI tract is particularly vulnerable. It has the same links to the outside environment as the respiratory tract.

Anything entering the mouth or nose can reach the GI tract. Everything we breathe, eat, or drink creates a potential invasion into our internal environment. If pathogens survive the trip through the acids and enzymes of the upper part of the GI tract, they may find the perfect permanent home in the colon. As a result, the colon is often the seat of many chronic problems. It's a warm, moist, nutrient-rich environment that lacks oxygen and strong digestive fluids, making it an ideal place for bacteria to grow and flourish. When you take into account most of the current habits of our society, it's easy to understand how pathogenic bacteria can easily gain a strong foothold in the colon.

We now consume less fiber and more refined carbohydrates than at any other time in history. Both of these habits slow bowel transit time and help provide fuel for harmful bacteria strains.

Excessive use of antibiotics has become widespread. As opposed to probiotics (meaning "for life"), antibiotics (meaning "against life") indiscriminately destroy all forms of bacteria in the body. Most people who take antibiotics never make any effort afterward to repopulate their body with good bacteria.

Our abuse of NSAIDs (nonsteroidal anti-inflammatory drugs, such as aspirin, ibuprofen, and naproxen) has also contributed to the problem. NSAIDs can increase not only stomach and intestinal bleeding, but also permeability of the entire gastrointestinal tract. When the GI tract is more permeable, larger proteins, bacteria, and toxins are able to enter the bloodstream. This situation results in allergic reactions, increased stress to the immune system, and the spread of toxins throughout the body.

It's no wonder that most people in this country have no energy and are constantly sick. Their imbalanced colons support colonies of pathogenic bacteria, which are constantly spewing toxins into their system. Their immune system is in a constant fight just to keep things under control.

There is no doubt that proper digestion, absorption, elimination, and immune response—all dependent on bacterial flora—must be maintained if you want to remain healthy. Every day, groups of individuals are exposed to the same pathogens, but not everyone gets sick. A strong immune system response determines your ability to fend off premature aging, sickness, and disease. And a strong immune system requires the proper flora in the bowels.

Bowel Flora—They Finally Got It!

Just recently I received research data from investigators at the Veterans Affairs Medical Center in Cleveland, Ohio. In conjunction with scientists at IPSAT Therapies in Finland, these researchers were testing a specially encapsulated enzyme that could stop the action of antibiotics when they reached the colon. Since most oral antibiotics are absorbed before reaching the lower intestine, this coated enzyme could be taken at the same time. The idea is to stop the antibiotic from wiping out the beneficial bacteria in the lower bowel along with any disease-causing bacteria. In preliminary mouse studies it seemed to work. Now the researchers are trying to develop this enzyme into a marketable drug.

Until recently, mainstream medicine and the pharmaceutical companies have downplayed the idea that the killing of “friendly” bacteria was a problem. Now, however, with a new drug on the horizon to counteract those effects—one that can be marketed in combination with antibiotics—it’s sure to become an issue. Add this to the recent anthrax scare, the push for smallpox vaccinations, and the fear of other forms of bioterrorism, and it won’t be hard to sell the need for “safer, more effective” antibiotics.

Unfortunately, I think we’ll see more acts of bioterrorism. I also have a strong feeling we’re in for some major conflicts in the months and years to come. It’s anybody’s guess just how serious and extensive any terrorist acts and the fallout from wars or skirmishes might be. I certainly don’t know. What I do know is that maintaining and nurturing the proper bacterial flora in our lower bowel is one of the most potent and available tools we have for protecting ourselves from a long list of pathogens. While probiotics are not a direct defense against these types of things, it’s certain that having a strong immune system is essential. The abundance of beneficial bacteria in the colon is one of the body’s most efficient ways of dealing with pathogens, without any of the ill effects associated with antibiotics.

Don’t get me wrong; antibiotics can be life-savers. When used prudently and properly, they can be very effective. To me, using antibiotics is equivalent to going to the emergency room. They’re not preventive medicine, and they’re not something for long-term, continuous use. They are to be used in emergencies, when nothing else will work. Keep in mind that they also may not always be available or easy to obtain. As I’ve discussed in the past, they come with their own share of problems. Antibiotic use promotes the mutation of less harmful forms of bacteria into more potent, drug-resistant forms. While for most people the worst side effect of antibiotic use may be a case of diarrhea, for others it can

cause severe infections when pathogenic bacteria are allowed to gain an upper hand.

Even in a perfect world, establishing the flora in your bowels would be one of the primary recommendations I would give to anyone who wants to remain healthy. I would strongly suggest that you re-read my past articles on the importance of bowel flora. Establishing proper bowel flora has been shown to be beneficial in improving not only digestive health, but also for fortifying the cardiovascular system and supporting a strong immune system.

