

# Alternatives<sup>®</sup>

## FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

## A Doggone Good Remedy from Down Under

I'm writing this issue on yet another return flight from Australia. In my continuing worldwide search for cures and effective natural remedies during the last 20 years,

Australia has turned out to be a gold mine.

Australia has a love for horses unlike almost any other country, with the possible exception of Ireland. One out of every five jobs in Australia is linked to the horse industry, reportedly the third largest industry in that country. Thoroughbred horse racing, as well as dog racing, is huge, and many of my contacts work within that field as owners, trainers, and vets. The never-ending quest to increase the performance and longevity of these athletic animals provides ample opportunity for testing various nutrients and natural remedies.

You may recall that much of the initial testing on Joint Advantage was performed on these racing animals. If you've used Joint Advantage, I'm sure you're aware of just how effective and beneficial it can be. During the development of Joint Advantage, numerous modifications were made to improve its effectiveness in humans. At the same time, efforts were ongoing to fine-tune the product for animal use as well. As the research data accumulated, it became clear that through tweaking and modification, the formula had become a very effective tool in the treatment of pain, inflammation, and arthritis in animals, particularly dogs.

### Now Dogs Can Have an Advantage, Too

The animal product, called DGP (Dog-Gone Pain), has been undergoing testing for more than three years. I have had the opportunity to try the product on my dogs, as well as on dozens of

animals belonging to my family and friends. Some of the top veterinarians in Australia have also been involved in the ongoing research. The results have been nothing short of remarkable.

Dr. C.D. (Kim) McKellar of Melbourne, Australia, is a veterinarian who has been conducting trials on the product for the past 18 months. I've spent a considerable amount of time with Dr. McKellar and have the utmost respect for his work. Not only does he consult for a large multi-center practice, but he has pioneered several surgical, diagnostic, and treatment techniques and is considered one of the top vets in Australia, particularly for thoroughbred and performance animals.

Unlike cats, dogs seem to be particularly prone to joint problems. Arthritis, joint instability, hip dysplasia, spondylosis (bridging or fusing of the spinal vertebra), and inflammation are just some of the joint problems commonly found in dogs. I have yet to see any supplement or medicine—other than DGP—that can help such problems.

DGP contains a variety of herbs, native Australian plant extracts, and an organically processed form of



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

—Benjamin Franklin

shark cartilage. In addition to anti-inflammatory components, it contains enzymes and raw materials necessary for the repair and growth of cartilage and connective tissue:

- Wild rosella (*Hibiscus sabdariffa*)
- Aniseed myrtle (*Backhousia anisata*)
- Mountain pepper (*Tasmannia lanceolata*)
- Feverfew (*Tanacetum parthenium*)
- Celery seed (*Apium graveolens*)
- Boswellia (*Boswellia serrata*)
- Bromelain (*Ananas comosus*)
- Papain (*Carica papaya*)
- Corydalis root (*Corydalis turtchaninovii*)
- Cayenne (*Capsicum frutescens*)
- Wheat grass (*Triticum aestivum*)
- Turmeric (*Curcuma longa*)
- Shark cartilage (the only shark cartilage produced without the use of toxic solvents)

Finding test subjects for DGP certainly hasn't been an issue. It wasn't as though I had to go to Australia to find dogs with joint problems. The product, however, was developed in Australia (with many ingredients grown or processed exclusively there), and Australia seems to have a greater number of "working" dogs than most other countries. Racing and other working dogs often develop joint problems earlier in life than dogs kept simply as pets, and any improvement in their condition is easy to demonstrate.

In the DGP tests in Australia, I found that racing greyhounds were able to race and function longer than normal. They experienced far fewer fractures than usual, and any fractures that occurred healed more rapidly. Older, retired racing dogs were often able to return to the track, or at least carry on a normal life after racing. "Cow dogs" previously deemed crippled were able to resume their work activities without any obvious signs of pain, inflammation, or joint discomfort. The same held true for specialty dogs such as those trained for police and military duties. DGP can be a godsend in instances like these, because thousands of dollars are spent selecting and training these animals.

