

Alternatives[®]

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

June 2004

Volume 10, No. 12



Dr. David G. Williams
Several decades ago, I read an interview with an elderly gentleman named Charlie Smith. At the time, he was considered to be the oldest living individual in America. Charlie Smith claimed he came to America on a slave ship but managed to survive and was in good health, ostensibly at the age of 130. The obvious question was Charlie's secret to longevity, primarily his diet. He said he ate sardines—"lots of sardines" with crackers.

Like many, I had always associated sardines with tramps, hobos, and the like. As kids, my friends and I were constantly "exploring" around grain elevators, railroad tracks, and bridges, and that's where we always found sardine cans. I certainly never found them in our pantry at home.

Several years later, I had a patient in his 80s who attributed his good health to sardines. He told me that after regularly eating sardines for 20 years, he noticed some remarkable changes. His eyesight improved to the point that he rarely needed glasses to read anymore. His memory improved. His chronic joint pain and stiffness were gone. His skin was no longer hard and dry; he was no longer short of breath; his asthma symptoms disappeared; and his energy level was much greater. That's when I started to take this "hobo" food a little more seriously.

Tiny Fish, Big Gains

In the beginning, it was difficult to find much research on sardines. However, based on what little I was able to find, I instantly became a believer in their healing ability and an ardent consumer of them. There are dozens of tins in my pantry now, and you'll even find them in my boat and truck,

Longevity Is on the Menu

and on my motorcycle. When you realize just how beneficial sardines can be, I hope you'll include them in your diet as well.

In the 1970s, Dr. Benjamin Frank published a book called the *No-Aging Diet*. He detailed various studies, animal and human, in which several benefits were gained when nucleotides were increased in the body.

Nucleotides are sub-units, or building blocks, from which your body creates RNA and DNA. DNA carries the genetic information, or codes, for making various proteins in the body, and RNA assists in the process. Together they are crucial in your body's ability to repair itself, form new tissue, maintain a strong immune system, and perform many other important functions.

Under ideal circumstances we'd get all the nucleotides we need from our food. Research has found that breast milk is very high in nucleotides and extremely important in increasing the newborn's ability to fight infections. Until recently, nucleotides were considered "non-essential" since it was thought that our bodies could make them, and we didn't have to get them from our diet. Researchers have begun to question this, and it is now common to fortify infant formula with



In This Issue

Longevity Is on the Menu	89
Blood Sugar Rising	91
Health Hints from Readers	93

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

nucleotides. Unfortunately, there hasn't been the same urgency to educate adults on the need to fortify their diet with nucleotides. (*J Nutr* 94;124(1Suppl):160S-163S) (*Eur J Clin Nutr* 02;56(Suppl3):S1-4) (*Opin Clin Nutr Diet Care* 98;1(6):527-30)

In our younger years it may be possible to obtain enough quality nucleotides strictly from diet. Our digestive systems are more efficient. But as we get older, we start to lose our ability to digest, assimilate, and convert these necessary building blocks and energy producers. Unfortunately, it is also during these later years that we crucially need these byproducts to make necessary repairs, keep our immune system operating, and maintain our health.

Dietary nucleotides won't stop the aging process, but they certainly appear to slow it and preserve health along the way. In practically every instance where I've seen or received descriptions of someone on a high-nucleotide diet, that person appears to be much younger than their age. Nucleotides:

- Help neutralize toxins;
- Increase skin elasticity;
- Increase the body's ability to heal and repair;
- Enhance the effects of antioxidants;
- Improve the response and efficiency of the immune system; and
- Increase cellular metabolism and the production of cellular energy.

