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FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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The Secret to Health: Eat Smart, Be Thankful, and Share

It seems like only a few years ago that I started writing *Alternatives*. I was recently reminded, however, that *Alternatives* is now 18 years old.

Dr. David G. Williams During that period, I've circled the globe dozens of times and have written the newsletter while on airplanes, boats, buses, in rainforests, deserts, ice storms, and from nearly every continent on Earth. As I look back at the various breakthroughs and techniques I've written about, one thing becomes very clear. It's just as important that we keep an overall positive and grateful attitude about health and life as it is for us to know about the latest, "cutting-edge" health trend. I see time and time again where a positive outlook and the ability to savor and appreciate the smaller things in life can help individuals through times of adversity and ill health.

Thanks to your support, I've had the opportunity to travel extensively in my constant search for ways to preserve and restore our health. Constant travel certainly keeps life interesting, but it's also been a mixed blessing, to say the least. On one hand, it's put an enormous strain on my personal life and relationships. It hasn't left much time for hobbies or personal endeavors, and there are times when nowhere "feels" like home anymore. On the other hand, it's given me a much greater appreciation for many of the basic necessities we mistakenly take for granted in this country. Our abundance of potable water and bountiful food supply are just two such examples.

While millions of people suffer from cholera, dysentery, and intestinal diseases due to the lack of clean drinking water, we think nothing of flushing perfectly clean drinking water down

our toilets. (I have a constant daily reminder of this at my little rainforest bungalow in Australia. During dry spells I'm forced to hike down to a small, leech-infested creek to get water to flush my toilet.) We're also one of the few countries that actually waters our yards with purified drinking water. We have free, sanitary, clean drinking water practically everywhere in this country. Yet, most kids, and many adults, in this country now refuse to drink from a water fountain or the tap. They may complain about the taste or the smell, but most of the time it's simply because it's not cold enough. As such, we've become one of the world's largest consumers of bottled water, and think nothing of spending more for a quart of water than we do for a gallon of gasoline.

It seems we have a similar lack of appreciation for our abundant food supply as well. Millions of people around the world are starving from a total lack of food while our corner grocery stores are overflowing with fruits and vegetables from around the world. We're blessed with far more food



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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

than we can consume. What the average family throws away each year would probably feed two or three families in a developing country.

Our Food Supply—Not Perfect, But Better than Most

Don't get me wrong, I'm the first to admit that the chlorine and other contaminants in our drinking water can cause health problems, and that many of the fruits and vegetables in our stores may contain harmful pesticide residues. I definitely think that, within reason, we need to minimize these dangers as much as possible. Over the years, I've pointed out these potential hazards and have tried to provide safe, simple, inexpensive alternatives. As you know, I'm a very strong advocate of clean drinking water and organic produce and natural foods. But, as hard as we try, there's no way we can completely avoid all of these contaminants. While we should be thankful that our food and water supply is as good as it is, we should always keep in mind that there's room for improvement.

Our environment and available technology are changing very rapidly. As a result, our food supply is also changing. Ideally, we should all be eating organic, pure, chemical-free foods. It's something to strive for, but, as well as anyone, I understand this isn't economically feasible for everyone. While organically grown fruits and vegetables are becoming somewhat more plentiful and less expensive, custom grass-fed beef and/or uncontaminated wild fish can be cost-prohibitive for most individuals. If you can afford these items, then God bless you. If you have your own garden, live near an organic farming community, or near pristine ocean waters, then you're even more fortunate. In the years to come, some of these items may be harder to obtain for everyone. As a result, we're going to have to learn to adapt both our diet and our lifestyle to compensate for these changes.

Fairly Good Food from Fish Farms

A good example is the world's supply of fish. The fish in our oceans are rapidly becoming depleted. Some areas of the planet have been so over-harvested that the fish populations in those areas may never recover. Mercury contamination is also becoming a major concern. To meet consumer demand, fish farms are becoming more abundant. Fish farms are somewhat controversial, and have received a

lot of bad press. In reality, they can be very efficient. Farm-raised salmon and catfish are now so plentiful they are often competitively priced with hamburger meat, which can be a Godsend to those who were previously unable to afford these items. Farmed fish may not have EPA oil levels quite as high as wild salmon or catfish, but they are still excellent food sources. And supplemental fish-oil capsules and items like flaxseed can help fill those gaps.

