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Dr. David G. Williams

A Down Payment on Your Health

The primary focus of *Alternatives* has, and always will be, to present details about safe, effective ways to restore and preserve your health. For the most part, I try to leave politics and economics out of the picture. But, I know the current economic mess is causing many of you to feel hopeless and even depressed, so I feel the need to address it. As you know, our thoughts can have a profound influence on our health, so it's important to keep a few things in mind as we weather this current economic storm.

As the old Bob Dylan song says, "The times they are a-changin'." We're currently experiencing monumental changes in practically every aspect of our lives. All this change leads to feelings of uncertainty, confusion, and additional stress, which can take a toll on our health and well-being, *if we're not careful*. If you take away one thing from this month's issue, it should be: Don't give in to the fear that can come with uncertainty.

When it comes to our health we always talk about getting to the underlying cause of the problem rather than just treating the symptoms. The same holds true for our country today. The financial crisis we're facing in this country is just one of the symptoms of a much larger underlying problem.

Over 50 years ago, the Indian spiritual and political leader Mahatma Gandhi gave a pretty good description of our current situation in one of his quotes:

"The things that will destroy us are: politics without principle; pleasure without conscience; wealth without work; knowledge without character; business without morality; science without humanity; and worship without sacrifice."

Whether we like it or not, we're being forced to address problems that have been ignored or tolerated

for far too long. I believe the changes and difficulties we're going through will cause us to return to the higher values and principles upon which this country was founded. They are the values and principles that made this country so great in the first place and the same ones that can return us to a period of even greater freedom, abundance, and prosperity.

Just like we experience a period of difficulty when undergoing a personal healing crisis, I suspect our country will do the same as it begins to heal. Unfortunately, it may take a while for everyone to realize there's no such thing as a magic cure-all pill or a quick fix. As a country, we'll go through periods of difficulty and uncertainty until the majority of people either "see the light" or "feel the heat." I don't want you to get discouraged during these periods, however, and lose sight of the bigger, brighter picture which most definitely lies ahead.

Being prepared to endure difficult times is obviously half the battle. And when it comes to your health, I intend to do whatever I can to help you do just that. By taking steps to preserve your most valuable asset, your health, you're already part of a very small, select percentage in this country that is better prepared to weather these times.



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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

Even the Basics Become Important

I was doing extensive health research in Cuba for *Alternatives* in the late 1980s and early 1990s and just happened to be there when the Soviet Union collapsed. In the months that followed, all of Cuba's funding from the Soviet Union was cut off. There were intermittent shortages of practically everything. I was able to experience and see firsthand just how difficult and challenging life can be without some of the necessities we've become accustomed to.

People quickly yearned for simple items like toilet paper, toothpaste, sanitary napkins, and deodorant. Whenever I asked what item I could bring on a return trip that would be the most desired, the answer was surprisingly always bar soap. Women also treasured shampoo, which rapidly became a luxury item.

After several months of food shortages and rationing, there was an epidemic of skin problems. At first it was thought to be hygiene-related, but was later found to be caused by various B vitamin and essential fatty acid deficiencies.

If you have the financial means available, I would strongly suggest keeping some extra emergency cash on hand, keeping your pantry stocked with canned foods and other items that have a long shelf life, adding to your supply of toiletries, and reading the past articles I've written about the storage of water and other items during emergencies. [*Editor's note: More detailed information about emergency preparedness is available in the Subscriber Center of the Alternatives Web site, www.drdauidwilliams.com.*]

Water storage and purification is of the utmost importance when preparing for an emergency. The most difficult aspect of storing water for emergencies is dealing with the water's weight. We each require roughly one-half gallon of drinking water per day, and each gallon weighs just over eight pounds. If you store a lot of water, the weight can add up fast. Most people think their best (or only) option for stocking up on water is

to buy it in bulk at the store. However, storing water is fairly simple if you take the proper precautions.

Water can be safely stored in glass or ceramic containers. However, cost, weight, and the problem of breakage are all things to consider. In most cases, the best containers for water storage are polycarbonate plastic containers approved for water and food contact by the FDA.

