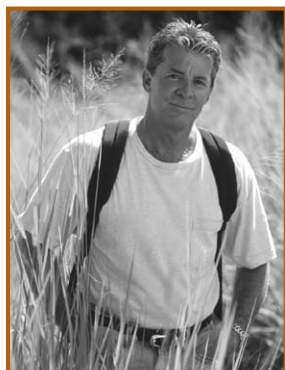


Alternatives[®]

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

August 2005

Volume 11, No. 2



Dr. David G. Williams
circa 2000

While recently reading through one of the more technical medical journals, I came across a bit of news that was heartening yet discouraging at the same time.

The article was describing a new type of vascular shunt—a small piece of tubing used to connect blood vessels. In contrast to current shunts, which are straight, this new tubing twists like a corkscrew to more closely mimic the inside of arteries. The corkscrew shape makes the blood swirl as it flows, preventing stagnation.

Stagnation in blood flow causes platelet accumulation and the formation of clots. It also causes cell death in the blood vessel walls, which just happens to be the biggest cause of failure in heart bypass grafts (for patients with clogged arteries) and renal shunts (for patients who require kidney dialysis).

I've reported in the past how at least half of all bypass grafts fail within the first year and require replacement. Additionally, every year over 300,000 kidney patients receive a renal shunt, two-thirds of which fail within the first twelve months and require replacement. In preliminary animal and human studies, these new shunts still look practically new after several months of use.

The heartening news is that these new shunts (called SwirlGrafts) will save lives, reduce the need for subsequent surgeries, improve the quality of life for millions of people, and save millions of dollars.

The discouraging news is that it took so long for the medical culture to utilize this aspect of blood flow. It's just another of many, many examples of how closed-minded the medical field (and those who regulate and control the medical industry) can be to outside innovation. The principles of fluid dynamics,

A Lack of Thinking

upon which this shunt is based, have been known and utilized in other fields for decades.

There are several impending medical situations where this kind of thinking (or, rather, *lack* of thinking) is evident. I'd like to cover two that are of urgent concern—and also share some thoughts on how you can protect yourself and your family.

The One that Flu the Coop

A couple of years ago I wrote about the avian flu virus ("bird flu"). A dire situation is brewing in the Far East that I believe will have a staggering impact on the lives of millions of people around the world in the very near future. Since the time I wrote that story, hardly anything has changed in this country (or abroad) to prevent a worldwide flu epidemic that could kill millions, halt international commerce and travel, and cause other havoc.

In fact, the beginning of such a flu outbreak may have already begun. Bird flu spread rapidly across Vietnam in 2003—killing or forcing the slaughter of

In This Issue ^{20th} Anniversary

A Lack of Thinking.....	9
The One that Flu the Coop.....	9
The Brain Drain.....	10
Mailbox: Fatigue	11
The Test of Time: Gallbladder flush.....	13
News to Use: Exercise, Prosthetics	15

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

over 45 million birds. The worst fear was confirmed when the virus jumped to humans. The latest official death count, which I doubt is accurate, is 38 in Vietnam, 12 in Thailand, and 4 in Cambodia. Authorities are saying the human deaths were due to direct handling of the birds, and that until the virus has been shown to jump from human to human there shouldn't be a problem.

What makes the situation even more worrisome is the recent reports I've received out of China. For years now, the Chinese government has apparently been fighting a strain of flu that is of major concern in Vietnam and elsewhere (the H5N1 bird flu), and which has been found in wild geese as well as domestic fowl.

Another report I received a couple of weeks ago claimed 121 people recently died of the flu in 18 different villages, and numerous people with the disease have been placed in isolation (along with hospital staff). Of course, Chinese officials deny any human cases have occurred—but they have also warned scientists not to conduct any unsupervised research into the bird flu, and to get approval from government authorities before dissecting, collecting, or analyzing tissue samples of any birds or animals that have died of disease.

Keep in mind, too, that the Chinese last year adamantly denied having any cattle with hoof and mouth disease, but eventually had to admit otherwise. More recently, they denied reports of any of their citizens having SARS, which was subsequently found to have started in that country.