Although there may be a lot of criticism surrounding farmed fish, we need to appreciate the fact that many of our elderly on fixed incomes can now benefit from this source of important nutrients. The essential fatty acids found in fish, nuts, and seeds such as flax are sadly lacking in most of our diets, particularly those of the elderly. Most nursing mothers are now deficient in these precious oils, and, as a result, IQ levels in children are dropping and neurological problems are increasing. In adults, deficiencies result in hormone imbalances and contribute to many of the problems we associate with aging. These oils are not just required for hormone production, they also contribute to proper nerve- and brain-tissue function, clear and flexible blood vessels, and joint health.

Since fish has become more affordable, it has become another widely available, excellent source of protein. Again, this is particularly important for the elderly in this country. The elderly, particularly those on a fixed income, seem to oftentimes get "the short end of the stick" in this country. As the costs of rent, utilities, gasoline, etc. continue to rise, they are often forced to make hard choices, and, as a result, their food choices very often become more limited. Higher-cost protein foods are eliminated, and their health begins to suffer as a result.

Feeling Weak? No Whey!

Muscle wasting is one very common problem seen in the elderly. It generally stems from a combination of two factors. First and foremost is the reduction in exercise. The other is a deficiency of protein in the diet. Dramatic reductions in two of the major health complaints, namely hip fractures and overall weakness, could be made through exercise and by increasing the amount of quality protein, such as fish, in the diet.

Another excellent protein source that I highly recommend is whey powder. It's a by-product of

the dairy industry that is relatively inexpensive and readily available in this country. At least four or five times a week, I use whey powder to make a protein “shake” for breakfast. It fills me up, stabilizes my blood sugar and weight, strengthens my immune system, helps build lean muscle tissue, and tastes great when combined with a little ice, fresh fruit, and skim milk. Its ability to help preserve muscle tissue, particularly when combined with the compound creatine, has been well documented.

Just recently, researchers in Melbourne, Australia informed me about another study they had just completed on the ability of whey powder and creatine to increase muscle strength and size. Their study involved younger bodybuilders who weight trained normally for a 13-week period. One-third of the group received a carbohydrate drink, one-third received a drink with just whey powder, and the other third received a drink with whey powder and creatine. At the end of the trial period, all experienced gains in strength. Those taking the whey powder had bigger gains than those taking the carbohydrate drink. Those taking the whey powder and the creatine, however, experienced the greatest gains and the cross-sectional area of their type-II muscles increased 12 times as much as those on the carbohydrate drink. (The daily dose of these products was 1g of whey powder per every 2.2 lbs of body weight, plus 5g of creatine per day.)

Maybe We Don't Really Want a Perfect Food...

In the not-too-distant future, I suspect that the world will be constantly searching for affordable sources of protein. Problems like “mad cow disease” and the depletion of ocean fish stocks will contribute to the problem. For the time being, we should appreciate and enjoy what's available. There's some incredible

research taking place within the food industry that could significantly alter our diet and food choices in the very near future.

What I've seen occurring lately reminds me of the old movie “Soylent Green.” It's been ages since I saw the movie, but, as I recall, it was a futuristic movie where the food supply for the masses consisted of mysterious green protein pellets. The pellets supposedly contained the perfect mix of vitamins, minerals, and compounds needed to maintain health.

In the movie, it had apparently become impossible to grow enough food for survival, so the evil “powers that be” had resorted to feeding the masses these pellets. The public didn't know what these pellets were made from, but there was a concern that criminals, the elderly, the sick, and the “undesirables” continued to disappear. I believe it was Charlton Heston who finally discovered that these humans were being processed into pellets and fed to the masses. I may not remember all the details of the movie correctly, but that was the gist of it. (I do recall, however, that it was a fairly lousy movie and certainly wouldn't be worth re-watching just to make sure my story is totally accurate.)

While the movie seemed pretty far-fetched at the time, what I've seen lately makes the above scenario seem very plausible.

The Food You Get When Life Imitates Art

I'm sure you're aware that various types of tissues (nerve, muscle, and various organs) can now be grown in laboratories using stem-cell technology. What you may not know, however, is that researchers in the food industry are also growing muscle tissue from animal cells, and their ultimate goal is to be able to “grow” meat in a nutrient broth and then sell it for human consumption.

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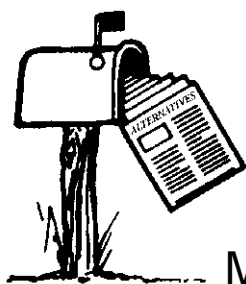
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MAILBOX

Restless Legs Can Be Related to NSAID Use

Question: I have a problem that I hope you can help me with. I have what my doctor calls RLS (Restless Legs Syndrome). He's given me a prescription for the drug Miraplex and says it will take care of the problem. I'm not sure I want to start taking another drug. Any suggestions?