While you still have electricity and water pressure, you can collect water from your bathtub tap and use simple methods to purify it to ensure its safety during an emergency. For water that is essentially clear with limited visible contaminants, adding regular chlorine bleach (unscented Chlorox or Purex) will disinfect the water and make it safe for drinking. One teaspoon will treat five gallons, or 16 drops for one gallon. If the situation is desperate, one study showed that simply filtering water through folded layers of cotton cloth will remove many harmful pathogens.

Once the water has been treated, make sure to store it in a cool, dark place. Don't place it near any chemicals, pesticides, herbicides, gasoline, or other volatile contaminants, as certain vapors and fumes can permeate plastic and contaminate the water.

Keeping a good supply of the vitamins and other supplements you regularly use should also be at the top of your list. If you rely on any prescription drugs, it would be wise to keep several months' supply on hand as well.

I understand that your emergency preparations will vary depending on your financial situation. Adding a few extra items to your weekly shopping list will allow most everyone to gradually accumulate some backup supplies. At the very least, I would suggest having enough food to sustain you for at least two weeks—or even better, a month—and other supplies, like toiletries, that would last 3 or more months.

I'm certainly not predicting the end of the world or even anything close, but there's no harm in stockpiling or at least keeping an adequate supply of items that you'll



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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.

use anyway, whether in good times or bad. We're all going to be using toilet paper, toothpaste, and bar soap a year from now, regardless of what happens. There's nothing like the underlying sense of comfort, security, and independence that a little preparation provides. As my dad would say, "It's cheap insurance."

Many of our current economic problems and our health problems stem from the concept of instant gratification. When most of us were growing up, if we wanted something, we had to save enough money to buy it. It was pretty simple: If you didn't have the money to pay for it, you couldn't have it. Borrowing on credit was reserved for major items like a home and possibly a car, and even then you had to have a significant down payment and resources to service the debt.

The concept of instant gratification hit full stride when people were allowed to finance practically everything with either a credit card or no down payment. The last few generations have grown up with the idea that you can have anything you want—from a meal or a big screen television to new clothes, a car, or whatever—using credit. The concept of "have it now and pay for it later" has spilled over into the way we now approach our health.

Detoxification and Prevention

Prevention in health care isn't a word you hear very often in medical circles. Our system is focused on treatment and cures. And, over the last couple of decades, we've begun to see just how high a price we pay for this complacency. Obesity, high blood pressure, diabetes, and heart disease are now rampant throughout our entire population, including our children.

Our bodies are very resilient and can clearly sustain a lot of abuse...for a time. And although we don't feel the effects of the abuse immediately, rest assured it is continually chipping away at our health. Poor diet, under-consumption of clean water and over-consumption of fried and sugar-loaded foods and soft drinks all take their toll. Research shows that problems like obesity, cancer, and type 2 diabetes can start in the womb depending on the mother's diet. Cancers often have their start in various organs of the body a decade or two before the disease becomes detectable.

As I said earlier, the human body is resilient, which allows us to have a second (and third, fourth, et cetera) chance at resolving any health problems we may have developed. When it comes to our diet and health habits, I guess you could say we're all "sinners." And, in addition to changing our habits, you could say the path to health redemption is detoxification.

Various forms of detoxification have been used in healing since the beginning of man. Two of the oldest involve the use of clay and sweating. Organized medicine and the pharmaceutical industry would like you to think both of these are useless folk remedies with no medicinal or curative powers. However, the truth is that clay and sweating have been proven throughout time to be a couple of the most simple, inexpensive, effective techniques you can use to cure and prevent a long list of health problems.

Health From the Ground Up

I personally thought that the use of clay would have become more popular than it has. As simple as it seems, no one really understands exactly how or why it works but, even still, it has sparked the interest of numerous researchers around the world.

I recently spoke with researchers at Arizona State University who found that certain clays killed several forms of pathogenic bacteria including *Staphylococcus aureus*, methicillin-resistant *S. aureus* (MRSA), penicillin-resistant *S. aureus* (PRSA) and pathogenic *Escherichia coli* (*E. coli*). You probably recognize MRSA and *E. coli*.

