

# Alternatives<sup>®</sup>

## FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

## Your Health Is Your Responsibility

One of my great joys has been watching our four-year-old son discover the joys of spring and summer. Regardless of how much stress, turmoil, confusion, and calamity there is in the world, when he sits in a fresh pile of sand he's in his own little perfect world as a pint-size Spider-Man righting the wrongs of mankind. His strong imagination and ability to focus completely on the moment brings me back to the realization that it's often the smallest things in life that bring the greatest joy.

There's a lot of uncertainty and subsequent stress in our world today. The effects of the financial markets, our health care system, and the global economy are all beginning to trickle down and take their toll. I'm not a financial guru, but I suspect this will continue for some time. Every year, it becomes more obvious that, particularly when it comes to our health, it's "every man for himself." In the upcoming years, our health care and other systems will be stretched to their limit like never before.

On January 1 of this year, the woman recognized as the nation's first baby boomer, Kathleen Casey-Kirschling (born on January 1, 1946), started receiving her early retirement check from the Social Security system. Directly behind her is the first wave of 3.2 million early retiring baby boomers who also turn 62. Then, in 2011, those who didn't take early reduced retirement benefits will turn 66 and start to receive 100 percent of their Social Security benefits.

By 2030, there will be 84 million people on Social Security—compared to 50 million today. The Medicare beneficiaries will jump from 44 million to 79 million.

*In 1945, ten years after the Social Security system started, there were 42 workers paying into the system for each retiree. Today there are three. By 2030, there will be only two people to support each retiree.*

The Social Security system is obviously unsustainable. Medicare is in even worse shape.

Medicare is already paying out more than it takes in. On a per-person basis, Medicare expenses are five times higher than Social Security benefits. Rising health care costs combined with an aging population are now recognized as the greatest threats to the federal budget and national economy. And even as we're racing toward the cliff, little, if anything, is being done to help curb the spiraling cost of hospital care and prescription drugs.

One study found that, in 2005 alone, consumers in this country spent close to \$36 billion for drugs to lower cholesterol and lower blood sugar. Cardiovascular drugs cost another \$33 billion. Sales of central nervous system drugs like painkillers, sleep aids, and those for attention deficit disorder ran \$26 billion, and antidepressants and antipsychotic drugs another \$17 billion. Total outpatient prescription costs were about \$200 billion for 2005. Most of these health problems can be *eliminated* (not just treated) naturally—at a fraction of the cost—through dietary changes and supplements. Not surprisingly, research continues to find that the drugs being used to "treat" these conditions tend to create more problems than they actually solve.

And if Medicare didn't have enough problems already, the president and Congress passed the prescription drug bill—which, by some estimates, will add as much as \$8 trillion to our overall health costs.



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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*

Maybe, I said *maybe*, we could somehow handle these costs—if our health care system was doing what it should be doing and people were getting healthier each year. But just the opposite is happening. As a society, we're getting sicker and sicker. And illness is now occurring at a younger age. The rates of obesity, high blood pressure, diabetes, heart disease, depression, et cetera, in our youngsters continue to rise at an alarming rate—with no end in sight. The answer isn't lifelong drug use, but rather disease prevention through diet, education, lifestyle changes, proper nutrition, exercise, vitamin and mineral supplementation, herbs, and natural therapies and treatments.

And I can only imagine how quickly things would deteriorate even further with a universal health insurance program run by the government. If it's like every other government-run health program, only "approved" (meaning patented) drugs and therapies would be covered. Natural therapies would never see the light of day. It would be a disaster in the making (but a gold mine for the pharmaceutical industry). Off the top of my head, I can't think of any instance where the government is more efficient or adept than the private sector when it comes to providing any service. Would you rather use a public bathroom or a private one?

