

# Alternatives®

## FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

## An Irish Coffee in Time Saves 80

Stroke has become the third leading cause of death in the United States and the most common cause of disability in adults. A stroke now occurs in this country every 45 seconds. It's important to know about every tool or technique that can be used safely to effectively limit stroke damage.

Studies indicate that stroke damage can be reduced by as much as 80 percent when an experimental drug called Caffeinol is administered within two hours of a stroke. This confirms earlier reports of the drug's effectiveness in animal studies. (*Stroke* 03;34:1246)

This drug is still under investigation, but it doesn't appear to have any side effects. This is probably because Caffeinol is primarily a combination of caffeine and alcohol, two of the most commonly consumed drugs on the planet.

The study found that neither component on its own had the ability to limit the damage from a stroke, but in combination they worked very well. When the drug was given for two weeks prior to the stroke, however, its protective effects were lessened.

### Miracle in a Flask with a Cuppa Joe

Based on the content and dosages of the drug, similar protection could be achieved by consuming two or three cups of strong coffee and a cocktail. It seems the ideal drink to have within two or three hours of the onset of a stroke would be an Irish coffee. I'm sure it would be far less expensive than a dose of Caffeinol. Although this may seem a little strange, I'm very serious about the Irish coffee. Anything you can do to

reduce stroke damage by 80 percent, particularly after it has occurred, is nothing short of miraculous. I am not a coffee drinker, but in this case, I would make an exception. Just so you'll have it in one place, here are the directions for making Irish coffee in the event it ever becomes necessary. Obviously, the sugar and whipped cream would not be used in an emergency.

#### Traditional Irish Coffee

2 cups strong black coffee

1 Tbsp. sugar

2 oz. Irish whiskey

Stir well; top with whipped cream.

There are a couple of other important points from this study. Taking alcohol alone actually made the stroke damage worse. The alcohol has to be combined with caffeine. The exact dosages haven't been established, but what

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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



## NEWS TO USE FROM AROUND THE WORLD

### Sedate the Parents First

SAN FRANCISCO—Doctors have found that treating certain acupuncture points on mothers' ears has a calming effect on their children about to undergo surgery.

The amount of anxiety a child undergoes during periods of uncertainty and stress can often be related to how his mother reacts. Dr. Shu-Ming Wang, a professor of pediatric anesthesiology at Yale University, reported on this study recently at the annual meeting of the American Society of Anesthesiologists. He designed the study to determine if calming the mother with acupuncture techniques could help ease the fears of the child. Using a natural technique seemed far superior to the use of drugs, which might impair a mother's judgment when critical decisions might need to be made.

Dr. Wang used auricular (ear) acupuncture on 67 mothers whose children, ages 2 to 7, were being induced for surgery. Thirty-four of the women were treated on active acupuncture points, and 33 were treated on sham points. All of the mothers accompanied their children into the operating rooms and remained there while the children were placed under anesthesia. The treatment took place about half an hour before the children were to undergo surgery.

The levels of anxiety in the mothers and children were determined through a series of valid behavioral measurements. Dr. Wang found that not only was the stress and anxiety reduced in the mothers, but it was also significantly reduced in the children, both upon entering the operating room and when given the anesthesia mask.

Lowering the levels of stress and fear prior to surgery has been shown to have a major impact on the ultimate outcome of an operation. You can imagine the increased fear a child experiences when the parents are overly anxious or outwardly nervous before a procedure.

As an added plus, Dr. Wang found that the anxiety levels of the treated mothers remained lower even following the surgery, which enabled them to provide better care to their children during the recovery and healing phases than if they were on medication.