MRSA is a form of pathogenic bacteria that has become resistant to various antibiotic treatments. Infections from MRSA were once relatively rare and confined to hospitals, but are now becoming more commonplace in schools and the community at large. Infections spread rather easily, and damp, warm school locker rooms are an ideal breeding ground. One of the latest reports estimated, based on figures from 2005, that there were almost 95,000 invasive MRSA infections during that year, and 18,650 of them resulted in death. (*JAMA* 07;298:1763–1771)

To put this in perspective, if these estimates are correct MRSA infections cause more deaths per year than the number attributed to HIV/AIDS, Parkinson's disease, emphysema, or even homicides. What makes the problem even more frightening is that infection and death rates are continuing to increase each year. And, although antibiotics may not be able to cure these infections, clay has that ability.

Clay Cures From Around Globe

In addition to the pathogenic bacteria mentioned above, clay has now been shown to also kill the bacteria *Mycobacterium ulcerans*—the pathogen related to leprosy and tuberculosis that causes the Buruli ulcer flesh-eating disease. French humanitarians have been using a French clay to cure Buruli ulcers on the Ivory Coast in Africa,

where the problem is widespread among children, and the only other “cures” involve cutting out the wound or amputation.

Scientists are still trying to figure out exactly how clay destroys pathogens. Unlike antibiotics, which work chemically, clay appears to kill by physical means. In other words, the physical contact with clay results in a cut or puncture in the cell wall of the pathogen, causing it to “leak” to death. The beauty of this mechanism is that pathogens can’t develop a resistance to clay like they can against compounds such as antibiotics.

The range of pathogenic bacteria has not yet been determined, but when small amounts of clay were recently added to sewage sludge, it resulted in the complete destruction of all the bacteria present.

Diarrhea, cholera, and dysentery are always serious threats when water supplies become contaminated and treatment facilities are shut down. We’ve seen that during the recent hurricane and flooding disasters. Having a good, inexpensive remedy like clay on hand can be worth its weight in gold.

Spas routinely apply various clay masks to improve skin health. With the same clays I’ll mention later, I’ve seen clay masks and poultices clear up a long list of skin conditions, including ulcers, eczema, and acne. External applications have also been effective at relieving headaches, sciatic pain, and liver problems. One of the more unusual uses of external clay application has been to treat the bite of brown recluse spiders. If you live in an area where these spiders live like I do, this is definitely one remedy you’ll want to keep in the back of your mind. If you’ve seen how serious and devastating these bites can be, you know that having any effective remedy can be a godsend.

Clay: Nature’s Anti-Diarrheal

Most of what I’ve discussed so far is about how clay can be used externally, but clay also has a long history of being used internally. Since most people still equate clay with dirt and mud, the thought of ingesting clay internally may seem a little unsettling. It shouldn’t be.

For centuries, various clays have proven very effective at safely stopping diarrhea and even many types of food poisoning. Research has documented its use in China, Germany, France, and elsewhere to effectively treat cholera and to combat dysentery and other forms of diarrhea. One study from the 1960s involved 35 different individuals whose diarrhea problems were being caused by food poisoning, food allergy, viral infection, spastic colitis, or mucous colitis. Two tablespoons of

smectite clay (montmorillonite) were given with distilled water three times a day. (In the food allergy cases, six tablespoons of clay per day were used.) In 34 of the 35 individuals, the diarrhea was stopped in an average of 3.8 days, and bowel movements reduced to an average of 1.8 per day. Food allergy-induced diarrhea proved to be the most difficult cases, whereas those from viral infections resolved the quickest. (*Med Ann Dist Columbia* 61;30:326-328)

Until the late 1990s, the once very popular anti-diarrheal medicine Kaopectate contained the mineral clay kaolin, primarily found in Georgia and Alabama. It worked great, but there was some concern that the clay was mildly radioactive. The formula later was changed to include attapulgite clay, but around 2003, the formula was changed again and all clay was eliminated, due to possible lead contamination. It was replaced with pink bismuth subsalicylate (the same as Pepto Bismol). (If you’re wondering why it doesn’t work as well as it used to, this is probably the reason.)

