

# Alternatives<sup>®</sup>

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Dr. David G. Williams

## Getting It Right the Second Time: A Safe Alternative to PC-SPES

About 18 months ago, the U.S. Food and Drug Administration pulled the product PC-SPES off the market. PC-SPES was a Chinese herbal mixture sold to treat prostate cancer. It was made by BotanicLab of Brea, Calif., which subsequently went out of business this time last year.

I followed the research and clinical data on PC-SPES for several years. There were a few completed studies and several studies underway during the five years it was on the market. Unlike many doctors in both the natural and conventional fields of medicine, I never recommended the use of PC-SPES. It was one of those cases where something didn't "smell right." PC-SPES reportedly contained only eight herbal ingredients, but apparently was quite effective in helping to slow the progression of prostate cancer in an ever-increasing group of patients. When I looked into the therapy further, however, it had serious side effects very similar to those of some well-known drugs. To be honest, I suspected that PC-SPES was laced with the drug Taxol, but it turned out that I was wrong.

The California Department of Health Services along with several independent and federal authorities discovered that in addition to the eight herbs, PC-SPES contained warfarin, a prescription blood thinner; indomethacin, an anti-inflammatory drug; and diethylstilbestrol (DES), a synthetic form of estrogen. It became obvious rather quickly that the public had been duped into buying a product that was reported to be safe and natural when in fact much, if not all, of PC-SPES's activity was due to a combination of prescription drugs.

Each of these drugs has a long list of adverse side effects. For example, DES, the synthetic estrogen, had previously been used to treat prostate cancer, but the treatment fell out of favor due to the unpleasant side effects and dangers. DES was once used to prevent miscarriages but later banned when it was found to cause birth defects in children and numerous other problems. In hindsight, much of PC-SPES's ability to inhibit prostate cancer was apparently due to its estrogenic activity. That explained the estrogen therapy side effects such as impotence (erectile dysfunction), loss of libido, nipple tenderness, reduction in overall body hair, significant drops in lipoprotein(a), elevated blood triglycerides, breast swelling and enlargement, hot flashes, venous blood clots, and pulmonary thrombosis. As many as 90 percent of those taking PC-SPES reported experiencing significant side effects.

### Smokescreens, Lies, and PC-SPES

The whole story behind PC-SPES will probably never be known. It's a convoluted tale filled with deceit and deception. At first, company officials claimed that the so-called



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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

drugs found in PC-SPES were just natural drug-like compounds contained in the herbs. Later, when more sophisticated lab work revealed very specific drugs, company officials said the product must inadvertently have been contaminated during the production process in China.

Hundreds of well-known doctors and bureaucrats were hoodwinked into prescribing, promoting, and publicizing the product. But the greatest tragedy by far involved the thousands of individuals who placed their faith in and trusted their health to this product. We'll never know how many patients were dissuaded from undertaking other forms of prostate cancer treatment because of the promise of PC-SPES.

Then there is the true irony of the situation: For many with prostate cancer, PC-SPES did slow the progression of the disease, and in many cases kept the cancer under control. PC-SPES did exhibit significant estrogenic and anti-testosterone effects. Granted, it produced serious and potentially life-threatening side effects, but I'm not familiar with any reported fatalities from using the product. Once it was pulled from the shelves, many individuals who were successfully using PC-SPES as their last resort were left with no viable alternatives.

Pulling PC-SPES off the market was a multifaceted event. The state and federal health authorities "earned their keep" with a well-publicized bust. Opponents of natural medicine once again were able to show that natural therapies couldn't be trusted and that more government regulation was needed in this area. Obviously, the reputations of a great number of doctors, researchers, universities, and bureaucrats were also in jeopardy. No one apparently wanted the whole story to be revealed since no criminal charges were ever filed, no one was prosecuted, and the whole event was swept under the rug with hardly a mention in the press.

