Alternatives
FOR THE HEALTH-CONSCIOUS INDIVIDUAL
March 2004 Volume 10, No. 9

Magnetically Attractive Healing


Dr. David G. Williams

My dad turned 81 in October, and my two oldest kids, Mason, 9, and Meagan, 11, found a t-shirt they thought would be a funny gift. While Dad is not one to complain about the various problems that often accompany aging, it's easy to detect some periodic frustration, to say the least. The t-shirt carried the following message:

The Golden Years Have Come at Last
I cannot see,
I cannot pee,
I cannot chew,
I cannot do.
My memory shrinks,
My hearing stinks.
No sense of smell,
I look like hell.
My body's drooping,
Got trouble pooping.
The Golden Years Have Come at Last

I should add that the t-shirt wasn't given to ridicule, but instead given out of love and with great respect. My kids can't even imagine they will be that old someday. They're still so naïve at this point that they can't wait until they're older. They want nothing more than to be teenagers.

Not unlike children, most of us express very little concern about the aging process until it begins to affect us personally. And age is a relative concept. It all depends on your perspective at the time. My children think anyone over the age of 15 is "old." To them, I'm ancient. To me, mentally, I still feel like I did when I was in my late 20s or early 30s. Physically, however, I have started to experience some limitations, and I'm not one who easily accepts such changes.

If nothing else, these changes constantly motivate me to continue my search for cures, remedies, and therapies that can safely prolong or restore health—not only your health, but mine as well. I'm also acutely aware that time and financial resources are of the essence. That's why I have no problem expending whatever effort it takes to ensure that the information and techniques I present work consistently and effectively. Life is far too short to waste either money or time on health gimmicks or fads. Under these self-imposed time constraints, separating the "wheat from the chaff," or "finding the pony in the barn filled with horse manure" as they say in this part of the country, can be one of the most frustrating parts of my job.

The Find of a Century...or Two

When things finally do come together, however, the results can overshadow years of frustration. That's exactly what happened recently. After years of constant digging, I'm about to share with you what may be one of the most powerful healing therapies I have uncovered during the 18 years I've been writing *Alternatives*. I don't want to sound grandiose, but I feel this therapy may be one of the greatest discoveries in the history of medicine.

In This Issue

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

Like most of the treatments or cures I cover in Alternatives, the basis of my understanding and appreciation started forming years ago.

Almost 22 years ago, I first heard about a device called a wet cell appliance. It was first described by the healing psychic Edgar Cayce. Basically, it consists of a homemade chemical battery that reportedly can be used to treat Parkinson's and other neurological diseases. Electrodes from the battery are placed at specific sites on the body, and a very weak current (25 to 35 millivolts) passes through the body. Before entering the body the current passes through a jar that contains gold, silver, or camphor salt solutions, which are supposed to impart the "vibratory frequencies" of these substances into the nervous system, immune system, or both.

Some individuals have reported improvements after using wet cells, but the results have been very inconsistent. I've utilized wet cells in the past with very little success. Not surprisingly, there has been little credible research on wet cell therapy. The one study I'm aware of showed it produced only minimal results. *(Subtle Energies & Energy Medicine 02;11(2):151-166)*

Knowing there are very few successful treatments for neurological problems such as Parkinson's, I continued to search for a therapy that could possibly build on the very limited success of the wet cell. About ten years ago, I heard about the work of a Dr. Reuven Sandyk. Dr. Sandyk had begun to publish work involving the use of low-level electromagnetic treatment for Parkinson's. I spent time studying Dr. Sandyk's research and found it fascinating, to say the least. It differed from the wet cell therapy in that it utilized pulsed rather than continuous current, and instead of direct electrical current, it was electromagnetic, which is to say it generated electrical fields in the body. Dr. Sandyk had shown that by using electromagnetic therapy to treat Parkinson's patients, he could reduce the amount of medication they required and improve their gait, ability to speak, and sense of smell. *(Int J Neurosci 93;69(1-4):167-83)*

I immediately contacted Dr. Sandyk to discuss his work, and he seemed surprised I was interested, but he was very open and helpful. I then spoke with him on several subsequent occasions. For some reason, that access came to an abrupt halt, and he referred me to his attorney, refusing to discuss his work with me any further. I never learned why. I suspect he realized that I was looking for a way the therapy could be used immediately to help suffering *Alternatives* readers, and he was afraid any publicity might put him in jeopardy with the Food and Drug Administration (FDA) or other regulatory authorities.

