

# Alternatives<sup>®</sup>

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

## Drugs Don't Prevent Disease, People Do

**T**he marketing skills exhibited by the pharmaceutical industry never cease to amaze me. These folks are good... really good.

Just when I thought I'd seen it all, they pull another trick out of their hat. For decades, the focus of the pharmaceutical firms has been selling cures. Prevention, by contrast, wasn't a concern. Prevention was simply some pie-in-the-sky concept that vitamin companies used to sell their worthless, unproven products to "health nuts."

Time and again, those in the Rx camp liked to say that taking vitamins, minerals, or other supplements to prevent a disease was a total waste of time and money. After all, it would be almost impossible to prove that a supplement could prevent a disease. Even if you could account for the hundreds of different factors that contribute to the manifestation of a disease, and the fact that everyone has different genetic and biochemical traits, it would take decades to prove that a supplement could actually prevent a disease from occurring. They also knew that prevention was a much harder concept to sell.

### How to Capitalize on Prevention? Let Big Pharma Count the Ways...

The promise of a cure is an easy sell. Once someone has a disease, they'll spend practically anything to get rid of it. Prevention is another matter altogether.

For reasons I've never understood, it's human nature to assume that bad things happen to "the other guy." We seem to be born with an inherent feeling of invincibility. It's the old "it won't happen to me" syndrome.

The only people interested in prevention are those who intimately know someone with the problem, or those who have been educated to realize they are susceptible to developing the problem. In the past, it was only the so-called health nuts who, through self-education, realized the importance of prevention. Basically the more informed on health matters one becomes, the more time and effort that individual will spend on prevention.

These concepts have finally struck a chord with the pharmaceutical industry. I suspect that this revelation was associated with the recent trend of pharmaceutical companies buying vitamin/supplement companies in the U.S. They quickly realized that education or, even better, the fear of developing a disease, could be a great motivator. And, in the end, there's none better at capitalizing on fear, spreading propaganda, and selling answers to problems than the pharmaceutical industry. As such, their newfound market for drugs has become the field of prevention.

From the time I was growing up, I remember the stigma attached to the use of drugs to treat psychiatric problems, mood disorders, or depression. Now, thanks to our pharmaceutically financed "education," the general public doesn't give a second



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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*

thought to the fact that millions of Americans are dependent on any one of dozens of mood-altering drugs. And, though it would have caused rioting in the streets just a few years back, school officials and even parents are asking that their unruly children be medicated daily with drugs like Ritalin.

With a little public education, courtesy of the pharmaceutical industry, it will be just as common—and accepted—in a few years to see people taking drugs *to prevent disease*.

It's obvious that at this point the pharmaceutical firms are going after the "low-hanging fruit." By far, one of the biggest health fears is that of developing cancer. Few people realize that more than 50 FDA-sanctioned clinical trials are underway, testing various drugs to be sold as products to prevent cancer. But, because most of these drugs are already on the market, the more "educated" doctors have already begun prescribing them to their patients for prevention purposes.

Pfizer's Celebrex, the nonsteroidal anti-inflammatory drug (NSAID) used to treat arthritis, is being prescribed in hopes of preventing colon and lung cancer. Merck's drug for treating prostate enlargement, Proscar, is being prescribed by some to purportedly prevent prostate cancer. Eli Lilly's osteoporosis drug, Evista, is being prescribed to ostensibly avert breast cancer. The list goes on and on, and will continue to grow.

