

Alternatives[®]

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

September 2004

Volume 10, No. 15



Dr. David G. Williams
In 1998 I wrote about an immune-boosting product called MGN-3 being sold by Lane Labs. On July 13 of this year, a U.S. District Court judge in New Jersey permanently stopped Lane Labs from selling MGN-3, and two of their other brands, BeneFin and SkinAnswer, unless the products first received approval as drugs from the FDA.

Additionally, the court ordered Lane Labs to refund money to all the past purchasers of these products. (I hear that Lane Labs is attempting to appeal this portion of the court's ruling.)

The court found that the FDA had been issuing warnings for Lane Labs to stop marketing these products as treatments for cancer, HIV, and other diseases since as early as 1997, but their marketing promotions continued anyway.

Trying to market nutritional supplements that can help with cancer, HIV infection, and other serious diseases is fraught with danger. With the aggressive nature of the FDA, it's like walking a tightrope strung above a mine field.

The ultimate victim in this case, as usual, will turn out to be the individuals who have, or could have, benefited from the immune-boosting product MGN-3. For many, it provided a tool to either help beat their cancer or other disease, or at least keep it in check. Now that it is off the market, many people will be at a loss when it comes to finding an alternative. Fortunately, there is a viable choice that is actually better than MGN-3.

If you recall my earlier article years ago about MGN-3 (Vol. 7, No. 15), many of my discussions were with the developer of MGN-3, Dr. Ghoneum.

Natural-Born Killer (Cells)

Before Dr. Ghoneum developed MGN-3, he had been working with a company called Amino Up Chemical Company. His work there also involved mushroom extracts, much like the one in MGN-3. Before the Amino Up relationship ended, sometime around 1997, his work with a similar mushroom extract (active hexose correlated compound, or AHCC) produced some very promising research. And the positive results from this immune stimulator have continued to grow steadily since that time. Not only has AHCC now been shown to be an even more potent immune system stimulator than MGN-3, it is far less expensive as well.

Research from Japan dates back to the late 1980s and, to date, over 40 different studies have now been completed on it. The research has been undertaken both here in the U.S. and in Japan by various researchers at several different clinics and laboratories. Over and over again, AHCC has proved to be one of the most safe and potent natural immune boosters ever tested. Most recently, researchers at NASA found the product could be useful in the prevention and treatment of various infections during space travel. (*J Appl Physiol* 03;95:491-496)



In This Issue

Natural-Born Killer (Cells)	113
Nothing But the Tooth.....	117
The Nuts Have It.....	120

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

Granting Immunity

The value of being able to naturally enhance or stimulate the activity of your immune system will undoubtedly become one of your most important tools for maintaining your health and surviving in the years to come. For serious diseases, having access to a proven immune system booster like AHCC could mean the difference between life and death. Recent events have shown this to be true.

If you follow the world medical news, it becomes apparent that it's only a matter of time before we experience the next bird flu, SARS, or other rapidly-spreading disease on a world-wide basis. For the pharmaceutical companies, this provides both a huge potential opportunity and a nightmare. Trying to identify each potential pathogen and being able to design a drug to cope with each is a Herculean task, to say the least. But this doesn't stop them from trying, nor does it stop them from marketing their latest "answer" to each outbreak, whether it works or not. A good example was the panic and shortage of flu vaccine last winter. Millions of people were vaccinated even though authorities later admitted the vaccine wasn't effective against the strain of flu virus that invaded the U.S. last year. There's no telling how many people suffered side effects from the vaccine or just how many hundreds of millions of dollars went into the coffers of vaccine manufacturers.

One thing has become clear in each of the recent outbreaks. Those who survived even the worst of these disease outbreaks were the ones with the strongest immune systems. Not surprisingly, you'll find this holds true for those individuals who survive practically all other diseases as well, even those such as cancer and AIDS.

I've talked about ways to strengthen your immune system many times in the past. Proper

nutrition, exercise, various supplements, and rest all play important roles. AHCC, however, provides an immediate, sustained boost to your immune system unlike any other compound, synthetic or natural, that I have seen.

To understand just how powerful and useful AHCC can be it helps to have a brief understanding of one of the most common forms of white blood cells of your immune system. Your immune system contains over 130 subsets of white blood cells, but natural killer (NK) cells comprise roughly half of the total.

NK cells provide the first line of defense for dealing with any form of invasion to the body, whether it be in the form of a virus, bacteria, or cancer cell. I've compared NK cells to elite soldiers who are immediately called upon to seek and destroy dangerous invaders.