The fact that PC-SPES was "voluntarily" taken off the market is fairly well known. And although those associated with BotanicLab were never able to admit or explain how any drugs got into PC-SPES, the "contamination" was actually more of a problem than the public was ever told. After the removal of PC-SPES from the marketplace, numerous other BotanicLab products were found to contain drugs, including the following:

Arthrin .....alprazolam, indomethacin

HepaStat.....indomethacin  
Neutralis.....indomethacin  
OA Plus .....alprazolam, indomethacin  
Osporo .....(DES) diethylstilbestrol  
Poena .....indomethacin  
R A Spes.....alprazolam, indomethacin

As soon as PC-SPES was taken off the market, several knock-off products began to hit store shelves. Unfortunately, simply mixing the eight herbs together in a new product didn't provide the same effects as PC-SPES. I've continued to follow and evaluate as many of these products as possible, and none appear to be very effective. Most are being marketed using the same testimonials and research studies associated with PC-SPES. I have yet to see any new research involving any of these knock-off products. Although many of the herbs in PC-SPES are used in traditional Chinese medicine for cancer treatment, none are specific for prostate cancer.

Based on its tainted history and the fact that no one will ever really know what was in PC-SPES, I don't think you'll see it return to the marketplace. Thankfully, however, there has been a positive turn of events in this story. What I've uncovered could turn out to be a godsend for anyone with prostate cancer.

### Answers from PC-SPES's Ashes

For the last five years, I've been in contact with several different laboratories around the world that were analyzing PC-SPES. The task of trying to isolate a single drug compound from a combination of herbs was a daunting task, to say the least. No one knew which drug or drugs they were looking for among the thousands of different possibilities. To complicate matters, there are hundreds of complex compounds in herbs, many of which have yet to be isolated or identified. These difficulties undoubtedly allowed PC-SPES to remain on the market for five years.

Halfway around the globe, some of the world's top researchers and phytochemists were also taking a closer look at PC-SPES. On one hand, they were understandably confused as to how the particular herbal ingredients in the product could produce such strong and serious side effects. Something obviously wasn't right. At the same time they were carefully studying the effects of its ingredients, as well as dozens of other herbs and natural compounds that could possibly influence prostate cancer cells. What

they uncovered could be one of the most positive aspects of this entire story.

The Centre for Phytochemistry at Southern Cross University in Lismore, New South Wales, Australia, has become one of the leading centers for research on the cultivation, processing, and use of herbal medicines. The director of the Centre, Peter Waterman, PhD, is arguably one of the top phytochemists in the world.

Professor Waterman's *curriculum vitae* would fill a book. He has worked extensively throughout the world in both the pharmaceutical and natural product arenas. He has isolated and characterized more than 1,000 metabolites, been instrumental in the isolation and screening of potential drug compounds, and worked extensively on the chemistry of tropical rain forest plants, among other projects. He has published over 380 peer-reviewed papers and 50 books and book chapters, as well as presented 50 papers and posters at conferences. He currently collaborates with major universities on every continent and lectures at seminars around the world.

### Setting the Standard in Standardization

Prof. Waterman personally led the research team in developing a technique to standardize the *biological activity* in natural compounds. Never before, to my knowledge, has anyone been able to standardize biological activity.

Normally, when one talks about standardization of herbs or other natural products, they mean that a sample has been analyzed for a particular compound thought to be the active ingredient. In other words, most standardized products are formulated so they contain a certain percentage of a particular compound or ingredient. It is hoped that by doing this, the preparation will provide the desired result. Unfortunately, this is very often not the case. There are dozens of different compounds that work synergistically to achieve an effect. Focusing on one "active ingredient"

to the exclusion of all others ignores this simple fact. And because every single plant differs in its chemical makeup, there's no way you can predict with much accuracy how various batches of an herb will work, much less how a combination of herbs will work. The age of a plant, the soil it was grown in, when it was harvested, how it was transported, stored, and processed, and which other herbs it was combined with can all have an influence on its ultimate activity. Until now, standardizing batches of herbs to a specific ingredient seemed like the best way to help predict the activity of a product.