Normally, I don't write much about animal products, but this is one product that could help alleviate the suffering of millions of animals. It's hard to see a beloved pet become "detached" from the family and give up their activities due to a common problem like arthritis.

## Tail-Wagging Testimonials

Dr. McKellar shared his notes on several case studies, which are very representative of the results I've seen. These results will undoubtedly be published in a veterinary journal in the near future, but through *Alternatives* you're the first to learn about this product and its effects.

- "Kerrie, a 7-year-old cross-breed, tall, lean, active type of dog which would naturally spend a large part of the day hunting, particularly kangaroos. Developed an uneven gait behind and stopped its hunting and became inactive. On examination, there was pain on manipulation, flexion, extension, and abduction of the hip joint, radiographs show a shallow acetabulum and signs of osteoarthritis typical of hip dysplasia and a progressive chronic arthritis.

"After 5 days of DGP, the dog's gait was balanced and no lameness visible at the trot. It resumed its hunting activity; manipulation tests of the hip joint [showed it] was pain free. The dog has now been on DGP for three months without adverse side effects.

- "Tom, a 13-year-old overweight Labrador who had spondylosis [bridging] of the spinal vertebra lumbar 5 through lumbar 7, and chronic arthritis in both elbows. He has trouble getting onto his feet due to back pain and is reclusive in nature and spends his time under a tree watching the traffic go past and basically contributes nothing to the family. There is pain on extension of the elbow joints, and he will become aggressive when the joints are manipulated.

"On DGP he rejoined the family and physically greets all arrivals to the property, bounces and wags his welcome. Capable of walking and keen and willing to join a walk, in fact he has become a young dog again. He has been on the product for 18 months without side effects. He relapses after 48 hours if no treatment and literally becomes a wreck.

- "Edward, a 6-year-old Labrador with OCD [osteochondritis dessicans] and resultant arthritis in both elbows and arthritis in the right fore carpus. Following excessive exercise he is quite painful in the elbows and carpus and obviously lame and it takes him 48 hours to recover. During this period he refuses exercise as the pain is too severe.

"On DGP he is active, happy, and thrives on exercise. He has no pain on the elbow and carpal manipulation and, in fact, appears a

normal happy dog. Edward has been on DGP for 18 months and shows no side effects.

- “Patch, a small terrier cross, 8 years old, with spondylosis [of the spine] and bilateral stifle [the true knee] arthritis. Moves with chronic pain and very selective in what movements [he] makes. Unable to run or climb into his basket, which is 6 inches high. Rejects any exercise and can be aggressive if accidentally knocked or handled roughly...obviously this magnifies the pain level. The dog has opted out of the family life.

“On DGP, Patch can now climb into the basket unaided and is playing ball games with the children. He has reverted to the young dog game of chasing the chickens out of the yard, which he hasn’t done for the past 3 years. The owner indicated that when the DGP was withdrawn the dog reversed back to his pre-treatment state and she seriously considered euthanasia after a child was bitten. The dog is back on treatment now and back in a happy state.”

## Canine Fountain of Youth?

Based on my experience with DGP, as well as that of others who have had the opportunity to use it, it appears to work rather quickly. It’s not uncommon to see changes in dogs within one to two weeks, if not sooner. The changes can be quite dramatic. Not only do the dogs become more active, but one of the most common observations from owners is that their dog appears happier. Obviously, this is a subjective observation, but it’s not unusual for owners to say that their dogs have started to act like puppies again. Their whole disposition changes.

In my discussions with Dr. McKellar, he continued to stress the idea that there was a dramatic mental change in the dogs he treated with DGP. He likened it to an anti-aging effect. Personally, I have also seen the same thing over and over again. However, I can’t help but think their dramatic change in attitude and well-being

is a direct result of not being in pain anymore. Oriental medicine has always recognized that when one’s health is improved or restored, the mind, as well as the body, shifts to a state of harmony, healing, and improved energy. If you’re at all like me, you find it hard to remain upbeat and happy when you’re suffering from chronic, unrelenting pain. I don’t know why animals would be any different.

