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Dr. David G. Williams

Preparations for a Pandemic

Fortunately, it's not all that often that I get sick. It might surprise some people that I ever get sick. After all, I do practice what I preach. I eat properly, get plenty of exercise, and take the best nutrients and supplements available. On the other hand, I put myself under a great deal of stress by traveling constantly through different time zones, forgoing needed sleep, changing my diet, and exposing myself to probably every bug and pathogen on the planet. Every now and then, the load just becomes too great. My immune system gets overloaded, and if I don't make some quick changes, I get sick. If I get sick, it knocks me to the dirt for four or five days, or even a week, and forces me to rest and take better care of myself.

Much like everyone, I suspect, I can tell when I'm starting to get run down. I feel the fatigue, the flu-like aches associated with being overly toxic, and characteristic pain and stiffness in my upper back and shoulders. If I ignore these symptoms, I know I'm in for trouble. However, I've learned that if I quickly address these problems, I can stop their progression and quickly bounce back to normal.

My Illness-Thwarting Routine

The first thing I have to do is relieve the pain and stiffness between my shoulders. Several methods will work. Depending on where I am and what's available, the problem can be fixed through either a chiropractic adjustment, stretching, or lying with my back on a hard surface while "hugging" my knees tightly and rocking back and forth.

Next, I rely religiously on four different products. One is the xylitol nasal wash called Xlear. I immediately start cleansing my nose and throat with it. If I catch the problem quickly enough, this may be all I need, but I always follow this with the elderberry extract in Elderberry Advantage. I take several sips

of it throughout the day, one right before bed, and another if I happen to wake up during the night. I also spray eucalyptus oil on a tissue, inhale from that, and sleep with it next to my nose on the pillow. And if the problem has resulted in a sore or swollen throat, I suck on Herbal Immune Advantage throat lozenges throughout the day.

This simple routine has been a lifesaver for me and my family. It has turned severe respiratory problems around in a matter of hours for the kids and saved me on dozens of occasions. I realized just how valuable each of these items is last week while traveling in Europe. I don't leave home without them. They've become just as important as my vitamins and other survival tools. Except for this last trip, I have always carried them on the plane in my backpack. Like a fool, however, I put them in my checked baggage for the first time, and when I needed them most, my luggage was lost. I paid dearly for that mistake. I found myself in southern France, suffering from fever, chills, a throat infection, and flu-like symptoms for five days in 114-degree heat in a stuffy, mosquito-infested room with no air conditioning or screens on the windows. (The eucalyptus oil would have also worked great as a mosquito repellent!)

Though I always pack as lightly as possible, from now on I'll be packing these and my other survival items in double. You



In This Issue

Preparations for a Pandemic. 9

Don't Let These Toxins

Get on Your Nerves 14

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

can bet money that they'll be with me at all times. When you find items like these that work—really work—they are literally worth their weight in gold.

A System Engineered for Disease Spread

In the earlier years of my travels, I seemed to suffer more from intestinal afflictions such as food poisoning. Though many of the locations I travel to now are just as primitive and remote as before, I've noticed that respiratory problems are becoming far more common. I'm sure over-crowding, increasingly confined security areas, and poor ventilation in airplanes, airports, and bus and train stations are all contributing to the problem. And the increased number of travelers and their ability to be anywhere on the globe within hours will undoubtedly lead to the spread of problems like severe acute respiratory syndrome (SARS) and other infectious diseases.

It's a dangerous trend that threatens travelers and non-travelers alike. I feel it's the "writing on the wall." If we don't begin to make some very basic and fundamental changes in our health care system, we're likely to see a repeat of some of the worldwide epidemics and plagues like those seen at the turn of the last century and earlier.

SARS was just the latest warning. If you recall, there were others, including tuberculosis, Ebola, and the various bioterrorism alerts. In each case, doctors were rightfully frightened. Without a warning system in place, they have become the "canaries in the coal mine." Hospitals have become huge, box-shaped rooms, stacked one on top of the other. Being connected by ventilation systems and elevators makes them ideal for transmitting bacteria and viruses. In earlier times, isolation was the key to keeping unknown diseases and pathogens from spreading. Smaller, disconnected treatment and recovery units will probably become more common again.

Personal hygiene—hand washing and the constant use of gloves and masks—will become mandatory rather than a matter of personal choice for health care workers. I also don't think we'll continue to see health care workers wearing their uniforms or surgical scrubs in public after work, increasing the chances of spreading pathogens.