Flu of Mass Destruction

These days just the hint that a Second World country is stockpiling chemical, biological, or nuclear weapons will bring United Nations inspectors running, and the UN should do the same in the investigation of this serious form of bird flu. Unfortunately, the public hasn't been informed of the seriousness of the situation, and it's obviously not a priority with

the medical establishment or government agencies in this country. Practically everyone agrees it would be impossible to develop a successful vaccine for this flu and, since it's viral, there doesn't seem to be a drug that can stop it either.

Protection from this form of flu boils down to having a healthy immune system and using such supplements as vitamin C and selenium, essential oils (tea tree and eucalyptus) in vaporizers, hydrogen peroxide, and other effective techniques that I've discussed before. [*Editor's note: For more on how to protect yourself against a pandemic, see Vol. 10, No. 2.*] Of course, there is little profit motive for pharmaceutical companies to promote these measures.

Those researching this bird flu say that with global transportation and trade the way it is these days, the deadly flu could spread worldwide in a matter of days—perhaps hours. Estimates are that it would kill as many as 360 million people worldwide. Michael Osterholm, the director of the Center for Infectious Disease Research at the University of Minnesota, recently made the comment that if the pandemic were to hit now, "I don't know what we could do about it except say, 'We're screwed.'"

We can only hope this pandemic has not already started and that world leaders will wake up to the situation before it's too late. (As I'm writing this, I just learned that Indonesia has confirmed its first case of human bird flu in a poultry worker.)

The Brain Drain

Years ago, I warned that what had been historically considered adult diseases were beginning to appear in young people. In particular, I warned about thyroid problems, obesity, heart disease, and diabetes. Little was being done to prevent the younger generations from developing these diseases (as is still the case). Today the medical establishment and government agencies are continuing to play "catch-up" but, even so, efforts are still focused



ALTERNATIVES. Author: Dr. David Williams; Publisher: Robert Kroening; Editor: Bill Todd

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 © 2005 All rights reserved. Photocopying or reproduction is strictly prohibited without permission from the publisher.

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, LLC and subsidiary of Healthy Directions, LLC, developing his unique formulations that supply many of the hard-to-find nutrients he recommends. Dr. Williams is compensated by Doctors' Preferred, LLC 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.

ELEMENTARY HELP FOR FATIGUE

Question: I've read *Alternatives* for years and have received numerous tips, ideas, and much help in my quest for better health. One of my continuing problems seems to be that of fatigue. I know everyone seems to complain about a lack of energy, but it seems to be getting worse as I get older. I exercise, eat right, and get plenty of rest, but I can't seem to conquer the fatigue. My doctor thought my problem might be an iron or vitamin B12 deficiency since I'm a vegetarian, but supplementing with those hasn't seemed to help much. What are your thoughts?

—June N., Boulder, Colorado

Answer: One strong possibility might be an iodine deficiency. Without enough iodine, your body might not be making adequate amounts of thyroid hormones. A diet that consists primarily of plants is particularly problematic when it comes to iodine intake—especially if your protein source is from soy. While most nutritional charts indicate that many plant foods can be excellent sources of iodine, the soil in which they are grown is actually the determining factor.

Seafood, kelp, and seaweed products are good sources of iodine—but not widely utilized in this country. Iodized salt can also help, but many people have switched to sea salt—which really isn't a good source of iodine.

A recent study found iodine deficiencies in 25 percent of vegetarians and 80 percent of vegans—compared to nine percent of those people who are on a mixed nutrition diet. (*Ann Nutr Metab* 03;47(5):183–5)



I've written extensively on the many ill effects of hypothyroidism, including constant fatigue. One of the primary ways to reverse the situation is the addition of iodine to the diet. A product that I've found to be very effective and predictable is the liquid iodine called Iosol by the company TPCS at www.tpcsdirect.com or 800-838-8727. Their mailing address is 660 W. Baker Street, Suite 229, Costa Mesa, California 92626-4411. Iosol can be purchased directly from TPCS or in most health food stores.