## Get Back to Health Basics—by Taking Toxic Compounds for the Rest of Your Life

Each of these drugs comes with its own list of side effects, which will probably increase with long-term use. How can you weigh the potential risks of taking these drugs long-term with the possibility they may help prevent a cancer that

might never develop anyway? And we don't have any reliable markers that can tell us if someone will or won't develop cancer in the future. Currently known markers will only tell whether you already *have* cancer, or whether your *risk* is higher or lower than average. Therefore, there's no reliable way to say who might be able to reduce their risk of cancer by using these drugs and who might suffer needlessly from drug side effects. For example, although in one study it appeared that Proscar may have helped prevent prostate cancer, the drug also decreased libido and sexual potency. Even worse, those who did develop cancer while using the drug had an increased risk of developing the more deadly form of cancer. (*N Engl J Med* 03;349(3):215-24)

Not surprisingly, the U.S. Food and Drug Administration has taken a very favorable position on approving drugs for prevention, and most conventional physicians have been easily sold on the idea as well. After all, the rationale of the pharmaceutical companies certainly seems logical. You don't just wake up one day with cancer or some other disease; it is a process that evolves over time. It only makes sense to get involved in this process earlier to prevent the problem.

Prevention has been the key all along. Drugs, however, are not the ideal means to this end, nor should they even be considered as the first line of defense. The public's attitude toward the use of drugs is rapidly changing, but hopefully I'm not the only person who sees just how absurd it is to link the concept of prevention with drug use. While condemning the use of natural vitamins, minerals, herbs, and foods, the pharmaceutical industry is now suggesting that healthy individuals take known toxic compounds in an effort to *prevent* disease. These are the same

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prescription compounds that are inducing illness in millions and killing tens of thousands of individuals every year.

It's difficult to get a true handle on just how dangerous prescription and over-the-counter drugs are and how many deaths are caused by their use. The large majority of legal drug-induced injuries and deaths go unreported. Based on published studies, which emphasize that their figures are grossly understated, over 2 million individuals suffer serious adverse drug reactions each year. More than 100,000 of these adverse drug reactions are fatal. If the true figure were known, it would be several times that amount. (*JAMA* 00;284(4):483-5) (*Am Family Phys* 97;56(7))

### You Can't Force Balance and Harmony

We still don't understand the interactions among drugs, much less the effects of their long-term use, which will obviously be advocated when they are being used for disease prevention. Drugs force actions to occur within the body, which ultimately creates an imbalance. *This is in direct conflict with the universal truth that to achieve the highest state of health, and prevent disease, you must return the body to a balanced, harmonious state.* Achieving harmony and good health is a dynamic, ever-changing goal achieved by balancing the spiritual, mental, chemical, and physical aspects of life.

Unless you live in a perfect environment, perfectly balanced health is hard to obtain. Thank goodness our body has been designed to compensate for an imperfect world to a very large degree. Given the right circumstances, the body has the ability to repair and heal itself.

The United States has become one of the sickest, most drug-dependent, overweight, unhealthy civilizations in the history of mankind by straying from the simple, basic principles of good health. In the next few years, many in the pharmaceutical industry, the medical field, and the

government will be offering a seemingly simple solution to our problems. First, it will be pills that prevent cancer. More pills to prevent other diseases will quickly follow.

Don't be lulled into thinking that drugs are the way to prevent disease. Regardless of what you may hear, disease is not the result of a drug deficiency. Disease results when you neglect the basic laws of health, and circumstances get so far out of line that your body can no longer compensate for the neglect. The less-informed general public will take the bait and be victims for decades to come. Don't be one of them.

### Timing Is Everything

One topic that has always fascinated me has been the circadian rhythm, or the body's built-in biological clock. Practically all of the animals and plants on Earth run on this invisible 24-hour clock—give or take an hour, in the case of some individuals.

Although the research data seem to be poorly compiled, if you search hard enough, you'll find that hundreds of body functions have been linked to the circadian rhythm. Until recently, few people realized that this information could have any practical application. Over the years in this newsletter, I've shared many ways you could use this information to improve your health. Additional information has recently become available, and I think you'll also find it helpful.

### Go with the Flow

Circadian rhythms are not a new discovery. The Chinese diagnostic and healing technique of acupuncture has used much of this information for thousands of years. It's astounding that the Chinese were able to figure these things out without the benefit of blood or urine tests or many of the tools we now have at our disposal.



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I don't want to get too detailed about acupuncture here, but if you understand a few concepts associated with it, you'll be able to see why circadian rhythms can be a useful tool.