*Prof. Waterman took a giant leap forward by developing a method whereby the actual activity of an herb, or the activity of a combination of herbs, could be determined.* Through this novel technique, varying amounts of a single herb or numerous herbs can be combined to obtain the desired activity of a product. At last, it can now be determined scientifically if the addition of one or more herbs to a formula increases or decreases the overall desired activity of a product. Until now, everyone has assumed, for example, that if herb A reduces prostate cancer and herb B reduces prostate cancer, then a combination of the herbs A and B will work even better.

That's not what Prof. Waterman and the other researchers discovered. Certain herbs or compounds that exhibited beneficial activity on their own actually suppressed or impeded the desired activity when used in combination, particularly if their amount was too high or too low. This discovery is a true breakthrough in the field of natural medicine. By following these exacting procedures, each and every batch of an herbal product can now be standardized for its actual activity.

### Consistent Is As Consistent Does

One of the primary complaints with herbal and natural products has always been that there

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## News to Use from Around the World

### Flax: Better Than Conventional HRT for the Change of Life

**QUEBEC, CANADA**—Researchers at University Laval have released some very interesting research involving flaxseed.

Twenty-five menopausal patients were evaluated to determine the effects of various substances on their menopausal symptoms and glucose, insulin, cholesterol, and hormone levels.

Members of the group were randomly chosen to include one of the following in their diet for a period of two months: 1) 40 grams of ground flaxseed, 2) 0.625 mg of conjugated estrogens, or 3) 0.625 mg of conjugated estrogens and 100 mg of micronized progesterone. After the two months, the groups went back to their regular diets for a two-month washout period and then they crossed over to one of the other treatments.

The study found that 40 grams of flaxseed daily was as effective as hormone replacement therapy (HRT) when it came to improving hormone levels, decreasing menopausal symptoms, and decreasing glucose and insulin levels. HRT, however, was also able to lower cholesterol levels, which flaxseed wasn't able to do. (*Obstet Gynecol* 02;10(3):495-504)

This is one study that probably won't get much publicity. In light of the recent findings on the dangers of HRT, including increased cancer risk, you would think that everyone, including physicians, would be searching for safe alternatives like flaxseed. Sadly, that hasn't been the case. Despite the reports showing that HRT is not only dangerous but ineffective for relief of menopausal symptoms, prescribing habits have been painfully slow to change.

If you're looking for HRT alternatives, flaxseed should be high on your list. This study found that 40 grams a day (roughly 0.7 ounces, or about 5 tablespoons, or just less than 1/4 cup, according to my little kitchen scale) can be very effective. Flaxseed contains several of the primary building blocks necessary for hormone production (both female and male hormones). Not only do I recommend it as a part of everyone's daily regimen, I've made it a permanent part of my own. Flaxseed is available at most health food stores, or you can purchase a Golden Flax Kit from Mountain Home Solutions (800-211-8562). It contains three bags of golden flax, a flaxseed grinder, flax recipe guide, and a special report, and costs \$59.99. Mention item MHGF, code 23008E.

### Take Tea and See Oolong Your Skin Lesions Last

**SHIGA UNIVERSITY OF MEDICAL SCIENCE, JAPAN**—Scientists here have found a simple yet effective solution to the skin lesions associated with recurring atopic dermatitis.

A total of 118 patients with recurring atopic dermatitis participated in the study. In addition to their dermatological treatments, they were instructed to drink oolong tea. (Oolong is a semi-fermented tea, somewhere between green and black teas.) The tea was to be made from a 10-gram teabag placed in 1 liter of boiling water (for those of us who haven't converted to the metric system, that's five teabags in 34 ounces of water) and steeped for five minutes. The tea was then divided into three equal servings, and one serving was drunk after each of three meals daily. The patients' dermatitis condition was evaluated at one month and six months.