## It's All Up to You

I'm sure that, as a reader of *Alternatives*, you're aware of many of these circumstances. But I'm not sure the general public realizes the seriousness of the situation. Most individuals in our society are gradually becoming wards of the state thanks to our current health policies. By refusing to take responsibility for their own health, and relying on the pharmaceutical industry to keep them functioning and the government to fund their health care, people are quickly losing their independence.

If you've been a subscriber for any time at all, you know that, in both good times and bad, I'm always digging for the most effective and economical tools you can use to either preserve or help restore your health. That will never change. Because, much like the real joys in

life, oftentimes it's the small habits and the least expensive things that can provide the greatest health rewards.

My purpose here is not to frighten or depress you, but, rather, to help you see the serious danger in not taking responsibility for your own health. The pharmaceutical industry would like nothing more than to count you as another lifelong customer. And, unfortunately, at this point they have the full support and backing of our government. This is blatantly obvious when you begin to watch the actions of our own FDA. Rather than being a protector of the public, as it was intended, the FDA has been acting more as a strong arm for enforcing the pharmaceutical industry's agenda. Everywhere you look you can see the signs of their "successful" work. Thanks to FDA-approved direct-to-consumer advertising, drug sales are skyrocketing. Persecution of alternative physicians continues unabated. The FDA continues to prohibit supplement manufacturers from informing the public about the proven benefits of various supplements. Guidelines are routinely being changed to classify previously healthy individuals as those who now need cholesterol-lowering and blood pressure medications.

It's clearly a situation of the "fox guarding the hen house." Pharmaceutical companies are allowed to promote and market drugs that have little, if any, real proof of efficacy. One recent example (there are dozens) is the marketing of the cholesterol-lowering drug Zetia and the pill that contains it, Vytorin, as an effective part of heart disease prevention. A closer look at company-sponsored research data, which was withheld by the manufacturer, indicates a link between the drug and an *increased* risk of both heart attack and stroke. Yet millions of individuals continue to take this drug, with the FDA's blessing.

The FDA is rife with scandal, favoritism, and corruption, and no one seems to care. The pharmaceutical industry makes billions of dollars and has become the main employer of former FDA officials. As I've said before, the FDA follows the pharmaceutical version of the golden rule: "He who has the most gold makes the rules." Not only are these policies bankrupting our country monetarily, they're bankrupting our health as well.



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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.

For more than 20 years I've been reporting on techniques you can use to take control of your health. Obviously, I can't repeat all of them in a single issue. I do however, want to mention a few of the easiest and most important that I think you should definitely be implementing right now, if you haven't already.

## Control Your Weight

We all need to get very serious about the obesity problem. It has been linked to almost every common health problem we see today.

One of the latest reports analyzed over 7,000 studies in an effort to see what could be done to reduce incidence of cancer. *For the first time, researchers have determined that being overweight or obese is at the top of the list of nutritionally related causes of cancer. (Food, Nutrition, Physical Activity and the Prevention of Cancer: A Global Perspective)*

Studies have now shown that fat cells produce compounds that promote and trigger inflammation, and chronic inflammation sets the stage for cancer growth. Many researchers now feel that dealing with obesity or excess weight is second only to stopping smoking when it comes to preventing cancer.

There are many dietary changes that will supposedly help you keep your weight under control. All the various details can be confusing—and even contradictory—so I'll cut to the chase and tell you exactly what you should be doing right now and give you some easy, effective tips for getting back on track.

## Get Sugar Out of Your Diet

One of the very worst forms of sugar is high-fructose corn syrup (HFCS). Before the recent ethanol craze, as much as 2/3 of all the corn being produced in this country was being turned into this sweetener. It's everywhere in our food supply, and one of the primary factors in the rise in obesity in the US.

HFCS was introduced into our food supply at about the same time as another health-robbing culprit, hydrogenated oils. When the widespread use of HFCS began in the 1970s, the obesity rate was stable in this country. From that point, the rate began to steadily climb, and by the year 2000 it had doubled—and has continued to grow since that time. It's no coincidence, either, that as obesity has become epidemic, we've also experienced some of the highest rates of disease and lowest life expectancy rates of any industrialized nation on Earth.