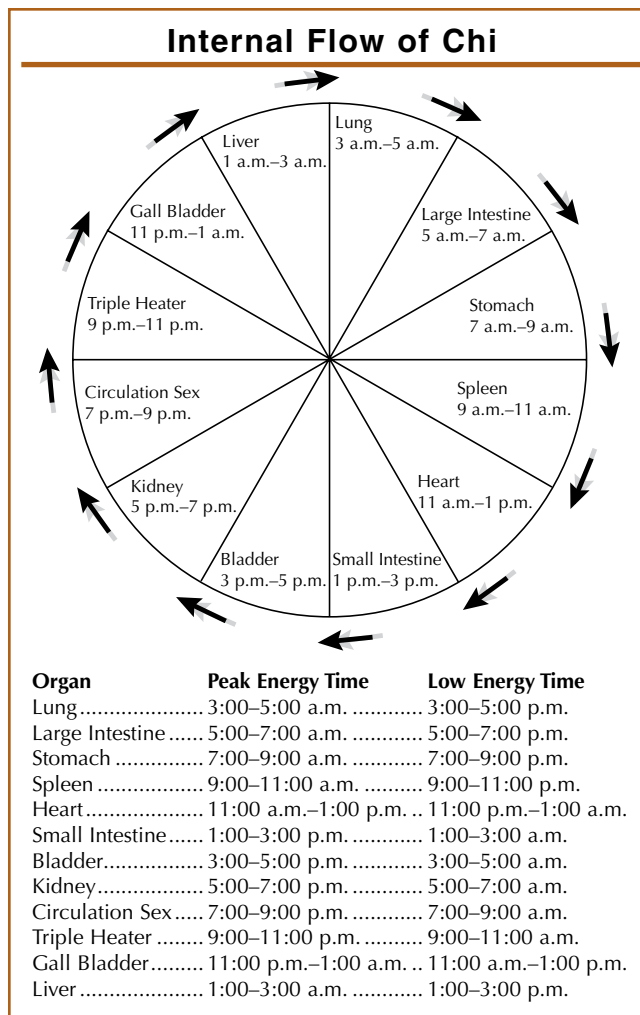
According to many types of Oriental medicine, an energy called chi (pronounced "chee") flows through every living thing. In the human body, chi flows along 12 main routes, or channels, called meridians. For purposes of illustration, picture chi as a ball of energy that enters one end of a meridian and continues along that meridian until it exits the other end, where it enters yet another meridian. This ball of energy keeps moving from one meridian to the next until it has passed through all 12, and then repeats the cycle. Chi takes two hours to pass through each meridian, and the entire cycle takes 24 hours.

Although a meridian always contains a certain amount of energy, its energy levels peak during the two hours the chi is passing through. Each meridian has its lowest level of energy 12 hours later. For example, in the following chart, you can see that the lung meridian has its peak energy from 3–5 a.m. every day. Its lowest energy level would be exactly opposite, from 3–5 p.m., when the bladder meridian would be experiencing its peak energy. (In acupuncture, this is called the Midday–Midnight Law.)

Practitioners of Oriental medicine knew that problems in various organs most often occurred when their energy levels were either at their highest or their lowest. Thousands of years later, researchers are beginning to find the same thing.

In the example above, the lung meridian has its peak energy from 3–5 a.m. Researchers have found that around 4 a.m., the adrenal hormones, adrenaline (or epinephrine) and cortisol, are at their lowest levels. These adrenal hormones are higher during waking hours to help regulate blood sugar levels, and are the same ones associated with the "fight or flight" mechanism. These hormones also relax the airways, making breathing easier.

