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Dr. David G. Williams
circa 1995

The Traditional New Year's Quest

With the New Year now underway, many people will be talking about ways to improve their health by losing weight, exercising, cleaning up their diet, et cetera. For reasons I don't understand, people like to use the

first of the year as the "start date" for changing or improving their lives. It seems to me that, if people seriously decided to improve their health, they would begin to take the necessary steps as soon as the decision was made. Perhaps it's human nature to want that one last binge before trying to eliminate a bad habit, but I feel it's a sure sign that they really aren't convinced that the ultimate outcome is worth the sacrifice or effort involved.

Unfortunately, in this country, as long as we're alive and kicking, we seem to take our health for granted. Instead of being taught that it takes discipline and willpower to remain healthy, we've been lulled into the mindset that it's normal to be overweight and have such problems as arthritis, headaches, constant fatigue, constipation, blood sugar imbalances, high blood pressure, et cetera. After all, practically everybody else has the same problems and it's so much easier to "treat" these complaints with modern medication or simple surgery than it is to make changes in lifestyle or eating habits.

As you count your blessings this New Year, and contemplate any changes to improve your health and well-being, please keep one point in mind. While your family, your doctor, or your friends may provide support, empathy, guidance, or other help, you ultimately discover that no one but you is responsible for *your* health.

I'll be the first to admit that medication and surgery can be true lifesavers at times. However, they are no substitute for proper diet, exercise, and good nutrition—which is exactly how they've been promoted and are considered in our society. Even research into the most basic fundamentals of good health has been replaced by research focusing on ways to counteract poor diet and lifestyle.

For years, I've discussed the extreme importance of naturally-fermented foods and the necessity of beneficial bacteria (probiotics) in our diet. There is no question that as much as seventy percent of our immune system is directly linked to the lower bowel—which is greatly influenced by the number and type of beneficial bacteria that reside there. But, surprisingly, there is very little research being focused on this area. Instead, hundreds of millions of dollars are being used to develop new drugs for high blood pressure, heart disease, diabetes, acid reflux, arthritis pain, et cetera—all problems that result from poor diet and lifestyle habits. After all, developing new drug treatments is where the money is—not in prevention. And the holy grail of the pharmaceutical companies is a safe, effective diet pill that would fool your

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You will observe with concern how long a useful truth may be known, and exist, before it is generally received and practiced on.—Benjamin Franklin

body into letting you eat anything and everything you wanted and still not gain weight. It would be worth trillions, so no expense is being spared in developing ways to let us “eat our cake and have it too” (to put the phrase in its correct form).

Close to 150,000 people in this country will undergo gastric bypass surgery (or stapling) this year. While this surgery was practically unheard of just a few years ago, the market for such surgeries is expected to continue to grow at such a rapid pace that one company has already developed a million-dollar robot to perform the procedure. Although a doctor controls the robot while watching the operation on a 3-D screen, the robot actually performs the entire laparoscopic surgery. It manipulates the stomach and intestines, makes the incisions, and finishes with the sutures. It will reportedly make gastric bypass surgery safer and more cost-effective for the masses.

I’m sure the robotic procedure will be hailed as a boon to the hundreds of thousands who, for some reason or another, have neither the ability to exercise nor the willpower and discipline to control their eating habits. And while gastric stapling is currently only recommended for those classified as “morbidly obese” (100 pounds overweight for men and 80 pounds over for women), I’m sure that requirement will be lowered as the marketing for the procedure becomes more sophisticated.

Lymphing Toward Health

As I mentioned in the previous article, the research efforts in this country follow the money—which is why the development of drug treatments is explored more than effective prevention. Much as with probiotics in the lower bowel, the link is subtle between the benefits of a properly functioning lymphatic system and preventing disease and maintaining good health—which is why most researchers have seen little need (or I should say “financial incentive”) to delve more deeply into this area.

The information I’m about to share with you, however, could have a profound effect on your ability to ward off disease, regain optimal health, and even live a longer life.

The human lymph system was first described by Hippocrates, who reported seeing vessels containing “white blood” around 400 BC. It was later described in greater detail in the early 1600s by the Italian physician Aselli as “milky veins.” However, William Harvey published his well-known and very detailed description of the blood circulatory system in 1628, and the lymph system has largely been neglected ever since. I suspect that disinterest will change if and when researchers ever take a closer look at how crucial a role the lymphatic system plays in dealing with infections, inflammatory diseases, heart disease, asthma, psoriasis, rheumatoid arthritis, metastasis (or spread) of cancerous tumors, transplant rejections, and more.