Studies have shown that HFCS depresses thyroid function and lowers one's metabolic rate. *Consuming high fructose corn syrup is one of the quickest ways I know of to increase fat and weight in the body and destroy your health.*

Unlike sucrose (table sugar), HFCS doesn't trigger the release of the hormones insulin and leptin. Both hormones signal the brain to reduce appetite and help reduce fat storage. Also unlike sugar, HFCS doesn't suppress the hormone ghrelin—which leads to increased hunger and appetite. HFCS sends the body mixed signals. It packs on the fat, but still leaves you unsatisfied and craving more. That's why it been called the "crack of sweeteners."

One of the quickest ways to reduce your HFCS consumption is to stop drinking all sodas and sweetened drinks. It would be almost impossible to totally eliminate HFCS from your diet, since it's found in everything from bread and no-fat yogurt to most commercial sauces including ketchup. Read the labels on food packages; the more HFCS you can eliminate the better.

## Get Some Exercise

If you're starting from scratch, then walking is the easiest way to go. As your fitness improves, you can later add simple forms of resistance training or other more strenuous activities if you desire.

Dr. Steven Blair, at the University of South Carolina, recently found that walking at an easy 3 miles per hour (or roughly 20 minutes per mile) for 30 minutes, five times a week, provides a level of fitness that protects against cardiovascular events and increases longevity. He also found that if you can't walk continuously for 30 minutes, you could achieve the same benefits by splitting the 30 minutes into shorter segments, *as long as each segment lasted at least ten minutes.*

Don't expect to lose a lot of weight on such a light exercise program, especially if you're still eating the wrong food or too much of it. (You will never be able to out-exercise a bad diet.) What does occur, however, through regular walking, is a change in waist size, which is very significant. Visceral fat, or belly fat, is the type of fat that accumulates around the internal organs. It's connected to all types of problems. While subcutaneous fat, the fat resting just under the skin in areas like the arms, buttocks, or legs, appears to be fairly harmless, research indicates that visceral fat is a totally different animal.

That beer gut (a telltale sign of visceral fat) has been directly linked to diabetes, heart disease, stroke, numerous cancers, gallbladder problems, sleep apnea, and liver disease, among many other conditions. Individuals with a pot belly in their 40s increase their risk of dementia later in life threefold.

Unlike subcutaneous fat, visceral fat can't be removed by liposuction or some other quick fix. It is, however, the first fat to go when you lose weight or exercise.



The above study on walking involved four groups of women. Three groups followed various walking programs and the fourth did nothing. In every case, those that simply walked for 30 minutes, five times a week, had significant reductions in their waist circumference. There weren't any huge changes in their weight, but the visceral fat was significantly lower—which lowered their risk of all the diseases mentioned above. And remember, if you can't walk 30 minutes all at once, then do 15 minutes at lunch and 15 in the evening.

### **Get Some Grapefruit**

Regardless of the rest of your diet, you'll experience even better weight loss results if you eat half a grapefruit before each meal. One recent study involving 91 obese patients found that those who ate the grapefruit and changed nothing else in their diet averaged a weight loss of just under 4 pounds (1.6 kilograms) in only 12 weeks. (*J Med Food* 06;9:49–54)

Certain unknown compounds in grapefruit improve insulin resistance and help facilitate fat loss. If you don't always have fresh grapefruit on hand, you can substitute grapefruit juice (unsweetened, of course). When 8 ounces of the juice was drunk, weight loss was still 1.5 kilograms (3 pounds) in 12 weeks.

### **Control Your Blood Sugar**

Controlling your blood sugar and insulin levels is one of the major keys to longevity.

Societies that naturally maintain a strong sensitivity to insulin are the ones whose members routinely live the longest. Those that develop or inherit insulin resistance are the ones whose members experience higher rates of chronic problems such as obesity, diabetes, heart disease, cancer, depression, and an early death.