From 4–6 a.m., when these airway-opening hormones are at their lowest levels, asthma attacks occur at a rate *100 times more often* than at any other time of the day. (*Medizinische Klinik* 85;80:44-47) Although there are numerous triggers for asthma attacks, research has shown that a high percentage of asthma sufferers experience breathing difficulties at night, and the majority of severe asthma attacks that result



in death occur between midnight and 6 a.m. (*Thorax* 75;30:300-315)

Based on these findings, doctors around the world have seen improved results when they have their asthma patients take steroid medications in the early afternoon and their theophylline in the evenings. (I'm not recommending that anyone change their medication routines without the guidance of their doctor. There are numerous forms of these medications, and they all work differently.)

## Put Asthma Problems to Rest

As part of an overall approach to asthma, it's very important to deal with the structural aspects of the body. Chiropractic adjustments to the upper thoracic region (the vertebra between the shoulder blades) can often stop attacks and restore proper nerve function to the airways.

Working in conjunction with circadian rhythms, you can greatly improve asthma problems by taking adrenal glandular supplements

before bedtime, during the night (if you get up to go to the bathroom), and upon awakening. (*Publisher's note: For a full discussion of glandulars, see Vol. 4, No. 17, November 1992.*) I would also recommend avoiding any sweet or high-carbohydrate snacks prior to bedtime. A snack like nuts, cottage cheese, cheese, or a small protein powder shake would be acceptable. These will help stabilize blood sugar levels and keep the adrenals from being depleted during the night. In the past, I have also suggested keeping a small drink consisting of 1 tablespoon cornstarch mixed with water next to the bed. Drink this either in the middle of the night or upon awakening. It will also help stabilize blood sugar levels and improve adrenal function.

Additionally, blood sugar-handling problems (hypoglycemia) and adrenal gland weakness (hypoadrenia) are very often contributing factors in asthma conditions. The peak time for asthma attacks also happens to be the time at which the body has been undergoing a “mini-fast.” As blood sugar levels drop during the brief fast that occurs during the night, the adrenals must release cortisol to help raise blood sugar levels to a healthy range. This is only another of the many good reasons for eating breakfast. I've outlined complete programs for strengthening the adrenal glands (*see Vol. 7, No. 2, August 1997*) and correcting hypoglycemia in past issues (*see Vol. 6, No. 6, December 1995*). If you're dealing with asthma, it's imperative that you review the information and put it to work. It will help correct the cause of the problem rather than just treat the symptoms.

I would also highly recommend regular use of the xylitol nasal wash, Xlear (pronounced “clear”). I have seen unbelievable results in asthma patients who have regularly used Xlear just before bedtime, upon awakening, and once or twice during the day. When Xlear is combined with the other suggestions I've outlined, it becomes a slam-dunk for dealing with asthma problems.

(This same program will often be a godsend for hay fever problems, including sneezing, runny nose, congestion, and all the other symptoms that commonly occur just after awakening in the morning. Many of these problems are more pronounced at this time because cortisol levels are at their lowest.)

Cortisol is one of the body's natural anti-inflammatory compounds. Individuals with arthritis pain that is worse upon awakening will generally benefit from taking their medication in the evening. This also applies to natural products associated with joint health.

## It's High Time to Do Away With an Aspirin a Day

Millions suffer from arthritis, and many of those who haven't had the foresight to switch to natural joint products are still taking over-the-counter and prescription NSAIDs. Aspirin is probably the mostly widely used NSAID. All of the NSAIDs erode the lining of the stomach and cause bleeding. And although most doctors still recommend these drugs, very few offer suggestions on how to minimize the damage.

Research on circadian rhythms shows that the time of day you take aspirin and other NSAIDs can have a dramatic impact on the degree of damage they cause to the stomach lining. Researchers found that patients who took aspirin at 10 p.m. had only half the stomach lesions compared with patients who took their aspirin at 10 a.m. (*Chronobiol Int 87;4:111-116*)

And while most people feel they need to take drugs as soon as they begin to feel pain, other studies have found the greatest amount of relief is obtained if the drugs are taken four to eight hours prior to experiencing any pain. Based on this information, I'm sure a lot more people who experience chronic pain could take these medications at night. (*Annu Rev Nurs Res 99;17:133-53*) (*Clin Pharm Therapeutics 85;37:77-84*) (*Annu Rev Chronopharmacol 84;1:345-348*)