I don't know when these changes will take place. Sooner would certainly be better than later, but I suspect it will take some large-scale scare or even epidemic to bring about such changes.

Before I leave the topic, there are a couple of updates that you should know concerning the prevention of SARS or other flu or flu-like patho-

gens. First, on the lighter side, I recently received a report from Russian scientists to say they have found a remedy for protecting against the SARS virus. Personally, I would take this one with a grain of salt—or maybe orange juice would be more appropriate. Dr. Anatoli Vorobijev with the department of microbiology and immunology at the Medical Academy in Moscow reported that a double shot of vodka (100 milliliters) daily was the answer to the problem.

Doomed to Repeat a Forgotten History

On a more serious note, many people, myself included, feel that it's only a matter of time before we see the next pandemic of flu or other disease. (This would be on a much greater scale than an epidemic, which by definition occurs in a localized region.) It's not a matter whether a worldwide outbreak will occur, it's just a matter of when and of what disease. You can predict with almost 100 percent certainty that history will repeat itself in this area. Recent events have shown that we haven't taken the necessary steps to eradicate the underlying problems that created pandemics in the past.

Most people living today are too young to have experienced the "Spanish flu" pandemic in late 1918 and throughout 1919. And since there seems to be very little interest in history nowadays, hardly anyone realizes just how devastating that flu was. *Within a period of just 10 months, 500 million people worldwide contracted the flu, and 20–40 million individuals (500,000 people in the U.S.) died.* Unlike most flu strains, whose death rates are highest among children, the elderly, and the chronically ill, almost half of those who died from the Spanish flu were between the ages of 20 and 40.

A prominent scientist, who has spent his life studying and tracing the origins of influenza viruses, recently published a sobering article explaining why the stage is now set for a new worldwide flu disaster to develop. The co-authors of the article, Robert Webster and Elizabeth Walker, are both with St. Jude Children's Research Hospital in Memphis, Tenn. Webster is a world-renowned expert in virology, and Walker is the publications manager at the hospital.

In the article, Webster describes a 1997 incident in which one influenza virus was luckily destroyed before it reached the human population. *Otherwise, he estimated, it would have killed as much as one-third of the entire human population. (Am Scientist 03;91:122-129)*

From Water Birds to Swine to Chickens: How a Flu Virus Spreads

Research has determined that although influenza passes from person to person through coughing, sneezing, or contact with respiratory fluids, it actually starts in wild aquatic birds like ducks and shore birds. The birds themselves don't become sick from the virus or directly infect humans; instead, they are merely carriers. Even without humans to spread disease through worldwide travel, these migratory birds can circulate the makings of a disease around the globe in a short time.

Before the virus actually becomes a threat, however, it needs an intermediate host, which historically has been domestic fowl or swine. They contract the virus indirectly by drinking water contaminated by the feces of infected wild birds. Swine are among the ideal hosts for these viruses since they contain known receptors for both bird and human viruses. It is in swine that the viruses change form and can become extremely pathogenic and dangerous to humans.

Throughout history, most pandemics have originated in China, where for thousands of years birds, pigs, and people have lived in extremely crowded conditions. Although not as widespread or destructive as the Spanish Flu, several of the more recent influenza pandemics from China are probably more familiar. They include the "Asian flu" of 1957, the "Hong Kong flu" of 1968, and the flu scares in 1976 and 1977, called the "swine flu" and the "Russian flu," respectively. While these definitely took a toll, a more severe influenza in the future is inevitable. In the past, these extremely deadly strains seemed to surface several times during each century. Unfortunately, there's no way to predict when the next one will occur.

One reared its ugly head as recently as 1997, when 16 people contracted a potent new influenza virus from chickens in the Hong Kong poultry market. Six of the individuals quickly died. Scientists convinced health authorities that the problem had to be stopped as soon as possible. Knowing

now how virulent that virus was, the quick order to destroy more than 1 million domesticated fowl in the city's market probably saved a third of the human population.

This quick action may have stopped the immediate spread of the virus, but in a less-publicized event, a variation of this same virus appeared in the Hong Kong poultry markets in 2001, when all the live fowl were slaughtered again before anyone was infected. Even more frightening, the exact same 1997 virus has recently reappeared in Hong Kong markets and poultry farms, in free-flying birds in the area, and other areas of southeast China.