Each NK cell contains several small granules which act as "ammunition." Once an NK cell has recognized a cancer cell, for example, it attaches itself to the cell's outer membrane and injects these granules directly into the interior of the cell. The granules then "explode," destroying the cancer cell within five minutes. The undamaged NK cell then moves on to other cancer cells and repeats the process over and over again. When your immune system is particularly strong, active NK cells will often take on two or more cancer cells or pathogens at the same time.

Active Is as Active Does

Unlike other white blood cells, inadequate numbers of NK cells are rarely a problem. Instead, research now indicates that it is the activity of the cells that generally determines whether one is sick or healthy. As long as the NK cells are active, everything remains under control. If NK cells lose their ability to either recognize or destroy the invader, however, the



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.

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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.

situation can deteriorate rapidly. In AIDS and cancer patients, NK cell activity is likely the main criterion for estimating the chances of survival. It's pretty much accepted that when NK cells cease to function, the end is near.

Chronically low NK cell activity may also be linked to a long list of other common problems that manifest long before more serious diseases like cancer show up. This might include: ongoing sinus or respiratory infections; recurrent infections; wounds or tissue damage that is slow to heal; gum and oral cavity inflammation or infection; heart disease associated with inflammatory markers; slow-healing gastrointestinal ulcers; chronic allergies; and recurring toxicity.

Studies have found that AHCC has the ability to increase natural killer cell activity through several mechanisms.

- AHCC increases the number of explosive granules in NK cells. The more granules or "ammunition" NK cells have, the more cancer cells and other pathogen-infected cells they destroy.
- Oral ingestion of AHCC increases levels of interferon, a potent compound produced by the body that has been shown to inhibit the replication of viruses and increase NK cell activity.
- AHCC increases the formation of tumor necrosis factors (TNFs), which are a group of proteins that help destroy cancer cells.
- In addition to increasing NK activity as much as 300 percent (or even higher), AHCC also increases the activity of other key immune cells, like T-cells (200 percent) and B-cells (250 percent).

(Anti-Cancer Drugs 98;9:343-350)
(Biotherapy 01;12(3):303-309) (Int J Immunotherapy 95;11(1):23-28)

Cancer Researchers

In my report years ago, I explained how MGN-3 exhibited many of these same effects. One study indicated that at a daily dose of 3 grams, MGN-3 increased NK cell activity by 1.3 to 1.5 times in a period of just 16 hours. After a week at this dosage level, NK cell activity increased eightfold. NK cell activity continued to increase and at the end of two months the NK cells were killing 27 times more cancer cells over a four

hour period than before taking the product. (*Int J Immunotherapy* 98;14(2):89-99)

Since that initial report, Dr. M. Hosokawa of Hokkaido University in Sapporo, Japan compared the effects of MGN-3 and AHCC. Dr. Hosokawa works with the Division of Cancer Pathology there. He is well-known for his work in cancer biology and immunotherapy.

Using animal studies, Dr. Hosokawa compared the increase in NK cell activity exhibited by MGN-3 and AHCC. Using equal amounts of each product, Dr. Hosokawa discovered that natural killer cell activity was an average of 24 percent greater with AHCC than it was with MGN-3.

In a study published just last year, it was found that liver cancer patients using AHCC not only experienced a decrease in recurrence of tumors, but also exhibited a significantly improved survival rate after surgery. (*J Hepatol* 03;37(1):147-150)

Studies have shown that AHCC can also be a very powerful tool in the treatment of other types of cancers including leukemia and those of the breast, ovary, cervix, prostate, and liver. And when used in conjunction with conventional cancer treatments such as chemotherapy and radiation, AHCC can be effective at reducing many of the horrendous side effects.

I should mention that many of the studies involving AHCC focused on its ability to work adjunctively with traditional cancer treatments. Although most of the researchers I've spoken with definitely recommend taking AHCC at the very first sign of cancer, they didn't rule out using conventional therapies along with the product. It goes back to the idea that the natural killer cells should be there on the "front line" of the battle as early as possible, but it's important for them to complete the cleanup after the battle by searching for and destroying isolated or stray cancer cells that might remain. Studies have shown that AHCC can help in slowing or preventing the metastasis or spread of cancer to other parts of the body.

The beauty of using AHCC with any other form of cancer treatment is that it is non-toxic and poses no danger or ill effects from long-term use. Unlike chemotherapy, radiation, or other therapies which destroy healthy tissue along with the cancer cells,

AHCC doesn't directly destroy any tissue. It only makes your immune system more effective at targeting cancer cells and pathogens.