Although the average person doesn’t even know the lymphatic system exists, it has twice as many vessels as the circulatory system, and there is two times more lymphatic fluid in your body than there is blood. (Your lymphatic system works in conjunction with your blood circulatory system. Technically, it also encompasses the spleen, thymus, and tonsils, as well as the lymph vessels and lymph nodes, but my discussion will primarily focus on the lymph vessels and lymph nodes.)

An Efficient Waste-Disposal System

Oxygenated blood passes from the heart through large arteries to increasingly smaller arterioles to, finally, the microscopic capillaries that weave between the various cells of your body. Between the cells and the capillaries is a fluid known as interstitial or lymph fluid. Proteins in this interstitial fluid help “pull” oxygen, sugars, and various nutrients out through the walls of the capillaries so that they can then be passed into your cells. However, red blood cells are too large to pass through the pores in the capillaries so, once they release their oxygen,



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they continue their journey into the veins and are re-circulated to pick up more oxygen in the lungs. Waste products from the cells (such as carbon dioxide, lactic acid, et cetera) pass the other direction through the fluid and enter the bloodstream to be disposed of through the liver, kidneys, and lungs.

As efficient as this system is, there is a certain amount of blood plasma lost in the process. Along with the plasma, there are also various large particles—such as proteins, dead cells, viruses, bacteria, inorganic compounds, water, cholesterol, fats, waste products, et cetera—that aren't re-absorbed into the blood stream, and this is where your lymph system plays a vital role.

Lymph vessels begin in the areas where the above-mentioned exchanges are taking place. As the pressure builds up in the interstitial space (the area between your cells and the capillaries), the surrounding tissue is slightly stretched, and the walls of the initial lymph vessels deform and begin to form openings that are four to six times larger than the openings in the capillaries. The fluid and various materials enter the lymph vessels and begin to move along the channels (which have one-way, flap-like valves to stop the backflow of the fluid).

This fluid, now referred to as “lymph,” moves into larger lymph vessels called pre-collectors and then into even larger vessels called collectors. Eventually, all lymph dumps into a big vessel called the thoracic duct that traverses your entire chest. From the thoracic duct, the lymph is dumped back into the veins to be filtered through either the liver or the kidneys (and eventually returned as blood plasma). Approximately two to three liters of lymph is filtered through the lymphatic system per day.

Along the way, the lymph passes through specialized glands called lymph nodes. Some are as small as the head of a pin, while others are as large as an olive. On the average, there are anywhere from 400 to 700 lymph nodes in the body. About half are located deeper in the abdominal area, but large concentrations are also found in the groin, neck, and armpits. I'm sure you've felt one or more in your neck when they become enlarged during a cold or sore throat.

Lymph nodes could be compared to very sophisticated filters. A more appropriate description might be “mini chemical detoxification plants.” They purify and filter the lymph. They also produce various types of lymphocytes (white blood cells) and macrophages that destroy damaged

cells, bacteria, and viruses. While lymph nodes are a vital part of your immune system, they also tend to reabsorb about 40 percent of the liquids from the lymph fluid—which thickens the lymph and slows its flow.

The lymph system doesn't have a pump (such as the heart in the circulatory system) to help it keep flowing. Instead, each of the fragile vessels have a spiral muscle surrounding them. As a vessel fills and begins to stretch, the muscle contracts—moving the fluid a little further up the line. This action also creates a vacuum effect behind it, that helps to advance even more fluid.

Additionally, every time you inhale, your diaphragm moves downward, like a bellows, to create negative pressure in the lungs and chest cavity. Exhaling creates positive pressure that forces the air out. The overall process is quite complicated. However, in general terms, these changes in pressure create a massaging or milking effect on the thoracic duct. During inhalation, there is an increase in the flow of lymph fluid from other parts of the body into the thoracic duct. During exhalation, a suction-type effect is created that enhances the ability of the veins to empty the thoracic duct.

Researchers are just beginning to understand and demonstrate that your ability to remain healthy and disease-free is in large part directly related to how efficient your body is at circulating lymphatic fluid and dealing with the toxins and other materials it contains. Although the concept may be new (and even somewhat controversial) in our society, the importance of the lymphatic system has been understood and utilized for thousands of years in other parts of the world.