Begin with four drops of Iosol (don't use any other form of iodine) in a glass of water daily for two weeks, then cut back to one drop a day once you've restored your iodine levels back to normal. Your doctor can check your iodine levels, but, from an economic point of view, it's undoubtedly far less expensive to just try the iodine supplement to see if you notice an improvement in your condition. You should see a noticeable difference in a few days to two weeks if you're deficient in iodine.

on treating these diseases rather than in preventing them. I'm now seeing this disturbing trend manifesting itself in yet another form, which will put us in a similar situation in the next decade or so.

I firmly believe that over the next 10 to 20 years diseases of the brain will begin to appear at earlier ages and will become one of the leading causes of disability and death in this country. Again, the writing is on the wall. But, for reasons I don't understand, the issue has sadly been ignored.

Almost across the board, we're seeing increases in diseases like Alzheimer's, Parkinson's, and amyotrophic lateral sclerosis (ALS, or Lou Gehrig's disease). Being impaired from a brain or neurological disorder can be an individual's worst nightmare—not to mention that of the person's family. With some diseases, the patient feels trapped in his or her body with no way to exercise any physical control or to outwardly express feelings, thoughts, and emotions. With others, the patient's mind seems to have completely vanished from an otherwise-healthy body. In either instance, the individual becomes the total respon-

sibility of family members or other caregivers. It's a situation we would all like to avoid.

There seems to be little coordinated effort to organize a program to actually prevent brain diseases, even though research indicates that these problems are preventable for the most part. And, contrary to popular belief, brain disease and degeneration are not inevitable consequences of aging. In fact, there's really no such thing as "senile dementia." Research has now shown that, just as with every other disease or malfunction in the body, there are specific reasons for senility and other failings of the brain.

Unfortunately, most people who leave the hospital or doctor's office with a diagnosis of brain disease are not given any clear guidelines or resources for healing or reversing the problem. Drugs (and possibly physical therapy) are generally all that is offered. On the other hand, with a diagnosis of something like heart disease or diabetes (or even cancer), there are hundreds of programs, informational sources, and professional references available for guidance. The research on how to naturally treat and prevent brain disease exists, but it's not

being utilized. Again, it's been relegated to the category of "problems associated and expected with advanced age."

To Preserve and Protect

The more we learn about the brain, the more we understand just how closely it's connected to our immediate environment and lifestyle. When you begin to understand the influences your health habits have on your brain and adjust those accordingly, you'll see that the brain will react much like your heart and other organs in your body. In simpler terms, the tools and techniques are currently available to prevent brain disease and avoid what will become one of the major forms of impairment.

There are numerous factors you can address now to protect your brain and/or help restore its function. Some may seem obvious while others aren't so well known. As more research becomes available, I'm sure this list will expand.

Physical Preservation

Obviously, there's the issue of trauma to the brain from an accident. Following brain trauma, the immediate application of a solution of 70 percent DMSO and 30 percent water can minimize neurological damage. I suggest keeping a pint of DMSO on hand for this purpose alone. At a cost of only five or six dollars a pint at your local animal feed store, it's not a bad idea to keep some in the first aid kit of your automobile as well. Swabbing on a couple tablespoons of DMSO practically anywhere on the body (but not on the site of the injury) can reduce brain swelling and neurological damage until emergency medical attention can be sought.

Chemical Protection

I can't overstress the importance of avoiding contact with, and inhalation of, pesticides, herbicides, and toxic chemicals. Studies continue to link these household, farm, and commercial chemicals to Parkinson's and Alzheimer's. I predict we'll also see a connection to ALS in the near future.

Neurological assault from chemicals is a complex, ongoing process. Their effects can be cumulative and may take years to manifest in symptoms or full-blown disease. You can take several steps to help minimize your chemical exposure.

- Grow your own garden, when possible, or eat organically grown foods and hormone-free meat products.