Jack R.

Sun City West, Arizona

Answer: I've written about RLS in the past (see *Alternatives*, Vol. 4, No. 8). There are several causes, including poor circulation from arteriosclerosis (clogging of the arteries), diabetes, varicose veins, or various high blood pressure or cholesterol-lowering medications. RLS can also stem from a lack of vitamin B12, calcium, or the inability of calcium to circulate properly in the muscle tissue. I've covered each of these areas in past issues.

One area that I have discussed in detail is an iron deficiency. This seems to be more of a problem in recent years with the surge in the use of nonsteroidal anti-inflammatory drugs (NSAIDs).

NSAIDs cause bleeding in the gastrointestinal tract. Aspirin is one of the main culprits. The long-term use of aspirin and the subsequent loss of blood can lead to depleted iron stores in the tissues. Sometimes blood tests won't show an iron deficiency or anemia, but the iron will still be low enough that oxygen supply is jeopardized in the legs. This causes discomfort in the legs, and the only way to increase oxygen (through circulation) in the legs is through constant movement.

If you don't have any of the other problems I've mentioned here, then it might be worth trying an iron supplement. This is particularly true if you've used NSAIDs consistently for pain relief or other reasons. Also, any constant blood loss could cause the same problem. Ulcers, bleeding polyps, or hemorrhoids, or even a history of regularly donating blood, could result in a loss of tissue iron. If iron is the problem, you'll more than likely see positive results very quickly (often within a week or two).

Colitis Relief from Probiotics and Vitamin B12

Question: I've suffered from colitis for years and just recently have seen a great deal of relief when I undertook an elimination diet. I found that when I stay away from wheat products I do a lot better. It's been a slow process, but finally I seem to be on the right track. As I continue to discover foods that I'm allergic to, I hope my condition will gradually get better. If you have any additional suggestions, I would certainly like to hear them.

Martha T.

Ashland, Ohio

Answer: I've written about colitis in the past, and the use of butyric acid to address it. I would suggest reading that article (See *Alternatives*, Vol. 5, No. 5).

To speed matters up, I would also suggest that you work diligently to improve the bacterial flora of your lower bowel. Many of the treatments for colitis, natural and pharmaceutical, address the problem of irritation to the bowel, but few are geared toward re-establishing the beneficial bacteria.

I've seen remarkable turn-arounds in colitis using retention enemas containing only 1) lukewarm water, 2) yogurt with active live cultures, and 3) pulverized Lactic Acid Yeast tablets.

To make the enema solution, you can mix one quart of lukewarm (not hot), distilled or filtered water (not chlori-

nated tap water) with eight ounces of room temperature plain yogurt and 6 to 8 pulverized tablets of Lactic Acid Yeast.

Use half the solution as an enema and retain the fluid as long as possible, then repeat with the rest of the solution.

This procedure can be repeated 2 or 3 times a week for a month or so if necessary. Normally, you'll see positive results after the first or second treatment.

In addition to the enemas, I have had the greatest success when an individual chews a Lactic Acid Yeast tablet with each meal and takes a good probiotic supplement on a daily basis. Supplementing with the Lactic Acid Yeast tablet should be continued for at least a month and I recommend the probiotic on a continuous basis, along with the regular use of fermented foods like sauerkraut.

The same program above also works for chronic diarrhea.

With chronic colitis, it's also important that you address any possible vitamin B12 deficiencies. Chronic diarrhea interferes with B12 manufacture and absorption. Deficiencies are already a big problem in most individuals as they get older. Many of the problems experienced with chronic colitis, such as overall fatigue, mental deterioration, weakness, shooting pains, numbness in the arms and legs, etc., can be directly attributed to a B12 deficiency. It's also possible that some migraine headaches may be related to B12 deficiencies. In a recent European study, B12 was found to reduce the number of migraine headaches by over 30 percent (the B12 was given as an intranasal solution).

An aqueous (water) solution of 2 percent B12 (1 mg, or 1,000 micrograms— μg —a day) was given intranasally to 20 patients with a history of 2 to 8 migraine headaches a month. After three months, the average number of headaches in this group went from 4.7 episodes a month to only 2.7.

MAILBOX (CONTINUED)

To restore levels quickly, B12 shots from your doctor are the best bet. You can follow those up by taking 1,000 µg daily on your own.