I've already stressed the importance of eliminating HFCS and other artificial sweeteners. Limiting your intake of sugar and other carbohydrates (which includes simple starches like potatoes and pasta), not skipping meals, and maintaining strong adrenal gland function are all additional steps that will help maintain insulin sensitivity and control. Get off the sweets and the sugar; they are killers. I'm sure this isn't news to anyone, but it does need to be mentioned.

### **Drugs Are the Problem, Not the Solution**

Millions of people, however, have already been diagnosed with diabetes and currently take anti-diabetes medications. Getting off those medications will almost always require weight loss and a change in diet, in addition to what I've already mentioned, along with some blood sugar monitoring by a doctor. But it will be well

worth the effort. Anti-diabetes medications come with a long list of serious side effects.

Two drugs, Avandia and Actos, make up over 21 percent of all anti-diabetes medication prescriptions in this country. Over 3.5 million individuals in this country alone take Avandia. Both of these drugs have been shown to cause bone loss. A new study found that, compared to individuals who don't take these drugs, those who do are two to three times more likely to experience a hip or non-spinal fracture. (*Arch Intern Med* 08;168:820–825)

A study last year found that taking Avandia increased the risk of heart attack by 43 percent. This is particularly scary when you consider that two-thirds of all individuals who have type 2 diabetes die from heart problems. Given that risk, why would anyone do something that would increase their risk by another 43 percent? What doctor would write that prescription? How could anyone in their right mind at the FDA allow that?

The side effect (death) stems from the fact that these drugs reduce hemoglobin levels. Hemoglobin, as you recall, is the iron portion of the red blood cell that carries oxygen throughout the body. When you suffocate various organs and cells throughout the body, all types of problems begin to surface. When you reduce the oxygen levels to the heart muscle you create heart failure or trigger a heart attack. Ischemia, or lack of oxygen, to the brain cells can result in stroke or dementia.

Numerous natural items make cells more receptive to insulin and make it more effective. I've covered these in the past. They include items like cinnamon, vitamin D, chromium, and alpha lipoic acid. And extract of the herb *Gymnema sylvestre* can actually help regenerate areas of the pancreas that make insulin. I would highly recommend that anyone with diabetes or blood sugar problems take a product containing these items. Details on how to use each of these can be found in the Subscriber Center of the *Alternatives* Web site, [www.drdaavidwilliams.com](http://www.drdaavidwilliams.com).

Another product that you won't hear much about is made from the banaba plant. Extracts of the leaves from this Philippine tree contain corosolic acid, which has been shown to safely drop blood sugar levels as much as 30 percent. This is often enough to control blood sugar problems while other measures like weight loss and a change in diet are being implemented, particularly when combined with a product like that mentioned above.

I recommend a banaba product called GlucoFit. The recommended dosage is 1 softgel taken twice daily with meals. A month's supply of GlucoFit sells for as little as \$8. You can find it in many health food stores or online.

If you currently have type 2 diabetes, don't make the mistake of thinking it can only be treated and not cured. Medication, however, will never cure the problem. It only makes you a lifetime customer.

## Take the Right Supplements

Take a good multivitamin/mineral supplement every day. There's been a lot of press over the last few years on the dangers of vitamins and how they are a waste of money. It's all a bunch of baloney.

Herbs and nutritional supplements are a major pain in the posterior for the pharmaceutical industry. Every time they introduce a new "breakthrough" treatment instead of a cure, they feel obligated to explain why the natural therapies are inferior and dangerous. Expect to see a lot more of this propaganda in the future, and remain steadfast in taking your supplements. You're doing something right when it upsets the pharmaceutical industry.