- Avoid using amalgam dental fillings.
- To prevent aluminum from leaching into your food, avoid both aluminum cookware and storing acidic food in aluminum foil or containers.
- Use deodorants or antiperspirants that don't contain aluminum compounds.
- Drink clean, pure water. I continue to recommend distilled water for drinking. Besides air, water is the only thing you ingest every single day of your life. Even the smallest amounts of chemicals or toxic metals can pose problems after a lifetime of accumulation.
- Whenever possible, avoid and/or minimize the use of drugs and vaccinations. Practically all drugs influence brain chemistry either directly or indirectly by altering hormonal, mineral, or metabolic pathways elsewhere in the body. And drugs come with their own list of toxic side effects (due to their very nature of being synthetic compounds). Using drugs in combination and/or on a long-term basis can multiply their toxic effects, many of which won't be seen until the damage has already been done.

Many of the health problems and deaths experienced from drug use are never linked to their usage. Either the problems occur much further down the road, or they seem entirely unrelated and no one ever makes the association. A good example is the connection that was finally made (after 40 years!) between the antibiotic erythromycin and heart failure.

Elimination of Existing Toxins

After taking efforts to minimize your exposure to factors that can cause brain disease, you need to look to eliminate any disease-causing toxins already in your system.

First and foremost you must get the organs of elimination working as efficiently as possible. The colon is first on the list, though it's probably the last location most people would associate with preventing brain disease. Chronic constipation keeps your body from eliminating toxic waste and excess hormones. Additionally, the continued release and absorption of degraded proteins and rancid fats floods your bloodstream with more noxious compounds that can disrupt nervous function as well as place unnecessary burdens on other elimination organs—such as the liver and kidneys.

The Test of Time

Tip from Vol. 5, June 1994

20th
Anniversary

There are several methods for improving your body's ability to eliminate waste. The gallbladder flush is one that is often overlooked.

Gallbladders can become clogged with small stones or thick gelatinous bile, and a flush is an important tool for helping restore normal function. While it's easy to do, I would never recommend doing so without the approval and guidance of your doctor. I have supervised hundreds of flushes and never had any problems, but each patient should be screened to rule out the possibility of large gallstones that might not be able to pass through the bile duct during the flush.

To flush the gallbladder, follow these directions precisely:

1. Monday through Saturday noon, in addition to your normal diet and supplement regimen, drink as much apple juice or cider as you can. The apple juice or cider should not be from concentrate or contain sugar or additives.
2. At noon on Saturday, eat a normal lunch.
3. Three hours later, take 2 teaspoons of disodium phosphate, dissolved in about one ounce of hot water. (Disodium phosphate is available from The Vitamin Shoppe at 800-223-1216. Doctors can get it from Standard Process Products at 800-558-8740.) The taste may be

objectionable—it's okay to follow it with a little fresh-squeezed lemon or grapefruit juice.

4. Two hours later, repeat step 3.
5. For the evening meal, you may have grapefruit or other citrus fruits or juices.
6. At bedtime, drink a half cup of unrefined virgin olive oil either followed by a small glass of grapefruit juice or blended with a half cup of lemon juice.
7. Go to bed immediately and lie on your right side with your right knee pulled up close to your chest for 30 minutes.
8. The next morning, one hour before breakfast, take two teaspoons of disodium phosphate dissolved in two ounces of hot water.
9. Continue your normal diet and any nutritional program that may have been prescribed.

The olive oil/citrus juice may cause slight to moderate nausea, which will slowly disappear by the time you go to sleep. In the rare instance where the olive oil causes vomiting, the procedure should not be repeated at this time.

Once you have finished this process you should see an improvement in your digestion. You won't notice the toxins as they're being flushed out, but be assured they are leaving.

There are several methods for improving your body's ability to eliminate waste (see "The Test of Time" above for one). Some of the most common are increasing your intake of water, high-fiber foods, and fermented foods along with using probiotics and stool softeners. You could also see your doctor for colonic irrigation.

The other primary organ for toxin elimination is the skin. The use of saunas, along with niacin (100 mg three times a day), is one of the best methods to increase the ability of your skin to eliminate toxins.