You can purchase B12 tablets at most health food stores or through the

mail from Freeda Vitamins, phone: 800-777-3737. Lactic Acid Yeast Wafers from Standard Process Inc. can be purchased from many health professionals or from Mountain Home Nutritionals, phone: 800-888-1415. Probiotic pearls are a great

new delivery system that you can purchase from Enzymatic Therapy, phone: 800-783-2286, or you can purchase the product I formulated from Mountain Home Nutritionals.

(Continued from page 3)

One of the researchers with whom I spoke was so excited about the project that he said cooks would soon be able to grow their own meat at home. Instead of taking meat out of the freezer to thaw for the evening meal, cooks would be able to use starter kits to grow their own fresh meat. By manipulating the components in the broth, various nutrients, minerals, and flavors in the meat could be controlled. All cuts and types of meat could be grown right in your own kitchen.

Best of all, it would be clean, pure, consistent, organic, and humane. No animals would be killed or harmed. It would be “politically correct” meat.

Now, I’m a big fan of stem-cell research. The potential of such technology—from a health standpoint—is truly mind-boggling. But, even though growing your meat might turn out to be politically correct, it’s not something that interests me in the least. I’m more interested in a technique Canadian researchers found to increase our meat supply, though it might sound even more disgusting than growing your own sirloin in the kitchen.

How to Make a Turkey Fly

Scientists at Alberta Agriculture in Edmonton recently came up with an innovative new turkey food. They grew house fly larvae on oat hulls, a waste product of the milling industry, and then baked and ground up the resulting maggots. The maggot powder contained almost twice as much protein as the conventional soy-protein turkey feed. Young turkeys thrived on the high-protein supplement.

By using waste materials, these researchers have created an inexhaustible, inexpensive protein food. As an added bonus, its composition is like that of the larvae and insects eaten by wild and free-range birds. (*Animal Feed Sci Tech Vol 105, 225*)

Take Personal Responsibility, But Don’t Be An Island

As our world changes, so will our food and water supplies. Ideally, we should drink only the purest of water and the least-processed, most natural foods. Short of growing and/or raising all of our own food, this may not always be possible.

Maybe, as demand increases for such products, they will become more readily available and less expensive. Having your own garden and utilizing food preservation techniques, such as canning, are a couple of solutions to any shortage and/or the higher cost of organic fruits and vegetables.

If you reside in the country, this goal will obviously be much more achievable than if you live in a metropolitan area. Still, if you were raised on a farm, as I was, you’ll understand the hard work and effort required to grow and/or raise your own food. It certainly makes you appreciate the enormous number of food choices we currently have year around in the U.S.—as well as in most 1st-world countries.

As a practical matter, however, I think most of us are going to have to make adjustments to compensate for these problems. Using supplements like whey powder as a more complete protein source, along with flaxseed and fish oils, is a step I highly recommend.

I think the answer is obviously to do the best we can, and then wisely use the proper supplements to help “cover our bases.”

Just as important, if not more so, we need to be ever-thankful for the abundance we have. And share that abundance with your neighbors—especially the elderly. Just a little help during that time of life can make a huge difference. And never forget that millions of people in this world would give anything for a sip of clean water or a single decent meal—everyday necessities that we simply take for granted.

A Taste for Health

For many years, my primary medical focus has been on problems that seem to affect elderly people the most. Early in my career, I saw a large number of younger people—including many in the peak of their strength and vitality, such as professional athletes. But when I moved from Houston to a small retirement community, the problems of the elderly became my most common patient complaints. Now, with what journalists love to call “the graying of America” (as Baby Boomers begin to move past middle age), these problems are beginning to confront the entire country in an interesting parallel to my own experience.

While many of the problems facing us as we age are very serious in nature, affecting mobility, brain function, breathing, or blood circulation, other problems seem to simply affect our quality of life. However, it's important not to minimize some of these quality-of-life problems. Sometimes, they can impact more serious aspects of health. A good example is the common problem of a declining sense of taste.

“Nothing Tastes”

A subscriber recently wrote me to ask for help with this problem. His problem was different from Marie Antoinette's when she complained about the lack of spice in her life. (And he wasn't looking for the “cure” she was administered, either!) Instead, he said that everything had begun to taste bland to him. He tried taking supplemental zinc, but that didn't help matters. As a result, he was wondering if there was any help for this problem or if he would just have to live with it.