History and now science have shown that the epicenter of these influenza pandemics is Asia, particularly Hong Kong and the surrounding area. The only way to stop this problem from recurring is to eliminate these huge live-poultry markets. Unfortunately, for this to happen, it's probably going to take a worldwide disaster on the scale of the Spanish flu pandemic.

Live-poultry markets are a deeply rooted Asian tradition. Without the luxury of refrigeration, live poultry can be hauled to market, and if it doesn't sell, it can be taken back home and allowed to forage until the next market. I'm afraid the source and threat of our influenza problems won't be eliminated anytime in the near future.

My intent in sharing this information is certainly not to scare anyone or spread a feeling of hopelessness. Instead, I think it's a serious, pending threat that you and your family need to be aware of. Very few people in this country are aware of this problem and they won't have a clue until the outbreak gets under way. They live under the false assumption that a flu shot will take care of the problem. It won't.

The different influenza viruses constantly mutate. The 1997 virus was a totally new form that had never been seen before. Webster, who works with the World Health Organization, briefly explains in his article how flu shots are made each year. Working in more than 100 different laboratories around the world, scientists constantly monitor and



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Author: Dr. David Williams; Publisher: Glynnis Mileikowsky, Editor: Meg de Guzman

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evaluate the influenza viruses circulating in humans. Each year, they pick three strains that they feel are most likely to cause epidemics during the upcoming season. Vaccine manufacturers then develop a vaccine specifically for each of these strains and put all three into the flu shot to be used that year. It's a crap shoot at best. If a virus mutates, the vaccinated individual won't be protected. Each year (or month, or day, or hour) the viruses change. If a new virus surfaces after the decision on the top three has been made a year earlier, the vaccine is useless against it. Given our current technology, vaccines aren't the answer.

Vaccines are being stockpiled anyway, but this will probably be a useless gesture, because there's no way of knowing which virus is going to cause problems. Even if we had a pandemic outbreak and could rapidly identify the specific virus, the quickest a company could produce, test, and distribute a vaccine is six months. Keep in mind that within 10 months, the Spanish flu infected 500 million and killed 20–40 million.

At first glance, this situation doesn't look good. We've got a serious influenza pandemic that is definitely going to occur, but there's no way to predict when it's going to happen. There's also no way to stop it. We have no control over the Asian poultry markets halfway around the world. And it's obvious that the government and medical community's "answer" (vaccines) will, at best, be too little and too late.

As I see it, we essentially have two choices. One, we can wait and hope the whole problem somehow either gets resolved or the coming influenza pandemic doesn't happen during our lifetime. Two, since we know orthodox medicine doesn't have the answers, and very little, if any, effort is being directed toward finding a solution, we again look to history and science to see what self-help solutions might be available.

Self-Help Solutions for Flu Viruses

Since we're dealing with viruses, antibiotics and compounds that are strictly antibacterial obviously won't work. Substances like vitamin C and hydrogen peroxide, however, can be antiviral as well as antibacterial.

In the most serious situations, intravenous vitamin C might be called for, but it's not what I'd call self-help. If you have a doctor who administers intravenous vitamin C treatments, you're lucky. Under most circumstances, including an outbreak of influenza, I would suggest taking oral vitamin C to what is called "bowel tolerance." At the first sign of an infection, I would start taking at least 1,000

mg of vitamin C an hour and gradually increase that amount until the bowels become loose. Then maintain that amount or decrease it slightly until the bowels normalize.

During a period of illness, your body will use and tolerate much higher doses of vitamin C than normal, so a daily intake of as much as 20 grams isn't unusual. High doses of vitamin C may be required for days to fight off a serious infection. As things improve, the dosage usually can be lowered, but during this time I would still recommend keeping the levels right at bowel tolerance.

My recommended source for high-quality bulk vitamin C powder (ascorbic acid crystals) is Wholesale Nutrition, P.O. Box 3345, Saratoga, CA 95070; 800-325-2664. Not only do they have some of the best prices, their service is excellent. They sell bulk vitamin C crystals in sizes ranging from 9.5 ounces to 11 pounds. They also sell tablets and buffered forms of vitamin C. A good supply of vitamin C is something you should always have on hand.