I'm still not sure what happened, but it was a big disappointment. After all, it certainly appeared to be a very simple, effective therapy. Very weak magnetic fields were being applied to the head, which created electrical fields in the brain. There was, and still is, a great deal of debate about how this could be effective. There is little question, however, that it is safe and can achieve astounding results.

Big Bucks for Temporary Results

Dr. Sandyk has continued to research and publish, and I have continued to follow his work. To date, he has published more than 500 peer-reviewed studies, with more than 90 of those detailing the successful use of electromagnetic field therapy in patients with not only Parkinson's, but also multiple sclerosis, epilepsy, schizophrenia, cluster and migraine headaches, and Tourette's syndrome. I've recently learned that Dr. Sandyk is now treating patients using the electromagnetic device he developed. It appears that as long as he doesn't manufacture his device or sell it to other practitioners, and he's not harming anyone, he can legally continue to treat patients and do research. He works in the New York area, reportedly charging $750 for the first session and $350 per session thereafter. According to those I spoke with, he treats patients from two to five days a week, and if a patient wants to maintain any positive results, the treatment must continue for life. Obviously, it has turned out to be a very expensive form of treatment.

Dr. Sandyk's research, and that of other investigators in Europe and China, continues to demonstrate that electromagnetic therapy is safe and effective for a wide range of neurological and other problems. This has created a frenzy in the marketplace, with dozens of new products and a long list of outrageous claims. While pulsed electromagnetic therapy has been utilized for years by orthopedics to assist in the union of non-healing fractures, employing the therapy for neurological problems is practically unheard of in the U.S. The treatment costs are generally quite high and rarely, if ever, paid for by insurance companies.

When I first spoke with Dr. Sandyk, I initially thought that this is the type of therapy that should be made available directly to those who need it. It's not rocket science, it's safe, and there's no reason it should be ridiculously expensive or limited to only a select few. Obviously, not everyone shares this view, particularly when large sums of money are involved. I recently met a gentleman in Florida who does share my view.

A Cheaper Way to Even Better Results

Paul Becker's father, now deceased, suffered from a combination of Parkinson's and Alzheimer's. In his search to try to help his father, Becker learned about Dr. Sandyk's work. It was too late for his father, but he did refer a patient with Parkinson's to Dr. Sandyk, and hoped to meet with him, as I did. Dr. Sandyk apparently wasn't interested.

Under Dr. Sandyk's treatment, the patient improved but wasn't going to be able to continue the treatment indefinitely due to financial constraints and the fact that he lived in Florida. That's when Becker decided he could put together a device that could achieve the same or similar results, and that the patient could use without continuous, costly office visits. Through a long series of trials and tests, he developed a device he calls the EarthPulse. For legal and regulatory reasons he can't, and doesn, sell the EarthPulse as a medical device or therapy. And he doesn't make any medical claims for its use. Instead it is marketed as "geomagnetic supplementation." As I'll discuss a little later, a growing body of evidence suggests that we all could benefit from geomagnetic supplementation.

The EarthPulse is a small, portable device that generates an electromagnetic field with a strength of 0.05 gauss. (The Earth's natural magnetic field is 0.5 gauss.) It has an adjustable pulse that covers the range thought to be similar to that of Earth, around 7.8 Hertz. (There is debate over whether the Earth's magnetic fields have a "pulse." But European and Russian scientists have designed numerous successful electromagnetic devices in the 10-Hertz range based on this premise.)

The EarthPulse is small (about the size of a deck of cards), and it works off a 9-volt battery or AC converter. The coil attached to the device is placed under the mattress, and you simply go to sleep with the unit on. For more localized problems, the coil can be placed under a pillow, and then you rest with the shoulder, hip, lower back, or other problem area on the pillow.