Animal studies have shown that when nucleotides are increased there is a dramatic increase in the body's ability to fight infections. Animals supplemented with RNA and then injected with virulent strains of bacteria were able to survive, while untreated animals succumbed to the infection. RNA stimulates the production of acetylcholine, a brain neurotransmitter, and dietary nucleotides can help fight memory problems and senility in the aged. Cancer patients who've taken additional dietary nucleotides have increased strength and defenses for dealing with the disease. Hospital stays have been significantly reduced through the use of nucleotides, and critically ill patients have exhibited stronger immune responses and shorter healing times when given additional nucleotides. (*Arch Surg* 86;121(2):169-72) (*J Nutr* 94;124(1Suppl):124S-127S) (*J Nutr* 94;124(8Suppl):1442S-1446S)

Just how powerful a nucleotide-rich diet can be was illustrated when researchers intention-

ally placed select patients on a diet deficient in nucleotides. Their immune system function was suppressed to such a degree that the suggestion was made to use nucleotide restriction in organ transplant patients, because immune suppression is necessary to avoid organ rejection. (*Arch Surg* 90;125(1):86-90)

When Dr. Frank released his book, it was followed by a supplement product containing nucleotides, fish oil, and arginine. The popularity of the product was somewhat short-lived, and there was a considerable amount of controversy over his diet to increase nucleotides.

One issue of concern was the possibility of increased amounts of uric acid being produced in the body. Any excess nucleotides that aren't converted to RNA or DNA or utilized for energy production are broken down into uric acid. Uric acid can trigger gout symptoms and has been associated with kidney stones. Dr. Frank never reported that any of his patients or followers experienced such problems, but he nonetheless recommended they increase water intake and have uric acid levels monitored if they had a history of gout.

Several foods are known for their high nucleotide content: sardines, brewer's yeast, anchovies, mackerel, lentils, most types of beans, animal liver, and oysters. The green alga chlorella is also high in nucleotides, as is the blue-green alga spirulina. (The nucleotide content of spirulina is just one of the reasons I made it an essential element of my Daily Advantage formulation.)

Versatile, and Tasty to Boot

Sardines are by far one of the richest sources of nucleotides. They are also a good source of omega-3 oils, vitamin D, and calcium. By now, everyone is aware of the benefits to the heart and circulatory system, and the anti-inflammatory benefits associated with omega-3 oil consumption. (Chlorella reportedly contains more RNA than sardines. But when it comes to nucleotide variety, fatty acids, and other essential and synergistic components, sardines are hard to beat. They are also a readily available, healthy "meal in a can.")

Sardines are smaller ocean fish, so the problem with mercury and other contaminants isn't an issue. This has been a problem in larger fish, which live longer, allowing more time to accumulate these toxins.

Sardines don't enjoy the popularity of other canned fish such as tuna, so they are reasonably priced. It's still not unusual to find two tins for less than \$1 in some places. (I hope this little anti-aging secret doesn't become too popular and drive sardine prices through the roof. Hopefully, the Atkins crowd won't suddenly notice they're a no-carbohydrate food.)

Even if you don't want to slow the aging process, increase your lifespan, or improve the smoothness and elasticity of your skin, sardines' compact size and high nutritional value makes them a great backpacking or survival food. (Speaking of backpacking or survival, the lid can be a very effective makeshift cutting tool. The empty tin can be used as a cup, a plate, or even as a surface for cooking a quick scrambled egg.) Sardines are also a healthy substitute for hospital or cafeteria food. And, with a few crackers, they're the perfect food to travel with on airplanes.

If you look at the list of high-nucleotide foods above, you'll notice that every one has been praised by health pioneers. Brewer's yeast, or nutritional yeast, is a fantastic product. (I like KAL brand yeast flakes and also the Nutritional Yeast Flakes put out by Frontier Natural Products Co-op. KAL is available in health food stores. You can contact Frontier at www.frontiernaturalbrands.com or at 800-669-3275.) Mixed in a small cup of hot water with a bit of seasoning, nutritional yeast makes a delicious "soup" full of B vitamins and minerals. The other foods mentioned above—lentils, beans, liver, and oysters—have been praised for their vitamin and mineral content, as well as other "intrinsic" factors. Sardines just happen to be at the top of the list.

Your Two-Tin Health Plan

I would strongly suggest regularly adding sardines to your diet—one tin at least twice a week. I've eaten delicious sardines in Thailand, France, Australia, and practically all over the

world. Surprisingly, the least-expensive brands are often the tastiest. (I intentionally avoid the gourmet, skinless, boneless sardines. Not only are they less nutritious, they are less flavorful as well.) You can purchase sardines in vegetable oil, olive oil, mustard sauce, tomato sauce, or hot sauce, or even smoked. I like the mustard and hot-sauce varieties best, but they're all good to me. Experiment and find your own favorite.