I personally think that this subscriber's problem is far more widespread than we realize. In an effort to compensate for the loss of taste sensation as they grow older, individuals begin to use more seasoning on their food. In particular, they prefer their food to be sweeter or saltier. Family members often start to complain that, as the cook of the family ages, she or he “just can't cook like they used to.” Unfortunately, besides affecting cooking skills, a craving for overly salty or heavily sweetened foods couldn't come at a worse time. Eating foods that satisfy these cravings tends to increase and complicate problems such as obesity, type-2 diabetes, and heart disease.

There are several factors that can influence your ability to taste. If you begin to experience this problem, one of the first things I would do is make sure any medications you might be taking aren't the cause. If your doctor can't tell you, then you should be able to find a *Physician's Desk Reference (PDR)* at your local library. It tells the possible side effects of most drugs that doctors currently prescribe.

If prescription drugs aren't the problem, you might do what this subscriber did, and try zinc to address the problem (see *Alternatives*, Vol. 7, No. 1). If that doesn't work, the other nutrient that might be of help is alpha lipoic acid. I've discussed this nutrient before, and how it can be of benefit in blood-sugar problems, such as diabetes. (Diabetes, by the way, is one condition that can alter your ability to smell and taste. Some preliminary research even indicates that a loss of taste may be one sign of advancing diabetes and the prelude to other degenerative problems.)

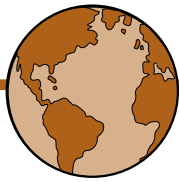
What You Smell Is What You Taste (Except Maybe in Limburg...)

I've mentioned smell along with taste here because the two are very closely connected. Much of what you think you taste is actually what you smell. As you know, your taste buds are located in various defined clumps on the tongue. There are now five known basic tastes: bitter, salty, sour, sweet, and umami.

The taste umami is a more recent discovery—within just the last 100 years or so. You might think of it as a way to distinguish “you” mommy's” cooking. It identifies the receptors that are associated with appetizing, meaty, or flavorful tastes. It's hard to describe, but umami taste receptors pick up compounds associated with glutamine acid, particularly glutamate. Meat is rich in glutamate, which is also the primary compound in the food additive monosodium glutamate or MSG. MSG is added to food to make it more flavorful.

Smell is closely connected to our sense of taste because every time you exhale while chewing odor receptors located in the roof of your nasal cavity are flooded with molecules from the food. With their close proximity and direct neurological connection to the brain, these odor receptors give a constant and almost instant sensation that we relate to as taste.

(Continued on page 8)



News to Use from Around the World

Bicycles Are Sometimes Better than Balloons for Treating Atherosclerosis

LEIPZIG, GERMANY—You probably won't be hearing much about the following study, which was performed at the University of Leipzig Heart Center. The study looked at patients experiencing chest pain due to atherosclerosis or clogged arteries.

If you visit a cardiologist in this country complaining of chest pain, chances are that you'll be recommended for the procedure called angioplasty. Angioplasty attempts to open up a section of clogged artery by "scraping" the area, inflating a balloon, or inserting an expandable mesh device. The procedure involves threading a wire through a vein in the leg up to the heart where the blockage has occurred.

These German doctors took two groups and one group underwent angioplasty and the other was given exercise on a stationary bike.

Bicycling Wasn't Too Stressful

At first, the doctors were afraid that the exercise routine might be too stressful for the hearts of those undergoing it. For this reason, they started the first two weeks of their training in the hospital. The training began with six sessions a day, each lasting 10 minutes. After the first two weeks, the patients returned home and continued exercising on the bikes for at least 20 minutes each day.

At the end of one year, 6 of the 51 patients who exercised on the stationary bike had either died or gone back to the hospital for further treatment procedures. In the group of patients that underwent the angioplasty procedure, 15 out of 50 either died or returned to the hospital to undergo another procedure. It was noted that those using the stationary bicycles also had less symptoms than those undergoing angioplasty. Obviously, the costs involved with the stationary bicycle and training were substantially less than that of the surgical procedure.

All too many of the people who go to a doctor in the U.S. complaining of chest pain will be on the operating table within days. Heart surgery is viewed as the ultimate answer to the problem. I don't think most doctors would recommend exercise at that stage for fear of inducing heart failure. Most patients are told they're a "walking time bomb" or an "accident waiting to happen." They're afraid to sneeze, much less start an exercise program. Hopefully, there were some car-

diologists listening when this report was given by the German physician Stephan Gielen last November at the American Heart Association meeting.