After the first month, 74 of the 118 patients (63 percent) showed marked to moderate improvement of their condition. The improvement at the six-month evaluation was still present in 64 of the patients (54 percent). (*Arch Dermatol* 01;137(1):42-3)

Recurring dermatitis is a very frustrating problem to treat. It's even more frustrating for the one who has the problem. It seems remarkable to me that the regular consumption of oolong tea had such a positive effect. It is in part thought to be from the anti-allergic compounds found in the tea polyphenols. Still, when you consider all the various factors that can be associated with atopic dermatitis, like dietary deficiencies; stress; toxicity; liver, kidney and/or thyroid problems; chemical sensitivities; etc., it is amazing.

This is certainly one little tidbit you'll want to pass on to anyone with recurring dermatitis problems. Oolong tea is readily available in grocery stores and certainly is one of the more pleasant and relaxing forms of therapy I can think of.

### More Proof Thoreau Was Right

**TOKYO, JAPAN**—Researchers at the Tokyo Medical and Dental School found that older people who live on streets lined by trees and who have easy access to grassy walking areas and parks live longer than those in totally urban surroundings. I'm sure this was the result of a combination of factors. Certainly the psychological aspects of having access to nature would be highly beneficial. In addition, oxygen levels

## News to Use (Continued)

might be higher, and the environment would seem more secure and less stressful.

These same researchers also found that men, but not women, lived longer if their houses received lots of sunlight rather than remaining dark. (*J Epidemiol Community Health* 02;56(12):913-918) Again, several factors are probably involved, including sunlight's influence on circadian patterns and the balancing of hormones.

### Bring Your Workout to a Halt with Saturated Fat

**MADISON, WISCONSIN**—Nutritionists at the University of Wisconsin have uncovered some very useful data about the effects of various fats consumed

after exercise. One of the benefits of working out is that the calorie-burning effect of exercise continues, sometimes for hours after the workout has ended. Nutritionists recently tested this idea and observed some surprising results.

Women who ate a meal rich in a monounsaturated fat such as olive oil 30 minutes after exercising continued to burn fat even as they rested. But women who followed their exercise with a meal rich in saturated fats (such as those from meat and dairy foods) failed to continue burning any more fat. In fact, their fat-burning capacity was the same *as if they had not worked out at all*. Based on these results, if you're going to go to the trouble of exercising, you'll certainly want to watch what kind of fats you eat at your next meal.

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is no consistency. The activity of a product could, and very often does, vary significantly from batch to batch. A prime example of this problem was PC-SPES.

Early in the PC-SPES controversy, the product was found to be "contaminated" with DES. Although BotanicLab insisted the product didn't contain DES, it assured the press and public that any contamination problems had been corrected and DES was no longer an issue. Shortly thereafter, newer batches of the product didn't seem to work as well for many people. Doctors and their patients were understandably confused. Did the product quit working because it no longer contained DES, or was it because the patient's body no longer responded to the product? No one knew, and since the individuals at BotanicLab were obviously not going to supply any concrete answers, Prof. Waterman began to analyze the problem from a different perspective.

I've had the unique opportunity of following Prof. Waterman's work in this area from the start. We have had numerous meetings and discussions over the last several years, and at the risk of over-simplifying his efforts, I'll try to briefly explain some of the amazing work he performed and how it could turn out to be a true breakthrough for prostate cancer patients.

He developed a method to isolate and then check the activity of each individual herbal component of the product against prostate cancer cells. He also checked what happened when the various ingredients were combined. At the

same time, he compared these results to those of PC-SPES itself. He discovered some very interesting and useful information.

As you might suspect, he found that the activity of PC-SPES was very inconsistent and unpredictable. He also found that while a select few of the herbs in PC-SPES exhibited anti-cancer activity in prostate cells, many of the ingredients showed no activity, and worse, when used in combination, they actually inhibited the anti-cancer activity of the active herbs. It became obvious that the activity of PC-SPES was more drug-, or, should I say, "contamination-related" than herb-related.