Fresh sardines are considered a healthy oily fish, and it's not hard to find good recipes for preparing them. I simply grill them with a little olive oil, lemon juice, and lemon pepper. Rarely do I have a chance to get fresh sardines, so my consumption is mainly limited to the canned variety. Canned sardines happen to have almost 1-1/2 times the nucleotides as the fresh variety anyway.

If you envy those who seem to miraculously turn their health around, begin to look half their age, and then live in excellent health to 100 or older, I strongly suggest you make canned sardines a regular part of your diet. For about 1/10 the cost of most fast-food meals you can substitute a tasty tin of sardines a couple of times a week. And, it may be one of the least expensive and easiest ways I know of to put the brakes on the aging process and all the problems that accompany it.

Blood Sugar Rising

A very powerful tool that can help lower abnormally high blood sugar levels is cinnamon. I've been recommending the routine use of cinnamon for years now. It's one of the ingredients in my morning health shake. Recent studies have added so much support to this idea that you could now call cinnamon "the poor man's insulin." And with the full-blown epidemic of diabetes that we'll continue to see for years to come, the world will need a form of insulin for the poor.



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. Copyright © 2004 All rights reserved. Photocopying or reproduction is strictly prohibited without permission from the publisher.

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

The approaches described in this newsletter are not offered as cures, prescriptions, diagnoses, or a means of diagnoses to different conditions. The author and publisher assume no responsibility in the correct or incorrect use of this information, and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor.

Dr. Williams works closely with Mountain Home Nutritionals, a division of Doctors' Preferred, Inc. and subsidiary of Phillips Health, developing his unique formulations that supply many of the hard-to-find nutrients he recommends. Dr. Williams is compensated by Doctors' Preferred, Inc. on the sales of these nutritional supplements and health products, which allows him to continue devoting his life to worldwide research and the development of innovative, effective health solutions.

In just the last ten years the prevalence of diabetes has increased 40 percent and now affects 17 million to 20 million in the U.S. (half of whom are walking, or maybe stumbling, around undiagnosed). Approximately 2,000 people are being diagnosed with type 2 diabetes each day in this country. As I've discussed before, type 2 diabetes used to be called adult-onset diabetes, but that term was dropped since type 2 is now being found in children.

It has already been estimated that of the children born in the year 2000, 38.5 percent of the females and 32.8 percent of the males will be diagnosed with diabetes sometime in their life. (In the Hispanic population it is even worse. Estimates are that 52.3 percent of the females and 45.4 percent of the males will develop the disease.) Worldwide cases of diabetes are expected to *double* in the next 25 years. I suspect it will happen more quickly than that.

I've discussed the seriousness of this problem before and described specific supplements that can help prevent diabetes, as well as help lower blood glucose levels and possibly reduce the need for insulin in those who already have the disease. These include: alpha lipoic acid, vanadium, B vitamins, vitamin C, vitamin E, goat's rue (*Galega officinalis*), quercetin, N-acetyl cysteine, chromium, *Gymnema sylvestre*, magnesium, bitter melon (*Momordica charantia*), fenugreek, zinc, and cinnamon. New research indicates that cinnamon may be even more important than first thought.

A Half-Teaspoonful of Cinnamon Helps the Glucose Go Down

One gram (slightly less than a half-teaspoon) of cinnamon per day was given to 60 volunteers with type 2 diabetes. In just 40 days, this small amount of cinnamon reduced fasting glucose levels anywhere from 18 to 29 percent, triglyceride levels 23 to 30 percent, LDL cholesterol levels 7 to 27 percent, and total cholesterol 12 to 26 percent. No advantages or greater improvements were found when larger doses were given. Also, when the participants stopped taking the cinnamon, their blood sugar levels and other readings began to return to former levels. (*J Agri Food Chem* 04;52(1):65-70) (*Diabetes Care* 03;26(12):3215-8)

If you have diabetes or insulin resistance (which can result in having Syndrome X, a pre-diabetic condition characterized by added fat

stores around the waist, high blood pressure, elevated triglycerides, and/or cholesterol and glucose intolerance), you would be foolish to overlook the benefits of adding 1/2 teaspoon of cinnamon to your diet each day.