I’ve only experienced one complaint while testing DGP. The owner of one dog protested that his older, arthritic dog had become *too* active. Before DGP, the dog just lay around all day and had difficulty moving from one area of the house to the other. After DGP, he continuously wanted to play, go for walks, and fetch a ball. Like many of the other dogs on DGP, he obviously had the energy of a puppy again, forcing his owner to give him more attention. The owner joked that he was going to have to cut back on the supplement or stop giving it to his dog altogether.

Though DGP helps rebuild cartilage in joints, this process obviously takes time. As a result, DGP is something that needs to be taken on a continuous basis. Tests have shown that if DGP is stopped, the pain, inflammation, and other arthritic symptoms begin to return rather quickly, usually anywhere from within a week to ten days. I have noticed that the longer and more regularly a dog is given DGP, the longer the residual effect seems to be. But for all practical purposes, DGP should become a regular part of the dog’s daily regimen.

Another interesting aspect is that DGP appears to be effective in the treatment of acute injuries. Dr. McKellar is now using DGP as a first-line adjunctive treatment in dogs suffering from severe trauma and acute injuries and has had an increasing degree of success.

Max was a 12-month-old bull mastiff cross brought to Dr. McKellar after suffering severe trauma to the right stifle. He was unable to



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Dr. Williams works closely with Mountain Home Nutritionals, a division of Doctors’ Preferred, Inc. and subsidiary of Phillips Health, developing his unique formulations that supply many of the hard-to-find nutrients he recommends. Dr. Williams is compensated by Doctors’ Preferred, Inc. on the sales of these nutritional supplements and health products, which allows him to continue devoting his life to worldwide research and the development of innovative, effective health solutions.

stand, and when examined he growled and snapped at both his owner and the veterinarian. Under anesthesia, Max was found to have a ruptured anterior cruciate ligament and, as a result, was experiencing stifle joint instability. Surgical repair was not attempted due to financial considerations. Max was given DGP, and within four days he was using the leg and playing. On a subsequent visit to the vet, Max allowed complete examination of the joint without complaint. Dr. McKellar remarked that “dogs with this problem are usually on three legs for at least three to four months before placing any weight on the injured leg. The effect of DGP on dogs with severe acute joint inflammation really surprised me.”

It shouldn't come as any surprise that millions of dogs could be helped with DGP. It's natural, safe, effective, and affordable. Many of the dogs given DGP for these studies had deteriorated to the point that their owners were considering putting them to sleep. I saw a videotape of one such dog in New Zealand—a young puppy that had lost the ability to stand. It was diagnosed as having hip dysplasia. Within a week of taking DGP, the puppy was up and running about without any evidence of pain or problems.

Most of the dogs used to test DGP were loyal animals that, over the years, had become integral members of their families. Due to their pain and suffering however, they were no longer able to play and take part in family activities. I can't tell you the joy and relief the owners experienced when they were able to restore their dog's health and vitality. I personally don't know of anything else that works this effectively.

### Fit Only for a Dog (and Other Four-Footed Creatures)

I'm sure the question is bound to arise as to whether DGP would be effective in humans. I have little doubt that it would help humans, too. However, it was formulated specifically for animals, particularly dogs. Dogs, as you may know, seem to have a “cast iron stomach” and an abundance of very strong enzymes. When given the chance, they have no problem eating the carcasses of dead and decayed animals, and rarely does this make them sick.

Humans, on the other hand, begin to lose their digestive capabilities as they get older, and Joint Advantage was formulated (and tested

rigorously) to help compensate for these changes. I would personally recommend DGP only for animals, particularly dogs, and Joint Advantage for humans. (As a side note, limited data suggest that DGP is also beneficial in the joint problems of pot-bellied pigs, in case you happen to have one of those.)