As you probably know, I'm not a big fan of the regular use of aspirin. It can cause problems such as macular degeneration in addition to gastrointestinal bleeding, stroke, and ulcers. I know some of you still take it in an effort to prevent heart attack or on the advice of your doctor. I personally think it's good used topically to remove warts. And if you don't have access to a teaspoon of Tabasco or a capsule of cayenne (or 1/2 teaspoon of cayenne pepper in a glass of water), chewing half of an aspirin tablet at the first sign of a heart attack could help open the small blood vessels and lessen the damage.

If you insist on taking aspirin, try to do so at night and also take turmeric regularly to

help prevent G.I. tract bleeding. Several studies have suggested that 500 mg (approximately 1/8 teaspoon) to 1,500 mg per day is a good maintenance dose of turmeric. Penzey's Spices (phone 800-741-7787, online at [www.penzey.com](http://www.penzey.com)) sells turmeric in bulk quantities at reasonable prices.

NSAIDs other than aspirin, such as ibuprofen, naproxen, and ketoprofen, can also cause serious gastrointestinal bleeding, ulcers, and a long list of other problems, including liver and kidney failure. Again, I recommend they not be used, especially on a routine basis. There are natural solutions that are both effective and safe.

Also keep in mind that it may be possible to divide your daily dose of medication or natural supplement into several smaller doses and achieve a more prolonged and beneficial effect. And the split doses don't necessarily have to be the same. This is something you have to determine either on your own or with the help of your doctor (if we're talking about medications).

## Beware the Alarm Clock

The whole process of awakening from a night's sleep is fraught with potential problems. Blood chemistry changes rapidly. As your sympathetic nervous system kicks in, it triggers increases in cortisol, catecholamines, serotonin, renin, aldosterone, angiotensin, and free radicals. These restrict blood flow, increase blood pressure, and set the stage for more serious consequences.

Based on studies of the circadian rhythm, we know that the greatest risk of heart attack and stroke occurs in the hours just after awakening. Based on the chi chart (page 36), we can see that the peak energy level in the heart meridian occurs between 11 a.m. and 1 p.m. Research shows most cardiovascular events take place between 6 a.m. and noon. This has been substantiated throughout numerous studies. (*N Engl J Med* 85;313(21):1315-1322)

Researchers from Harvard Medical School reviewed more than 30 different studies over a 10-year period covering over 66,000 heart attacks. They found that 19,000 heart attacks, all of which resulted in sudden death, occurred during the morning. (*Am J Cardio* 97:79(11):1512-1516)

Blood pressure shoots up again, even more rapidly, when you get out of bed and begin moving around. An instant demand is placed on the heart, which in turn requires additional oxygen.

Platelets are stickier and more prone to clot and cause blockages in blood flow. If you're like the large majority of individuals in the U.S., you have some degree of atherosclerosis, or clogging of the arteries, which increases the risk of early-morning stroke or heart attack. Circadian research has found that more than half of all transient ischemic attacks (TIAs) also occur between 6 a.m. and noon.

I've discussed TIAs, or "mini-strokes," in the past. These involve the temporary blockage of blood flow to various parts of the brain. And while many of the problems they cause, including memory loss, dizziness, headache, and loss of balance, may be less severe than a full-blown stroke, they are only a sampling of what's ahead.

Heart disease is the leading cause of death in America, and stroke happens to be No. 3. So, if you do take aspirin, it would be better to take it in the evening. The same holds true for supplements designed to improve heart function, including additional amounts of vitamin E, coenzyme Q10, bromelain, cayenne pepper, garlic, green tea extract, tocotrienols, hawthorne, etc. Among other functions, these compounds increase parasympathetic nervous system activity, which is associated with promoting an increase in many heart- and circulation-friendly substances such as acetylcholine, dopamine, nitric oxide, endorphins, and various antioxidants. (*Biomed Pharmacother* 02;56 Suppl 2: 257s-265s) (*Vnitr Lek* 03;49(4):253)

(Heart Advantage contains many of the beneficial ingredients mentioned above, and for the reasons I've given here, I recommend that Heart Advantage be taken with the evening meal. Mountain Home Nutritionals will be updating the label to reflect this recommendation.)