The explosion in diabetes is being fueled by several factors, and while it can be stopped, I don't see that occurring within the general population. The most significant risk factor for developing type 2 diabetes appears to be that of being overweight.

Researchers monitored several factors and their relationship to developing type 2 diabetes in 84,941 women from 1980 to 1996. They concentrated on five well-known risk factors: weight, diet, exercise, smoking, and alcohol. While all of these factors played a significant role, the most significant was their body mass index (BMI), a measurement of obesity based on height and weight.

(To find your BMI, do the following: first, divide your weight in pounds by the square of your height in inches, then multiply the result by 703.)

This study found that the ideal BMI was 23.0. As this number increased, so did the risk of developing type 2 diabetes.

Actual BMI	Increased risk compared to someone with a BMI of 23
23.1–24.9	2.7 times increased risk
25.0–29.9	7.6 times increased risk
30.0–34.9.....	20.1 times increased risk
35.0 or greater.....	38.8 times increased risk

This study also found that individuals who had only moderate sugar intake, a low intake of trans fatty acids, a high fiber intake, and low saturated fat intake, and who exercised at least seven hours per week, consumed a moderate amount of alcohol, and didn't smoke had a 90 percent lower risk of type 2 diabetes than those who didn't have this profile. (*N Engl J Med* 01;345:790-797)

Besides having to make significant lifestyle changes, there are other underlying reasons I don't think the general public will take the necessary steps to stop this epidemic of diabetes.

For one, caring for and treating diabetes has created a huge market worth billions. New oral medications, insulin preparations, insulin delivery devices, and blood glucose-monitoring systems are being created and brought to the market every day. Those selling these items will be promoting them as the answer. And it will be far easier to sell the idea of checking blood sugar

HEALTH HINTS FROM READERS



Lecithin for Breakfast

I wanted to mention that I have found lecithin mixed with large-curd cottage cheese is absolutely delicious. I put lecithin on oatmeal and in juice and other things, but I think I've found the perfect treat when combining it with cottage cheese. Just thought I'd pass that along.

Joy D., New Boston, MI

It is good. I like the nutty taste of lecithin granules by themselves so they taste good on just about anything to me. In addition to the lecithin granules on your cottage cheese you might also consider adding freshly-ground flaxseed or a little flax oil. Both are excellent with cottage cheese.

If you recall from past issues, Johanna Budwig, of Germany, successfully treated cancer patients using cottage cheese and flaxseed oil. She felt that fresh flaxseed oil was very "electron-rich" and even referred to it as liquid sunshine. Her program included mixing 2 tablespoons of fresh flaxseed oil with ¼ cup of low-fat cottage cheese. She felt that sulphurated protein, like that found in the cottage cheese, chemically protected the activity of the electrons until they were needed in various parts of the body.

Nail Fungus Fighter

For nail fungus there is another treatment that is very inexpensive. It is Vick's VapoRub. You can use it for six months for less than \$3.50.

What you do is file the nail and rub it in. It is recommended for twice a day, but I got results just doing it once a day. The nail will turn from yellow to brown and begin to grow off. You file them down as far as you can each time before putting the Vick's salve on. It give a tingly feeling and the results are pretty fast.

Barb C.

I've never tried Vick's for nail fungal infections. Since I was a little kid, it seems like we've always had Mentholatum in our house instead. Both contain camphor oil and menthol, which might be responsible for the effects you've seen. Vick's also has a little bit of eucalyptus oil, which I know can be used successfully for nail fungus. Mentholatum doesn't have eucalyptus but has almost twice the amount of camphor. As you say, either would certainly be an inexpensive way to treat the problem, if they work.

Yellow Insulin

My 64-year-old brother-in-law has taken insulin for several years to control diabetes. He learned from a friend (who in turn learned from a nurse) that taking one rounded teaspoon of [powdered] mustard three times a day would control blood sugar and eliminate or greatly reduce the amount of insulin required. He had almost unbelievable results, and several others he knows had similar positive results.

