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FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

Don't Surrender Your Freedom of Choice

I've always tried to keep *Alternatives* focused on health tips and techniques that could help you prevent problems or, when possible, regain or restore lost health. I've stayed away from editorializing about politics, since there are hundreds of other reliable sources for that information, particularly if you have Internet access. But in a very brief departure from that policy, I feel compelled to make a couple of comments.

The current health care proposal being debated is undoubtedly one the greatest threats to your God-given right of choice when it comes to deciding how you want to prevent and/or treat any personal health problems. We are one of the few countries in the world, if not the only one, that was founded based on the protection of what have been called "inalienable" rights. A few of those rights include such things as freedom of speech, the right to practice the religion of our choice, equal protection under the law, due process, life, liberty, and the pursuit of happiness, to name just a few. These God-given rights can't be taken away unless we choose to relinquish them.

I would include the right to protect one's life and the lives of one's family. I don't require governmental permission or some law to "allow" me to take action to protect my own life or that of my loved ones. This applies to personal protection, as well as to the ability to protect and preserve my health. If our elected representatives push through the currently proposed health plan, it will be a blatant attempt to have these rights transferred or surrendered to the government. This is one time I urge you to stay informed, get involved, and not let this happen.

Just the fact that you subscribe to a publication like *Alternatives* is a strong indication you're already aware that maintaining our access to natural therapies, supple-

ments, and other such remedies has always been a constant battle. If this legislation passes, however, it will be the most significant and dangerous setback to our health care choices and freedoms ever perpetrated on the American public.

While this is also out of character for me, I encourage you to contact your senators and congressional representative, by letter, phone, or e-mail, and tell them how you feel about the current health care proposals. For your convenience, I've placed a letter in the Subscriber Center of the *Alternatives* Web site, www.drdauidwilliams.com. You can print it out, sign it, and mail it to your congressman; copy it and paste it into an e-mail; or use it as a starting point for your own letter, phone call, or e-mail. Contact information for senators can be found on the Web at senate.gov, and for representatives at house.gov (note that you don't need a "www." at the beginning of either one). Senators and representatives should also have listings in your local telephone book. This is too important an issue for any of us to let it go by without protest.



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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

Keeping Up With the Flu

Lately I'm starting to get more questions about H1N1 influenza and what steps need to be taken to prevent contracting swine flu. I've covered this in detail in past issues, but as new research becomes available I'll continue to update you.

We're about to enter the flu season, as we do every winter, and the latest research continues to validate the importance of a couple of points I've stressed on numerous occasions.

First, it's becoming extremely obvious that the seasonal fluctuations in our vitamin D levels play a significant role in the incidence of influenza—and probably of other infectious diseases as well.

For some reason, the mainstream media continue to ignore research showing the astounding success of using vitamin D supplementation to prevent flu and colds in the first place. Instead, they have focused their reports on vaccines and the pharmaceutical industry's efforts at developing silver-bullet antiviral medications that can be produced by the hundreds of millions of doses and fed to the public.

Adequate amounts of vitamin D are essential for your innate immune system to function optimally. Typically, vitamin D levels begin to drop during the winter months as our exposure to the sun also decreases. I feel one of the best things you can do to strengthen your immune system this time of year is for you and everyone in your family to supplement with vitamin D. I've given specifics before, but adults should be taking roughly 4,000 to 5,000 IU a day and children 1,000 IU per every 25 pounds of body weight.

Additionally, if you contract the flu, vitamin D at higher doses can be used therapeutically at a dosage of 1,000 IU per pound of body weight per day for a week. For example, if you weigh 170 pounds, you would take 170,000 IU of vitamin D daily for a week. (I realize that this is much higher than the amount I recommended just

this past spring. The more I know about vitamin D, the more I'm convinced that very high levels are necessary in the face of an acute illness.)

Keep in mind that it can take a while to build up the body's reserves of vitamin D. As such, I recommend that it be taken year round and not simply started at the beginning of flu season.

For extensive research on vitamin D and the role it plays in influenza epidemics, you can go the Vitamin D Council's Web site at www.vitamindecouncil.org.