Have You Got It?

The best method of establishing and replenishing bacterial flora is through the use of fermented foods. I routinely make and consume yogurt, and I also make my own fermented vegetables and sauerkraut. Most of the yogurt and sauerkraut sold in stores have few or none of the benefits of these same foods in their unprocessed forms. I use the Miracle Yogurt Maker to ferment milk at home. It’s available from Mountain Home Solutions, 1-800-211-8562. Ask for item YGRT, code 18727I. Or, alternatively, you could buy Stoneyfield Farm organic yogurt from your local health food store and be reasonably certain that most of the beneficial bacteria are still alive and kicking. My favorite brand is White Mountain Bulgarian yogurt, but it’s sold primarily in Texas, with sporadic distribution throughout the Midwest and East Coast regions.

I explained how to make sauerkraut in the April 2001 issue (Vol. 8, No. 22), or you could use the Gairtopf fermenter crock to ferment your own cabbage and other vegetables (also available from Mountain Home Solutions, item FCPP, code 18728I). But undeniably, making your own takes some time and energy.

For years I have searched worldwide for the easiest and most convenient methods of including fermented foods in the diet. While I have



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no qualms about recommending acidophilus and various other probiotic products, most people get mixed results—if any—with them. The problem stems from the fact that most of the beneficial bacteria in these products don't survive long enough to reach the consumer. And with the ones that do, their potency drops dramatically every time the bottle is opened and exposed to light and air. Believe me, I've tried and tested dozens of products.

I worked with one manufacturer that attempted to bottle a “live” fermented drink. Unfortunately, most of the bottles would explode during storage or shipping. I found another fermented product in Australia, but the shelf life was horrible and the viable bacteria in the product were totally unpredictable. I also spent months in discussion with numerous brewmasters here and in Australia trying to develop a liquid probiotic product. While that was definitely one of my more fun investigations, it only resulted in a long string of headaches (tasting and testing too many samples and brews, I guess). Due to all these shortcomings, I continue to recommend fermenting your own foods. It's a simple, very inexpensive technique that has withstood the test of time. It's one sure way of always insuring that you have a way to boost your immune system and your ability to fight all of the pathogens you might be exposed to.

In my never-ending search to find a viable probiotic, I recently discovered a very unusual packaging process developed in Japan. It has turned out to be one of the only methods I've seen that will effectively package and store live, active, beneficial bacteria and then deliver these bacteria intact to the large intestine. I'll tell you more about this technology in a moment.

Muck Up A Leaky Gut

I intend to discuss leaky gut syndrome in more detail in the future, but in short, the primary cause of the problem stems from a deficiency of the fatty acid butyrate, which is produced by bacteria in the large intestines. One of butyrate's main functions is to promote the growth of the mucus membranes that line the intestines and increase their production of mucking. Mucking is a component of mucus that lines and protects the walls of the intestines. The mucus constantly sloughs off and carries pathogens with it.

By increasing various friendly strains of bacteria in the large intestine you also increase the pro-

duction of butyrate. Indigestible carbohydrates in high-fiber foods help feed these bacteria. Bananas, asparagus, onions, garlic, wheat bran, and artichokes are particularly effective at increasing butyrate levels. As I've mentioned in the past, butyrate capsules can also be purchased and can be very effective in helping to restore butyrate levels rather quickly. They are particularly helpful for conditions like ulcers, diverticulitis, colitis, and many food allergies. Butyrate capsules are available from Ecological Formulas, 1-800-888-4585, 1061-B Shary Circle, Concord, CA 94518. The recommended dosage is anywhere from 1 to 6 capsules with each meal.

(As a brief side note, more than two years ago I broke the news about the nasal wash product called Xlear. Since that time I have heard from several doctors who've found that when treating sinus patients with Xlear they have noticed that those with colitis experienced a significant improvement of that condition as well. I don't yet fully understand the connection. Obviously, with sinus problems there would probably be a constant drainage of bacteria into the GI tract, but whether it ever reaches the colon is another matter. However, based on the feedback I've received, I now think it would be worthwhile to add a sinus-cleansing program using Xlear to treat colitis problems. I would love to receive more feedback from anyone who has experience in this area. I'll certainly pass it along in a future issue.)

Anyone with abnormal intestinal permeability, or “leaky gut syndrome,” will also benefit from taking whey protein and L-glutamine and consuming high-fiber foods that encourage the production of butyrate or butyric acid.