Regardless of how one personally decides to treat their cancer, adding AHCC into the mix will only increase the chances of being able to recover from the disease and keep it from recurring.

AHCC can also be used to help prevent cancer in the first place. Early indications have been that it will often reverse the condition referred to as cervical dysplasia. This condition refers to the presence of abnormal or pre-cancerous cells detected during routine Pap smears. They are pre-cancerous because of their propensity to develop into cervical cancer. Taking AHCC can result in a return to normal tissue in the area in as little as six months. The ability to prevent disease may be one of AHCC's greatest benefits.

AHCC is one product you will want to remember if (or should I say when) we start to see the emergence of some serious flu or flu-like epidemic in the future. It's a perfect product to use either alone or in conjunction with other therapies to prime your immune system to fight off any viral, bacterial or fungal pathogen.

Lately, I've written about the importance of knowing your family medical history. After a careful look at the diseases and causes of death of one's ancestors, it often becomes very apparent that some individuals are at greater risk of developing certain diseases. Cancer is only one such example. Bowel problems, heart disease, arthritis, and immune disorders are others. In many cases, these diseases would be far less likely to develop if one's immune system operated at peak efficiency. That's where AHCC could be a godsend. It is one of the quickest methods you can use to dramatically increase immune function.

It's something I would strongly consider taking on a regular preventive basis if you fall into any of the following categories.

- Heavy smoker (two or more packs a day)
- Heavy drinker
- Individuals whose work or home environment exposes them to pesticides, paints, solvents or other dangerous chemicals
- Individuals who work in the medical field treating highly contagious diseases

- Individuals whose family medical history indicates an increased chance of developing cancer, arthritis, any autoimmune disease, inflammatory problems, or heart disease
- Individuals whose family has a strong history of cancer
- Individuals born with immune deficiencies
- Elderly individuals with failing immune systems (natural killer cells tend to respond slower and less effectively as we get older. This often results in recurring bouts of infection and a very noticeable decline in overall health.)

For a maintenance dose, 1 gram per day is generally recommended. For maximum effectiveness during the active phases of a problem, the recommended dose is 3 grams per day.

At one gram per day, you can expect to experience a strong increase in natural killer cell activity in about four weeks. At the higher dose of 3 grams, the effect will generally be evident within one to two weeks. (You'll be able to tell; you'll start feeling better.) Once the NK cell activity increases, the dosage can be dropped to 1 gram and the activity will still continue to increase.

I would suggest dividing the daily dosage, whether it be one gram or three, and take part of it at breakfast and part at dinner time.

When I first wrote about MGN-3, AHCC wasn't yet available in this country. That has changed over the past few years, though. AHCC is somewhat expensive compared to most supplements, but the good news is that it's still available. And, it's 30 to 40 percent less expensive than MGN-3 was. (And when you consider what AHCC can do, it may be the supplement bargain of the century.)

The AHCC used in much of the research above is sold as ImmPower. In this country, ImmPower can be purchased from Harmony Company, P.O. Box 93, Northvale, New Jersey 07647. They can be reached toll-free at 888-809-1241.

Back in 1998, I explained how the release of MGN-3 was a monumental step forward in the way diseases of the future will be treated. It was only a preliminary step in the process. AHCC has obviously "raised the bar" by significantly increasing immune system response beyond that of MGN-3. And it continues to do so without triggering any of the side effects associated with drug therapies.

The company selling ImmPower appears to be far more cautious in their efforts than was Lane Labs. And although their research is much more supportive, don't expect them to start promoting the product as a treatment for cancer, AIDS, or any of the other diseases I've discussed. AHCC is not an approved drug. It is a supplement with a long history of safety and proven effectiveness. All that can be said legally is that it has been proven to have positive immune-enhancing effects.

As long as it stays on the market, that's good enough for me. We don't need to lose this jewel. As long as we still have freedom of speech, I'll continue to keep you updated with the latest research results and explain how this very powerful supplement is being used to prevent and cure some of the most feared diseases of our time.

Nothing but the Tooth

A couple of weeks ago I could barely get out of bed. I couldn't straighten up and the muscles in my lower back would go into severe spasms. In the days before I had been doing a lot of lifting and moving of heavy items. And, I'm sure spending the next day sitting in a airplane didn't help matters either. I rarely have this type of problem. In fact, I think my back has only bothered me two or three other times in my life. I routinely lift weights and exercise, but lately I've slacked off on my stretching program and it obviously caught up with me.