## Strengthen Your Thyroid

I keep repeating the dangers of an underactive thyroid because correcting this one problem is so simple and can dramatically change your life in a matter of days. Trying to fight obesity or reduce fat levels in the body while you have an underactive thyroid is like trying to light a fire without a spark or match. Check and correct your thyroid function as I've outlined in the box at page 94, and you can check your weight problems at the door.

If your water supply is fluoridated, you need to be particularly vigilant about making sure you get adequate amounts of iodine. Individuals who are iodine-deficient (which is a large percentage of the population) are more susceptible to the ill effects of fluoride.

Fluoride was used from the 1930s through the 1950s to treat an overactive thyroid. Daily dosages as low as 2 to 10 mg were sufficient to reduce a patient's basal metabolic rate and treat the condition. Adults in fluoridated communities receive between 1.6 and 6.6 mg of fluoride per day from all fluoride sources combined. Clearly, fluoride-treated water can depress thyroid function.

Separate research has indicated that individuals with adequate iodine levels begin to see detrimental effects to their thyroid at 3.5 mg of fluoride a day, but, in those with an iodine deficiency, the effects begin to appear at levels as low as 0.7 mg a day.

My wife and I both take 1 to 2 drops every day of the liquid iodine product Iosol. I can't recommend it highly enough. You can get Iosol from TPCS, at 800-838-8727 or [www.tpcsdirect.com](http://www.tpcsdirect.com). They'll give *Alternatives* subscribers a \$2 discount per bottle.

## GET THE MOST FOR YOUR MONEY

If you place online orders for supplements, or anything for that matter, here's a small tip that will quickly save you more than the cost of a subscription to *Alternatives*.

Before you place your order to a company (for example, Vitamin Company), use your search engine (mine is Google) and do a search for "discount coupons for Vitamin Company." Chances are you will find several sites with codes that can be used on the check-out page of the vendor when asked for a discount code. It's an easy way to reduce your costs on all kinds of merchandise.

## Boost Your Digestion

Take a good probiotic supplement, and regularly eat sulfur-rich foods. Probiotics help keep harmful bacteria in check in your gut, and they promote the health of the walls of your intestines. This allows your gut wall to pass the proper digestive products through into your bloodstream, and keep the harmful ones out. Fermented foods such as sauerkraut are excellent sources of probiotic bacteria, particularly if you make them yourself. (Recipes are available in the Subscriber Center of the *Alternatives* Web site, [www.drdauidwilliams.com](http://www.drdauidwilliams.com).) Probiotics are the natural antibiotics of the future, without the side effects.

## Fiber Keeps You Fit

Don't forget fiber. It helps feed the good digestive bacteria and has many other "unsung" benefits as well.

The latest food technology "breakthrough" is called "resistant starch." It simply refers to portions of the fiber that don't get broken down easily in the digestive tract. This is just another potential marketing concept. Moms have known about it forever, and understood the importance of eating fruits and vegetables. Don't forget beans of all kinds. They're great sources of fiber and nutrients.

Part of the benefit stems from more regular bowel movements, which helps remove toxins and waste material from the body. Fiber also feeds the beneficial bacteria in the lower bowel, which has rightfully been called the body's second immune system. Individuals who are able to survive even the worst epidemics and pandemics have the strength of their secondary immune system to thank.

In the study mentioned earlier where researchers were searching for ways to help prevent cancer, one finding totally blew me away. *Roughly half of Americans eat virtually no green, leafy vegetables at all—none.* These are some of the least-expensive, most "bang for your buck," high-roughage, protective foods available for preventing cancer. I don't know what else to say.

# Checking Your Thyroid Function

**H**ypothyroidism is often overlooked. One of the simplest and most accurate methods to check for the problem was discovered some years ago by Dr. Broda Barnes. Using his method, you can take your temperature and get a good idea of your basal metabolic rate and thyroid condition.

## To Perform the Test:

1. Put an oral thermometer by your bedside. If you use a mercury one, shake it down to 96 degrees before retiring.
2. Upon awakening, place the thermometer in your armpit and leave it there for 10 minutes before getting out of bed.
3. Record the temperature.