Vitamin D for daily use is available in drop form as Liqui-D3, by Rx Vitamins. You can find it at Naturamart, www.naturamart.com or 800-383-6008. To obtain vitamin D at therapeutic doses you can contact BioTech Pharmacal at 800-345-1199 or on the Web at www.bio-tech-pharm.com. They sell a bottle of 100 capsules, each containing 50,000 IU, for about \$30.

Personally, for both flu prevention and overall immune health, I'm making sure my children and family get the amount of daily vitamin D recommended above. [Editor's note: Immunity is only one of the many benefits of vitamin D. For more about this valuable vitamin, visit the Subscriber Center of the Alternatives Web site, www.drdauidwilliams.com.]

Fight a Virus With Bacteria

The other area the mainstream media continue to overlook is the extreme importance of beneficial bacteria in the bowel. I've been stressing the need for maintaining a good bacterial flora in the GI tract (your second immune system) for decades. If you aren't consuming fermented foods and/or a quality probiotic supplement on a regular basis, you're leaving yourself vulnerable to all sorts of future health problems. And your vulnerability increases dramatically with the use of antibiotics.

The latest research indicates that antibiotics can *permanently* wipe out various beneficial strains of bacteria in your gastrointestinal tract if you don't take active steps to replace them.



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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.

It's always amazed me how little attention has been paid to the importance of the GI flora. We know these beneficial "bugs" are essential for producing necessary vitamins. They produce enzymes to digest things that can't be digested anywhere else in the body, and they produce immune system components that are essential for destroying or controlling numerous strains of pathogenic bacteria to which we are constantly being exposed.

Dr. Vincent Young, with the University of Michigan Medical School, recently published a study showing that antibiotics, particularly the widely used broad-spectrum forms, can permanently alter the types and amounts of beneficial bacteria in the body. (*Infect Immun* 09;77:2367–2375) (*Infect Immun* 09;77:2691–2702)

Dr. Young has been studying gut microorganisms for years, and equates the human gut to an ecosystem much like the rainforest. As with rainforests or oceans, permanent changes or constant stress to our internal ecosystem can have a very significant impact on our health.

Not All Bacteria Are Beneficial

One particular problem Dr. Young addressed was infection from the bacterium *Clostridium difficile* (*C. diff*).

C. diff causes symptoms that start with diarrhea, then can quickly progress to life-threatening inflammation of the colon. Until recently, a *C. diff* infection would typically begin after the use of antibiotics—in older adults following hospital stays or those in long-term care facilities. Now we're seeing tens of thousands of cases in unhospitalized individuals who were otherwise generally healthy until they took a course of antibiotics.

C. diff, once a "difficult" human pathogen, has developed into a "super bug" that rivals MRSA as one of the top emerging diseases to threaten humans. It has become increasingly resistant to antibiotics, and also to alcohol and other disinfecting agents used in hospitals and other public facilities. It's become the leading cause of infectious diarrhea in hospitals worldwide, responsible for over 500,000 infections a year and 15,000 to 20,000 deaths in this country alone. (*Nature* 09;458:1176–1179)

The most common early symptoms are watery diarrhea a few times a day and mild abdominal cramping and pain. These symptoms may not be immediate; it might be several weeks or even a couple of months after taking antibiotics before any problems begin. The mild diarrhea can progress to diarrhea 10 to 15 times daily, more severe cramping and pain, fever, blood or pus in the stool, et cetera. It can quickly progress to a fatal disease due to a loss of essential minerals from dehydration, kidney failure, bowel perforation, or a ruptured colon.

It shouldn't come as a surprise that, like many other pathogens, *C. diff* is found throughout our environment. It's in the air, soil, and water, and in human and animal feces. Many people carry the bacteria in their colons. Those who have a healthy bacterial flora typically don't get sick from *C. diff*. It's only when the beneficial bacteria get wiped out through the use of antibiotics that *C. diff* can begin to flourish and wreak havoc. The situation has been made worse by the appearance of a hypervirulent strain of *C. diff*. (*Lancet* 05;366(9491):1079–1084)

Only recently have doctors begun to explore and/or recommend that probiotics be used to help stop the infections. If that strikes you as strange, then consider this: The first step in conventional treatment for *C. diff* is to stop the offending antibiotic and then prescribe other, stronger antibiotics that have been shown to kill *C. diff*.

(In the May 2009 issue, I explained how "fecal transplantation" could be used to easily treat *C. diff* infections and even how you could perform the procedure at home if it ever became necessary.)