Clay also possesses two additional properties that make it particularly effective at detoxification. Most people don’t realize that detoxification involves two processes: First, you have to mobilize the toxins, and second, you have to move the toxins out of the body.

Chelating agents are generally thought of as complete detoxifiers. In reality, they tend to penetrate the body and bind to and mobilize toxins and heavy metals, but don’t necessarily move the toxins out of the body. On the other hand, sulfur and sulfur-containing compounds, found in glutathione (from supplements like N-acetyl cysteine and cruciferous vegetables), and alpha lipoic acid, aren’t true chelating agents, but they work to move toxins and heavy metals from the body. The best results are obtained using a combination of both. Clay therapy is one of the few therapies I’m aware of that has complete detoxifying abilities.

Clay 101

Clay possesses the properties of both adsorption and absorption. Adsorption (with a “d”) is the process in which substances are drawn to, and stick to, the outside of the clay particles. The outside surface of clay has a negative electrical charge. Toxins and impurities typically carry a positive charge. When the two are in close proximity, they attract and chemically bind together.

Clay’s adsorption properties are well-documented and used commercially. For example, the brewing industry uses clay to remove impurities in beer, wine, and cider. Small amounts of clay are stirred into the product and after it adsorbs the impurities and settles to

the bottom of the container, it can easily be removed by simple filtration.

Clay also has strong absorption (with a “b”) properties. This is where substances are drawn into and become attached to the internal structure of the clay rather than just attaching to the surface area...more in keeping with the way a sponge works.

Another beneficial characteristic of clay is its uniquely large surface area. This is particularly true of the montmorillonite type of clay which is structured like a credit card. The flat surface is negatively charged, with positive charges along the edges. Mineralogists have found that a single gram of this clay has a surface area of 800 square meters. This provides the clay with enormous binding capability when it comes to removing toxins.

For detoxification, clay can be taken internally or applied externally. Both have their benefits.

Internal Use of Clay

Clay powder can be simply mixed with juice or water. Make sure the water is either spring water or distilled if possible. Some people like to mix the powder with water, roll it into small balls, and let them dry in the sunlight. These “pills” can be flavored or left natural, and then sucked on throughout the day, like candy. This technique works particularly well for treating problems like inflammation of the gum tissue. Either way provides the same internal detoxifying benefits. In situations where I’ve been uncertain of water quality, I’ve mixed clay with the water and then waited until the clay settled to the bottom of the glass before consuming the water. Clay is very effective at removing a long list of contaminants—along with destroying most pathogens.

When you mix clay for either oral or topical use, never let it come into contact with metal. To avoid any possible reaction with metal, always use wood utensils and glass, clay, or ceramic containers.

One of the benefits of consuming clay orally, in addition to its detoxifying effects, is the wide range of trace minerals you receive. If you look at an analysis of many “consumable” clays, the number of trace minerals present is astounding. Practically every mineral you can imagine will be there—including micro-trace amounts of some known to be toxic, such as lead, arsenic, and cadmium. This has led many people to condemn the consumption of clay.

What is often overlooked, however, is the fact that various other competing minerals in these clays are present in much larger quantities. For example, zinc and copper compete with cadmium, and when present in

sufficient amounts, block its absorption. This is true of other toxins as well. Clays with the right mineral content have been consumed safely for thousands of years. The key is to limit any clay consumption to ones that are known to be safe. I don’t recommend digging up your own clay for consumption unless you have it tested.

I mentioned earlier the daily oral doses used to treat diarrhea. Typical daily supplemental doses would be much smaller and in the order of:

- Infants: ¼ to ½ teaspoon
- Children and small adults: 1 teaspoon
- Adults of medium build: 1 heaping teaspoon
- Adults of large build: 1 tablespoon
- Adults of extra large build: 1 heaping tablespoon

Since clay has such strong absorptive and adsorptive properties, it is best not to take it with your vitamins or at the same time you take prescription medications. Although I haven’t seen any research specifically in this area, I imagine clay has a tendency to bind to and prevent the action of most synthetic chemicals—including drugs. As such, if you’re ingesting clay I would suggest taking it on an empty stomach and then waiting at least 4 hours before taking any necessary medication.