*Note:* Men can take their temperature any time. Women in their menstrual years get the most accurate reading on the second or third day after menstrual flow starts. Before the first menstrual period or after menopause, the temperature may be taken on any day.

Anywhere between 98.2 and 97.2 is considered normal. A temperature below this range indicates a sluggish thyroid or hypothyroid condition. (If it's above this range, your thyroid is overactive.)

Hypothyroidism can result in weight gain, heart disease, fatigue, and mental changes—including depression, confusion, and memory loss. On the bright side, the activity of the thyroid gland can usually be brought back into proper balance by using natural supplements instead of hormones. Dr. Barnes' temperature method allows you to monitor the results easily.

Balancing the thyroid naturally requires the use of products called glandulars. Thyroid glandulars are available from several sources, but in my opinion the best is called Thytrophin by Standard Process Products. It's available from Village Green Apothecary, at 800-869-9159.

Roughly three tablets of Thytrophin is equivalent to one grain of thyroid hormone. Patients start with three tablets a day chewed between meals on an empty stomach.

Another overlooked benefit of increasing fruits and vegetables in the diet is that of muscle preservation.

## Keep Your Strength Up

Loss of muscle is a huge problem in our aging population, and getting worse every day. Walkers, wheelchairs, and motorized buggies are common sights. Everywhere you look, it seems people are having difficulty getting out of their cars or out of chairs, walking up stairs, et cetera. Their lack of muscle strength leaves them unstable, frail, and more subject to falls and fractures. It prevents regular exercise—which leads to increased obesity and diabetes.

The medical term for muscle loss is *sarcopenia*. You'll be hearing a lot more about this new "disease" as the average age of our population increases dramatically over the next couple of decades. Although it's not really a disease at all, the pharmaceutical industry views it as a "bird's nest on the ground." Diet and exercise are the undisputed cures for sarcopenia, but rest assured there will soon be another magic pill to help everyone get around without the hassle of having to exercise or improve their diet.

Muscle loss occurs at a rate of about 1 percent a year after the age of 40. There are three steps I highly recommend that you implement now to avoid the "sarcopenia pitfall" and becoming a ward of either the pharmaceutical industry or the state.

## Preserve the Muscle You Have

**Reduce your acidity.** I've written at length in the past about the acid/alkaline imbalance in the body. It's a fairly complicated topic and I'll only briefly cover a few of the most relevant points here.

For optimal health our bodies should have a pH that is neutral (7.0 pH) to slightly alkaline (7.4 pH).

There are a few ways to check your body pH. The easiest is by checking the pH of the saliva using pH Hydrion test strips or paper. Saliva pH closely tracks the blood pH (but at a lower level) and should fall between 6.5 and 7.0. Test strips are available from Simply Hydroponics at 727-531-5355 or [www.simplyhydroponics.com](http://www.simplyhydroponics.com).

Certain symptoms, however, are pretty much a giveaway that you're too acidic. Acidic individuals have poor oxygen utilization. They will sigh a lot and experience breathlessness. The slightest exertion leaves them panting and may trigger muscle pain or cramping. They often experience insomnia and a constant "lump in the throat." A sure sign of being too acidic is the inability to hold one's breath for more than 20 seconds. (Even if you can hold your breath for that long, you may still be acidic.)

In this country we have a high consumption of meat, soft drinks, breads, grains, alcohol, caffeinated drinks like coffee, sugar, sweeteners, table salt, and drugs. Our



body converts these substances into acid residues. This excess acid triggers the breakdown of bone and muscle tissue into components that ultimately make ammonia, which neutralizes the acids. The loss of bone results in osteoporosis. The loss of muscle results in sarcopenia.

**Boost your potassium.** The latest research shows that you can preserve muscle by increasing the amount of potassium in your diet. That's where the fruits and green, leafy vegetables I mentioned earlier come into play.