Sometime in the future (the near future, I hope) it will become apparent that *C. diff* is only the tip of the iceberg. I firmly believe that through the widespread use of antibiotics and hundreds of other medications, we are altering our internal ecosystems in such a way that we are unknowingly causing a long list of serious and debilitating diseases. And I am fearful that it will be years, or even decades, before the medical community connects the dots and sees the big picture. [Editor's note: Further information about antibiotic-resistant superbugs is available in the Subscriber Center of the Alternatives Web site, www.drdauidwilliams.com. There you'll find out how to keep these superbugs from knocking out you or a loved one.]

Your Not-So-Disposable Body Parts

The research now strongly suggests that the appendix acts like a "safe house" for beneficial bacteria. While the appendix is routinely removed and considered unnecessary, it's time we take a closer look to try and learn about the long-term effects of such actions.

For example, if the main storehouse of beneficial bacteria (your digestive system) became infected and the bacteria was "flushed out" of the system (that is, diarrhea appeared) in the body's attempt to rid itself of the infection, the gut would be reinoculated with good bacteria from the appendix. Researchers have found that the appendix contains a much thicker and stronger biofilm (consisting of good bacteria and heavy mucus) than does the colon. (*J Evol Biol* 09 E-pub ahead of print [August 12, 2009] PMID 19678866)

(Flu continued on page 29)

REHABILITATION FOR TENNIS ELBOW

Question: I have been diagnosed with tennis elbow, even though I don't play tennis. My doctor has given me a sling and told me to take anti-inflammatory and pain medication and just let it "rest." I can tell it's not getting any better, and I don't want to keep taking pain pills forever. Do you have any suggestions?

Kay D.
Austin, Texas

Answer: Without knowing the history of your problem (repetitive movement, fall, et cetera), it's somewhat difficult to tell you specifically what to do, but here are some ideas that should help.

First, tennis is just one of the movements that can create a "tennis elbow" problem by repetitively stressing the muscles, tendons, and ligaments that support the wrist and elbow. (You can be even more specific about your "tennis elbow" by determining the site of the pain. Drop your arm to your side, straighten your elbow, and turn your hand so that your thumb faces away from your body. In that position, if the pain is on the outside of your elbow, you have "backhand" tennis elbow. If it's on the inside, you have "forehand" tennis elbow.)

It's important to keep in mind also that wrist problems, such as carpal tunnel syndrome, can be an underlying cause of tennis elbow.

If there's one available in your area, consult a chiropractor who's skilled in adjusting extremities. It's highly possible that, if your wrist is involved, one or more of the tiny bones that help form the tunnel in the wrist that carries the blood vessels, nerves, and tendons to the fingers might be out of place and would need to be adjusted or gently put back into its proper location.

Preparing for Rehab Exercise

Before any exercise is begun, most of the inflammation and pain must be allowed to subside. Pain medication will only confuse matters. I would suggest using a 70 percent solution of DMSO and 30 percent distilled water and swabbing it on the area 3 or 4 times a day, while you rest the area. DMSO is available at many farm and feed stores, or through the mail from DMSO Marketing, PO Box 439, Ghent, KY, 41045. You can call them at 800-367-6935 for pricing.

When you have minimal pain and little or no inflammation, then you can start rehabilitation. The longer you've had the problem, the longer it will take to return to normal. A couple of months is not unusual at all.

After each of the following exercise sessions, apply the DMSO, if available, and apply an ice pack to the painful area as well for 10 minutes.

Over the years, I've found that the use of lightweight kettlebell exercises will often help both wrist and

elbow problems, but they have to be used correctly and that's difficult to explain in print. Instructional videos and books are available from Dragon Door, at www.dragondoor.com or 800-899-5111.

Grasping a small dumbbell (or something similar that weighs about a pound), lay your arm on a table with your hand facing the floor and your wrist and hand just over the edge of the table.

Without twisting your wrist, gradually move the weight up and then down. Repeat this 10 times if possible and repeat for three sets.

Now turn your hand toward the ceiling and repeat moving the weight up and down without keeping your arm on the table. Again do three sets of 10 repetitions.

From the same position, with the arm still supported, twist the dumbbell from side to side, again for three sets of 10 repetitions.