If you are a veterinarian, you would be doing dog owners a huge favor by spreading the word about DGP. If you're a dog owner, you can get the product here in the U.S. DGP is distributed by American BioSciences and sold through The Harmony Company, P.O. Box 93, Northvale NJ 07647, 1-800-422-5518. (For international orders, call 1-203-261-2034.) Each bottle contains 60 tablets, which is a two-month supply for small dogs (those under 30 pounds), and a one-month supply for larger canines. The cost is \$39.95 per bottle, but if you identify yourself as an *Alternatives* subscriber, you'll receive a 15-percent discount.

I don't know of any product that works 100 percent of the time. Amazingly, for the dogs on which I've tried DGP, it has been effective in at least 90 to 95 percent of the cases. The results in Australia seem to be the same. Based on what I've seen, I asked the people at American BioSciences if they would be interested in guaranteeing the product to *Alternatives* subscribers. They have such confidence in the product that they had no problem with the idea. If you decide to try DGP, just let them know you're a subscriber and ask about their money-back guarantee. It's a guarantee I doubt you'll ever have to exercise.

## Suffering from a Surfeit of Riches

Every time I travel outside of the United States, I reawaken to the fact that our society is in the midst of one of the most serious epidemics of all time. Although we live in the richest country in the world and are probably the most health-conscious society on earth, our problem with obesity is totally out of control.

I'm sure you've seen the headlines and heard the news stories. Statistics show that in America over 60 percent of adults and 15 percent of children are either overweight or obese. Sadly, the problem is only getting worse. I'll be the first to admit that I'm not always right when it comes to predictions, but years ago I predicted

that diabetes would quickly become one of the most common diseases of our time. My prediction wasn't a result of some vision or dream; it was based strictly on observation. Not only have we dramatically changed our diets and habits over the last 20 to 30 years, we've also begun to transform our thoughts on what is considered acceptable and fashionable.

In 2002, Americans spent roughly \$115 billion dollars on fast food, which exceeds the amount spent on personal computers, new automobiles, or higher education. Americans now spend more than half their food budget on food and drinks consumed outside the home. Soft-drink sales have skyrocketed. From Coke's own figures, the average teenager now consumes 65 gallons of its product a year. An abysmal side note: Overall vegetable consumption has increased due to the fact that potato consumption is up. The No. 1 vegetable in terms of consumption is the potato, in the form of french fries.

### Consider Just How Far We've Regressed

I can remember the emphasis that was placed on physical fitness in our schools when I was a child. In 1956, the President's Council on Fitness was established to set guidelines for school programs, and its message was straightforward: Being overweight or obese was unacceptable and unhealthy. Currently, Illinois is the only state that requires mandatory daily physical education from kindergarten through 12th grade. Furthermore, less than 20 percent of high school students are physically active for just 20 minutes a day, five days a week. In many areas of the country, increased liability insurance costs have eliminated school- and community-sponsored sports programs and closed many after-hours sports facilities. Outdoor physical activities have been replaced with television watching (Americans now spend more than 30 hours a week in front of the tube on average), Internet surfing, and video and computer games playing.

Our perception of obesity has changed dramatically. The social stigma of being overweight or obese has lessened. In recent years, dozens of books, movies, and celebrities have all celebrated the acceptance of being larger or overweight.

Clothing styles have adapted to Americans' changing waistlines. Fuller-fit, relaxed-fit, and expandable waistbands have all become standard. The acceptance of both obesity and

baggy clothing got a huge boost from the popularity of rap performers. Not surprisingly, the inner cities, which spawned rap's popularity, have become a primary target of fast-food giants like McDonald's, Burger King, and others. It has been reported that one out of every four McDonald's hamburgers is sold in these lower-income, inner-city communities. And as we've seen in athletic shoes, clothing, music, language, and now eating habits, the trend has been for suburban kids to adopt the styles coming from these urban communities. Fast-food organizations are aware of this fact. When "supersizing" became a hit in the inner city, it was quickly expanded throughout the nation.

In almost every fast-food chain you can now double the calories of a meal for less than a dollar. Unfortunately, the calories come from sugar and fat (at McDonald's a 16-ounce Coke becomes 42 ounces, and the french fry order doubles in size).