Many of the above supplements improve heart function and circulation by decreasing the "stickiness" of platelets and providing protection from inflammation and free radicals. As you may recall, certain components in red wine provide similar benefits. This, in part, helps explain why a nice glass of red wine with the evening meal can help prevent heart problems.

Most supplements, as well as medications, also tend to remain in circulation longer when taken in the evening. Metabolism is slower. Fluid consumption and loss is lower, and kidney function is decreased, so these compounds are not

being removed from the body as quickly. Taking supplements and medications in the evening helps ensure that their levels are higher in the waking hours, when protection is so crucial.

Also, if you're thinking that staying in bed longer will lessen your risk of heart attack or stroke...it's a nice thought, but it won't help. Studies have shown that these problems are greatest within the first few hours of awakening, not necessarily at any particular hour on the clock. It just so happens that most people get up pretty close to the same time.

Though adjusting the times at which you take certain supplements may seem like an insignificant step, it isn't. Anything that can help lower your risk of heart attack or stroke should be taken seriously.

### Keep Your Digestive Tract Ticking Around the Clock

If you look back at the acupuncture chart, you can see that the peak energy level for the stomach occurs from 7–9 a.m. There have been numerous explanations for this. One explanation is that breakfast is the most important meal of the day. By sending the peak amount of energy (in the form of food) to the stomach at that time, digestion, absorption, and energy levels are all improved. Unlike the other organs we've looked at so far, most of the problems with the stomach occur when its energy level is at its lowest.

Everyone knows that the stomach secretes digestive acids with every meal, but few realize that from 10 p.m. to 2 a.m., it secretes two to three times more acid than at any other time. Why this occurs is still somewhat of a mystery. Some researchers think it may be part of a cleansing process that helps destroy any residual pathogens. No one is sure. What is certain is that nighttime acid production causes a great deal of distress for many people, particularly older adults.

Nighttime heartburn, or gastroesophageal reflux disease as it is often called, occurs when acid, which should remain in the stomach, "leaks" into the esophagus.

The digestive juices created in the stomach and liver tend to be very caustic. Fortunately, the lining of the stomach is normally able to protect itself from these juices by secreting a protective mucus shield. But the tube leading from the mouth to the stomach—the esophagus—doesn't have these protective mechanisms. Continued

exposure to these caustic acids can lead to ulceration, adhesions, and possibly even cancer. Constant exposure can also cause a migration of the protective cells into the esophagus, a condition called Barrett esophagus. BE greatly increases the risk of esophageal cancer.

At the bottom of the esophagus, where it attaches to the stomach, there's a small circular band of muscle that separates the two. It could be compared to a rubber band that relaxes to let food pass into the stomach but tightens afterward to keep the acids and digesting food from moving back up into the esophagus. Several things can adversely affect the ability of this muscle to function properly.

From a mechanical standpoint, sometimes part of the stomach actually pushes up through the diaphragm, the muscle that surrounds the "rubber band." It happens at the hole where the esophagus normally passes through. This is referred to as a hiatal hernia. A hiatal hernia can result in reflux because the diaphragm helps close off the cardiac sphincter, the barrier between the stomach and the esophagus. (This is the "rubber band.") I discussed this in the very first issue of *Alternatives*, Vol. 1, No. 1, along with the way to easily correct such problems. This is the very first thing you should check if you're experiencing acid reflux.

Other suggestions such as not eating late meals or immediately before bedtime will often help, as will using blocks or bricks to raise the head of your bed 4–6 inches.