Trash Breeds Disease

Keep in mind that the development of most diseases we face today follows a very similar pattern. First, there is some type of initiating agent—such as an environmental toxin, a chemical herbicide, an oxidized fat or other food compound, a virus, bacteria, or a waste product. There may not be any problem if your body removes it in an efficient and timely manner. If, however, this agent lingers and gets stored in the body, or if there is repeated exposure, your body develops an inflammatory response in an effort to destroy it. If the inflammation continues and becomes chronic, then damage to normal surrounding tissue occurs. Cellular mutations may then result, which can lead to cancerous cells and tumor formation.

In just the last few years, a considerable amount of research has been undertaken, largely in Europe and Australia, concerning the lymph system's role in the metastasis or spread of cancerous tumors. Although there's been a general understanding that the prognosis of a cancer is far less favorable when the lymph nodes are involved, this new research indicates that the lymph system may also actively promote the spread of cancer by producing proteins that trigger the formation of additional lymph vessels to drain tumors. Your skin happens to be the likely source for these vessel-forming (angiogenic) proteins—which makes it imperative that you increase lymph flow in that area and protect it from unnecessary damage, as I'll explain later.

The positive aspect of this new research suggests that we can help stop or minimize the spread of cancer through the lymph system by keeping it flowing as efficiently as possible. It appears that the formation of new lymph vessels occurs when there is a failure to clear such angiogenic factors as metabolites, inflammatory agents, and growth factors that are associated with pathological changes. In other words, if you keep the lymph moving through your system, the compounds that help tumors spread won't have time to settle in and start doing their dirty work.

Vessels Helping Vessels

The inability of the lymph system to properly remove waste material has also been linked to atherosclerosis (clogging of the arteries) and heart disease—which became more apparent when doctors began to notice that patients who underwent heart transplants rapidly developed clogged arteries following the procedure (even when there hadn't been a drastic change in diet or lifestyle). A closer look revealed that the surrounding microscopic lymph vessels were severed and, for all practical purposes, destroyed during the surgery.

Since the cells of the heart muscle are supplied by blood vessels that feed it from the outside, they are just as reliant on the lymph system to remove excess fluid, cholesterol, and other material that leaks into the surrounding fluid. Without any lymph system in place, wastes quickly begin to accumulate and cause an inflammatory reaction in the arteries that supply the heart. The accumulation leads to local damage that the body tries to repair with cholesterol, calcium, et cetera—which leads to more rapid clogging of the arteries. Based on these findings, some doctors now feel that poor lymphatic

circulation could be the leading contributor to the growing problem we're seeing with heart disease.

It's only a matter of time (I hope) before researchers begin to see the chronic and disastrous consequences that occur after the destruction of the lymph system during major surgery.

In addition to cancer and atherosclerosis, the stagnant or inadequate flow of lymph can lead to arthritis (particularly rheumatoid arthritis), bursitis, lethargy and chronic fatigue, high blood pressure, joint stiffness, depression, skin problems (such as dryness, flaking, and eczema), and numerous other problems.

The effect a person experiences from poor lymph drainage will vary depending on many factors—such as the location or locations of the blockages, the levels of toxins in the body, nutritional status, other illnesses, diet, amount of exercise, et cetera. Everyone can tolerate a certain amount of toxicity before becoming ill, but begins to experience problems once that level is exceeded.

Keeping an Eye on the Flow

The way our circulatory system functions, there will always be a loss of plasma that needs to re-enter the system through the lymphatic pathways. There are a few initial signs that probably indicate your lymphatic system is either sluggish or beginning to stagnate. If these are present, it's a pretty good bet that deeper problems are starting to occur that may not yet be so obvious.

One tell-tale sign of poor lymph flow is lymphatic edema, often referred to as retaining fluid. It results in puffiness or swelling—particularly in the feet, ankles, or legs—and can even be the cause of cellulite. The protein molecules that leak out through the capillaries need to be returned to the circulatory system by way of the lymph system. Proteins attract water, and you will retain water if there is excessive protein in the interstitial fluid—the result of which is swelling.

Other forms of edema are caused by chemical imbalances due to such problems as diabetes, liver disease, or kidney disease. Edema from such conditions won't be helped by the methods I'll cover in this article—instead, other forms of therapy will be necessary to correct your chemical imbalance. (See "The Test of Time" on the next page.)

Regardless of your current situation, you cannot overlook your lymphatic system if you want to remain healthy.