Here are his results. He said normal blood sugar is 76 to 135. His blood sugar would be 280 in the morning. Day 1 with the mustard, his blood sugar dropped to 185. Day 2 with the mustard, his blood sugar dropped to 135. He took reduced amounts of insulin the first two days. On day 3 his blood sugar was 115 and he took no insulin. After several weeks with mustard intake, he has taken no further insulin shots. I can't find anything on the Internet about this and I would appreciate anything that you learn.

Richard C., Corinth, MS

In some of the very early health writings there were references to using mustard powders to treat diabetes but I've never tried it, nor have I seen it used that way. I have recommended and described how it could be used as a poultice to help clear severe chest congestion and alleviate breathing problems.

Some healers I've spoken with feel that mustard seeds emit a natural, strong bioenergy field, and can sometimes be beneficial for joint pain, muscle problems, or other problems that would benefit from increased superficial circulation. I'm not sure.

If other readers try using mustard for lowering their insulin requirements, I'd love to hear about the results, positive or negative. If I get enough reports, I'll pass those along in a future issue.

with an at-home laser monitor and then taking only one pill or a quick, painless injection each day than to convince someone to drastically change eating and exercise habits.

But treating diabetes doesn't cure diabetes. It may prolong life and even postpone many of the disease's associated problems. Still, simply living with a controlled form of the disease takes its toll.

Research shows that even with the best treatment, the reduction in life expectancy for those

with diabetes is astounding. And the decrease in their quality of life is even more pronounced.

Men now diagnosed with type 2 diabetes at age 40 will live 11.6 less years than someone without the disease and, based on quality-adjusted life years, they will lose 18.6 years.

Women fare even worse. Women diagnosed at age 40 will lose 14.3 years of their life and 22 quality-adjusted life-years. (JAMA 03:290 (14):1884-1890)

Another reason this epidemic will continue full steam ahead is the horrible diet and food choices being made today. And rather than make the switch to high-quality, enzyme-rich, nutrient-dense foods, which would help solve the weight problem, the search only intensifies for ways to counteract the effects of high-fat, high-sugar, artificial foods. Every month I discuss necessary dietary changes, so I won't spend precious space here simply repeating these issues.

Another major issue is exercise, or rather a lack of it. Twenty-five percent of the U.S. population is considered to be totally inactive. Fewer than 60 percent are even active enough to get 30 minutes of exercise daily. Knowing this, it shouldn't come as a shock that 65 percent of Americans are overweight, 31 percent are considered obese, and 70 percent of those over age 13 are trying to lose weight.

Generation XL

The children in this country have never been so overweight. We had generation X, but now it looks like we have generation XL (extra-large). My heart goes out to these children who, because of their diet, will undoubtedly suffer from diseases that were once only seen in the elderly. They've unknowingly been the subjects of one of the most dangerous and cruel experiments on mankind. Their diets have been horrible from day one. They wouldn't have a clue about the benefits or necessity of drinking clean, pure water and eating fresh vegetables, hormone-free meats and dairy products, live fermented foods, and the like. Even at their young ages, it would take drastic changes to turn their future health picture around. I don't see it happening.

When it comes to weight loss, I'm not one to encourage counting calories, but if you want to lose weight, it's as simple as this: You have to burn more calories than you take in. You burn calories through activity.

Researchers recently studied the relationship between high physical activity, diet, and obesity in an Old Order Amish community in Ontario, Canada. Their life hasn't changed much over the last 150 years. And although their diet still contains lots of meat, potatoes, gravy, eggs, bread, pies, and cakes, only 4 percent are obese, and only 26 percent are overweight. Their energy expenditure is obviously the reason.

A recent study in the journal *Science* found that the average adult in this country takes between 3,000 and 5,000 steps a day. Researchers strapped electronic pedometers to the Amish residents and found that the women in the Amish community averaged 14,196 steps a day while the men averaged 18,425 steps. Much of the day for the Amish consisted of hard physical labor and activity, and not just walking. (For reference, 2,000 steps is roughly the equivalent of 15 to 20 minutes of walking and a distance of about a mile.) (*Med Sci Sports Exerc* 04;36(1):79-85)

It's understandable that hard physical labor has fallen out of favor in this country, but to remain healthy, our bodies require some form of regular exercise. If your job isn't extremely physical, and you don't regularly participate in strenuous activities like gardening or home improvement, then exercise is your only option. Walking is great. It can be done anywhere and doesn't require any special equipment. Just keep in mind that it may take a few weeks to start to see the results, and it needs to be done on a very regular basis. (If you need something to help gauge your progress, you might want to actually count your steps during each walk or purchase an inexpensive pedometer. That would be one way to gradually increase the distance you walk each day and not have to follow the same path.)