Getting the Lead (and Other Metals) Out

Our current environment, food supply, and water supply expose all of us to a certain amount of unavoidable toxins that influence brain function over time. In addition to trying to minimize this exposure, it is necessary that we also increase the amount of natural "chelators" in our diet. (Chelating agents are chemical compounds, natural or synthetic, that bond to a

metal ion and form a stable complex that can then be harmlessly carried out of the body.)

Chelation is particularly helpful in the removal of toxic metals—such as mercury, lead, cadmium, nickel, arsenic, aluminum, et cetera.

There are plenty of natural chelators, including vitamin C and sulfur-containing amino acids such as methionine and cysteine. For either amino acid, take one gram a day. (Amino acids are available from JoMar Labs, www.jomarlabs.com or 800-538-4545.) Hopefully these are items that you include in your everyday nutritional regimen in the form of supplements and things like protein shakes and spirulina-based products.

Herbs and foods that work as chelators include cilantro (also known as coriander), yellow dock root, and chlorella. Cilantro is probably the best known of these. It effectively removes mercury, lead, and aluminum. You can just sprinkle some on your food

every day, or even juice it, but perhaps the easiest and tastiest way to use the herb would be as the main ingredient in a pesto sauce. The basic recipe is simply a clove of garlic, a cup of fresh cilantro, 2 Tbsp. of lemon juice, and 6 Tbsp. of olive oil mixed in a blender. You can add nuts or spices to taste.

Yellow dock root is a specific chelator for aluminum. Make a tea by pouring one cup of boiling water over one teaspoon of the root material (available from Penn Herb, www.pennherb.com or 800-523-9971), and add honey or lemon to taste. Drink 3–4 cups daily.

Chlorella is a single-celled plant. Its cell walls bind with toxins in the digestive tract and carry them out. Take 15–20 grams a day (3–4 teaspoons) for chelation. You may want to start slowly and work up, because chlorella works on your digestion, too.

Intravenous chelation treatment, although controversial, is an effective and safe method of removing many of these toxins. The fact that it isn't covered by insurance—or accepted by conventional medical practitioners—has resulted in its limited use. Many doctors, then, have resorted to prescription oral chelators like DMSA, which is very effective at removing mercury deposits.

The market has recently been hit by a flood of non-prescription oral chelators, but the research to promote their use is grossly lacking in my opinion. There is one non-prescription chelation product that I feel has merit. It is a suppository called Detoxamin and is sold by World Health Products at 12685 South 125 East, Draper, Utah 84020, or toll-free at 877-656-4553 or on the web at www.Detoxamin.com. They sell a box of 30 suppositories (which is supposed to be equal to 10 I.V. chelation treatments) for about \$270 a box.

A less drastic method of removing toxic metals safely from the body involves the process of using mineral antagonists.

The various cells in your body are constantly being repaired and replaced. Out of necessity, your body uses what raw materials are available at the time to build these new cells and repair their internal workings. For example, cells in your arteries require zinc to help make them stronger yet remain flexible. However, if zinc is deficient in the diet, the toxic metal cadmium can be used instead if it's available. The chemical structures of zinc and cadmium are such that the substitute can be made and the body will continue to function—though

far less effectively. The loss of flexibility can cause high blood pressure that could result in a stroke, and the fragility makes the vessels more susceptible to damage—leading to atherosclerosis and subsequent cardiovascular disease.

When you have a better understanding of metal antagonists and how your body will “make do” under times of deficiency, it sheds a light on many problems—not just those of brain disease. A couple of months ago, I discussed how the prostate gland has an increased need for zinc and contains some of the body's highest stores of that mineral. It should now come as no surprise that cadmium, a known carcinogen, seems to concentrate in the prostate in men and seems to mimic estrogen and concentrate in the breast tissue and wombs of women.

By ensuring it has a steady and constant supply of necessary minerals and nutrients, and by avoiding environmental exposure to toxic metals, your body can replace any toxic building blocks as it repairs and rebuilds.