Without supervision, ingesting clay isn’t recommended for someone with an intolerance for iron or for someone with high blood pressure.

There are a few things you might experience after taking clay orally. It’s not uncommon to experience easier, more frequent bowel movements. In the beginning, stools may have a stronger odor depending on the amount of contaminants. Just remember to drink plenty of water because clay has a tendency to absorb water.

Clay also has a tendency to “scrub” and cleanse the bowel walls. This results in improved digestion and absorption, which in turn translates into increased energy. Some people even report experiencing fewer overall aches and pains, improved skin conditions, and many other benefits associated with detoxification.

External Use of Clay

For external application, compresses or clay packs (poultices) typically are used. Clay baths are also used, but to a much lesser extent.

A compress is used generally on things like burns, eczema, acne, and other conditions that are more superficial in nature. A compress is made using clay that has been totally saturated with water to the point that it has a gel-like consistency. It should be neither too solid nor so loose that the clay separates from the water.

To make a compress, first cut a soft, thin cloth about 50 percent bigger than the area you intend to treat. (Cotton-like t-shirt material or gauze is perfect.) Next, spread the gel-like clay about ¼-inch thick onto the cloth. If the consistency is right, it shouldn't leak through the cloth.

Place the compress with the clay directly against the skin; It can be left in place for anywhere from 20 minutes to a couple of hours. If it's comfortable, simply wait until the clay is dry enough to peel off. Or, if it dries too much and sticks to the skin, just soften it with water and gently pull it off.

A clay pack is similar to a compress except that the clay is slightly less damp and can be formed into a handful of wet paste or more neatly into strips. A pack needs to be about ½- to ¾-inch thick. Lay it directly over the area to be treated and cover it with cloth or gauze to keep it from drying too quickly.

Clay packs can be used for bacterial infections so long as you don't let the clay dry out, and change the dressing as often as drainage requires. Packs can also be alternated between the forehead and the nape of the neck for 20-minute segments to treat headaches. They can be applied to the joints for as long as two or three hours to treat joint pain, bruising, sprains, strains, and muscle or bone injuries.

Applied over organs, such as the liver, clay packs aid in detoxification. You may need to limit contact during the first application to between 20 minutes to an hour if there's extreme toxicity. It sounds strange, but most people know when the clay needs to be removed: It starts to feel like it's "draining" the body of energy or it becomes uncomfortable. Many people will relax to the point of going to sleep for several hours and then wake up after the clay has dried and peel it off.

Once you've used the clay, it will be full of toxins, so I don't recommend reusing any of it. Some practitioners go through elaborate procedures to recycle the clay, but I don't recommend that. Keep in mind that it may take several applications of clay over a period of time to correct chronic or serious problems. Be patient and persistent.

There is a considerable amount of information on how clay should be used, but it isn't rocket science. If primitive tribes used it successfully thousands of years ago, it's certainly something everyone today can do. If the directions I've outlined sound too difficult, you can always start the way our ancestors did. Let the clay sit in the water until it takes on the right consistency, grab

a handful, put it on the area you want to treat, and keep it wrapped so it won't dry out too quickly. After it dries, repeat the process until you see results. It doesn't get much simpler than that.

Keep in mind, too, that clay has an infinite shelf life and doesn't require any special storage measures except for preventing any contact with metal. This makes it an ideal "medicine" to have around.

The Best Source I Know Of

There are a lot of different clays and the labeling can be quite complex. I've used several varieties from around the world, but most of the research and most of my personal experience has been focused on just a couple.

One source I've used for years and can highly recommend has been Pascalite, Inc., a family operation out of Wyoming. I knew the owner and one of the original operators of the mine, Ray Pendergraft, until he died in 1998 at the age of 92. Fortunately, the business is still in the family.

Ray's granddaughter, Jeanne, now runs the business along with her husband. They actually do the mining of the clay themselves. The clay they mine is a calcium bentonite/montmorillonite type. They sell anywhere from one to 25 pounds of high quality clay powder that you can use for anything I've mentioned in this report.