There's a little-known but interesting fact about vitamin C: One way it helps fight infection is by producing hydrogen peroxide. Taking the correct type, dilution, and amount of hydrogen peroxide internally is another strong defense in the battle against influenza. I gave complete instructions on how to purchase, store, and safely use food-grade hydrogen peroxide in the June 1992 issue, Vol. 4, No. 12. All that has changed since then are the sources of the product. The following are current sources:

- The Internet site www.h2o2-health.com sells six pints of food-grade hydrogen peroxide for \$99.95 or four quarts for \$119.95. Prices include overnight shipping plus a special report on use of the product.
- Raw Health, phone 866-729-4584 or online at www.rawhealth.net, sells a pint for \$11 and a quart for \$20, not including shipping.
- Centipede Industries, phone 952-937-2354 or online at www.centipedeindustries.com, sells a quart of food-grade hydrogen peroxide for \$20, not including shipping or an additional hazardous materials handling charge.

The internal use of hydrogen peroxide has always been somewhat controversial, but after you review the 1992 article, I think you'll see just how effective and valuable it can be. Having a safe, effective, inexpensive tool like food-grade hydrogen peroxide stored in your freezer (and the information

on exactly how to use it) will be a godsend during a serious influenza pandemic.

Both vitamin C and hydrogen peroxide are very strong tools that were used successfully in the early 1900s, when the medical “cures” of the day failed miserably. Don’t discount them because they’re simple and unsophisticated compared with today’s treatments. When you’re faced with a situation for which medical care is either unavailable or ineffective, the simplicity of these remedies will be a true blessing. And a few dollars spent today will buy not only peace of mind now, but an effective means of survival in the future.

Shore Up Immunity with Selenium

In addition to having emergency-type remedies such as bulk vitamin C and hydrogen peroxide on hand, anything that helps keep your immune system in peak condition will be of tremendous benefit. Regular and adequate exercise and rest, a good diet, clean water, and a sound daily supplement program are just a few of the items that fall into that category. Research has recently shown that certain minerals and compounds can play a major role in your immune system’s ability to deal with viruses.

Influenza infections are not only associated with decreased intracellular levels of the antioxidant glutathione, but adequate amounts of glutathione can inhibit the production of active influenza virus. (*Free Rad Biol Med* 03;34(7):928-36) So far, most of the studies involving glutathione and the influenza virus have involved mice, but it’s reasonable to believe that similar effects would occur in humans.

Selenium is a necessary component in the formation of glutathione peroxidase, a powerful antioxidant enzyme found in our cells. Researchers at the University of North Carolina at Chapel Hill now believe that adequate amounts of selenium are necessary for the production of glutathione peroxidase and actually keep a virus that has entered the cell from oxidizing and mutating into a more dangerous and virulent form. This supports earlier work done in China.

People living in selenium-deficient areas of China were developing Keshan disease, a condition in which the muscle of the heart develops necrotic lesions, eventually leading to heart failure. Supplying selenium to those in deficient areas helped stop the problem. Further study revealed that the disease was actually being caused by a normally harmless flu virus. This benign flu virus would mutate into an extremely virulent form once inside individuals who

were deficient in selenium, but not in those who had adequate selenium levels.

Make sure your daily multivitamin/mineral contains adequate amounts of selenium. I recommend 200 micrograms a day and include that in Daily Advantage. Brazil nuts are also an excellent source of selenium.

Garlic is another a good source of selenium. If I didn’t have vitamin C or hydrogen peroxide on hand and I was facing a severe influenza infection, I would eat loads of fresh, raw garlic. It is one of nature’s strongest antimicrobial agents. You would probably be able to smell me coming from a block away, but at least I’d still be walking. And during such times a little isolation might not be a bad thing.

Raising glutathione levels is also something I have strongly recommended for years. (*Publisher’s note:* Please refer to the December 1997 issue, Vol. 7, No. 6, and the May 1996 issue, Vol. 6, No. 11, for more information on glutathione.)

Taking glutathione supplements is a very expensive way to increase cellular glutathione levels. A more cost-effective method is to take the amino acid cysteine in the form of *N-acetylcysteine*. Cysteine is necessary for the body to make glutathione, and increasing cysteine consumption has been shown to raise glutathione levels. *N-acetylcysteine* is available from Jo-Mar Laboratories, 800-538-4545, www.jomarlabs.com. To substantially raise glutathione levels during flu outbreaks or other critical situations, dosages of 400–1,200 mg a day have been recommended.