Although the device is relatively new, it has produced amazing results. I recommend viewing some of the video footage on the EarthPulse Web site, *www.earthpulse.net*. Of particular interest is the video of the 77-year-old gentleman Paul Becker referred to Dr. Sandyk. Under Dr. Sandyk's treatment, he was making very noticeable improvements, but his condition regressed within two weeks of his last treatment. After three months, almost all of his improvements were gone.

The video clearly shows dramatic changes in the man's ability to function only hours after he began to use the EarthPulse. I had the opportunity to speak with this gentleman and his wife. He now uses the EarthPulse every night. It is placed in a sock so the negative side remains up, with a pillow on top of that. In addition, for three to five days a week, depending on how he feels, he has a treatment to the head or neck for 30 to 45 minutes, holding the coil in place with a scarf. Using the EarthPulse, he has been able to regain most of his previous gains and maintain them.

I suspect that as more of these devices get into individuals' hands, we'll find they can benefit most, if not all, of the conditions being treated by Dr. Sandyk. Paul Becker is also excited about EarthPulse's ability to help reduce the pain and restrictions associated with sports and other injuries. He is working with the research

ALTERNATIVES®
ISSN# 0893-5025. Published monthly for $69.99/yr. by Mountain Home Publishing at 7811 Montrose Road, Potomac, MD 20854. Editorial Office: 7811 Montrose Road, Potomac, MD 20854. Periodicals postage paid at Rockville, MD and at additional mailing offices.

POSTMASTER: Send address changes to *Alternatives*, PO Box 2050, Forrester Center, WV 25438.

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

departments of two universities, documenting how use of the EarthPulse can not only reduce pain at an injury site but also improve athletic performance. I fully expect to see more positive data along those lines in the very near future.

The EarthPulse unit sells for $399 plus $20 for shipping and handling. Best of all, it comes with a 30-day unconditional money-back guarantee. This gives you a chance to try the unit, and, if for any reason you don't want to keep it, you can get all of your money back, less shipping and handling. Thirty days is more than enough time to see if the unit will help whatever condition you're dealing with. In fact, most people begin to experience positive results within a matter of days if the unit is going to help. More information can be found on *www.earthpulse.net*, and the device can be ordered through the mail from: Millipulse, Inc., 2100 NE Dixie Hwy., Jensen Beach, FL 34957. There are two phone numbers you can call: 772-485-9724 or 772-225-0358.

The EarthPulse is a viable alternative if finances or location prevent you from obtaining treatments from Dr. Sandyk in New York.

Magnets: Unattractive for the Untrained

Investigating electromagnetic therapies is a daunting task. There are those, like Dr. Sandyk, who favor alternating current (AC) as opposed to direct current (DC), like that of EarthPulse. While some use lower frequencies or Hertz, others use higher frequencies or even variable frequencies. Some promote pulsed as opposed to continuous magnetic fields. Then there's the debate about high gauss (higher electromagnetic strength) versus extremely weak electromagnetic fields. To confuse matters even more, while numerous physiological responses to magnets and electromagnets have been well-documented, no one is exactly sure how the whole process works.

Personally, I never thought it was prudent to suggest that *untrained* or *uninformed* individuals use magnets for healing purposes. A number of variables, including placement, polarity, and magnet strength, can influence a magnet's effect on the body. I've treated many individuals for problems after the improper use of magnets. More often than not, they exhibited a long list of bizarre symptoms, which made correcting their problems far more difficult. Anyone who treats with acupuncture can attest to the fact that improper magnet use can wreak havoc on the energy flow in the acupuncture meridians and cause numerous problems throughout the body.

Studies have shown that using the negative field of a magnet is safe. It promotes healing. Even the rate of cancer cell growth has been shown to decrease when exposed to a negative magnetic field. Exposing the body to positive magnetic fields can be a different matter. While positive magnetic fields have been shown to stimulate gland and organ function and help in the regrowth of cartilage, bone, and nerves, they can also trigger a dramatic increase in the growth of cancer cells. I may seem more cautious than most these days about the use of magnetic and electromagnetic therapy, but I feel it is with good reason.