The Test of Time: *Fluid Retention*

20th
Anniversary

As you may know, sodium attracts water, and edema can occur when the balance between potassium and sodium in your body gets out of kilter—which causes more fluid to accumulate either inside the cells or in the area surrounding the cells. (Potassium stays mostly inside the cell, and sodium stays mostly in the fluid surrounding the cells.)

A hormone called aldosterone produced by the adrenal glands keeps your sodium and potassium levels in balance by causing the kidneys to recapture sodium from the urine and retain it within the body while causing the kidneys to eliminate potassium—all of which lets your body maintain adequate water levels to keep from becoming dehydrated.

When your adrenal glands become fatigued, overworked, or depleted, they produce less aldosterone. As a result, sodium spills out into the urine, along with the water needed to hydrate your body. With less aldosterone, your body doesn't eliminate enough potassium from inside your cells.

On the surface, it might seem like you couldn't have fluid retention when this imbalance occurs. After all, your body's inability to retain adequate amounts of sodium results in too much water being discharged as urine. However, this situation also causes more and

more potassium to remain inside your cells, which causes an increasingly dangerous condition. Too much potassium can interfere with proper nerve and muscle function.

In response to this danger, your body begins to dilute the concentrated potassium by forcing more water into the cells. As a result, the cells begin to swell, which causes the fluid retention. To strengthen the adrenal glands and help promote adequate production of aldosterone, I recommend taking the following steps:

- Take a burden off the adrenals and allow them to rebuild by eating four to six *small meals* or snacks throughout the day rather than two or three large meals.
- Snacks and meals should consist of foods higher in protein since protein tends to pull excess fluid out of the tissues and doesn't cause rapid blood sugar fluctuations.
- Avoid sugars and refined carbohydrates (such as desserts, candies, sodas, fruit juices, et cetera) since they *do* cause rapid blood sugar fluctuations.
- Support the adrenals nutritionally with a good multivitamin or vitamin B complex.

Tip from Vol. 9, August 2001

Keeping the Stream Clear

To keep your lymph system moving, you need to focus on two areas. First, you need to reduce the amount of toxins entering your system. Second, you need to improve lymph flow and increase the drainage capacity of your lymph system.

It should go without saying that to minimize the toxins that enter your body, your water and food supply should be as fresh, natural, and free of pesticides, herbicides, and heavy metals as possible. Good bowel habits are essential. The regular use of various supplements can help reduce oxidation and free radical damage from the toxins that do get in. I regularly discuss such topics in *Alternatives*, so I won't go into them here. [Editor's note: See Vol. 7, No. 22 and Vol. 9, No. 5 for more about detoxification, and Vol. 8, No. 22 for more about bowel

health.] You do, however, need to be aware of the important role your skin plays as a barrier to toxins entering your lymphatic system.

Approximately 70 percent of the initial lymph vessels are in or just under your skin. Obviously cuts, scrapes, and abrasions increase the ability of various pathogens to pass through the skin barrier and enter your system, but the problem can also occur with excessive washing—particularly with strong detergents, soaps, or the use of acetone or alcohol. These and other cleaners strip the protective surface fats from the skin and leave it vulnerable to penetration. They also destroy any beneficial protective bacteria that reside on the skin surface.

For these reasons, I don't recommend using antibacterial soaps, and I suggest you use gloves if you have repeated contact with soaps and detergents.

While the concept might be a little foreign to most males, the regular use of emollients (skin creams) can significantly lighten the load on your immune system.

Skin cream or natural oils used immediately after bathing or showering help lock in moisture and smooth the skin surface—which, in turn, allows minor cracks and fissures to close and improves the skin barrier. Lanolin has long been used as a base for skin creams; it holds twice its own weight in water and forms an effective oil-in-water emulsion within the skin. It penetrates deeply and reduces subsequent moisture loss by up to 30 percent. Its deep penetration also makes one application effective for up to eight hours—in contrast to other emollients that typically last only two to three hours.

Unfortunately, lanolin is one of the very few substances that cause allergic problems for me. (A newer ultra-pure medical grade of lanolin is supposed to be better, but I haven't had the opportunity to try it yet.) If you're in a similar situation, other substances provide similar benefits. Burt's Bees makes several good creams and oils using almond oil, apricot kernel oil, et cetera. I've also used coconut and avocado oil-based creams, and I've found them helpful. Try several and find one that works for you, and then use it on a regular basis. You'll find a good variety at nearly any health food store.

It's also important to feed the skin barrier from the "inside out"—which is where the omega-3 oils like those from fish and flax can be helpful as a supplement or in your foods (along with other oils such as olive, macadamia, hemp, and coconut).