Circadian research has also found that taking a single evening dose of a medication that decreases acid production is more effective than a morning and evening dose or divided doses throughout the day. (*Am J Gastroenterol* 95;90(2):254-8) (*Chronobiol Int* 99;16(5):641-62) (*Chronobiol Int* 95;12:267-277) (*Chronobiol Int* 98;15(3):241-64) (*Aliment Pharm Thera* 98;12:1235-1240)

I have found that including digestive enzymes or enzyme-rich foods, such as a slice or two of pineapple, with the evening meal can also help. By improving or speeding up the digestive process, there is less chance that acid-laden undigested foods will later seep into the esophagus.

The natural solution to ulcers, deglycyrrhizinated licorice root (DGL), can also be effective in these cases if taken shortly before bedtime. It can also be used throughout the day if needed.



Enzymatic Therapy makes a chewable DGL product called—you guessed it—DGL. This is available at most health food stores and a number of Internet retailers.

And make sure you keep a glass of water next to the bed. A quick drink in the middle of the night will help flush any stray acids back into the stomach.

As an interesting side note, many asthma sufferers also have problems with acid reflux. The coughing and gagging that can occur when acid enters the esophagus will oftentimes allow small amounts of acid to enter the airways, which results in an asthma attack. Dramatic changes in asthma problems are often seen after the correction of gastroesophageal reflux disease.

### More Time-Tested Therapies to Come

Scientists have only scratched the surface when it comes to circadian rhythm research. Over the last 10 years, I've noticed far more interest in the topic. Unfortunately, it will take decades before most doctors implement any of this new research into their treatment routines. In June 1990 (Vol. 3, No. 12), I discussed the dramatic difference in outcomes that was observed when breast cancer surgery was timed to coincide with certain phases of the menstrual cycle. Since that initial report was published, there have been probably a dozen more studies that fully support that research. Even so, very few breast cancer surgeons time their patients' surgeries to their menstrual cycles. (*Lancet* 89;2:949-952) (*Am J Surg* 98;104:245-261) (*Cancer* 99;86(10):2053-8)

Much of the problem can be traced to the fact that although our body lives and works on a continuous 24-hour cycle, our external world exists

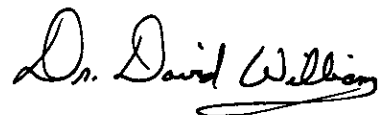
primarily during daylight hours. I can't imagine many hospitals or doctors scheduling a patient's surgery at 2 or 3 a.m. because new research indicates the success rate will be higher.

The field of circadian research, chronotherapy, body clock rhythms, or whatever you want to call it, can provide valuable insight into how we help restore and maintain our health. I find it fascinating, and I'll continue to pass this type of highly useful information along as it becomes available. Getting your doctor to help guide you in these areas, however, may be a different matter. Unfortunately, we seem to have been left to fend for ourselves for now.

On a positive note, a few cancer clinics have begun to realize that the timing of various medications and therapies can make a dramatic difference in the outcome of the treatment. For more information on chronotherapy and cancer treatment, I suggest visiting the Web site [www.rpi.edu/~hrushw](http://www.rpi.edu/~hrushw). (If you don't have access to a computer, your local librarian should be able to help you.)

My feelings about chronotherapy are very similar to my feelings about microsurgery. In the future, both will be considered routine. Decades from now, people will look back and wonder why on so many fronts we were so advanced yet in the field of medicine we were still so barbaric. Using proven techniques like microsurgery and well-studied treatments based on chronotherapy would save millions of lives, reduce medical costs, and alleviate untold amounts of suffering.

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 a story about the way *Alternatives* has helped you, send an e-mail to [SuccessStories@drdavidwilliams.com](mailto:SuccessStories@drdavidwilliams.com).
- To learn how you can qualify for professional pricing and resell Mountain Home Nutritionals supplements to your patients, call 800-539-8211.
- 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 800-718-8293.
- To sign a friend up for *Alternatives*, call 800-219-8591.
- Sign up for free e-mail dispatches at [drdavidwilliams.com](http://drdavidwilliams.com).