Here's a list of the known mineral antagonists:

<u>Mineral</u>	<u>Toxic Metal</u>
Calcium	Lead
Zinc	Cadmium
Sulfur/Molybdenum	Copper
Selenium	Mercury

Balance Activity and Rest

Most people are probably tired of hearing about the necessity of physical exercise. However, if you want to avoid brain dysfunction and disease, exercise is essential. It increases blood flow and oxygen transfer throughout the body, which is critical for brain function.

One of the primary causes of senility is impaired blood flow (usually from narrow or clogged arteries) that results in decreased oxygen levels in the brain. The mildest exercise, such as walking, can result in significant oxygenation and improvement. Even moderate, regular exercise can lower blood pressure—which then lowers your risk of stroke and further brain damage.

It was discovered in the 1980s that more vigorous exercise triggers the release of chemicals in the brain called endorphins, which are responsible for far more than the associated euphoria and sense of well-being experienced by those who exercise regularly. Endorphins have been shown to decrease pain perception; suppress mood disorders; promote



NEWS TO USE FROM AROUND THE WORLD

Raise Your Hands High

Several years ago there was a report that orchestra conductors live long, healthy lives. History has shown that many of them live well into their 80s or even 90s. When the report first surfaced, it was believed that their longevity could be attributed to their constant exposure to classical music. Since only a very, very small percent of the population would have such an occupation, the news was interesting, but obviously had little, if any, practical application for most of us. If you take a closer look, however, the health benefits from conducting an orchestra may be not from the music but, instead, from the actual physical activity involved.

To conduct an orchestra, a conductor must keep his/her arms elevated for extended periods, during which time they are in constant motion. Both of these conditions place an additional load on the heart muscle. Due to the smaller blood vessels in the arms, even under normal circumstances, the heart must work two and a half to three times harder to pump blood through the arms than through the legs. Additionally, with the arms elevated and muscles requiring more oxygen, the heart must pump harder to push the oxygenated blood uphill as the veins drain extra blood down to the heart.

We know from other studies that to strengthen the heart muscle you have to increase your pulse rate at least 20 beats a minute over your resting pulse rate. Conducting an orchestra can raise the pulse rate to over 100 beats a minute, which makes it an excellent exercise for strengthening the heart. After taking a better look at the data, I'm now convinced this upper-body activity is the primary reason that conductors tend to live long, healthy lives. Certainly their passion, exposure, and love of music play a role, but exercise so specific to the heart muscle is the real key.

You can utilize this information by engaging in a very simple exercise routine to improve the strength of your heart and, potentially, live a much longer life.

I'm not suggesting that you find an orchestra to conduct, but "conducting" music from your radio at home can provide the same benefits. It's easy enough to grab a stick, wand, coat hanger, or whatever; play some clas-

sical music on your stereo or radio; and get started. It's an exercise that practically anyone can do regardless of the current condition of his or her health. Start slowly, and gradually try to work up to at least three or four 30-minute sessions a week. You'll see that just being able to hold your arms up and out for that long is a great upper-body exercise and, when combined with a lower-body exercise (such as walking), will provide a simple, fun, and balanced workout.

Sculpting a New Face

ST. LOUIS, MISSOURI—I don't watch much television, but it's obvious that two types of programming now dominate the airways: reality shows and make-over shows. And the few make-over shows that I've seen (generally when stuck in some airport) have truly amazed me with the changes that can be accomplished when money and resources aren't a concern.

Unfortunately, since the monetary incentive and potential market isn't nearly as great when it comes to the making of prosthetics, changes and innovation often take place at a snail's pace. Thus it was nice to learn about a program at the Washington University School of Medicine that specializes in constructing facial prostheses.

Thousands of people each year experience cancer or a facial injury that leaves a major deformity. Dr. Donald Gay and a team of artists have started to use the latest materials to create realistic facial implants. Exact duplicates are molded from the undamaged portions of the face and then reversed. Wrinkles, veins, and colors are added later. The "implant" can also include the eye or other features. Medical adhesive then holds the removable implants in place.