Another way to raise glutathione levels is to regularly use cold-processed, membrane-filtered whey protein powder. Studies have shown that regular use of Next Protein’s Designer Whey Protein powder can raise glutathione levels. The whey powder contains gamma-glutamylcysteine, which is converted to glutathione. I regularly make my morning protein drink using this whey product, a bit of fruit, ice, skim milk, bee pollen, royal jelly, lecithin granules, ground flaxseed, and any other powdered or liquid supplements I’m taking at the time. This whey protein powder also contains the complete spectrum of beneficial amino acids. (Designer Whey Protein is available at health food stores, GNC shops, and Rite Aide pharmacies, as well as online at Nutrition Express, www.nutritionexpress.com, 800-338-7979.)

You can also increase glutathione levels by eating avocados and cruciferous vegetables such as cabbage, cauliflower, broccoli, kale, and turnips.

I would strongly suggest that you read the back issues mentioned above for essential information on glutathione. This tripeptide is crucial to your health and longevity. In addition to its ability to help control or eliminate viral infections, it has been shown to provide protection against problems like cancer, cardiovascular disease, macular degeneration, cataracts, and most of the other diseases associated with aging. Studies have even shown that it can be a tremendous help in combating AIDS and chronic viral infections such as herpes. I feel so strongly about the health benefits of glutathione that I've also included N-acetylcysteine in Daily Advantage.

I don't want to harp too much on the subject, but now is the time to take many of the preparation steps I've mentioned in past issues, including purchasing surgical masks, gloves, antibiotics, iodine tablets, and additional supplements such as N-acetylcysteine, vitamin C, food-grade hydrogen peroxide, and the other "survival" items I've been discussing over the last year or so.

As I write this, everything seems to be normal on the home front. It has been weeks since the last confirmed case of SARS. There's no panic in the streets or feeling of impending danger. Supplies of everything I've mentioned are plentiful and relatively inexpensive. But the minute a threat or panic occurs, this will change literally overnight. Supplies will quickly dry up and become either nonexistent or extremely expensive and difficult to obtain. Now is the time to act. We're talking about a very small investment that can be spread over a month or two if need be.

Personally, I don't think the world has changed much in the last six months or even year. We're still facing the possibility of bioterrorism, sporadic wars, supply line interruptions, and outbreaks of serious influenza or other infections. I think our perception has changed far more than the actual circumstances in the world around us. As I've said before, it's a good policy to always expect the best, but, within reason, prepare for the worst. And, as my dad has always said, it's cheap insurance.

Don't Let These Toxins Get on Your Nerves

I was recently talking to a group of doctors, and invariably they all wanted to discuss their "problem" patients—patients they hadn't been able to help with any therapy, natural or otherwise. The symptoms they described were often bizarre and complex and didn't seem to follow any pattern or

logic. What emerged from our conversations was the fact that most of these doctors were chasing and treating symptoms. As soon as one symptom or complaint would improve, a half-dozen others would seem to appear.

In such cases, one needs to step back and look at the big picture. One area that is being widely overlooked today deals with the subject of neurotoxins. If you have a basic understanding of what neurotoxins are, where they come from, and how to eliminate them from your body, you'll have the key to solving problems that may have plagued you for years. You'll certainly understand even better than most doctors why some people never seem to get well, regardless of the treatment.

A Potion of Nervous System Poisons

In simplest terms, neurotoxins are substances or compounds that are absorbed by the nerve endings and then travel through the nerve fiber to ultimately reach the nerve cell. Both along the way and once they reach the nerve cell, they can exert a tremendous influence throughout your body. Most functions within the body are controlled either through hormones circulating in the bloodstream or through nerve impulses. The problems that can arise can vary, depending on when and where neurotoxins disrupt nerve transmission. Some of the most common symptoms include chronic fatigue, insomnia, depression, "brain fog," numbness, burning or tingling sensations, poor memory, muscle spasms, and migrating pains.

You've probably heard of the more common neurotoxins—lead, mercury, aluminum, cadmium, and other heavy metals. The neurological effects of these neurotoxins are well documented, and medical treatment programs like chelation therapy have been used for decades to help remove them. Other neurotoxins are not as well known, though some are very potent. They are rarely recognized and even more rarely treated.