After a week of improvement you can begin to strengthen your wrist and elbow using some rope, a plastic milk jug, and a small round stick—a short (12" to 18") piece of broomstick works great. Drill a hole through the middle of the stick, insert the rope through the hole and tie a knot, and then tie the other end of the rope to the handle of the milk jug. The rope should be long enough so the milk jug sits on the ground while you hold the stick with your elbows bent and your hands straight out from your waist while standing. Fill the milk jug first with a small amount of water for weight and then without bending your wrists roll the stick and lift the jug from the ground; then, in a reverse motion, lower the jug to the ground. As you progress, more weight (water) can be added to the jug.

If the above is too troublesome, you can perform similar exercises with much less hassle using the device described below.

Physical therapists at the Nicholas Institute of Sports Medicine and Athletic Trauma in New York City recently shared a simple exercise routine they found will help remedy tennis elbow—one that I suggest trying.

They utilized a solid rubber-like tube called the Thera-Band FlexBar hand exerciser. The light tension one (colored red) costs less than \$20 and can be purchased from Pro-Med Products, at www.promedproducts.com or 800-542-9297.

The exercise is actually very simple to perform. The best way to learn it would be to view a very short video that was posted at the following address on the Internet: tinyurl.com/n87wd8 (note there's no "www." at the beginning).



(Flu *continued from page 27*)

While I'm at it, I might as well mention the tonsils, which have long been regarded as unnecessary beyond childhood. Your tonsils are part of your lymphatic system, and as such are essential for proper immune function. In addition to their lymphatic function, they produce natural antibiotic compounds called beta-defensins, which are effective against bacteria, viruses, and even fungi. (*Otolaryngol Pol* 02;56:409–413)

The tonsils stand guard at the entry to your digestive system. As pathogens in your food (or in the air, if you're breathing through your mouth) pass by, they set off the release of the beta-defensins, along with other immune components such as IgA and B cells. In the short time it takes a substance to make its way down your esophagus, your body is prepared to meet the invader.

The “fad” among doctors for removing tonsils began about the turn of the last century, and reached a peak in the early 1930s. After a brief break in the mid-'30s, the trend continued well into the 1960s. During this period, tonsils were removed in response to continued infections or sore throats.

These days, however, tonsils are most often removed in an attempt to deal with sleep apnea—a condition that could almost surely be better addressed through weight loss. Nearly 300,000 tonsillectomies are performed every year on children, and another 100,000 on adults.

Adenoids are also part of your lymphatic system. They're located at the back of your nasal passage, where they respond to air as you breathe in by secreting a variety of immunoglobulins, including IgA and IgG. These substances appear to be targeted specifically at pathogens such as *Streptococcus pneumoniae* and *Haemophilus influenzae*, which can cause pneumonia and flu respectively.

Typically, adenoids shrink to almost nothing by the time a child reaches puberty; until then they've been providing support for an immune system that's still maturing. The most common reason for removal of the adenoids is an enlargement that blocks breathing, but some physicians recommend removing them in cases of recurring ear infections. Regardless of the cause, early removal takes away an important line of immune defense.

Natural Toxicity

One of the primary problems with pathogenic bacteria is the extremely toxic waste material they release. They are some of the most toxic compounds ever discovered. At this point, we have still only identified a very small number of these compounds, and no one has a clue how they might interact or exactly what areas of the body they

might affect. (In the case of *C. diff*, they're very unimaginatively called “Toxin A” and “Toxin B.” The new strain produces 16 times as much of Toxin A and 23 times as much of Toxin B as earlier strains did.)

I feel certain we'll eventually learn how these toxins are making us more susceptible to a long list of health problems, or triggering them directly. Just watching the miraculous changes among individuals who replenish their gastrointestinal flora, it doesn't take years of research to conclude that everything from depression and other mental problems, to autoimmune diseases, to cancer can be rooted in the imbalance of bacterial flora in our gastrointestinal tract.

Back to Bacterial Basics

I can't stress enough the importance of including a high-quality probiotic and fermented foods in your diet. Probiotics are important for everyone, but they're essential for anyone who has had their appendix removed. It's nice to finally see some research in this area, but both intuitively and from history we really already know how beneficial this habit can be.