The best whey protein powder I have found is Designer Whey Original Protein Powder from Designer Whey, which can be found in health food stores or ordered from a supplier like Nutrition Express (1-800-338-7979 or www.nutritionexpress.com). I generally recommend one to two scoops daily of the whey protein (roughly 24 to 48 grams per day).

L-glutamine is readily available in bulk powder form from numerous sources, and I recommend taking 2 to 5 grams per day. It can easily be mixed into a morning shake with the protein powder, skim milk, ice, and fruit. Jo Mar Laboratories (1-800-538-4545, www.jomarlabs.com) is a good source for L-glutamine.

It is also necessary to start reducing your intake of sugar, refined grain products, NSAIDs, etc., to start the healing process and improve gut function. After a few months, most can taper off the L-glutamine if they desire; however, I recommend continuing to take the whey powder to keep the immune system working as efficiently as possible.

Gut function can be improved by eating fewer cooked foods, particularly fried, baked, and well-done foods, while eating more raw, steamed, boiled, and stewed foods. Studies have shown that when foods are cooked at higher temperatures they are harder to digest, and they tend to stay in the gut longer. Not only does this place undue stress on the digestive system, but improperly digested particles tend to irritate the lining of the GI tract. And, if absorbed, they can trigger a reaction from the immune system similar to what would happen if any foreign substance invaded the body.

The Portable Advantage of Probiotic Supplements

As I mentioned earlier, each of us ideally would include a small amount of naturally fermented food in our diet each day. When I'm home that's exactly what I do. But when I'm traveling or away from home, that isn't always convenient or possible. That's when I feel a probiotic supplement like the one I've found becomes important. Stress, changes in the diet, contaminated food, chlorinated water, and numerous other factors can start to alter the bacterial flora in the intestinal tract. Just to play it safe, and so I'll stay in the habit, I now take a probiotic every day, even on the days I'm able to eat fermented foods.

A good probiotic can be especially important if you routinely take prescription or over-the-counter medications. While there's no doubt that many of these drugs reach the intestinal tract and influence bacteria growth, few, if any, studies have focused on any detrimental effects they might have on the immune system or the natural bacterial flora. Additionally, if you still drink chlorinated water, a probiotic supplement and fermented foods are two things you should be taking, because chlorine kills beneficial bacteria.

If you've never taken a probiotic, it's possible that you may experience a few changes when you start. It's not uncommon to temporarily experience a little bloating, flatulence, or intes-

tinal gas or rumbling. This is normal, temporary, and nothing to be alarmed about. When these symptoms do occur it is a sign that the pH of your bowel is undergoing a change. As the intestinal flora become established they will begin to eliminate undesirable strains of bacteria, which naturally changes the pH in the colon, resulting in a more healthy environment. It's not uncommon for the change to take a couple of weeks.

You may also find that bowel movements become easier and more frequent, which is one of the greatest side benefits of probiotics. Chronic constipation problems, and the resulting toxicity, often become a thing of the past.

Most individuals also seem to experience an increase in overall energy. This may not happen overnight, but as the colon gradually becomes more efficient at removing waste material and toxins, producing vitamins, and keeping pathogenic bacteria in check, an increase in energy is a natural consequence.

This Bead Is Alive

After spending the last 25 or more years searching for a reliable and convenient method of replenishing beneficial bacteria to the bowel, discovering "beadlet" technology in Japan was a Godsend. And while I'll always continue to search for even better tools we can use, this is undoubtedly the most effective, simplest, and least expensive method of encapsulating probiotics I have found to date.

The Japanese company I've been working with has developed a method of enclosing live bacteria inside a small, pearl-shaped beadlet formed from gelatin and a natural gelling compound. Working with this company, I have developed a proprietary blend of live, beneficial bacteria, which are protected inside the beadlet. Most probiotics fail to deliver significant amounts of beneficial bacteria to the lower GI tract because these forms of bacteria are very sensitive to acidic environments. In other words, the acid in the stomach kills the bacteria before they have a chance to reach the large intestine. The advantage of this beadlet technology is that the walls of the beadlet are formulated to survive the acid and only release their contents once they reach the more neutral environment of the intestines.

The beadlet has numerous other benefits that I have yet to see in any other form of delivery. The bacteria inside the hard, tiny pearl

are also protected from oxygen. And various nutrient substances can be added to the live bacteria so their numbers grow at a controlled rate, rather than decrease over time as they do in most products. Large numbers of beneficial bacteria can be effectively contained in this very small container. In fact, the recommended dose is only one small beadlet per day. The small, round shape also makes it very easy to swallow.