Green, leafy vegetables and many fruits are high in the mineral potassium. A recent study from Tufts University measured the amount of muscle tissue and the dietary potassium intake in 384 men and women, all over the age of 65. The researchers discovered that the more potassium an individual consumed, the more muscle they had. In fact, in those individuals eating the most potassium, the protective effect appears to "be enough to offset a good chunk of, if not all of, the age-related decline that normally occurs." (*Am J Clin Nutr* 08;87:662–665)

Getting more potassium into your diet is the ticket for preserving what muscle you have, and one of the first steps for keeping you out of the walker or wheelchair.

Some high-potassium foods include: mushrooms, kale, Swiss chard, spinach, mustard greens, turnip greens, collard greens, celery, fennel, broccoli, squash, eggplant, Brussels sprouts, carrots, beets, asparagus, yams, lima beans, pinto beans, avocado, split peas, kidney beans, sardines, halibut, tuna, snapper, cod, and scallops.

I urge you to pick several foods from this list and start including them in your diet today.

And don't forget vegetable juicing. Although juices won't give you the benefit of the fiber in the vegetables, they are one of the quickest ways to increase potassium levels. Its ability to rapidly increase cell oxygenation is one of the very reasons juicing can be so effective in the treatment of many different disease processes.

Keep in mind also that steroid anti-inflammatory drugs, diuretics used to treat high blood pressure, laxatives, and asthma medications are just a few of the common drugs that deplete potassium reserves.

### **Begin an Exercise Routine**

After ensuring you have adequate amounts of potassium in your diet, the next step is to implement some form of exercise routine that helps build muscle. There are only two ways I know of to build additional muscle (and increase bone mass, for that matter). The first is through weight-bearing exercises (i.e., some form of weightlifting). The second is through whole-body vibration training (WBVT).

**Weight-bearing exercise.** Unfortunately, the thought of weight training is intimidating for many people, although it shouldn't be. Studies have shown that it's never too late in life to start this kind of exercise, and very significant benefits can be obtained using relatively light weights.

In fact, you really don't need any weights at all to get started. You can begin by using your own body weight—doing things like pushups, pull-ups, situps, lunges, squats, et cetera. Arm exercises can also be done using a variety of household items like canned goods, half-gallon or gallon milk jugs filled with varying amounts of water, et cetera. If you have the resources, however, enrolling in a beginning weight class at the local gym or health club could go a long way in improving your overall health. And if you have Internet access you can find dozens of free instructional programs and help there.

**Vibration training.** I've talked about whole-body vibration training in the past. For several years now, I've used a machine called the Power Plate. I'll be doing an update on WBVT shortly, but, in a nutshell, it works this way: Vibrations at a specific frequency first stretch the muscle, which triggers a reflex contraction. This happens 25 to 50 times a second—stretch, contract, stretch, contract. The involuntary contractions increase muscle strength. The subsequent force of the muscles pulling on the bone also adds bone mass. By assuming various positions while standing on a vibrating plate, different muscle groups are "exercised."

WBVT is an excellent, safe, and effective way to increase strength, bone and muscle mass, balance, and flexibility. And using the Power Plate for only 8 to 10 minutes, three times a week, is all it takes. I particularly like the fact that it is simple and easy enough for practically anyone to use, but it can also be used for more advanced exercises if one desires. Either way the benefits can be profound.

### **Eat Enough of the Right Protein**

Add a complete, beneficial source of protein to your diet. Without adequate amounts of protein, your body can't replace, maintain, or grow muscle tissue. That's the reason I personally use and recommend that you include a high-quality whey protein drink in your diet every day. (I drink my "shake" for breakfast every morning.)