### Get to the point

In this study Dr. Wang used "press needles" to treat the acupuncture points on the ears of these mothers. Press needles resemble small, flat thumbtacks that, once pressed into the acupuncture point, are held on by tape. Although these small needles actually puncture the skin, based on my experience, I see no reason why the same effect couldn't be achieved simply by

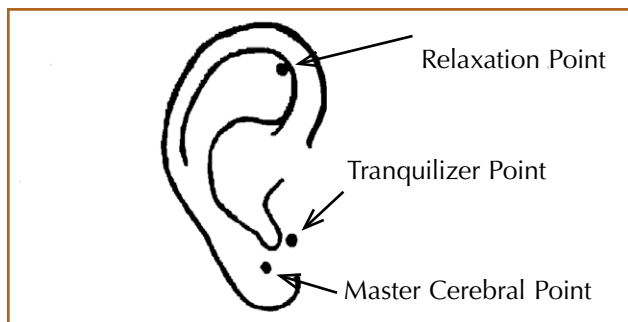
applying pressure to these points. Dr. Wang has confirmed this and told me he hopes to start providing workshops for interested doctors.

As I've discussed in the past, auricular acupuncture is a very useful tool that you can easily and safely use for many types of health problems. The ear acts much like an antenna or switchboard. When certain points are treated, they trigger electrical nerve impulses from the brain to specific parts of the body.

In the drawing below, I've shown the three points used by Dr. Wang to help reduce anxiety levels. You can treat these points by using any dull, pointed object such as a nonworking ballpoint pen or a paper clip. To treat the point, apply moderately firm pressure in a circular motion for 15 to 20 seconds on each point in succession. Repeat every 20 to 30 minutes.

A more convenient method of treating an auricular point is to use "ear pellets." These are small, BB-like silver or gold balls attached to a very small piece of tape. They are sold at acupuncture supply houses or through the mail by numerous companies. One supplier is Health Point Products in New Hyde Park, N.Y. They sell ear pellets and ear press seeds at reasonable prices (\$4.50–\$5.00 for 100 pellets or seeds). However, a minimum order of \$25 is required. You can order from them on the Internet at [www.thpi.com](http://www.thpi.com) or by phone at 888-684-5575.

You simply clean the area to be treated with alcohol and place the pellet against the point; the tape will hold it firmly in place. The pellet is then changed every two to three days and repeated as needed.



### Take Four, Don't Call Me in the Morning

OSLO, NORWAY—The results of a new study have once again shown that the elderberry extract in Sambucol can be very effective in decreasing the duration of flu. The study data have been released for future publication in the *Journal of Internal Medical Research*.

## NEWS (CONTINUED)

Fifty-four patients with verified type A flu and 60 with type B were given either a placebo or Sambucol four times a day for five days. Those on the elderberry extract recovered in 3.1 days, compared to 7.1 days for those given the placebo. The research was carried out at the University of Oslo School of Medicine. (The elderberry extract used in Sambucol is the same as that used in Elderberry Advantage. Nature's Way Sambucol is carried in most health food stores. Elderberry Advantage is available from Mountain Home Nutritionals, 800-888-1415; ask for item #EA04.)

### Loosen Up for a Change

BROOKLYN, NEW YORK—Years ago, I discussed the fact that wearing bras for long periods of time (particularly 24 hours a day) increased the risk of developing breast cancer. And, by now everyone knows that bikini underwear and “tighty whities” on men can induce sterility. It all has to do with circulation. In the former case, bras restrict the circulation, or flow, of lymph. In the latter case, blood flow is restricted, and excess heat builds up. In both cases, the problem is easily solved.

I have to admit that none of the above are on my list of favorite clothing, but my least-favorite item of cloth-

ing has always been the tie. In my book, it has absolutely no useful function whatsoever. New research even indicates it can be hazardous to your health.

Researchers at State University of New York Downstate Medical Center evaluated the results that neckties had on intraocular pressure (the pressure of fluid within the eyeball). They enrolled healthy men and 20 men with glaucoma. They tested the pressure first with an open-collar shirt, then three minutes after donning a tie, and again three minutes after loosening their ties.

Sixty percent of the men with glaucoma and 70 percent of the healthy men experienced a significant increase in intraocular eye pressure after wearing the tie for only three minutes. The increases ranged from more than 2mm Hg of pressure to over 4 mm Hg.