Our perception of "a little extra padding" has also changed. A 2002 Gallup survey found that although more than 60 percent of the population was either obese or overweight, only about 40 percent of those polled acknowledged they were. And 77 percent of those who admitted to being overweight or obese described their health as excellent or good. For some reason there seems to be a growing perception that being overweight or obese is not a detriment to one's health. Nothing could be further from the truth.

### Expensive Epidemic in Slow Motion

This whole obesity issue is very complex. It is not like other epidemics our society has faced in the past. It has the potential of costing more lives and more money than probably any health crisis in history. The director of nutrition at the Centers for Disease Control, William Dietz, was quoted as saying, "This is an epidemic in the U.S. the like of which we have not had before in chronic disease."

The fact that obesity is responsible for a long list of chronic instead of acute diseases is what makes this epidemic so unusual. The problems don't show up overnight. Like that little bit of "extra padding," the decreased circulation, mental sluggishness, fatigue, sleep apnea, joint damage and pain, vision problems, breathing difficulties, bone fractures, hormone imbalance, diabetes, angina, stroke, or heart attack all devel-

op over time. It's an epidemic in slow motion. Its roots have become so ingrained in the fabric of our society that it is difficult to recognize as the underlying problem, much less be treated as an epidemic.

## Swimming in a Sea of Weight Loss "Solutions"

Practically everyone knows there is a problem with obesity in this country. The general public is hungry for a quick fix—the one answer or magic bullet that will solve their problem.

Last year, 1,200 books on weight-loss programs were published. Pharmaceutical firms are scrambling to find a "cure" for obesity. Every month we learn about some new appetite-suppressing hormone and the efforts being made to duplicate or manipulate these hormones artificially. Supplement manufacturers have combined dozens of herbs, vitamins, minerals, or animal extracts to help increase metabolism, promote human growth hormone production, block fat absorption, suppress appetite, etc. all in an effort to promote fat loss. But until the underlying problems are addressed, all of these efforts will result only in frustration, and the average consumer will undoubtedly lose far more of their hard-earned money than fat.

Lawyers certainly realize there's an obesity problem. The same lawyers that sued the tobacco companies are now going after the major fast-food firms. Their clients claim that after eating fast food for years they've suffered health problems they were never warned about. The lawyers are also hoping to capitalize on some research supporting the idea that foods excessively high in fat and sugar can have "addictive-like" properties. In other words, they hope to prove that fast-food companies are partially responsible for the obesity problem because their food is addictive.

Research does show that foods high in sugar and fat can and do influence hormonal levels. We've known for years that fluctuating blood sugar levels lead to cravings. And when these cravings are fulfilled, there is an element of satisfaction and relief. In my book, though, it would definitely be a stretch to call this relationship an uncontrollable addiction.

I'm sure there are some who will welcome these lawsuits and enjoy seeing the fast-food chains punished. As you might suspect, I'm not a big fan of fast-food chains, but blaming them for

the problem is idiotic. I would hate to see laws enacted that punish me or the suppliers of whatever food I choose to eat. As long as one knows the consequences (and everyone knows fried and high-sugar foods are harmful), they should be able to choose to eat fast food. I inherently don't trust the government to run our lives. If we create laws that protect us from junk food, then next we'll have laws to protect us from vitamins, minerals, amino acids, organic produce, or whatever becomes the next target. The next target would be anyone's guess...the ladies' bake sale at the local church, the school cake walk, my mother for her homemade banana pudding. The answer is in education, not lawsuits. And the education needs to begin early in life.

## Follow the French Model of Moderation

Earlier, I mentioned that by comparing different populations around the world, the obesity problem in the U.S. becomes obvious. While most industrialized countries seem to be following in our footsteps when it comes to poor eating habits, one country has taken a different approach. You may criticize the French for a variety of reasons, but their populace has stayed mostly lean.