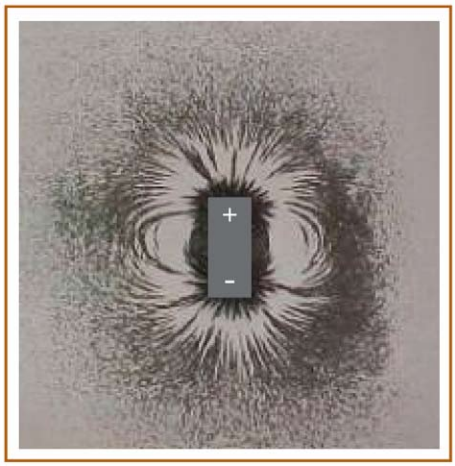
The indiscriminate use of magnets should not be confused with the EarthPulse device described above. Devices like the EarthPulse employ very weak electromagnetic fields, which have been shown to be safe, as well as effective. If there is any problem with these therapies, it would be that they are apparently only temporary in nature. To maintain any positive changes, the therapy has to be continued forever. In no way do I want to trivialize their significance. Any time you can use a $400 device and help a disabled Parkinson's patient regain his dignity and ability to function, you've achieved an absolute miracle, in my book. And it just adds icing to the cake when you can make that device directly available to the public. And now, the story only gets better.

Untempered Negativity Can Be a Positive

Dr. Dean Bonlie of Calgary, Canada, has taken electromagnetic healing to the next step, and it is a giant step, indeed. This is the historical breakthrough that I alluded to earlier. This may be the first place you read about his work and his invention, but it's one story that won't be secret for long. In the next few years, I firmly believe his breakthroughs will be instrumental in completely changing our view of disease and our current methods to try to heal the human body.

Dr. Bonlie's work began out of necessity. He turned to magnetic therapy in an effort to rid himself of unrelenting back pain. About 14 years ago, he developed a sleep pad embedded with magnets. Although there are dozens of magnetic

sleep pads on the market, his is unique in several ways. First and foremost, only the negative field's energy reaches the body.



You probably recall early classroom experiments that demonstrated the polarity of magnets. When iron filings were placed around a magnet, they formed an oval-type shape (or magnetic field) running from one end of the magnet to the other. As you can see from the illustration at right, even if you place just the negative side of the magnet against your body, you won't be getting only the negative polarity. There will always be some exposure to the return field (in this example, positive) around the body of the magnet. This is not to say that you won't get any benefit from the stronger negative fields, but because of the influence of both negative and positive fields, the results will often be temporary.

As I explained earlier, negative and positive magnetic fields elicit different responses in the body. To better convey this, a very brief explanation is needed. The fundamental building blocks of nature are composed of smaller particles—protons with a positive charge, and electrons with a negative charge. The outermost, orbiting, unpaired electrons are shared with other atoms to construct molecules. From high school chemistry we learned that certain conditions speed up reactions or the movement and pairing of electrons. Heat is one such catalyst. A negative magnetic field is another. Conversely, cold slows reactions, and so does a positive magnetic field.

When a magnet is placed on the body, the negative field speeds up the movement of electrons while the positive field slows them down. This imbalance triggers an emergency response from the brain, which, in turn, sends more electromagnetic energy and increased blood flow to the area. This emergency response may correct the problem as long as the brain can supply adequate amounts of electromagnetic energy, and the problem is of an acute rather than chronic nature. In other words, if your body has plenty of reserve energy (*chi*, vitality, vigor, life-force, or what-have-you) then the problem may be resolved with magnets. Otherwise, you may get only a temporary result at best. With many long-standing problems and serious diseases, the body simply doesn't have or can't produce enough electromagnetic energy. How can we increase these energy levels? Rest, proper diet, meditation, dealing with stress, and so on can all help preserve energy, but there are only two natural sources of electromagnetic energy available to the body—the Earth's magnetic field and the brain.