They can be reached at Pascalite, Inc., PO Box 104, Worland, Wyoming 82401. Their phone number is 307-347-3872 and their Web site is at www.pascalite.com. They can also be reached by e-mail at pascalite@rtconnect.net. Also, mention you are an *Alternatives* subscriber and you will receive free samples of all Pascalite's products.

Pascalite is a small but efficient operation so please be patient if you call and the phone is busy. You won't find friendlier, more caring individuals. I should also mention that there are some companies on the Internet now falsely claiming to sell Pascalite clay at discount prices. I don't know what you'll get, but it won't be Pascalite. You won't have that problem if you order directly from the company.

Clay has another amazing property that has been largely overlooked: it naturally emits far-infrared rays. I have no doubt that's another factor in clay's ability to help heal the body. For more about those healing rays, read on.

Far-Infrared Rays and Healing

Far-infrared rays (FIRs) are the portion of the light spectrum that are invisible to the naked eye. Most of the FIRs on earth come from the sun. And although we can't see these rays, we can certainly feel them on a daily basis in the form of heat. The human body not only receives FIRs, it radiates them as well.

Everything in the universe vibrates at its own frequency, which causes a transfer of energy from one substance to another. Like most living things, our bodies consist primarily of water and protein. We easily absorb energy from the FIRs coming from the sun because our vibration frequency is of the same wavelength. When these FIRs penetrate the skin into the deeper tissues, cellular vibration speeds up, creating internal heat. FIRs transform from light energy into heat, or thermal, energy.

A good example of this process is the difference you feel standing outside on a cool and cloudy day. Although the air temperature remains exactly the same, when the sun breaks through you instantly feel a deeper inner-warmth as these far-infrared light rays penetrate the skin and transform into thermal energy.

This phenomenon also explains why in the winter we feel perfectly comfortable wearing a sweater when the room temperature is at 70 degrees, and in the summer we feel comfortable in short sleeves with the same room temperature of 70 degrees. The reason: Although the temperature is the same, the walls and the ceiling radiate more FIR waves in the summer—waves that heat our bodies, from the inside out.

The thermal effects within the deeper layers of tissue cause the blood vessels and capillaries to dilate, promoting increased circulation and removing metabolic waste and toxins through sweating. Vibrating water molecules become more “active” as they are ionized into hydrogen and hydroxide ions that release gases and other toxic materials. Cell mitochondria also increase energy production, thereby raising the metabolic rate.

It's easy to see just how beneficial far infrared waves are to our health and why life on earth is so dependent upon the sun. It doesn't just warm the body, it activates many essential body functions as well.

In just the last decade, the Japanese have been on the forefront of developing a long list of far-infrared devices. They've been granted dozens of patents on FIR products that can be used in healing, cooking, drying, and heating. Hundreds of items are already on the market

in Japan including everything from FIR ranges and ovens to FIR socks, hair dryers, and clinical treatment devices.

Based on what I've seen happening in Japan, I think in the next few years we'll start to see more treatment programs and therapies employing far-infrared devices.

One of the most interesting and useful detoxification tools available is the far-infrared sauna, which interacts with the unique properties of our skin. It doesn't require prescription medications, IVs, or any invasive procedures.

FIR Saunas: Better By Far

I've used wood-fired, electric element, and infrared saunas. After reading the above, it should come as no surprise that infrared saunas are by far the most effective for several reasons.

Since these saunas heat your body “from the inside out,” the air temperature inside a FIR sauna can be 60 to 80 degrees lower than in conventional saunas, but your sweat volume will be 2 to 3 times higher. It's far more comfortable to stay in a FIR sauna and much easier to breathe because the air isn't as hot. This also makes it safer to use for individuals prone to heat stroke, as well as for asthmatics, heart patients, and the elderly.

By penetrating the deeper tissues, the detoxifying effect of FIR saunas is significantly increased. In a conventional sauna it has been estimated that one's sweat contains roughly 2 percent toxins and 98 percent water. In FIR saunas, that ratio increases to an amazing 20 percent toxins and 80 percent water.