The French focus on nutrition got its start in the late 1800s, when the infant survival rate in France was significantly lower than that of other European countries. To help resolve the situation, French midwives established special care units for sick newborns. The first of these *puericulture* centers was established in 1892. A primary function of these centers was to educate young mothers on the importance of proper infant nutrition, health, and hygiene. Within a decade or so, infant survival rates in France were as good as anywhere in Europe. (*J Perinatology* 02;22(Vol.1):75-77) The *puericulture* movement continued, however, and attention was later focused on preventing childhood obesity.

Puericulture is still practiced in France, instilling proper eating habits in its citizens practically from birth. Feeding times are strictly maintained. Kids are not rewarded with food and not allowed to eat snacks. Children are weighed weekly, and what and how much a child eats is always monitored by an adult. Adults ensure that portions of food are adequate yet moderate, not excessive. Desserts are limited in size and only available during holidays. From childhood on, kids learn that eating too much food is both

unhealthy and bad. When you compare this to our habits and attitudes, it's not hard to see why we're in the trouble we're in today.

In all honesty, most parents in this country don't have a clue about proper nutrition so it would be hard to expect them to educate their children. Adults certainly don't monitor their children's weight. And can you imagine the consequences of telling an American child they were overweight? It would border on child abuse. We've been brainwashed into believing that talking to a child about being overweight (we used to say "fat") will cause them to develop low self-esteem, a poor body image, or depression. The fact of the matter is that overeating and obesity are unhealthy and dangerous. Thousands of studies detail these dangers, and hard evidence supports the fact that overweight children tend to be overweight or obese as adults. I've yet to see research which shows that being honest yet loving and supportive with children is dangerous to their health.

I'm not talking about being cruel to children. This is about saving them from a lifetime of illness and suffering and an early death. Keep in mind that it's one thing to continually criticize a child for being overweight, but it's quite another to help a child maintain proper weight by monitoring weight, feeding them properly, keeping an eye on food portions, and encouraging (through example) proper exercise.

Overeating can be just as serious as unsafe sex, smoking, illegal drugs, driving without a seatbelt, or driving while drunk, and every one of these problems has been addressed with huge public awareness campaigns. Obesity and overeating should be treated the same way. We've removed the social stigma of overeating. Yet it has been proved time and time again that public health campaigns can be one of the strongest motivating factors when it comes to reducing health risks.

When the problem of overeating and obesity isn't recognized and addressed by parents, children tend to hear only one side of the story. Unfortunately, that side comes from advertising. Fast-food companies spend billions of dollars promoting the all-American image because they know children watch and are influenced by commercials. As a result, their ads are obviously aimed at American kids, who are given a choice of both where and what they want to eat.

I can't imagine allowing anyone to make a choice about whether to use drugs, a seat belt, tobacco, or alcohol, or to engage in unsafe sex without telling them both sides of the story. Children deserve the same consideration when it comes to poor dietary choices and overeating.

## How to Avoid Committing the Seventh Deadly Sin

I have never seen a health problem about which public debate has become so "politically incorrect" as overeating. While I certainly don't pretend to be an expert in religious matters, I do recall that gluttony was once considered one of the seven "deadly" sins (the others are pride, envy, lust, anger, greed, and sloth). Gluttony is discussed throughout the Bible and is generally defined as excessive indulgence in food or drink, or simply consuming more than one needs. Gluttony could refer to just about anything.

But under the simplest definition, overeating is certainly gluttony. And while you may regularly hear sermons on the other deadly sins, I don't suspect you hear much about gluttony. Although gluttony is listed with drunkenness in the Book of Proverbs as a sign of moral weakness, overeating is one sin that most pastors and priests regularly overlook.

In one study, Dr. Kenneth Ferraro of Purdue University found that religious individuals, regardless of their belief, were more likely to be overweight than nonreligious individuals. (*USA Today*, August 98) Baptists tended to be the heaviest, with Jewish, Moslem, and Buddhist groups the least overweight. On the positive side, numerous studies have shown that a religious lifestyle can have profound positive effects on one's health. Still, this is simply another instance where, as a society, we've somehow managed to downplay or ignore the dangerous health consequences of overeating and obesity.