From a more practical standpoint, however, Prof. Waterman had developed a method of determining exactly which herbs, plant extracts, and compounds had a positive outcome in stopping the division and replication of prostate cancer cells.

Using this technique, an Australian group of researchers and scientists working with Prof. Waterman began the laborious task of analyzing, testing, and re-testing dozens of complex formulations and what effect they had on prostate cancer cells. After months of demanding work, the group was able to painstakingly manipulate and adjust the final formula to produce the maximum possible effect in two human prostate cancer cell lines. (For those of you more technically inclined, these included the LNCaP model of human prostate carcinoma and the highly malignant human prostate adenocarcinoma cell line, PC-3. From

my understanding, PC-3 is hormone independent and LNCaP is hormone dependent.)

The formula was first tested using these cell-line assays and then, based on the extremely encouraging results, it was just recently tested in humans. The results were very positive.

The tedious and time-consuming work of these dedicated scientists has led to the development of a unique, natural, herbal prostate product that has been shown to slow and possibly even stop the growth of prostate cancer in humans. The final formulation was so unique that it received a patent.

The following is a list of the eight main ingredients in the formulation, called HP8. They come from various parts of the world, some available only in Australia. The label of the product doesn't list the exact amounts of each herb, rather they are listed as part of a proprietary blend. The blend and proportions of each ingredient will vary from batch to batch because the product is formulated to consistently achieve the maximum activity. The proprietary blend contains the following:

- Saw palmetto berry (*Serenoa serrulata*)
- Bromelain powder
- Licorice root (*Glycyrrhiza glabra*)
- Willow herb leaf (*Epilobium parviflorum*)
- Grape complex seed and skin (*Vitis vinifera*)
- Wild rosella calyx (*Hibiscus sabdariffa*)
- Passion fruit seed (*Passiflora edulis*)
- Selenium (from selenium yeast).

Although several individuals have independently tried the product, only one small study has been undertaken so far. Obviously, more extensive and long-term clinical trials and evaluations need to be performed. It is one of those situations where I personally have had the opportunity of watching this whole story evolve. Based on what I've seen thus far, I'll be very surprised if HP8 doesn't turn out to be one of the most important discoveries in the natural treatment of prostate cancer.

I've been able to test HP8 on several individuals, and the results I've seen parallel those of the following study. There have been no reports of any side effects whatsoever, which didn't come as a surprise to Prof. Waterman. While he was performing his cell line assays on dozens of herbs, he was concurrently conducting toxicology studies. I recently asked him if he knew of

any dangers associated with taking HP8. The only danger he could think of would be if someone choked when swallowing the tiny pill. The toxicology studies were just as encouraging as the preliminary results of the subsequent cases outlined below.

This small study involved 14 patients with either elevated PSA levels or known prostate cancer. Since this wasn't a formal clinical trial, there was less control over the participants. Several factors were evaluated in addition to recording PSA levels when they were known. They included things like ideal dosage levels and potential side effects, as well as any reported improvements in well-being or the ability to pass urine.

Of the 14 participants, 10 continued to have their PSA levels monitored while on HP8. Overall, 70 percent of this group experienced decreasing PSA levels after six months of using HP8. The drop in PSA levels varied between 15.4 percent and 86.7 percent, with the average decrease in PSA level being 43.5 percent. (During this time, the recommended dosage rate hadn't been established. Some patients started out taking only two, three, or four tablets per day; it was later determined that six tablets per day seemed to give the best results.)

Four of the original 14 patients discontinued the therapy. The PSA levels of three of these four continued to increase. Of the three, one decided to undergo radiation therapy, the second decided to have an operation, and the third decided to try other therapies. The fourth individual stopped after 29 days, when his doctor encouraged him to undergo prostate surgery and radiation therapy.