There have been various reports over the years detailing which societies live the longest. It's hard many times to verify the actual ages of most of these individuals and to what their longevity can be attributed. One thing seems evident, however. Most of their simple diets include fermented foods and/or a substantial portion of raw fruits and vegetables, which would contain increased amounts of beneficial bacteria. And, although their exact ages may be difficult to accurately determine, in every instance the elderly on these diets were routinely active and didn't suffer from any of the chronic ailments or diseases we associate with aging. That certainly can't be said of our society, where the use of antibiotics and other drugs is an everyday part of most people's lives.

Right now I'm in the process of testing a unique product to restore beneficial bacteria in the upper gastrointestinal and respiratory tract. Most products have so far only focused on the lower gastrointestinal tract. It looks very promising and, if all goes as planned, I will be sharing that information with you within the next few months. I'm very excited about the possibilities of this breakthrough. Support in this area is especially important for those individuals who have had their tonsils removed, since their first line of defense is gone.

If you want to avoid the flu and other epidemics, live longer, stay healthier, and minimize the chronic problems associated with aging, make sure you're getting enough vitamin D, start taking probiotics, and routinely add fermented food to your diet.

The Whole-Body Circulation Connection

A reader recently wrote me to ask what I'm sure he figured were two completely unrelated questions.

His first concern was his levels of cholesterol and triglycerides. He had been taking a statin drug, then switched to niacin and fish oil based on my recommendation. His cholesterol numbers had come down, but his triglycerides were still high.

The reader's second question had to do with erectile dysfunction (ED). While at first glance the two might not appear to be related, when you take a closer look you'll find a clear connection.

As I've said many times, cholesterol itself isn't a problem. It's only when cholesterol becomes oxidized that it begins to become a concern. But if your cholesterol numbers are high, bringing them down will reduce the amount that's available to become oxidized.

To address cholesterol, switching to niacin is a great idea. The problems with statin drugs—including muscle damage, nerve damage, and memory loss—make them a less than desirable choice. Improvements in cholesterol numbers appear soon after beginning to take the niacin at 2–3 grams per day. Adding fish oil to your vitamin program, also at 2–3 grams per day, works to improve cholesterol numbers as well.

Next, check the status of your thyroid gland. I've explained many times how you can do that at home using a simple thermometer. First, put an oral thermometer by your bedside. If you use a mercury one, shake it down to 96 degrees first. When you awaken in the morning, place the thermometer in your armpit and leave it there for 10 minutes before arising.

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. If your temperature falls below this range, it indicates a sluggish thyroid or hypothyroid condition. (If it's above this range, your thyroid is overactive.)

Nine times out of ten you will benefit from the use of one or two drops of iodine a day. It can have a profound effect, not only on cholesterol levels, but on your overall energy and metabolic rate as well. The iodine I prefer is a liquid formulation called Iosol. It's available from TPCS, on the Web at www.tpcsdirect.com or by phone

at 800-838-8727. (Caution: never take topical iodine internally. In this form it's poisonous.)

Triglyceride Cautions

If you have elevated triglycerides, like the reader who wrote in, you're on the path not only to heart disease, but to obesity and probably type 2 diabetes as well.

High triglyceride levels are indicative of excess sugar (glucose) in the diet, often accompanied by too much fat. If you're exercising heavily, your body may be able to compensate by burning the sugars and fats for energy. Otherwise, excess sugar is combined with the fat and the body tends to store it for future energy use. These are the type of fats typically around the gut (the "spare tire") and around muscles (flabby arms, et cetera).

To make matters worse, insulin levels tend to increase right along with higher triglyceride levels. It's the insulin that helps store the excess sugar and fat. And the increased insulin suppresses your production of the hormone glucagon in your pancreas. Glucagon works just the opposite of insulin. Its job is to prompt the processing of stored sugars and move them back into the bloodstream so they can be burned for energy. Over time, excess triglycerides trigger this self-perpetuating cycle that leads to obesity, heart disease, and diabetes. You have to break the cycle.