Do You Know Where Your Iodine Is?

Another major issue that will allow the diabetes epidemic to continue unabated is the ever-growing problem of hypothyroidism in this country.

If you're overweight, can't lose weight, constantly fatigued, depressed, experience dry skin problems, hair loss, low body temperature with constantly cold hands and/or feet, brittle nails, puffy eyes, and constipation, then it's quite possible your thyroid may be underactive. Fortunately, there's an easy way to perform a self-test for the problem at home, and most of the time, it can be corrected using over-the-counter supplements. (*Publisher's note:* See the April 2000 issue, Vol. 8, No. 10, for an explanation of the axillary temperature test for hypothyroid and methods to correct the problem.)

The most common cause of hypothyroidism is a deficiency of iodine. It is a growing problem worldwide. One recent random test among Colorado residents found iodine deficiencies in more than

13 percent of those tested. The World Health Organization (WHO) has reported that iodine deficiency is the world's most prevalent cause of brain disease. Consistent with the Colorado findings, WHO says that 13 percent of the world's population, or 740 million people, have a deficiency, and 30 percent of the remainder are at risk. They've found that iodine-deficient individuals forfeit 15 IQ points, and 50 million individuals now have iodine-deficient brain damage.

Iodine is a necessary component in the production of hormones by your thyroid gland. In turn, the hormones from your thyroid regulate your metabolic rate, or the rate at which you burn energy stores. This provides energy for everyday body functions, growth, and repair. In the process it also helps you maintain a proper weight by breaking down excess fat. When you're not getting adequate amounts of iodine or the iodine can't be utilized by the thyroid to make hormones, a long list of symptoms begins to surface, which I mentioned earlier.

The WHO's answer to the problem is making iodized salt a universally consumed product. It is the most cost-effective method to get more iodine in the diet and has helped reverse the problem in many parts of the world. Unfortunately, solving the iodine-deficiency/hypothyroidism problem in this country isn't so easy. While most Americans have used iodized salt for decades, we have other factors that complicate matters.

Roadblock Ahead

One of the primary causative factors of iodine deficiency and hypothyroidism that has been overlooked in this country is iodine blockers in our food, and chemicals like fluoride and chlorine.

Certain foods are known as iodine blockers. When eaten in excess or at times when iodine levels are low, thyroid function will be impaired. These foods include: cabbage, turnips, kale, broccoli, rutabaga, mustard greens, cauliflower, Brussels sprouts, and peanuts. These really aren't much of an issue, however, because cooking inactivates the problem compounds in these foods. The most serious food culprit is soybeans. Soybeans and soybean oil, which have become pervasive throughout our food supply, could very easily be the most overlooked contributors to hypothyroidism and obesity in this country.

We now have soy-based infant formulas, soy milk and cheese, processed soybeans in the form of textured vegetable protein and soybean oil in margarines and salad dressings, all of which can interfere with iodine's absorption and assimilation.

Chlorine and fluoride are other serious iodine blockers. Most of the chlorine we encounter comes from treated municipal drinking water, which has always been a concern of mine. And while about 55 percent of those in the U.S. now drink fluoridated water, don't assume it's not a problem just because your own water supply isn't fluoridated. Fluoridated water is used in the production of dozens of foods and beverages. Since fluoride content is unregulated in bottled water, you may find it there.

Fluoride can be found in drugs, vitamins, supplements, juices, soft drinks, toothpastes, dental treatments, wheat flour processed with fluoride, and the fluoridated water contained in processed foods. I don't have room to address all the horrendous problems documented to occur with fluoride consumption. They include increased chromosome damage, increased cancer rates, side effects from interactions with prescription and over-the-counter medications, neurological problems, collagen damage resulting in increased bone and hip fractures, and ligament, tendon, and muscle problems. *Also, thousands of studies have demonstrated that the symptoms of fluoride poisoning are identical to that of thyroid dysfunction due to iodine deficiency.*

Fluoride molecules compete with the uptake of iodine and drastically slow the production of essential thyroid hormones, even at the very low concentration of 1 part per million, the dilution recommended for fluoridation in the water supply. Don't drink fluoridated water. In fact, unless you have your own private, tested, uncontaminated well or other water source, I still highly recommend drinking distilled water.