## Take It Somewhat on Faith

Writing about a product that has the potential to treat cancer is a sensitive situation. It's something I take very seriously. Ideally, I'd love for HP8 to have a proven track record of 15 years, dozens of successful, large, double-blind clinical trials to back it up, and the medical, legal, and political blessing of all. Unfortunately, I can't remember the last time that happened. Strangely, the product that came closest to this in recent memory was PC-SPES. It had a five-year run, several decent research studies, and the blessing of most.

As I mentioned earlier, several companies are trying to sell PC-SPES knock-off products to

capitalize on the void left in the marketplace. Fortunately, HP8 doesn't fall into that category. Behind it is some solid research that I expect will be published in the near future. Prof. Waterman has demonstrated that it exhibits the same cancer-fighting mode of action as Taxol and PC-SPES (or its drug contaminants, I should say), without their severe side effects.

HP8 interrupts a stage of the cell cycle that prevents the division of cancer cells. It produced cell cycle arrest in 80 to 90 percent of the prostate cancer cell lines at the G2M stage, which prevented cell division. In simple terms, HP8 doesn't *kill* cancer cells. Prof. Waterman discovered that *it blocks prostate cells from dividing and multiplying*. Therefore, existing cancer cells age and die naturally, which lessens the chance of overloading the body's immune system. This also decreases the amount of toxins and the toxicity problems associated with large numbers of dead cells being dumped into the system. Additionally, HP8 has shown high bioactivity against both hormone-sensitive and hormone-insensitive prostate cancer cell lines.

Several patient groups, including the Cancer Cure Coalition, Natural Approaches to Prostate Cancer, and others have been searching for a replacement for PC-SPES. HP8 is the only thing I know that can fill the void. I have yet to find any other product that has PC-SPES's potential, yet doesn't elicit severe side effects. Based on the research that is currently available, the chart below shows a comparison between the bioactiv-

ity and the modes of action of HP8, PC-SPES, and the FDA-approved chemotherapy drug Taxol.

In the trial I mentioned earlier, the majority of those taking the product also reported experiencing more energy, an improvement in general well-being, improved ability to pass urine, and a significant reduction in pain and discomfort. In addition to its cancer-arresting components, HP8 also contains selenium, various fatty acids, enzymes and other compounds known to improve overall prostate health and effectively treat benign prostatic hypertrophy (BPH, or enlarged prostate). In fact, at this stage, the only way HP8 can be marketed is as a supplement for prostate health. No mention can be made of its effects on PSA levels or prostate cancer cells.

Unfortunately, until more extensive clinical studies have been undertaken, this may be the only place you read about HP8's cancer-fighting abilities. Don't expect to get information from your doctor about HP8 unless he or she subscribes to *Alternatives*. And after the fiasco with PC-SPES, I suspect it will be quite some time before the oncology community embraces another natural prostate remedy, regardless of how effective. This is sad news for the hundreds of thousands of men worldwide who are either suffering or at risk of dying from prostate cancer.

The good news is that HP8 is now available as a prostate health supplement in the U.S. HP8 is manufactured under the highest standards in

### A Comparison of HP8, PC-SPES, and Taxol

<u>Therapeutic Agent</u>	<u>Bioactivity?</u>	<u>Mode of Action</u>	<u>Side Effects</u>	<u>Safety</u>	<u>Administration</u>
<b>HP8</b> All-natural	Yes, demonstrated in cell lines and clinical trials involving the prostate. Predictable.	Cell cycle arrest at G2M stage. Prevents cell division.	None reported.	Very safe	Tablet. Self-treatment.
<b>PC-SPES</b> Adulterated with prescription drugs	Yes, demonstrated in cell lines and clinical trials involving the prostate. Batch-to-batch variability.	Cell cycle arrest at G0-1, G2M stages. Prevents cell division.	Common and severe <ul style="list-style-type: none"> <li>• Breast problems</li> <li>• Circulation problems</li> </ul>	Very low due to significant and severe side effects	Tablet. Self-treatment, but not recommended due to low safety profile.
<b>Taxol</b> Semisynthetic	Yes, in cell lines and clinical trials, but only studied for breast, ovarian, and lung cancers (not prostate).	Cell cycle arrest at G2M stage. Prevents cell division.	Common and severe <ul style="list-style-type: none"> <li>• Systemic</li> <li>• Collateral cell damage</li> </ul>	Very low due to severe side effects and toxicity	Intravenous. Strict medical supervision and monitoring.