Exposure to FIRs has profound effects throughout the body and enables you to experience benefits impossible to achieve with conventional saunas. Studies have shown that just 30 minutes in a far-infrared sauna increases the metabolic rate to such a degree that you can burn anywhere from 200 to 600 calories and realize an increase in blood flow from the normal 5 to 7 quarts a minute to as much as 13 quarts. From a cardiovascular standpoint, it's like exercising without the effort. (*JAMA* 81;246:623)

An unpublished study, conducted by the University of Missouri, found that regular FIR sauna use helped in lowering blood pressure. Other studies have found that FIRs inhibit the growth of breast cancer tumors in mice and may prove to be a non-invasive method of treating certain cancers. (*Anticancer Res* 99;May-June 19(3A):1797-1800) (*Anticancer Res* 99;Sept-Oct;19(5B):4125-4130)

A Japanese study discovered that far-infrared therapy improved lactation in 75 percent of women experiencing difficulty in breast-feeding, enabling half of these women to continue breast-feeding until weaning. Interestingly, the source of the FIRs was a ceramic disc given to the women to wear. (*Ann Physiol Anthropol* 90;9:83–91)

FIRs can also increase the circulation of blood in bone by as much as 80 percent, which would be beneficial in the healing of fractures and other problems. (*Kobe J Med Sci* 99;45:27–39) Furthermore, it improves sleep patterns in both animals and humans and could be used safely to treat insomnia and other sleep disorders. (*Int J Biometeorol* 89;33:145–150)

The far-infrared sauna with the most research and testing is one manufactured by a company called Sunlight Saunas in Overland Park, Kansas. If you are fortunate enough to live in that area, they offer sauna sessions at their facility. They also sell their units all over the world. In fact, their saunas are used by more doctors and detox facilities than any other.

Sunlight Saunas use a far-infrared heating system called the solocarbon, which is one of the most efficient ever developed. The human body radiates heat in the range of 3 to 50 microns, but hovers primarily at 9.4 microns. This solocarbon heater emits heat at 7 to 14 microns with 95 percent efficiency. This probably sounds like a lot of technical jargon but, for practical purposes, it really means these saunas are by far the most efficient at emitting far-infrared rays at the precise frequency needed by the human body.

I've tried dozens of different saunas, but the Sunlight Saunas are without a doubt the best on the market. I particularly like their Signature Series. They are the only company I'm aware of that offers a lifetime warranty on everything (including the solocarbon heaters). If you're in the market for a sauna, this is the one to have. It will be the last sauna you'll ever have to purchase. I can't recommend them highly enough.

For more information you can check out their Web site at www.sunlightsaunas.com or call them at

877-292-0020. If you have a chance to visit, they are at 7373 West 107th Street, Overland, Kansas 66212.

Back to the Future

Our ancestors instinctively knew about and used far-infrared therapy through the use of clay and sun bathing (see "A Down Payment on Your Health" on p. 137). Now, the benefits from clay haven't changed in thousands of years and are slowly being "re-discovered," and new technology allows us to enhance our exposure to FIRs with products like far-infrared saunas. They safely provide many of the same benefits as the sun without the risk of over-exposure.

We are constantly being bathed in far-infrared waves. They sustain life as we know it on earth. Using FIRs to improve your overall health is about as basic as it gets. Earlier I mentioned that we not only receive far-infrared rays, but we emit them as well. The palms of our hands emit far-infrared rays in the range of 8 to 14 microns. This is definitely one of the basic factors involved in "healing touch" and "hands-on" therapies like chiropractic, acupuncture, and massage.

Some people seem to have more of this healing "touch" and you can feel them "giving" you energy when they're around. Pets emit this energy and close associations with their owners has been shown to increase one's longevity. (And then there are those who obviously drain your energy just by their presence.)

I'm also sure you've also seen the reports showing that married individuals who sleep together live longer lives. In addition to the supportive emotional factors, when you're sleeping next to someone, each body acts as both a transmitter and a receiver of healing far-infrared waves.

These are just more good reasons to enjoy the company of loved ones, count your blessings, and enjoy the holiday season.

Take care,

Dr. David Williams

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.

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