Whey protein comes from the liquid that separates from the milk curds during the cheese-making process. It's one of the most complete and biologically active forms of protein available. Two to four scoops (18 to 36 grams) of protein blended with a little skim milk, fresh or frozen fruit, flaxseed, lecithin, and ice will keep you

satisfied until lunch. It will also strengthen your immune system by raising glutathione levels and reduce fat levels while increasing lean muscle mass.

## Balance Your Fatty Acid Intake

Include nuts and seeds like flax, sesame, and chia in your diet. The imbalance between the omega-3 and omega-6 fatty acids is only getting worse. The last estimate I saw showed we are now consuming 1/6 of the level of omega-3 fatty acids that were consumed in 1850. I have no doubt whatsoever that this is one of the primary reasons for the ever-increasing rates of depression and violence, along with many of the neurological problems we're seeing in this country.

Omega-3 oils from nuts and seeds increase your metabolic rate and help regulate blood sugar levels. This keeps hunger at bay and helps with weight loss. The list of benefits goes on and on.

I can preach about the benefits of nuts and seeds until I'm blue in the face, but most people still believe that they are fattening. Study after study continues to find the exact opposite is true. In one study, when almonds were substituted for complex carbohydrates, the weight loss increased and the circumference of the waist got smaller—two birds with one stone (or nut). Those eating the almonds (3 ounces a day for six months) lost 18 percent of their body fat, compared to 11 percent in those eating complex carbohydrates. (*Int J Obesity* 03;27:1365–1372)

And don't forget, as I mentioned a couple of months ago, chia will probably turn out to be the safest "fish oil" of the future. It provides the benefits of fish oil without the worry of contamination problems from mercury and other substances.

At the time I gave Arizona Chia as a source for chia seed, but it now looks like the company has been sold and their product may no longer be the bargain it once was. Another excellent product is Ruth's Chia Goodness seed. Contact the company at [www.ruthshempfoods.com](http://www.ruthshempfoods.com) or 877-359-4508. This is a new item for them, so it may be a couple weeks before they have it in stock.

## Support Your Immune System

If you haven't done so already, I strongly suggest you include the XPC animal feed product in your daily supplement program. I've never seen a product with so much potential for so little money. When purchased in bulk, a daily dose works out to a penny or so. It's dirt cheap, stores very well, and should be in every household.

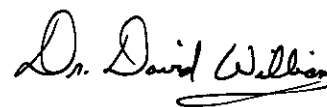
I would strongly suggest reading the September 2007 issue of *Alternatives* that covers that product in detail. If you're new to *Alternatives*, or you don't have that issue, you can find it in the Subscriber Center of the *Alternatives* Web site, at [www.drdavidwilliams.com](http://www.drdavidwilliams.com).

Although XPC probably won't help you lose weight, it is one of the least expensive ways to strengthen your overall immune system both while you're getting back on track and afterwards. It also supplies a long list of nutrients, metabolites, and trace minerals that aid in the proper breakdown and digestion of proteins and fiber.

There's a dangerous trend that has been developing over the last several decades when it comes to our health care. Our population is aging rapidly, and many people in this older group have fallen, hook, line, and sinker, for the tale that our government and conventional medicines will always take care of them. I think they will be in for a rude and difficult awakening.

As a reader of this newsletter, you're part of a select few that know better. It should give you a deep sense of comfort knowing you're outside of our current harmful health care system. As the saying goes, "forewarned is forearmed." And my job, as it has always been, is to bring you the tools and information you need to help you preserve and/or regain your health through safe and natural ways. When it comes to our health, the last thing either one of us wants to do is to place our trust with some government bureaucrat or pharmaceutical marketing department. That's a clear path to disaster.

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](mailto:custsvc@drdavidwilliams.com).
- If you are a licensed health professional and would like to learn how to begin reselling MHN supplements to your patients, please e-mail [practitionerinquiries@davidwilliamsmail.com](mailto:practitionerinquiries@davidwilliamsmail.com).
- For back issues or reports, call 800-718-8293.
- To sign a friend up for *Alternatives*, call 800-219-8591.

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