I hope I haven't given you the impression that overcoming obesity and overeating is a simple task. I am aware that eating habits are hard to break, and even harder when psychological, hormonal, and financial factors are involved. Unfortunately, there isn't a single solution that will work for everyone.

For some, the solution might be changing just a few poor habits. Cutting out sugar, soft drinks, and fried foods can make a dramatic difference

for almost anyone. Twenty pounds of extra body weight is the result of packing in about 70,000 extra calories. Over a year, that works out to about 191 calories a day. That's a little more than one soft drink. Reducing caloric intake by just 191 calories or burning that amount of calories through exercise each day could have prevented that weight.

For others, the solution might be something as simple as checking and balancing the thyroid gland to help increase metabolism. (Instructions for a simple self-test of thyroid function are available on [drdavidwilliams.com](http://drdavidwilliams.com) and in the April 2000 issue of *Alternatives*.)

I've discussed dieting and numerous tips for weight loss in the past. One of the best long-term solutions is a diet that emphasizes eating more low-glycemic foods, as opposed to high-glycemic foods. This is a proven, safe, and effective way to lose or maintain one's weight and stay healthy at the same time. For a complete explanation and details, I suggest reading the book *Eat Yourself Slim* by French researcher Michel Montignac. (Unfortunately, the U.S. version of this book is out of print, but some used-book stores carry it. A British version, *Eat Yourself Slim—and Stay Slim!*, is available at [www.amazon.co.uk](http://www.amazon.co.uk).)

When you consume lower-glycemic foods, blood sugar levels remain more stable and your pancreas isn't required to release as much insulin. This lessens cravings and can help you lose weight or maintain the proper weight. Montignac's book is a gold mine of useful information, including complete programs that are easy to follow and, more importantly, easy to stay on for life. It's not a diet as much as it is a new way of learning what and how to eat. As more research data become available, they clearly show that sugar and high-glycemic foods are at the root of much of the overeating and obesity we see today. (*Publisher's note: For details on the glycemic index, see the December 2000 issue of Alternatives.*)

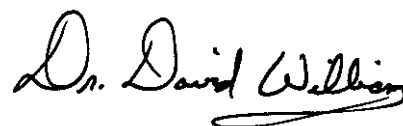
## Don't Go Down This Path

In light of the dramatic increase in obesity and diabetes we've seen during the last couple of decades, controlling our blood sugar levels is obviously extremely important. While others are looking for scapegoats like fast-food firms to blame these problems on, I would suggest avoiding that route. The lawyers will probably make a small fortune, but their actions won't improve your health. I would strongly suggest you start as soon as possible to correct or prevent these problems in yourself and family.

For the record, the major pharmaceutical companies are betting that the majority of people in this country will continue to follow the path of destruction. Hundreds of millions of dollars are being invested in both the production of insulin and new delivery methods. Currently most insulin has to be injected. Tests on inhaled insulin are currently underway and insulin pens and other delivery devices are being developed.

In May 2002, Eli Lilly & Company announced it is investing \$425 million to build a pharmaceutical plant in Prince William County, Virginia. The sole product produced in the plant, which will hire more than 700 employees, is insulin. This will be the largest pharmaceutical plant dedicated to the production of a single drug in history. Eli Lilly obviously sees what's happening in this country and intends to be fully ready to take advantage of the opportunity. Believe me, they're not gambling a penny. The way things are going, it's a sure bet. I just hope you and your family are smart enough not to contribute to their profits.

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](mailto:mailbox@drdavidwilliams.com)
- For Customer Service matters such as address changes, call 1-800-527-3044 or write to [custsvc@drdavidwilliams.com](mailto:custsvc@drdavidwilliams.com)
- To get important information between issues, sign up for email dispatches at [drdavidwilliams.com](http://drdavidwilliams.com)
- To order nutritional supplements from Mountain Home Nutritionals, call 1-800-888-1415 or visit [drdavidwilliams.com](http://drdavidwilliams.com)
- To order back issues or reports, call 1-800-718-8293
- To sign a friend up for *Alternatives*, call 1-800-219-8591