The researchers concluded that overly tight neckties can definitely affect eye health, interfere with the treatment of glaucoma, and possibly even increase the risk of developing glaucoma. (*Br J Ophthalmol* 03;87(8):946-8)

I really didn't need another reason to avoid wearing ties, but it's nice to have one associated with health reasons.

(Continued from Page 57)

I've suggested is close enough that we know it works. Also, the treatment didn't appear to work as well in animals when they were exposed to alcohol on a daily basis. However, the daily consumption of caffeine didn't appear to limit the effectiveness when the two were given together following an induced stroke.

Alcohol opens up blood vessels, and caffeine is known to increase blood flow. Both exert their effects quickly, and together they appear to be an excellent combination to prevent stroke damage.

This is one technique that you must put to use immediately and correctly if it's going to be of any help. I think it would be a bit naïve at this point to expect that EMS technicians or hospital

and emergency room personnel will routinely begin to offer Irish coffee to suspected stroke victims. It's something you and your family will need to remember and be able to do quickly on your own if the need arises.

Keep in mind that stroke symptoms are not always dramatic and sudden in onset. Subtle signs you should be aware of include dizziness, dim or blurred vision, numbness or tingling in the mouth or cheeks, weakness in the legs and arms, headache in the back of the head, and nausea and vomiting. The quicker you're able to react, the less brain damage will occur, and the quicker the rehabilitation should be. Even if you're wrong and it turns out not to be a stroke,



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the risks from an occasional Irish coffee are pretty small.

## Non-Alcoholic Alternative: Cranberry

There's an indication that the juice from cranberries can also help protect or reduce the damage from stroke. Research in this area is still preliminary but very useful just the same.

At the 226th national meeting of the American Chemical Society, researchers presented evidence that cranberry juice extract could cut brain cell death from stroke in half compared to cells that didn't receive the extract. The study involved animal brain neurons that underwent a simulated stroke situation. First, oxygen and glucose were cut off, and then the neurons were exposed to hydrogen peroxide to simulate reperfusion, the damaging process that occurs when blood flow resumes and the cells are exposed to increased amounts of oxygen and excess levels of highly reactive oxygen free radicals.

Obviously, much more testing is necessary, but even before that happens we know cranberries are a rich source of anthocyanins, which are potent antioxidants that can help limit stroke damage. Blueberries are another fruit high in anthocyanins, and similar studies have shown they can also help protect against stroke damage.

This study was funded largely by the Cranberry Institute, which is obviously looking for ways to increase the market for cranberries. However, I don't believe this support affected the study's outcome.

An interesting side note: Most people don't realize that cranberries are one of the few fruits native to the United States. Unfortunately, about the only time you see or hear about cranberries is around Thanksgiving. I wish there were more ways to enjoy the fruit other than as a sugary sauce during the holiday.

It would also be nice to see forms of cranberry juice that aren't so heavily sweetened with sugar and artificial sweeteners. Dried cranberries are very tasty and can now be found in many health food stores and supermarkets, but you still have to watch the sweeteners, and I don't think their activity would be as strong as the fresh or frozen varieties. I'll try some home juicing experiments

with the fruit. Maybe sweetening the juice with xylitol would work. In the meantime, just remember that cranberries, cranberry extract, and cranberry juice are items that could also help limit stroke damage when consumed either before or for several hours after the onset of the symptoms.

## Constraints That Lead to Freedom

If you or someone you love has already suffered a stroke and "permanent" damage or loss of function, it will obviously be too late for Irish coffee or antioxidants from cranberries. Even so, by taking advantage of how your brain works, there's a very good chance that you can regain much of the lost function, even if it has been years since the stroke occurred.