Fortunately, the problem was quickly resolved. Brian Lyman, the husband of my long-time assistant, Brenda, happens to be a doctor of chiropractic and he was able to fix my problem with a couple of quick adjustments (and a friendly reminder that I needed to resume my stretching routine).

If I hadn't known about the enormous benefits of chiropractic adjustments, I'm sure I would still be suffering. Unfortunately, there are thousands of people who, because of mis-information or a lack of information, continue to suffer for years without knowing there is a safe, simple way to end their pain. I would suspect that *Alternatives* readers generally don't fall into this category. But it amazes me when I look around and see the amount of unnecessary suffering and illness that is occurring due to profit-motivated propaganda, the continued

suppression of safe, non-pharmaceutical remedies, and/or bias, ego, or simply a lack of knowledge.

Oral health is one area with lots of myths, but I've recently met one gentleman who feels he's discovered the key to perfect teeth and gum health. I should mention that his ideas and discovery will not be universally accepted and will undoubtedly ruffle a lot of feathers, particularly in the dental community. Having said that, I can say that I have been personally trying the program with very favorable results.

Despite all the technological breakthroughs in the last couple of decades it seems that we're still utilizing the same programs and procedures when it comes to preserving our teeth. As I followed the research, much of the focus appears to be on dealing with certain mutant strains of oral bacteria that cause gum disease, leading to deterioration of the connecting tissue that supports the tooth and the jaw bone. Additionally, avoiding the sweets that reportedly feed these acid-forming bacteria and removing the plaque and bacteria with diligent brushing, flossing, and cleaning is still the recommended procedure.

I don't claim to be a dentist, nor does Gerard Judd. Dr. Judd, PhD, is a chemist who worked in the research community for 18 years (he worked on the Manhattan Project, the development of the atomic bomb, during World War II) and was a professor of chemistry for another 33 years at Phoenix College in Arizona. His interest in dental health began in earnest when he learned of efforts underway to put fluoride in the Phoenix drinking water supplies in the early 1990s. He had previously worked with fluoride on the Manhattan Project and was very familiar with its well-known reputation as a powerful nerve poison. The more research he performed in the area of dental health, the more discrepancies and questions he had about the recommendations and procedures that were being promoted. In about 1996 he told me he had figured out the way to maintain dental health and perfect teeth.

Dr. Judd feels there are two factors that result in dental cavities. Based on his strong background in chemistry and his years of research, he has come to some very intriguing conclusions.

First is an idea that hasn't endeared him to the dental community. Dr. Judd says removing plaque

with dental probes, drilling, and use of other devices damages the tooth enamel, resulting in holes or spaces where cavities can form. He's of the opinion that these activities are causing many of the dental problems we're seeing these days.

The second factor involved in cavity formation is acid, specifically acid that comes from various sources outside the body. He doesn't subscribe in the least to the idea that cavities are caused by mutant strains of streptococci bacteria. Nor does he believe that sugar on its own is a factor.

Dr. Judd explained that tooth enamel is made of calcium hydroxy phosphate. It is exogenous acids, he feels, that eat at the enamel. Acid begins to destroy the teeth once the pH in your mouth drops to around 3.5. (The pH scale runs from 0.0 to 14.0, with 0.0 being the most acidic, 14.0 the most alkaline, and 7.0 neutral.)

Drastic situations such as continually sucking on lemons or other acidic fruits will destroy teeth rather rapidly, as will stomach acids left on the teeth after bulimic episodes or heaving. But on a day-to-day basis, Dr. Judd feels it is imperative to rinse the acid off your teeth with something like water or milk every time you eat. This is not unreasonable, particularly when you look at highly acidic products such as sodas, and the amount being consumed today. It's routine these days for many people to sip sodas and such all day long. You can imagine the acid exposure from this habit.

Builds Strong Teeth Three Ways

Rinsing away acids is only the first step of the process. Rinsing the acid off your teeth as you eat helps keep the tooth enamel from thinning. It won't, however, stop any thinning that has already taken place nor will it help thicken tooth enamel. This is where certain supplements come into play.

As far as supplements, he recommends getting adequate amounts of calcium and vitamin D. For years I've been explaining the vitamin D-producing benefits of sunshine, and advocating increased amounts of vitamin D.