Regardless of whether you suffer from food allergies or any of the other problems I've mentioned, if you neglect the health of your colon, you're setting yourself up for future problems. Even the earliest pioneers in natural health stressed the importance of a healthy colon, but until now it has been largely overlooked by conventional medicine. I think you'll see that change in the very near future. At least in this one area maybe some of the experts are beginning to see the light. But don't wait on the blessings from the gurus or experts. Nurturing and continuously repopulating the beneficial bacteria in your colon is practicing preventive medicine at the most basic level.

Consider This Before Getting Stuck (with the Smallpox Vaccine)

I never thought there would be a time that I would be discussing smallpox in *Alternatives*. But times have changed...to say the least.

In the next several months there will reportedly be enough smallpox vaccine available to vaccinate everyone in the United States. As I'm sure you know, the president has already had his shot and has stated that the members of the armed forces will get theirs next.

This will probably become an emotionally charged issue and ultimately a personal decision each of us may have to make. It's a serious decision because the smallpox vaccine is undoubtedly the most dangerous of all vaccines. As such, we should have all the facts, but they haven't been forthcoming. Instead we've been grossly misinformed about smallpox and the vaccine.

First, there has been no threat of any attack involving smallpox.

Second, there hasn't been any evidence that any terrorist groups or governments even have

supplies of the smallpox virus or any means to spread it.

The public also hasn't been told that the dangers of general inoculation far outweigh the benefits. It's been said that only one or two people might die from the vaccine for every million inoculated. The truth of the matter is that no one knows exactly how many people would die from the vaccine, but you can be sure it would be much greater than one or two per million. Most of the figures on serious side effects of the vaccine are based on a couple of small studies done in the 1960s. If you look at the government's list of those who should not be vaccinated because of the risk of serious side effects, it becomes obvious that vaccinating the general public would open a Pandora's box.

Even the government states that the following individuals *or anyone who lives with these individuals* should not be vaccinated:

- Anyone who has or has ever had, even as a child, eczema or atopic dermatitis;
- Anyone with a skin condition such as a burn, chickenpox, shingles, impetigo, herpes, acne, or psoriasis;
- Anyone with a weakened immune system such as those with cancer or HIV or any other illness that can weaken the immune system;
- Anyone on medications such as steroids that are used to treat illnesses that can weaken the immune system;
- Anyone who is breastfeeding, or is pregnant, or planning to become pregnant within a month;
- Anyone younger than 12 months old (the Advisory Committee on Immunization Practices says no one under the age of 18 should receive a non-emergency immunization of smallpox);
- Anyone who currently is experiencing a moderate or short-term illness; and
- Anyone who is allergic to the vaccine or any of its ingredients.

These restrictions probably rule out at least half the population of this country, especially when you consider the number of people who live with individuals with any of these problems. I think the number may be a little high, but a recent *USA Today* article stated that 60 million Americans had immune system-related health problems. Even if you're healthy but newly

vaccinated, you pose a serious risk to anyone who falls into the above categories.

I particularly like the last category. Who knows if they're allergic to the vaccine until they actually receive it? Does anyone really believe that the screening process before a mass public vaccination program would be so precise that only those with perfect health and a lifelong history of perfect health would be given the vaccine? Personally, I have never seen any government program that could pass that test.

Controlled Isolation Is the Real Answer

Dr. Thomas Mack, a former smallpox officer with the Centers for Disease Control and now a professor at the University of Southern California, is one of the country's leading experts on smallpox. He has stated that the actual number of deaths from smallpox would have more to do with how smallpox patients were sheltered and isolated than who was vaccinated.

Smallpox is not as contagious as the cold or flu. It is transmitted by prolonged face-to-face contact or contact with infected bodily fluids or contaminated objects. History has shown that infections mostly involved family members and health workers who had direct, repeated contact with an infected individual. This is why it would be important to isolate infected individuals in dedicated emergency shelters for the period of time they are contagious. Vaccinating and isolating the contacts of these infected individuals would then make sense.

The worst thing that could happen would be to start bringing infected individuals into the hospitals. Exposing existing hospital patients to smallpox would cause death rates to soar.

There is no treatment for smallpox. Based on past observations (the last case of smallpox in the U.S. was in 1949, and the last naturally occurring case in the world was in Somalia in 1977) the fatality rate of those infected with the disease was 30 percent. That rate would obviously be lower in healthy, well-nourished individuals. Contrary to what is being disseminated, smallpox was not eradicated from the world through mass vaccinations. Less than 10 percent of the population worldwide ever received the vaccination. Improvements in housing, sanitation, water supplies, and nutrition are what helped bring about the demise of smallpox.