Immediately following a stroke, areas of the brain that are injured stop sending nerve impulses to various parts of the body. For a period of time, for example, this keeps the stroke victim from being able to move his or her arm, leg, or other part of the body. During this time, the victim stops using that limb and begins to use the opposite one. They "learn" not to use that part of the body because it just doesn't work or because using it causes pain or embarrassment. This "learned non-use" is reinforced by two factors:

- 1) The areas of the brain that control these limbs remain largely unused and unchallenged, so neurological connections begin to deteriorate and shrink; and
- 2) Physical therapists and doctors often feel that continued therapy won't lead to any further improvement. The general attitude has been that little, if any, additional improvement can be obtained six months to a year following a stroke.

But research has shown that, under the right circumstances, the brain can establish new pathways, which can restore a substantial portion of the lost motor ability. Some therapists are utilizing a rehabilitation technique called constraint-induced movement therapy (CI Therapy), which helps the brain relearn the movements lost due to stroke damage. I touched on this topic almost two years ago (September 2002, Vol. 9, No. 15), but it has been very slow to catch on among therapists and rehabilitation professionals. I think it's important to touch on this subject again, because the message doesn't seem to be getting out. Many individuals have



been told they will have to learn to live with their disability for the rest of their lives rather than being given the opportunity of regaining any use through CI Therapy.

One of the primary reasons it hasn't been implemented on a widespread basis is the fact that it takes a great deal of time to administer. Conventional stroke therapy usually involves sessions of 30 minutes to an hour three times a week. This may go on for weeks or even months. CI Therapy lasts as long as six hours a day each day, though the treatment only lasts for a two- or three-week period, depending on how severe the impairment is.

After improvement has totally stalled with conventional therapy, patients who then undergo two weeks of CI Therapy have been able to resume dressing themselves, brushing their teeth, combing their hair, and even writing checks with their affected arms. The amount of change seen with CI Therapy is very often significant and dramatic. It can be life-changing, to say the least.

In a nutshell, CI Therapy forces the brain to form new pathways or re-establish those that were shut down by the stroke. The brain re-learns how to use the limbs and muscles that were affected. The therapy for the arm involves constraining the good hand in a mitt; in this way, the patient is forced to use the weaker one. Then, for six hours a day the patient works on using the affected arm. CI Therapy treatment specialists use a technique called "shaping," in which larger movements and goals are broken down into tiny, attainable steps. For the leg, no constraint is used, but as with the arm, the training is intensive. The whole process obviously takes great patience, effort, encouragement, and praise. But the results of this work over just a two-week period have the ability to return function that has been lost for years to the affected appendage. It's not the effectiveness of CI Therapy that has limited its use. Unfortunately, the problem is that most clinics and therapists don't want to work with one patient for six hours a day.

The clinic that originally developed CI Therapy and has been in the forefront of its use is the Taub Therapy Clinic at the University of Alabama at Birmingham. For information on their two- and three-week programs, call 866-554-8282.

Most therapists and rehabilitation professionals I've spoken with are vaguely familiar with CI Therapy but think it is more of a research project that needs to be perfected. The fact of the matter, however, is that people are consistently improving and eliminating stroke-related disabilities, *no matter how long they've been affected*, using CI Therapy. It's no longer just a theory. As scientific studies have shown, it works.

## Commercializing Childhood

In case you haven't heard, the latest research shows that nicotine is just as effective as Ritalin, if not more so, in treating the symptoms of attention deficit hyperactivity disorder (ADHD). It's been suggested that this explains why children with ADHD are twice as likely to smoke as those without the problem. Apparently, they are "self-medicating" in an effort to correct the problem.

The study was conducted at the University of Vermont's Clinical Neurosciences Research Center and was recently reported to the Society for Biological Psychiatry. The use of nicotine patches was compared to the use of Ritalin and a placebo in children and teenagers with diagnosed ADHD. Those given the nicotine were able to stay focused on the tasks at hand better than those on Ritalin or the placebo.