Fluorides are cumulative. Your body can only eliminate roughly half of your fluoride intake. This is a big problem for the elderly who have been exposed to this chemical for decades, and, as it becomes ever more present, infants who start with foods and formula made from fluoridated water will suffer even more. It's situations like this that will only perpetuate our current problems with obesity and the growing epidemic of diabetes.

In addition to eliminating or significantly reducing iodine blockers, dealing with hypothyroidism also usually requires iodine supplementation. There's a simple self-test to determine if you're iodine-deficient. It's not 100 percent accurate, but it's easy to do, inexpensive, and works very well as a screening tool.

1. Dip a cotton swab or ball into USP tincture of iodine. You can purchase this form of iodine at any drugstore. (*Keep in mind that tincture of iodine is not to be used internally. It is poison. It can only be used externally.*)
2. Paint a 2-inch circle of iodine on a soft area of skin such as your stomach or the inner part of your thigh or arm.
3. Wait and watch. If the yellowish stain disappears in less than an hour, your body is lacking in iodine. (Follow my instructions on the proper type of iodine to use internally, available in the April 2000 issue mentioned earlier.)
4. If the stain remains for more than four hours, it is an indication your iodine levels may be adequate.

We Have Fallen Down the Rabbit Hole

Sometimes it amazes me just how bizarre our thinking has become when it comes to health in this country. We have the answers, and the means, for solving most of the diseases that plague us. Not surprisingly, they require significant changes in our lifestyle and eating habits. But that's not acceptable these days. After all, we're too busy to change our diet or lifestyle, and way too smart for that. Why should we go to so much trouble when modern technology, and the pharmaceutical industry, are quickly uncovering the secrets to correct every known health problem?

It doesn't take a genius to look around and see that something is horribly wrong. More than half of Americans are grossly overweight. Much of the innocence of childhood has been replaced with diseases of the elderly. It's hard to find a senior

citizen these days who isn't on some form of medication. In fact, it's getting harder to find someone in their 40s who isn't taking blood pressure medication, an anti-cholesterol drug, or something for depression. If none of this strikes you as strange, then maybe the following will.

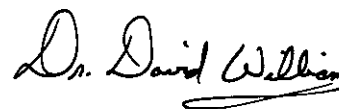
Rather than address the issue of diet, the American Academy of Pediatrics is now recommending cholesterol screening for children as young as 2—not for all children, but only those who had a parent or grandparent who had high cholesterol, a heart attack, or artery disease. Those criteria would eliminate maybe 1 percent of these babies.

The whole idea is to turn the responsibility for your health over to the pharmaceutical and medical establishment. After all, if something goes wrong, they know how to “outsmart” or manipulate the body into doing what's right. They have the technology to replace an organ that isn't working and will pretty soon be able to grow any new, replacement organ we need.

I honestly believe that most of the public has fallen for this nonsense and will end up paying the ultimate price with their health. Don't get caught up in this mess. You are responsible for your health. Your body needs care, rest, and exercise. And yes, you probably do need to make some changes to your diet. We all need to.

I know what you're thinking: Maybe you won't have to change your eating habits. If the research reports are true, we'll soon be able to have our cake and eat it too. I've seen the same reports. Any day now they expect to capture and package the elusive hormone that will keep us thin and healthy, regardless of how much or what we eat. Anyone gullible enough to fall for that will, in effect, be digging their own grave with their fork.

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:

- For Customer Service matters such as address changes, call 800-527-3044 or write to custsvc@drdavidwilliams.com.
- To order nutritional supplements from Mountain Home Nutritionals (MHN), call 800-888-1415 or visit drdavidwilliams.com.
- If you are a licensed health professional and would like to learn how to begin reselling MHN supplements to your patients, please send an e-mail to practitionerinquiries@davidwilliamsmail.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.

Service Code
33760E