Running Low on Gauss

The Earth's magnetic field originates in the outer core produced by molten iron more than 1,850 miles below the surface. Unfortunately, it has steadily been decreasing. Jeremy Bloxham, with the Department of Earth and Planetary Sciences at Harvard University, reported last month that the surface strength of the Earth's magnetic field has decreased another 10 percent over the last 150 years. This supports earlier studies claiming that the magnetic field has continued to weaken over the last 4,000 years. Four thousand years ago, estimates show, the strength of Earth's magnetic field was 2.5 gauss. Today it is only 0.5 gauss, *which is effectively an 80 percent decrease. (Japanese Med J 75;No.2745)*

To make matters worse, our environment is flooded with man-made electromagnetic fields that override the frequencies that resonate in the brain and other body tissues. Some of the more common sources include computers, cell phones, fluorescent lights, televisions, hair dryers, digital alarm clocks, high power transmission lines, and electrical appliances.

In the brain, specialized cells called astrocytes actually generate electricity to metabolically support neurons in both the brain and the peripheral nervous system. You may recall seeing pictures or drawings of astrocytes. They have many extensions radiating outward like a starburst from the central cell body.

The cells in your body constantly draw energy from the brain and the Earth's electromagnetic field in an effort to achieve what is called "magnetic resonance." Magnetic resonance occurs when the magnetic frequency in your brain matches a harmonic of the frequencies of the other organs and body tissues. This normally occurs for only brief periods during sleep. During these periods, your body's ability to heal and repair itself, create enzymes, and boost immunity is enhanced. Other

vital functions related to magnetic resonance are being discovered almost daily by those working in the emerging field of quantum medicine. *(Proc. Natl. Acad. Sci. 00;97;6242) (FASEB J 92;(Abstract 2433) (Sci Week 00;Vol.4(32))*

Revolutionizing the Practice of Healing

Based on his work to increase negative magnetic fields with sleeping pads, Dr. Bonlie began to develop his Magnetic Molecular Energizer (MME). *This device will change our concept of healing forever.* Dr. Bonlie's MME has been in limited use for about the last six years, first at his offices in Calgary, and now in four U.S. locations. It has received little publicity, but I'm sure that will change.

Part of the reason for the lack of publicity has to do with FDA regulations. Ongoing study of the MME is being conducted under the auspices of an Institutional Review Board as outlined in FDA regulations. Under this program, researchers are able to treat patients and accumulate data on its effectiveness. When a sufficient database has been compiled, it will be submitted to the FDA for approval. Although extensive toxicology studies have been undertaken, and there are no safety issues, a significant body of actual treatment results must be accumulated before MME is approved for the treatment of any specific disease. Until formal approval is obtained, Dr. Bonlie and those using the MME are limited in what they can publish or report. The good news is that this treatment is available now. The only bad news is that until it's officially approved, it's doubtful the costs of the treatment will be covered by insurance. Dr. Bonlie hopes to have enough data to submit to the FDA in 18 months to two years.

How MME Works

The fundamentals of MME therapy are related in part to magnetic resonance imaging (MRI). MRI is based on the finding that when cell electrons are subjected to strong magnetic fields they begin to wobble or vibrate at different frequencies, and then when they fall back into their ground state, they release a small amount of energy. This change in energy can be measured and converted into 3-D images from which specific tissue types can be viewed. Since different tissues resonate differently, MRI can create very clear and distinct pictures of internal body structures without actually invading body tissues. Although some of the properties related to MME therapy and an MRI scanner are similar, they have their differences.

MRI is strictly an imaging method and not a form of treatment. An MRI scanner generates a magnetic field of up to 20,000 gauss, whereas MME generates a field of only 3,000 to 5,000 gauss. (The extensive safety testing of the higher gauss usage on MRIs applies to MME.)

Unlike undergoing an MRI scan, patients who undergo MME treatment are not required to sit completely still inside a magnetic chamber. With MME, very large (5-ton) and powerful DC, air-cooled electromagnets are placed above and below a bed. Because the magnets are above and below, you won't experience the claustrophobia many people do while undergoing an MRI, surrounded by the magnet.