While the researchers admit that nicotine can be effective, they also realize that the doses of nicotine needed to obtain these positive effects are high enough to cause other problems. I was informed that they are now working with a pharmaceutical firm specializing in nicotine therapies to develop a drug that works like nicotine, without the side effects. Unfortunately, using nicotine or drugs to treat problems like ADHD is a prime example of trying to correct a problem by treating the symptoms instead of the problem itself.

## ADHD Up in Smoke

In the past, I've discussed the relationship of ADHD to blood sugar-handling problems. To correct ADHD, one has to address the diet, the underlying hypoglycemia (low blood sugar), and the weak or poorly functioning adrenal glands. Most doctors and parents refuse to believe there's

any relationship between ADHD and blood sugar. Obviously, it's easier to take a pill like Ritalin than it is to cut out sugar and make the other necessary changes to the diet. No one will admit it, but the fact that nicotine improves ADHD is only further proof of the connection between ADHD and the adrenal glands.

Nicotine is a very addictive drug that enters the body very easily. It reaches the bloodstream quickly either directly through the skin or through the mucous membranes of the nose and mouth or through the lungs. Once nicotine is inside the body, several events begin to take place.

First, nicotine triggers the sudden release of various "stress" hormones from the adrenal glands, particularly epinephrine (adrenalin). These, in turn, increase blood sugar levels, blood pressure, respiration, and heart rate. This makes one more alert and helps explain why ADHD children become more focused when given nicotine.

Second, nicotine suppresses the output of insulin. This allows glucose to remain at higher levels in the bloodstream, making more of it available to the brain. This contributes to the ability of ADHD children to perform and think better. Due to the nicotine in cigarettes, chronic smokers tend to always be slightly hyperglycemic—as long as the adrenal glands and pancreas continue to function properly.

Indirectly, nicotine causes the release of the compound dopamine in the brain. The area of the brain where dopamine is increased (the nucleus accumbens) just happens to be the area that controls pleasurable sensation. The feeling of pleasure experienced by smokers comes from increased dopamine in this area. Unfortunately, this is also the area of the brain that can, and does, become addicted to such stimulation, not only from nicotine, but also from drugs like cocaine and heroin. It shouldn't come as any surprise that ADHD adolescents experience more difficulty quitting cigarettes than smokers in general. They also are more inclined to use other addictive substances.

### **Pills for Zombies**

There's no telling the number of physical and social problems we could solve by concentrating on correcting the diet of future generations. Instead, we seem to be hell-bent on classifying all the problems they're experiencing due to

poor diet, a lack of exercise, a lack of direction or discipline, or all three into medical problems that require drug intervention.

A couple weekends ago, I spent several hours with an executive of one of the largest pharmaceutical companies. What I learned was shocking. The pharmaceutical industry has now focused much of its efforts on developing drugs for younger children and teenagers.

They feel that pharmaceutical drug use in children is one huge, "untapped" market with billions of dollars of potential sales. And now that the Food and Drug Administration allows pharmaceutical companies to market directly to consumers, it's a "no-brainer" that advertising to parents is the way to reach the market. I suspect we'll begin to see dozens of advertisements where children are exhibiting "ideal" behavior thanks to some new medication. Parents will finally have an easy, acceptable solution for turning their children into loving, responsible, well-behaved, honor-roll angels.

The use of nicotine or nicotine-like drugs on ADHD is just a small sampling of what you can expect to see in the next few years. An even bigger push will be on drugs to deal with our epidemic of childhood obesity. It's just a matter of time before we begin to see diet pills and other diet aids for children. There are already psychiatric drugs in the pipeline designed to help children deal with the stress of being overweight. And, of course, we'll need more child-size doses of drugs to treat the associated diabetes and heart disease, both of which have already begun to show up in young children. Somewhere along the way we've obviously lost sight of the bigger picture. Our society has allowed the future health of our children to be traded for a short-term boost in profits to the pharmaceutical industry.

## **Glory Be! Another Source for Bee Products**

Last month I wrote about propolis, bee pollen, royal jelly, and other bee products. One additional source I neglected to mention for these items is GloryBee Foods. They have an excellent, well-priced line of products. For a catalog or information, contact them through

their Web site, [www.GloryBeefoods.com](http://www.GloryBeefoods.com), or at 800-456-7923.