A Breath of Fresh Lymph

Several techniques will help you improve lymph flow and increase the drainage capacity of your lymph system. For instance, proper breathing is undoubtedly one of the best things you can do to improve lymphatic circulation on a regular basis.

I've discussed the importance of proper breathing techniques in the past—including research that shows how shallow breathing becomes more common as we age (and its direct link to both high blood pressure and heart attacks). Deep controlled "diaphragm" breathing will not only improve your blood pressure and protect your arteries, it dramatically increases lymphatic flow. (*Pflugers Arch* 78;378:121-125)

Proper breathing technique doesn't get much attention in this country and, unfortunately, it

probably never will. The closest such advice we get in this country that would benefit lymph flow is to maintain a proper posture by standing straight with the shoulders back and chest out.

The most effective form of breathing to increase lymphatic flow involves taking a deep, fairly sharp breath through the nose (rapid inspiration). As you inhale, gradually push your shoulders back and at the same time relax your abdominal muscles and allow your diaphragm to move lower as your stomach slightly protrudes. You can take in even more air by holding your arms out from your sides parallel with the floor and then pushing them back as you push your shoulders back.

Now begin a slow phase of exhaling through your mouth, letting your arms and shoulders relax as you also gradually tighten the muscles of your abdomen. Continue exhaling until you believe all the air is gone, then push even more out.

Do this breathing exercise two or three times several times a day, and gradually work up to the point where you're doing it 10 minutes a day. After a while, deep breathing will become more natural. Studies have shown that it can reduce back-pressure in the lymphatic system by approximately half. (*Eur J Lymphol* 01;9:58) Other studies show that deep breathing can increase lymphatic circulation around the heart by a whopping 270 percent.

The technique I've just outlined is a slightly modified version of those I've seen demonstrated on numerous occasions in the Far East, where many traditional healing systems have utilized it for thousands of years to promote better health. I've learned it from practitioners of Buddhism, yoga, Tai Chi, and Chinese Dragon Breathing.

For the benefit of my mother (and anyone else who might cringe when I discuss Eastern therapies/religions), I'd just like to mention that we can learn a lot from these ancient systems. One of the primary shortcomings of Western medicine is that it doesn't treat the spiritual aspect of a patient. And Western religion focuses solely on that spiritual aspect. In our society there is a disconnect between the two. Eastern philosophies, however, have long recognized the strong connection between spiritual health and physical health, so their traditional healing systems incorporate both philosophical and physical tools. Often, the connection between the two is made through such practices as meditation and breathing—which, as we are learning, can be important tools for achieving optimal health.

Exercise Your Right to Good Flow

It probably goes without saying, but exercise can also improve lymphatic flow. The key is the type of exercise. Jogging increases lymph flow, but the constant impact from your feet pounding on the ground negates most of the benefits. Aerobic exercises may not get you breathing deeply enough to maximize lymph flow. Weight-lifting and strength-building exercises improve lymph flow through muscle contractions and the pulsing of arteries.

The best exercises, however, are rhythmic in nature. Not too long ago, I discussed the report showing how orchestra conductors routinely lived healthy lives well into their 80s or even 90s. The constant movement of their elevated arms is not only an excellent exercise for the heart muscle, it also requires them to breathe deeper—which, no doubt, greatly accelerates lymphatic flow around the heart. For anyone who is restricted to bed or who has difficulty exercising, I would strongly suggest “conducting” music as I described in that article as a way to help regain your health and stamina. [*Editor’s note: See Vol. 11, No. 2 of Alternatives.*]

Walking, dancing, “step” exercises, and using a device called a rebounder are other good ways to increase lymphatic drainage. The rhythm of these particular exercises facilitates the pumping action of lymph flow. Walking for a mile or two, dancing (practically any form with the exception of break dancing), and stair stepping (or developing a regular routine with a single step) are highly recommended and don’t require any special equipment or gym membership.

Using a rebounder is quite simple and can be done by most anyone. The exercise doesn’t require jumping the way a trampoline does. In fact, your feet never leave the mat. You simply stand flat-footed on the bouncing surface and bounce gently.

Start by bouncing for three to four minutes several times a day. You can gradually increase the time and number of sessions as you progress. You can also vary the routine simply by rocking back and forth from your toes to your heels during the bouncing motion. An even more advanced technique involves doing jumping jacks without your feet leaving the mat. The combination of your contracting calf muscles and the rapid changes of your body against gravity will increase lymphatic flow several-fold. The positive effects will often appear quickly and can be quite dramatic.