Some of the lesser-known neurotoxins are compounds produced by bacteria, fungi, viruses, and other pathogens. These by-products of pathogens can be extremely virulent and poisonous to your nervous system. Some have been identified, including the botulinum toxin (botox), the tetanus toxin, and the ascaridin toxin (from intestinal parasites). While not specifically identified, powerful neurotoxins are also produced by various strains of staphylococci, streptococci, and chlamydia. More recently, we've seen just how toxins from the bacteria that cause Lyme disease can destroy nervous tissue and mimic the signs and symptoms of

diseases like multiple sclerosis and ALS. In many individuals, undiagnosed chronic infections of bacterial, viral, or fungal origin lead to systemic neurological disease that can last a lifetime. Sadly, their condition continues to deteriorate as they bounce from one doctor to another looking for a diagnosis and a cure.

Another common form of neurotoxin involves xenobiotics. Xenobiotics are basically man-made compounds that are foreign to the human body. These neurotoxins include agricultural chemicals like pesticides and herbicides, industrial waste, environmental contaminants, and medicinal drugs. Research has shown that dramatic increases in diseases like Alzheimer's and Parkinson's are linked to increased exposure to various xenobiotics. You don't have to read far in the *Physician's Desk Reference* to see the neurotoxic effects caused by some of the most popular prescription and nonprescription drugs. I doubt it's pure chance that the dramatic increase in neurological "syndromes" during the last few decades coincides with the explosion in over-the-counter and prescription drug use during this same period.

A common and insidious group of neurotoxins includes food additives, preservatives, colorings, and sweeteners. The neurotoxic effects of aspartame and other sweeteners have been well documented. And as far back as the early 1970s, Dr. Benjamin Feingold firmly linked hyperactivity in children to artificial food colorings and preservatives. Studies later confirmed that eliminating these neurotoxins and excitotoxins from the diet could correct the hyperactivity in children. (*Lancet* 85;1(8428):540-5) (*Food Standards Agency Report T07004*, 11/4/02)

As you can probably tell, one of the problems associated with neurotoxins is the fact that we are being bombarded with compounds from hundreds of different sources. This greatly complicates matters during the present era, when we like to narrow all of our health problems down to a single cause.

Dozens of factors contribute to the effects of your personal neurotoxin exposure. The state of your immune system, prior illnesses you've experienced, previous drug use (legal and illegal), occupational exposure to toxins, herbicide or pesticide use or exposure, allergies, your source of water, your electromagnetic environment, the strength of your digestive and elimination systems, and the number of amalgam tooth fillings you've had and how long you've had them are just a few of the more important elements. On top of that, genetics obviously plays a role as to what compounds are more or less toxic to your system.

The first order of business is to eliminate, or at least minimize, any additional exposure to these neurotoxins. Unfortunately, even if you could immediately eliminate all of your exposure, it might take years for you to see any improvement in a neurological condition you now have. Long before they saw any results, most people would stop being so diligent about their diet and lifestyle. It's not that the body isn't constantly trying to rid itself of neurotoxins; it is. The problem stems from the chemical nature of most neurotoxins.

As far as cells in the body go, nerve cells are well defined. For the chemical and electrical transfer of information to take place uninterrupted at high speed, nerve cells must have well-insulated cell walls. They are surrounded by a tough myelin sheath and insulated with various forms of fats and fatty acids. The chemical make-up of neurotoxins is such that they are more easily absorbed by nerve tissue. Once neurotoxins become embedded in nerve tissue, they are not easily removed or detoxified by the body. The normal detoxification methods (oxidation, sulfation, etc.) are still at work, but they can be slow processes. This is complicated by the fact that once neurotoxins are removed from nerve tissue, they still must be purged from the body.

Some waste material is removed through sweating, breathing, and urinating, but most of these fat-like compounds exit through the liver. This is where much of the problem lies. Once the toxins pass through the liver, they are generally concentrated in the bile (which emulsifies, or helps reduce the size of, fats) and then passed into the intestines. The intestinal walls contain one of the largest concentrations of nerve endings anywhere in the body. This area has recently been called the body's "second brain" due to the amount of nerve endings in the area. Since many neurotoxins are fat-loving, and nerve endings are insulated with fat, many of the neurotoxins that reach the intestines are reabsorbed. It's a problem that can be addressed, however.