Although the custom implants are expensive (ranging in price from \$2,500 to \$7,500), they can allow patients to once again socialize and regain overall confidence about their appearance. It's a very worthwhile and life-changing project. If you know of someone who might benefit from this work, you should contact Public Relations Director Diane Williams at the Washington University School of Medicine, Campus Box 8508, 4444 Forest Park, St. Louis, MO 63108-2212, at williamsdia@wustl.edu, or at 314-286-0111.

memory; balance blood sugar levels; improve hormone, kidney, and gastrointestinal function; increase immunity; enhance sexual function; and help raise a person's metabolic set point.

Your need for physical exercise needs to be balanced by periods of adequate rest. Giving your body suitable rest allows more energy to be used for detoxification. Studies have shown that proper sleeping habits allow the brain time to organize and store information correctly—which is essential

not only for learning new information, but also for recalling past experiences. However, poor sleeping circumstances—such as not sleeping in an entirely darkened room, waking frequently, suffering from sleep apnea, or working night shifts—have all been linked to brain diseases and other major health problems (heart disease, cancer, et cetera).

Niacin is another way to increase circulation to the brain. One study even found that taking 100 mg of niacin daily for a year can help raise your IQ level.

Balance Activity and Stress

You've undoubtedly heard the saying, "use it or lose it." Well, it's particularly true when it comes to the brain—which needs mental exercise to remain healthy.

Of course, learning a new skill or language gives the brain a workout and greatly improves function. The same goes for writing, reading, teaching, and even working crossword puzzles.

Studies have shown that recalling traumatic events and writing them down can be one of the best methods for overcoming many cases of chronic depression—and it may increase your lifespan. Keeping a journal of the events in your life is probably one of the most overlooked forms of "self-help" in defeating depression.

Additionally, reading on a wide variety of subjects activates the brain in ways that aren't fully understood. One hundred to three hundred years ago, it was thought that reading "compresses time" by allowing readers to experience the feelings and actions that are presented in the writing. According to this view, avid readers experience far more than what they otherwise would in a lifetime.

A more recent view is that, when we read, we each derive our own ideas about the meaning of what we've read based on the unique experiences and ideas that each of us has acquired during our lives. According to this view, the creative ideas produced by your brain as you read are a result of the differences between what you are reading in contrast to your personal experiences and ideas. I know this view can be technical (and gets even more so if you really study it), but basically it's saying that it's impossible to have ideas without language—and that's why reading is so important.

Since you're a newsletter subscriber, I'm probably "preaching to the choir" about the importance of reading, but what's clear is that copious amounts of reading can and should be a key component in maintaining your mental well-being.

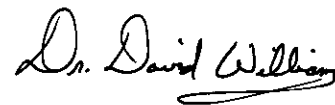
For many people, a problem occurs nowadays when mental challenges turn to stress. There are dozens of ways of learning to deal with (or disconnecting from) unresolved stress—from massage to meditation. Now research shows that increasing your intake of omega-3 fatty acids (such as those found in fish oil) can ease the load on your adrenals and moderate the level of such hormones as cortisol that often create problems.

Fish oils have also been shown to help prevent stroke and Alzheimer's. And keep in mind that if you add fish oil supplements to your daily regimen you should also be taking vitamin E (at least 400 IU per day) to protect against the oxidation of fish oil and to help in stroke prevention. (*Diabetes Metab* 03;29(3):289–95) (*Biofactors* 00;13(1–4):41–5) (*J Nutr Health Aging* 05;9(1):31–38)

One of the reasons brain disease and depression will become such a widespread problem is that conventional medicine often fails to see the relationship between these problems and an individual's overall health. They want to treat depression with a pill. It doesn't matter if the depression is caused by obesity or diabetes and poor blood sugar control. Depression has its own pill. Obesity has its own pill. And diabetes has its own pill. But, by failing to address the underlying causes of brain disease—such as hormone imbalances or one of the others I've discussed—it's practically guaranteed that the problem will continue to get more prevalent.

Brain disease is obviously not an event isolated from other systems of your body. It's like every other disease process and needs to be addressed as such. I'm afraid our failure to do so will only lead to a huge increase in these problems and to millions more people trying to live a normal life on antidepressants and mind-altering drugs.

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
45353S