The open bed is movable, so the area of the body being treated can be placed in the focal point of the electromagnetic field. During the periods of treatment, or "magnet time" as it is called, one simply lies in bed, talking, watching television, reading, or sleeping. Generally, the patient feels nothing, but often they experience an immediate relief from any pain, and occasionally, some patients feel a "tingling" or "glowing" sensation, which may be related to healing activity. Since the rate of healing is increased dramatically during this period, additional nutritional supplements may also be recommended.

The amount of time spent between the magnets will vary depending on the patient and his condition. The minimum magnet time at any one sitting is four hours and the maximum is 12 hours. Most treatments require 80 to 100 hours of exposure at a minimum, so the most convenient method is to simply sleep or rest on the bed in 10- or 12-hour segments. The cost of treatment is $50 per hour of magnet time to cover the cost of research. On Phase III studies, there is no charge because half of the individuals are only receiving a placebo.

The results obtained with MME treatment have so far been permanent. Some individuals experience complete resolution, and others only partial. But many of the results are nothing short of miraculous. To date, more than 900 individuals have been treated with MME, and that number continues to grow.

Information is still being gathered, but Dr. Bonlie and his colleagues have experienced

unprecedented success with a wide variety of problems. Many of their successes have been with diseases previously considered to be untreatable.

Because of a lack of space, not interest, I cannot list every case treated with MME and the outcome. Instead I'll list some of the conditions for which it has been successful and briefly describe a few of the more notable cases.

Spinal cord injury: When he was 20, a man's spinal column was severed between levels T-2 and T-3 (just below the point where the neck attaches to the shoulders), and became a paraplegic from the nipple area down. Thirty-two years after the accident, he was treated with MME. After only one month, he has motor and sensory neuron activity in the groin area, and his legs are "starting to become alive."

Shoulder tendonitis: This problem kept an 18-year-old college volleyball player sidelined for six weeks, but after eight hours of MME treatment, he was pain-free and could play again.

Arthritis in knee: The pain associated with this chronic condition was relieved in a 68-year-old patient who remained pain-free after only five hours of treatment.

Fracture: Broken bones that would normally take months to heal have healed in a matter of days with MME therapy. A broken tibia in a 15-year-old soccer player, which would usually take four to six months to resolve, healed in 115 hours.

Cardiovascular disease: Patients with heart and circulatory problems have seen remarkable results. One of the researchers is a cardiologist who reports that MME therapy can shorten the four months it normally takes the heart muscle to rebuild after a heart attack to only six days.

Stroke: Treatment for stroke has been very successful and requires 80 to 300 hours of treatment.

Liver disease: One symptom of hepatitis or liver disease is the accumulation of fluid in the peritoneal cavity, called ascites. Dr. Bonlie told of one patient with severe ascites whom doctors had given only 10 days to live. He was successfully treated with MME and now, two-and-a-half years later, is working and living normally.

Brain injury: The response of brain injuries to MME therapy has been exciting, to say the least. Dr. Bonlie worked on one infant whose heart had stopped for 30 minutes and was considered "brain dead." Before MME therapy, he was blind, deaf, couldn't nurse or swallow, and his muscles were in a state of constant spasm. He completed his first month of treatment and is now into his fourth round. He can see and hear, eats normally, has lost his spasticity, has regained some muscle control, and is trying to talk.

Multiple sclerosis: In a group of 12 patients with multiple sclerosis, marked improvement was seen in 10 patients treated for durations of 86 to 1,190 hours. Of the two in which no improvement was seen, one had only 26 hours of treatment, and the other was experiencing an acute relapse of the problem at the time.

Cerebral palsy: This disability has been particularly responsive to MME therapy. In a group of 40 treated patients, 37 have shown improvement.

Parkinson's disease: The symptoms of an initial group of 17 Parkinson's patients improved significantly in 91 to 308 hours of treatment.

Alzheimer's disease: Four of seven patients responded favorably after 100 to 259 hours of treatment.

Diabetes: Diabetic neuropathy has been another of the most successful categories. So far, investigators have reported 100 percent success in reversing the problem with 40 to 80 hours of MME.