I particularly like their Willamette Valley bee pollen granules. It's some of the best bee pollen I've ever tasted.

## Remedies for Skin of a Different Color

New research has found that Ginkgo biloba extract can help reduce the spread of vitiligo.

Vitiligo is a genetic skin disorder in which patches of skin lose their pigmentation and become lighter than the surrounding skin. Hair in the area may also turn lighter. What actually triggers the problem isn't totally understood. The only medical treatment is the use of topical steroid creams, which have only limited success and come with a long list of side effects.

In the above study, 47 adults with slow-spreading vitiligo were given either a placebo or 40 mg of Ginkgo biloba extract three times a day (total daily dosage of 120 mg). The progression of the vitiligo was halted in 80 percent of those taking the ginkgo, compared to 36 percent of those on the placebo. Additionally, marked or complete re-pigmentation occurred in 40 percent of those using ginkgo, compared to less than 10 percent in the placebo group. Also, in those individuals where the vitiligo was restricted to the face, the ginkgo halted its progression in every case but there was no such result in the placebo group. (*Clinical Experimental Dermatology* 03;28(3):285-87)

Although some cases of vitiligo seem to resolve on their own, the majority of individuals with the problem aren't so lucky. They are forced to resort to using covering makeup and, often, topical steroidal creams. Ginkgo offers a safe alternative to stop its progression, and, in some cases, helps with re-pigmentation.

Another herb, grown in the Himalayan mountains, can also be used to help re-pigment the skin. *Picrorhiza kurroa* (also known as Kutki or Katki) has been used in Ayurvedic medicine to treat digestive disorders, liver problems, and asthma. It has been used in India for thousands of years and is considered very safe. Preliminary

research indicates it can also be effective with vitiligo-related de-pigmentation. The powdered root of the herb is used at daily dosages of 400 mg–1,500 mg per day. The only reported side effect some people experience from the herb is occasional loose stools.

*Picrorhiza kurroa* is practically unheard-of in this country and not that readily available. It is marketed as an extract by Nature's Herbs under the name Picroliv, which you may be able to find in your local health food store. If you don't mind dealing with the bulk powder, which is far less expensive, it is available from Bazaar of India Imports (Web site [www.bazaarofindia.com](http://www.bazaarofindia.com); phone 800-261-7662). They sell 1 pound of loose kutki powder for \$29.75 plus s/h, and also sell kutki in capsule form.

## Chocolate: Still No Health Food

For some reason, about this time each year, my oldest son, Mason, seems to develop a craving for hot chocolate sprinkled heavily with cinnamon. As you might suspect, his mother and I are pretty strict when it comes to sweets, and only occasionally does he get to satisfy this craving. The latest research indicates that there may be more to his craving than just an attempt to satisfy a "sweet tooth." It may be an unconscious effort to help increase insulin levels.

Researchers at the University of Sydney recently informed me that eating foods flavored with cocoa powder has been found to stimulate the production of insulin. Investigator Jennie Brand-Miller reported on research she and her colleagues performed on 11 adults. Each was fed two forms of the same food (breakfast cereal, flavored milk, ice cream, pudding, bars, and cake). One form contained cocoa powder, and the other used a different flavor such as vanilla or strawberry. Blood samples were drawn from each participant, and concentrations of insulin and blood sugar were determined prior to consumption of the food and within two hours afterward.

The chocolate-flavored foods increased insulin concentrations in the blood by at least 28 percent when compared with the same foods in different flavors. Blood sugar levels increased the same, regardless of the food being used, so it was

obvious that the cocoa was responsible for the insulin increases. (*J Nutr* 03;133(10):3149-52)

Until further research is completed I don't think anyone knows exactly what this new research means. On one hand, a spike in insulin levels from cocoa might be harmless and totally normal. On the other hand, the sudden spike might cause a more dramatic drop in blood sugar levels, which would then stimulate the appetite and increase subsequent food intake.