## MAILBOX

**Question:** Is there a way for me to provide the supplements you recommend to my patients who don't subscribe to *Alternatives*?

*Dr. Lyman, Kerrville, TX*

**Answer:** As a result of requests like yours, I've developed a special program for licensed health professionals to carry Mountain Home

Nutritionals' supplements in their offices. This way, the practitioner can offer the supplements directly to his or her patients. It's very convenient for everyone. I used to offer products this way to my patients when I had my own practice. If you're a licensed health professional and interested in this new program, call 800-539-8211 for more information.

a pharmaceutically registered plant in Australia by InterHealth Biosciences Australia. It is currently distributed in the U.S. through American BioSciences of Blauvelt, N.Y., and sold through The Harmony Co., 800-422-5518. The retail price is \$89.95 for a bottle of 90 tablets, but if you identify yourself as an *Alternatives* subscriber, the price is \$79.95. For orders of two bottles or more, The Harmony Co. will provide free shipping, and there are additional discounts for even larger orders.

Again, keep in mind that those making or selling HP8 can't make any claims or give any information on its use for treating prostate cancer. Legally, it is being sold strictly as a supplement for prostate health.

Based on the limited clinical research with HP8, it appears that the most effective dosage is three tablets twice daily (six tablets per day). It's possible that nine tablets a day could be used until PSA levels begin to drop, and then the dosage could be reduced to six per day, but there hasn't been any research to support that idea. It does appear, however, that HP8 works best when taken by itself. In other words, I strongly recommend taking HP8 on an empty stomach, between meals and any other supplements.

InterHealth Biosciences Australia realizes that more clinical studies are needed to better define the benefits and any shortcomings that might be

associated with HP8. Currently, they are looking for qualified doctors and organizations to help with research and oversee studies. (If you are in that category, contact American BioSciences at 888-884-7770 for requirements and information.) In the upcoming months and years, those studies will be forthcoming, and I'll keep you updated on the results as they become available.

Like many of the therapies or products I discuss in *Alternatives*, HP8 presents a dilemma. Obviously, I'd love to have more well-designed clinical studies supporting the use of HP8. But I have to weigh that desire with several other factors. For one, I've personally seen its effects both in the laboratory and in patients. It's also non-toxic and readily available.

There are thousands of men with prostate cancer whose only treatment is "watchful waiting," and thousands more for whom conventional therapies have failed or seem too drastic. There's a place for natural products like HP8. It's definitely something you should know about. Rarely do you find a safe, effective, predictable, alternative treatment for cancer—any cancer. HP8 certainly appears to be one of these "finds."

Take care,

If you have questions or comments for Dr. Williams please send them to the mail or e-mail addresses listed to the right. Of course, practical and ethical constraints prevent him from answering personal medical questions by mail or e-mail, 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 800-527-3044 or write to [custsvc@drdavidwilliams.com](mailto:custsvc@drdavidwilliams.com)
- To share stories about the ways *Alternatives* has helped you, send an e-mail to [SuccessStories@drdavidwilliams.com](mailto:SuccessStories@drdavidwilliams.com)
- To order nutritional supplements from Mountain Home Nutritionals, call 800-888-1415 or visit [drdavidwilliams.com](http://drdavidwilliams.com)
- To order back issues or reports, call 1-800-718-8293
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