Herniated spinal disc: These problems have also resolved, so far with a 100 percent success rate, usually within one week of treatment (roughly 80 hours of MME).

Other conditions that have been resolved or improved with MME therapy include Bell's palsy, Becker muscular dystrophy, fibromyalgia/chronic fatigue syndrome, headaches, head injuries, and all types of joint problems. The list is growing daily.

Healing in Fast Motion

MME works for such a variety of problems because it dramatically accelerates the rate of healing. When cells are exposed to the magnetic fields of MME, the speed of electron movement is increased by as much as 20,000 times. This, in turn, increases electron transfer, which we talked about earlier; the number and efficiency of chemical reactions in the body; and the available energy at the cellular level. The magnetic fields of MME act as a catalyst and trigger several events

that are crucial for the repair and regeneration of damaged nerves, blood vessels, bones, and other body tissues. These events include an increase in oxygen-carrying capacity of the bloodstream, improved assimilation of nutrients, and enhanced production of enzymes.

Two other amazing events take place with MME therapy, and these differentiate it from other forms of therapy. First, the electromagnetic field created changes the electrical potential of cell walls. Every cell in your body has an electrical charge, which helps regulate what components move into and out of the cell. MME therapy changes this charge in a way that causes heavy metals such as mercury, arsenic, lead, and other toxins to move out of the cell. MME therapy has been shown to be a strong detoxifier—so strong that Dr. Bonlie routinely gives his patients the oral chelating compound DMSA to help remove these toxins during the first phase of the therapy.

Second, preliminary findings suggest that MME therapy has a very positive effect on the body's natural stem cells. If you've read Alternatives for any length of time, you're aware that I believe stem-cell therapy holds the potential to be one of the most important breakthroughs in medicine. And while other scientists are striving to nurture, transform, and transplant stem cells, MME therapy appears to enhance the production of stem cells, which naturally takes place in the brain's hippocampus, and it may even prolong their survival rates. Preliminary findings suggest that it takes 70 to 80 hours of therapy to activate the stem cells in adults. MME's possible influence on stem cells may help explain why it can be effective in treating some genetic problems, as well as neurological damage that is decades old.

In all of the cases treated with MME thus far, there have been no reports of any side effects, nor has the treatment ever been shown to make a problem worse. The treatment, however, is not suitable for allergies, infection, or cancer. Due to the strong magnetic fields MME creates, individuals with medical implants like pacemakers, cochlear (inner ear) implants, aneurysm clips in the brain, or other pieces of metal near sensitive organs may not be able to use MME.

MME therapy is a true healing breakthrough, and we're just beginning to see the potential. It represents the way healing needs to be approached. It works with the natural forces of nature and the body, and it's non-invasive, non-toxic, and painless. And most important of all, it works. Currently, four locations in the U.S. are treating patients with Dr. Bonlie's MME.

AMRI—Laguna Niguel, Calif.
(949) 367-0877

AMRI—Mocksville, NC
(336) 492-2800

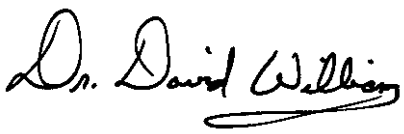
AMRI—Hanover, Penn.
(717) 632-0300

AMRI—Sterling Heights, Mich.
(586) 254-7711

Later this year, two more MME locations are scheduled to open—in Seattle, Wash., and Toledo, Ohio. Dr. Bonlie's office in Calgary can provide more details this spring or summer (phone 800-265-1119).

I'll definitely keep you posted on Dr. Bonlie's work and developments with MME therapy. I'm also testing his sleeping pads and will share that information in an upcoming issue as soon as my tests are complete.

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
- For Customer Service matters such as address changes, call 1-800-527-3044 or write to custsvc@drdavidwilliams.com
- To get important information between issues, sign up for email dispatches at drdavidwilliams.com
- To order nutritional supplements from Mountain Home Nutritionals, call 1-800-888-1415 or visit drdavidwilliams.com
- To order back issues or reports, call 1-800-718-8293
- To sign a friend up for *Alternatives*, call 1-800-219-8591