Vitamin C is also very important. He recommends the same cost-effective method of taking vitamin C that I have in the past. He suggests buying powdered ascorbic acid in bulk. Then mix

1 teaspoon of the ascorbic acid powder with 1/2 teaspoon of baking soda in a small amount of water. Once it stops fizzing you can either drink it or dilute it further with additional water. (I recommend ascorbic acid powder sold in bulk from Wholesale Nutrition. You can contact them at 800-325-2664, or write to PO Box 3345, Saratoga, CA 95070. They sell an excellent product at one of the best prices around.)

Dr. Judd also feels that everyone should be supplementing their diet with a small amount of phosphate, in the form of monosodium phosphate. Your body must have adequate amounts of the mineral phosphate for calcium to be utilized properly. It's necessary for proper bone and tooth growth. The main food sources are whole grain cereals, milk, and fish. Dr. Judd told me supplementing the diet with monosodium phosphate (along with calcium and vitamin D) will actually thicken the enamel of the teeth. He feels it may also be beneficial in arthritis.

One indication for taking supplemental monosodium phosphate would be tooth sensitivity. When the enamel gets thinner, cold and heat are more quickly transferred through the center of the tooth to nerves. As the enamel thickens you should begin to experience a noticeable difference in temperature sensitivity.

The monosodium phosphate Dr. Judd recommends is very inexpensive. It is sold in bulk as a vet product given mainly to horses to promote joint health. The particular product he uses is made by the Garmon Corporation, 27461-B Diaz Road, Temecula, California 92590. It is marketed under the NaturVet label as Monosodium Phosphate. They can be reached at 888-628-8783. A five-pound container, which will last practically forever, runs around \$35. (Keep in mind that this is a veterinary product, and they can't really offer it for human use. So please don't ask them for any instructions.)

Dr. Judd recommends taking about 1/10 to 1/5 of a teaspoon for adults and half that amount for children. Monosodium phosphate in such small doses is considered very safe. In fact, when you do see a daily recommendation for phosphate it is generally in the range of 800 milligrams to 1,200 milligrams a day. (If you have access to a set of scales, he believes about 0.3 grams [300

milligrams] a day would be an adequate dose. If not, then just a small pinch will do.)

Fluoride Seemed Like a Good Idea...

Fluoride treatments and fluoride additives in toothpastes attach and/or enter the tooth structure to create a denser enamel. Dr. Judd's research has found that the enamel formed as a result of fluoride exposure is less flexible and instead more dense and brittle. In addition to the severe neurological damage and widespread destruction of enzymes, fluoride also results in more brittle teeth that tend to crack and break.

Your teeth have the ability to re-mineralize properly if, 1) you avoid the fluoride, 2) you have an adequate intake of the right minerals, and 3) your teeth are clean. It is Dr. Judd's approach to cleaning teeth that generally causes some skepticism and resistance.

Dr. Judd feels the very best method of keeping your teeth clean and getting rid of plaque, dental bacteria, and gum infections is to brush your teeth using bar soap. He feels we should avoid toothpaste like the plague.

One of the main ingredients in toothpaste is glycerin. Glycerin can make up anywhere from 40 to 75 percent of the product. (Most mouthwashes also contain a high percentage of glycerin.) Glycerin helps the pastes remain more fluid, particularly the gel forms of toothpaste, and it also coats your teeth and gives them that smooth, slick, just-cleaned feeling. Unfortunately, Dr. Judd says this glycerin coating sticking to the teeth doesn't allow them to be adequately cleaned. Commercial bar soap, on the other hand, is very effective for cleaning teeth. (While you may shy away at the thought of putting soap in your mouth on purpose, I can assure you it's not that bad. You only need to rub a little bit on the bristles of your toothbrush. And keep a separate bar for dental use.)

I asked Dr. Judd which bar soaps he felt worked best. He felt practically any hard, commercial bar soap would work. (He commented that he would brush his teeth with Lava before he would use toothpaste.) Motel soaps are particularly well suited for the job. This may be because during saponification, the process of mixing an oil with a strong alkali compound to make soap, both

soap and glycerin are created. In most commercial-quality soaps, the glycerin is then removed and sold. It may be that the least expensive soap bars will work the best. Dr. Judd didn't have a problem with them, but I am steering away from moisturizing bars like Dove and highly scented soaps. (Also keep in mind that we're only talking about hard bar soaps and not liquid soaps, which can be a totally different product.)