A rebounder can be found for about \$30 at most sporting goods stores. (Don’t waste your money on those costing hundreds of dollars that claim to be “electronically tuned” or whatever.) For a little more money, you can find ones that are a little sturdier or that come with supporting bars to help stabilize you until you get used to the exercise.

Sorting the Good From the Bad

Several years ago, a vibrator apparatus came out called the Chi Machine. You were to lie flat on your back and place this vibrating machine under your ankles. The makers claimed it increased lymphatic flow. I looked at the research, talked to users, and tried one myself, but wasn’t too impressed. It may have benefited lymph flow to a degree, but many users ended up having to go to their chiropractors after the extreme shaking motion displaced vertebrae in their lower back and thoracic spine. I personally don’t recommend these machines. You could probably get a similar effect without any of the trauma by lying on your back and placing your ankles on a vibrating massager like the Genie Rub.

Certain herbs, homeopathic remedies, and essential oils have also been reported to be effective at improving lymph flow, but to be honest I haven’t found any that seem to work that well. The problem is that because the lymphatic system is basically a mechanical system, you have to make physical, mechanical changes if you want to change lymphatic flow rates significantly.

The benefits of increased movement become more apparent when you look at studies on the effects of lymph and blood drainage in the healing of leg ulcerations. This tidbit alone is worth its weight in gold. Researchers studied the effects that elevation of the leg had on blood drainage on six patients with severe edema in the area. Blood volume in the leg decreased by 160 mL on elevation alone, but when the researchers combined passive extension and flexion of the ankle with elevation, the volume decreased by 830 mL. In other words, by the researchers just gently moving the patients’ ankles back and forth, in a walking motion, they emptied veins leading away from the foot by more than five-fold. Another study actually linked poor ankle mobility to poor healing of chronic venous ulcers in the legs. Only 13 percent of the ulcers healed in patients who had less than 35 degrees of mobility in their ankle, whereas 60 percent of the ulcers healed in patients with greater than 35 degrees of mobility. (*Phlebology* 01;16:38-40)

The lesson learned here is that elevation helps drain the blood from your extremities only slightly, and it doesn't do much for lymph drainage—but having someone gently flex and extend your ankle while elevated makes a drastic difference. For someone with non-healing ulcers in their feet or lower legs, this news could truly be a godsend. Keep in mind that as you drain blood from the veins, you promote normal function and/or relieve the overload on a failing lymphatic system. Either way, you're improving immune function and lowering toxic exposure to your system. This research also tells us that simple walking is one of the best methods of pumping blood out of the lower legs and back to the heart.

The Future Is Coming

Hopefully, the perception of the lymphatic system will change over the next decade or so as new research sheds more light on just how important a role it plays in our overall health. The change is long overdue. As more techniques like those I've mentioned are put into use, millions of people will begin to see immediate benefits.

I've run out of space in this issue, but next month I'll give complete details on additional techniques you can use on either yourself or others to increase lymph flow as much as 20-fold. They are very simple and can work miracles if performed correctly. One of the techniques that I'll share is one I discovered in Brazil. Very few people outside that country are even aware that it exists.

I feel certain that anyone who has undergone a major surgery or experienced a traumatic injury—or who currently suffers from fluid retention, recurrent infections, chronic fatigue, or memory problems—will receive enormous benefits from these techniques. And even if you are already healthy, they can help lift you to the next level toward optimal health. As you can see, I'm a little excited about next month's issue.

A Web of Reader Benefits

If you've visited my Web site lately—it's *www.DrDavidWilliams.com*, for those of you who haven't been by—you may have seen a new section that I hope you'll enjoy. It's called the Subscriber Center, and it's just for readers of *Alternatives*. In it you'll find free downloadable versions of recent issues of the newsletter (and if your desk looks anything like mine, you'll be glad of that), as well as readers' Health Hints and answers to Mailbox questions. You'll even be able to find selected special reports and back issues of *Alternatives*.

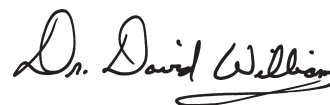
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No matter how quickly technology advances, your paper edition of *Alternatives* will continue to be the core of my efforts for you. But I'm unearthing new health information daily, and there's just not enough time or space to discuss everything I'd like to.

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Take Care,



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