### Spike It with Cinnamon

If you're going to have that occasional cup of hot chocolate, adding cinnamon may be a way to help stabilize any insulin spikes. One recent study at the NWFP Agricultural University in Peshawar, Pakistan, found that as little as ¼ teaspoon of cinnamon daily could help lower blood sugar levels, triglycerides, and LDL cholesterol in those with type 2 diabetes. (*Diabetes Care* 03;26(12):3215-8)

Based on all the previous positive research on cinnamon (and its taste, of course), I routinely add ½ to 1 teaspoon to my morning protein shake. It's an excellent, inexpensive, and tasty habit. You might also like it in your hot chocolate.

### Research for Chocoholics

Around every holiday there seems to be a flood of new research about the health benefits of chocolate. Although I never have cared for chocolate, if it turns out to be a healthy treat, it would be a Godsend to millions of "chocoholics." By the way, if you have severe chocolate cravings and would like to rid yourself of them, you might want to try increasing your magnesium intake. Often, this alone will help take care of the problem.

Just keep in mind that it's the cocoa component of chocolate that appears to produce the health benefits and not the other ingredients

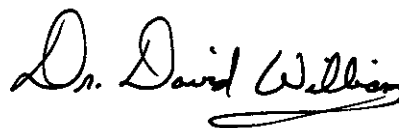
that usually accompany it, such as sugar and fat. (A 1-cup serving of cocoa contains just a third of a gram of fat compared with 8 grams of fat in a standard-size chocolate bar.)

One of the latest positive studies, conducted by researchers in Korea, found that a serving of cocoa powder exhibited significant antioxidant properties. Two tablespoons of the powder—approximately the amount in a single-serving package of instant hot chocolate minus the sugars, fats, etc.—exhibited twice the antioxidant capability of a serving of California red wine (140 mL, or almost 5 oz.). It also had two to three times the antioxidant activity of green tea and four to five times that of black tea (each cup made from a 2-gram tea bag). (*J Agri Food Chem*, Dec. 2003)

An earlier study found that chocolate contains the type of fat that helps your body burn rather than store fat—conjugated linoleic acid, or CLA. Unfortunately, at the levels contained in chocolate candy, you'd have to eat about 10 pounds of candy per day before the CLA levels were significant. (CLA supplements are available from most health food stores. Mountain Home Nutritionals also sells Tonalin CLA. To purchase Tonalin from MHN, call 800-888-1415; request item #TN31.)

There are other studies supporting the antioxidant abilities of cocoa, but most people in the U.S.—or anywhere else, for that matter—don't consume unsweetened, raw cocoa powder. If you're going to eat chocolate, don't do so under the pretense of improving your health. If, however, you develop or discover a truly healthy cocoa-based drink (maybe one sweetened with xylitol), I'll be happy to pass the word along.

Take care,



If you have questions or comments for Dr. Williams please send them to the mail or email addresses listed to the right. Of course, practical and ethical constraints prevent him from answering personal medical questions by mail or email, but he'll answer as many as he can in the Mailbox section of *Alternatives*. For our part, we'll do our best to direct you to his issues, reports, and products related to the subject of your interest.

Here's how you can reach us:

- To send in Mailbox questions or Health Hints, write to P.O. Box 61010, Potomac, MD 20859-1010 or [mailbox@drdavidwilliams.com](mailto:mailbox@drdavidwilliams.com)
- For Customer Service matters such as address changes, call 1-800-527-3044 or write to [custsvc@drdavidwilliams.com](mailto:custsvc@drdavidwilliams.com)
- To get important information between issues, sign up for email dispatches at [drdavidwilliams.com](http://drdavidwilliams.com)
- To order nutritional supplements from Mountain Home Nutritionals, call 1-800-888-1415 or visit [drdavidwilliams.com](http://drdavidwilliams.com)
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