One of the best methods I've found for removing these toxins is what I call the "poor man's chelation therapy." Dr. Yoshiaki Omura with the Heart Research Foundation in New York discovered a unique and easy way to remove heavy metals like mercury, lead, and aluminum. He and his colleagues were using antibiotics and antiviral compounds to treat infections, but they were having little long-term success. Patients' symptoms would disappear, only to recur within a few months.

Upon further investigation Dr. Omura found that these patients had localized deposits of mercury,

lead, aluminum, or a combination, and the infectious bacterial and viral agents continued to grow and multiply in these areas. Apparently, in the presence of these heavy metals, the antibiotics and antiviral compounds lost their ability to function.

While Dr. Omura was testing the urine of one patient, he discovered that mercury levels in the urine increased significantly after the patient consumed Vietnamese soup, which contains cilantro.

Through further testing, Dr. Omura found that consumption of cilantro accelerated the excretion of lead and aluminum deposits from the body. When he had his patients regularly consume fresh cilantro or cilantro juice and then use antibiotics or natural antivirals such as the EPA and DHA in fish oil, the infections were permanently cleared. (*Acupunct Electrother Res* 95;20(3-4):195-229)

Dr. Omura performed another study in which three amalgam fillings were removed from an individual using all the precautions available to prevent the absorption of mercury from the amalgam. Even with strong air and water suctioning, water rinses, and a rubber dental dam, significant amounts of mercury were later found in the individual's lungs, kidneys, endocrine organs, liver, and heart. There had been no mercury in these tissues prior to the amalgam removal. Using only cilantro, Dr. Omura was able to clear the mercury deposits in just three weeks. (*Acupunct Electrother Res* 96;21(2):133-60)

Detoxification With Cilantro and Clay

Since I first reported on Dr. Omura's work, numerous doctors have informed me of similar successes using cilantro. It is an excellent method for detoxifying and removing heavy metals and other neurotoxins. I'd suggest consuming at least 1/4 cup of tightly-packed fresh cilantro stems and leaves per day during a detox. Since cilantro may release more heavy metals than the body can efficiently remove, and to prevent any metals from being deposited in the colon, I also recommend using a form of calcium bentonite clay called Pascalite. While using the cilantro for a detox period of two weeks, take 1

to 2 teaspoons of Pascalite mixed with water three times a day between meals.

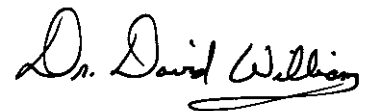
I've used Pascalite for years and actually had numerous conversations and communications with the original operator of the business, Ray Pendergraft. Ray passed away several years ago at age 92, but the company is still family operated. To order, send correspondence to Pascalite, P.O. Box 104, Worland, Wyoming 82401; call 307-347-3872; or send e-mail to pascalite@tritel.net. If you mention you're an *Alternatives* subscriber, you'll receive a free sampling of all Pascalite products.

Keep a few things in mind when going through this detox procedure. It may be simple, but powerful forces are at work. What one experiences depends on their level of toxicity (everyone will be different). Those who are more toxic may need to start off slowly, using smaller doses of cilantro but the same amount of Pascalite. Signs of increased toxicity include headaches, nervousness, flu-like symptoms, or fever. Someone who has taken drugs much of their life could experience either the normal effects associated with those medications or any of their side effects. Any of these would be signs to slow down the detox. For some, it would definitely be better to detox for only one week three or four times a year rather than all at once.

In addition to soaking up toxins and removing them from the body, Pascalite has a tendency to clean the colon of excess mucus and debris. Don't be alarmed if you find this happening; it's a good thing. But if it's too much, simply reduce the dosage.

Finally, don't be surprised if you experience a permanent feeling of increased energy and well-being, or if any of the toxic symptoms mentioned earlier disappear. After years of suffering from the effects of toxin exposure, most people are amazed at how effective the poor man's chelation therapy can actually be.

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
- For Customer Service matters such as address changes, call 800-527-3044 or write to custsvc@drdavidwilliams.com
- To share stories about the ways *Alternatives* has helped you, send an e-mail to SuccessStories@drdavidwilliams.com
- To order nutritional supplements from Mountain Home Nutritionals, call 800-888-1415 or visit drdavidwilliams.com
- To order back issues or reports, call 800-718-8293
- To sign up a friend for *Alternatives*, call 800-219-8591
- Sign up for free e-mail dispatches at drdavidwilliams.com