Too Pooped to Pedal? Try an Infrared Sauna

At the same meeting, Japanese researchers from Kagoshima University reported that infrared saunas could improve heart function in individuals with chronic heart failure. (Infrared saunas, unlike most saunas in the U.S., utilize infrared lamps for heat rather than heating elements. As a result the air temperature is much cooler but the heat penetrates the body.)

Ten heart patients sat in a 60° C (140° F) sauna for 15 minutes a day, followed by 30 minutes lying on a bed wrapped in blankets to further increase body temperature. This was done once daily, five days a week, for two weeks. A control group of ten patients lay on a bed without blankets at room temperature for the same period of time.

After the two weeks, those who utilized the sauna had fewer premature heart beats and periods of irregular heart rates than those not using the sauna. Those using the sauna also had lower concentrations of various blood hormones associated with heart damage. These same researchers had previously conducted similar experiences on animals with heart failure and found that continued sauna use prolonged their lives. Based on the findings of this work, they strongly feel that regular sauna use can extend the lives of patients suffering from chronic heart failure.

Surgery Isn't Always the Only Option

Sauna therapy opens up, or dilates, blood vessels, and increases blood flow and circulation, much like exercise (without the activity). It does place an extra burden on the heart, and if you have heart disease or problems it would certainly be best if you could find an open-minded doctor to help monitor the sauna therapy.

In defense of doctors, it is difficult to get most patients in this country to exercise regularly. But, on the other hand, anytime there's a diagnosis of arterial blockage to the heart or chronic heart failure, most doctors feel the condition is irreversible and surgery is the only viable option. These studies, and dozens of others like them, show that diet, proper supplementation, exercise, chelation, and other therapies are viable, effective, alternatives to surgical intervention.

The Importance of a Good Schnoz

Our ability to smell is one of our most primitive and protective senses. Unfortunately, we've become less sensitive and less reliant on our sense of smell, but with most animals it is still their first line of defense. Dogs are a good example. They make many of their judgments based on smell: where to find food, what foods are fit to eat, the presence of danger, and even whether they can trust other animals or humans.

It's interesting to note that people also start life with a very strong sense of smell. Research has shown that babies can identify their mothers immediately following birth solely through their sense of smell. And we've all seen how small children instinctively hold their noses when they're forced to take some foul or distasteful medicine.

Those in the food industry realized the link between smell and taste long ago. My wife and I recently took the kids to an amusement park, where many of the food booths now have small fans that blow the smells of their various foods out onto the passing crowds. The smell of popcorn, cotton candy, fried pork rinds, caramel corn, barbeque, etc., kept the people flocking to their food stands.

Alpha Lipoic Acid Can Help

European researchers recently tested the effects of alpha lipoic acid on the condition known as idiopathic dysgeusia (a loss of taste sensation from unknown causes). The 60-day study involved 44 patients ranging in age from 18 to 67.

Part of the group received 200 mg of alpha lipoic acid three times a day (600 mg daily). The other part of the group received a placebo. After 60 days, 46 percent of those taking the alpha lipoic acid had completely regained their sense

of taste and another 27 percent had "decided improvement." Overall, 91 percent reported experiencing an improvement.

In contrast, of those taking the placebo, 31 percent reported noticing "slight improvement." (*Int J Oral Maxillofac Surg* 02;31:625-8)

Other European studies have found similar results. (*Laryngoscope* 02;112:2076-2080)

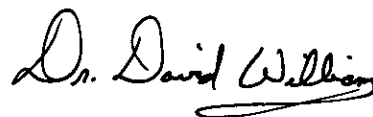
Although alpha lipoic acid is somewhat expensive, especially at these doses, I would certainly give it a try and see if it helps. At the higher doses, it appears to be quite effective.

If You're Diabetic—or Susceptible—Try ALA

Alpha lipoic acid has been used in Europe to treat diabetes for the last couple of decades. Research has shown that its strong antioxidant activity can help prevent many of the complications associated with diabetes, such as cataracts and damage to nerves and blood vessels.

Personally, I think that if alpha lipoic acid was used preventively, we could halt many pre-diabetes conditions from progressing into full-blown diabetes. For anyone with diabetes, particularly type 2 diabetes, I recommend taking alpha lipoic acid at a dose of 200 mg taken three times daily (600 mg daily). This is often helpful in restoring taste and smell sensations to a higher level. Once that goal is reached, many of these individuals find they have better control of their cravings for sweets, which, in turn, helps them control their weight.

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
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