Getting the vaccine four to seven days after exposure to the disease, however, can protect one from becoming ill, or at least reduce its severity. This being the case, we should be concentrating our efforts on being able to isolate individuals exposed to the virus and our ability to vaccinate only them and not the public at large.

The vaccine also is only effective for about 3 to 5 years. After that, its effect begins to wane and it must be given again. Repeating the procedure over and over again will obviously increase the number of serious side effects and deaths.

I hope and pray that you'll never need it, but a chart from the U.S. Department of Health and Human Services gives you a breakdown of the stages of smallpox and describes both the symptoms and the times when the disease is contagious. It's included as a separate insert in your issue this month. Please save it because information like this might not be readily available when it's most needed. Hopefully you never have to refer to this chart again, but just in case, you'll be able to recognize the signs and symptoms of smallpox if the need arises. As far as the smallpox vaccine goes, I personally won't be taking part in any mass public vaccination. The risks overwhelmingly outweigh any benefits.

Hospitals and Day Care Providers: More Life-Threatening than Terrorists

Before I leave this topic, it probably wouldn't hurt to put some of today's events into perspective. I continue to receive calls and letters every day with questions and concerns about what to do in the face of different terrorist events. In no way do I want to downplay these concerns, but the reality of the current situation is that there are far more mundane health issues that need to be addressed.

Currently, one out of every 20 patients gets an infection during a hospital stay. That works out to approximately 2 million patients a year, and of those, 90,000 die as a result of the infection. Reports also indicate that close to 4 million cases of infectious diseases are contracted from day care facilities each year. It's unknown how many of these result in death.

These atrocities alone should cause widespread panic in the streets. Granted, infections will always spread in hospitals. And infections are bound to spread in schools, day care facilities, and other locations where individuals

are confined and in close contact. But we know that as many as three-quarters of these infections are easily preventable.

The majority of these infections are passed from one infected person to another by caregivers. In day care facilities diapers are changed, runny noses are wiped, hands are held, heads are patted, and the pathogens get passed from child to child. In hospitals research has proven time and time again that doctors and nurses spread infection from patient to patient.

What about hygiene? It's practically nonexistent in most day care facilities, and data from the Centers for Disease Control indicate that physicians still wash their hands only 48 percent of the time between patients. With nurses, hand washing is even less frequent. When you're dealing with infectious diseases, those numbers are absolutely ridiculous. When you have 90,000 deaths each year, and as many as three-fourths of those could have been prevented, there's no excuse for poor hygiene. We now know that bacteria can flourish under rings and other jewelry for months, and that artificial and long fingernails are fertile breeding ground for pathogens, and yet these items are still allowed in surgical theaters and hospital treatment rooms. (*Guideline for Hand Hygiene in Health Care Settings*, Boyce J., Pittet D., *National Center for Infectious Diseases*)

Hospitals, physicians, and nurses know the problem exists, and they have dozens of excuses: There are not enough sinks, there's too much cost cutting, HMOs make doctors see too many patients in too little time, etc., etc. The truth of the matter is that no one is being held accountable. The Centers for Disease Control keeps records on the infection rates of different hospitals, but they refuse to release the figures because they know it would drive business away from hospitals with high infection rates...duh.

Keep Your Distance...and Your Wits About You

Until the CDC is forced to release its data, there's not much you can do, except stay out of hospitals. If you do have to go, make sure you keep a hospital-approved, alcohol-rub hand cleaner next to your bed, and make every doctor, nurse, and caregiver clean their hands when they enter your room. Have them do this before they touch you or anything in the room.

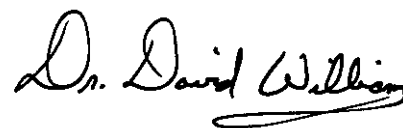
Before you submit to surgery, ask your surgeon for his or her infection rate. They know it. And request that only essential staff be present during any operation. You don't want medical students or others milling around during your operation. It only increases your risk of developing an infection.

Last but not least, get out of the hospital as soon as possible. They have become some of the most dangerous places in the world you can be.

I don't mean to sidestep the problem with terrorism, but these are very tangible issues you can address. They will increase your chances of survival and remaining healthy far more than constantly worrying about terrorist activities.

Keep in mind that the purpose of terrorism is to create terror. The terrorists obviously can't destroy everyone, so by creating horrendous events they use a type of psychological warfare. And while the odds of something happening to one of us may be very small, by watching details of the events on television we experience these events "firsthand." It's one thing to be vigilant and prepared, but it's also important to always keep the bigger picture in perspective.

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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