Dr. Judd described an experiment that helps illustrate the coating effects of glycerin. Take a glob of toothpaste and rub it into a small area of your enameled sink and then dump a handful of water on the paste and wipe it off. Now dump another handful of water over the area. If the water beads up and runs off, it indicates the area is still coated with glycerin. His experiments show it takes as many as 27 rinses of water to remove the glycerin coating. On the other hand, when you clean an area of the sink with a bit of bar soap it will rinse clean with just a couple of rinses.

He told me he now uses only bar soap to brush his teeth. He also brushes his teeth and gums gently for only about 20 to 30 seconds each day. Not only does the soap clean the teeth better than toothpaste, without leaving any coating, it rinses clean after only a couple of rinses of water. The soap also removes plaque and kills bacteria. When the teeth are clean and uncoated he feels the enamel is in a more receptive state to thicken and re-mineralize.

In addition to using bar soap, keep in mind that he religiously rinses his mouth with water during and after eating to neutralize any acids. He also takes calcium, vitamin D, and monosodium phosphate to help re-mineralize the teeth. He doesn't, however, floss since he feels this cuts the gums. If he experiences swelling of the gums, a gum infection, an abscess, or similar problem, in addition to brushing with bar soap, he recommends using the mouthwash Cepacol. He sloshes the wash around his mouth and holds it for a total of 7 minutes which allows sufficient time for the alcohol it contains (14 percent) to percolate into the surrounding gum tissue and help destroy any harmful bacteria and pathogens. He also cautions that vegetarians may require additional protein in their diet to help rebuild their gum tissue.

Dr. Judd has written a very informative 117-page book called *Good Teeth, Birth to Death*. It details both his program and the serious side effects of fluoride exposure. It is available directly from him for \$15 plus \$2 for shipping and handling. You can order his book either by calling him directly at 623-412-3955 or from: Research Publication Company, Dr. Gerard F. Judd, 6615 W. Lupine, Glendale, Arizona 85301-3136.

If you decide to follow Dr. Judd's program, I would be interested in any results (positive or negative) that you experience. I'll keep you updated in future issues, on any results I experience or learn about from other readers. In parting, I asked Dr. Judd the condition of his teeth and gums, to which he replied, "Excellent." He is currently 81 years old and has approximately three fourths of his original teeth; he feels he would have them all if he had started his program earlier in life.

Dr. Judd's work is just continuing evidence of my mother's profound innate healing wisdom. Remembering back on my childhood, it seems there wasn't a day that went by that she wasn't trying to wash one of our mouths out with soap.

The Nuts Have It

If there's one idea that I always want to get across about maintaining a healthy lifestyle, it's that it doesn't always have to cost a fortune. I'm always on the lookout for inexpensive, yet effective, ways you can protect and preserve your health. New research shows that enormous health benefits can be achieved for peanuts...or, I should say, *from* peanuts.

The latest study has found that when one serving of peanuts (one ounce) was consumed five or more times a week, there was a 25 percent reduced risk of cholecystectomy (gallblad-

der removal). When 1/2 serving of peanut butter (which is 1 tablespoon) was consumed five or more times a week, the risk of having to have one's gallbladder removed was reduced by 15 percent. (*Am J Clinical Nutr* 04;80(1):76-81)

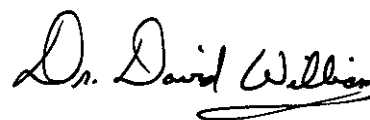
In another study, at Purdue University, these same serving amounts were shown to significantly reduce blood triglyceride levels. Levels consistently dropped anywhere from 13 to 24 percent simply by consuming peanuts or peanut butter. (*J Am Coll Nutr* 03;22(2):133-141)

Another recent study found that 1 ounce of peanuts consumed five or more times a day reduced the risk of developing type 2 (adult-onset) diabetes by 27 percent. And, eating 1/2 serving of peanut butter five or more times a week resulted in a reduced risk of 21 percent. (*JAMA* 02;288(20):2554-60)

For some unknown reason there's the misconception in this country that because nuts have a higher fat content, they're fattening. All the research, however, has shown that although nuts are nutrient-dense and have a high energy content in the form of beneficial fat, individuals tend to offset these fats by decreasing their intake from other sources of energy. In the above gallbladder study, like many before it, researchers found that the individuals who consumed more nuts tended to weigh less.

If you haven't included peanuts and other nuts in your diet, all I can say is...well, you're nuts. It's one of the easiest, most pleasant, and least expensive ways to help stabilize or lose weight and protect your health at the same time.

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.

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