- First, cut out the simple sugars in your diet. New research from Israel has shown that for several hours following the ingestion of sugar and/or high-glycemic foods, the elasticity of the arteries is reduced. It's been established that the ability of the arteries to dilate or expand is impaired in diabetics when blood sugar rises. Based on this knowledge, researchers compared the effects of eating a high-carbohydrate (high-glycemic) meal like corn flakes and glucose to a low-glycemic meal of bran flakes or just water. They discovered that for as long as two hours after the meal, those eating the corn flakes or glucose experienced a significant reduction in arterial dilation and blood flow. This led the researchers to conclude that high-glycemic meals may actually be considered an increased cardiovascular risk factor. I would suspect the inability of one's arteries to dilate and increase necessary blood flow following a sugar-rich meal could trigger many of the heart attacks that follow. (*J Am Coll Cardiol* 09;53:2283–2287)
- Reduce or eliminate the vegetable fats and highly processed trans fatty acids in your diet. Instead, eat the more natural fats that are higher in omega-3 fatty acids like those in fish, grass-fed beef, avocados,

(Circulation *continued on page 32*)



NEWS TO USE FROM AROUND THE WORLD

Red Clover for Prostate Health

ROCKVILLE, MD—My recent report on PSA testing and prostate cancer (July) generated a considerable amount of controversy. Since my article, another report has been published suggesting that *over one million men have undergone needless treatment for prostate cancer since the PSA test became available just over 20 years ago.*

The authors of this study claim theirs is the first actual count of how many men have been affected by “over-diagnosis” due to PSA testing. According to their findings, men in their 50s are 3.6 times more likely to be diagnosed with prostate cancer than before the PSA test, and men younger than 50 are 7.2 times more likely to get the diagnosis. (*J Natl Cancer Inst* 09, August 31)

From past articles, you’re probably aware of how the herb saw palmetto will very often help with the symptoms of prostate enlargement or BPH (benign prostatic hyperplasia). If you’ve tried saw palmetto products and still haven’t seen the results you want, there’s an Australian product that might also be worth trying.

The product, called Trinovin, is derived from red clover and provides isoflavones more in line with what’s contained in Asian diets than those in Western countries. Studies have shown that while Asian men develop pre-cancerous prostate cells at about the same rate as men in Western countries, the progression into actual prostate cancer is dramatically different. Only 1.8 percent of men in China develop actual prostate cancer, compared to 53.4 percent of US males in the same age group. This drastic difference may very well be linked to the difference in the isoflavone content in the diet.

Diet Makes a Difference

Asian diets typically include a variety of legumes like chickpeas and various other beans, as well as numerous soy products. These legumes contain four particular isoflavones (biochanin A, genistein, formononetin, and daidzein) not commonly found in the Western diet. And epidemiological studies have found that when Asian men move to Western countries and adopt the local diet, they develop prostate cancer at the same rate as Westerners.

Australian researchers discovered that red clover is nature’s richest source of isoflavone plant compounds. Although the research is somewhat limited on the red clover product, for many men it can be a godsend in treating the symptoms of BPH and may help prevent prostate cancer.

While studies have not actually shown that red clover (as Trinovin) reduced PSA values, biopsies of cancerous prostates removed from patients using Trinovin indicated a fivefold increase in cancer cell death when

compared to untreated patients. In this particular study, treated patients were given 4 tablets of Trinovin a day, which supplied 160 mg/day of red clover-derived dietary isoflavones. (*Cancer Epidemiol Biomarkers Prev* 02;11:1689–1696)

Trinovin is readily available in this country. The recommended dose is one tablet daily (40 mg of isoflavones) with a meal. A 30-day supply can be purchased for around \$11 or \$12. Trinovin is widely available, including from All Star Health, at www.allstarhealth or 800-875-0448.

Keep in mind that if you’re treating BPH symptoms (frequent nighttime urination, difficulty starting a urine stream, weak stream, et cetera), it will probably take several months for any prostate product to work effectively. It takes at least that long to begin to influence the enlargement and constriction that has taken place. Take any product you try faithfully every single day, and give it at least a couple of months to see if there’s any change.

Improvements will build with time. If the product you’re currently using hasn’t had any positive effect, however, or you need additional support, an isoflavone-based product like Trinovin might just help. It can also be taken along with other prostate supplements if you desire.

Finally, a Use for Fake Fat

CINCINNATI, OH—I’m not sure what all this is worth healthwise, but I found it interesting. You may recall the calorie-free fake fat olestra that was launched in 1996 by Procter & Gamble. Most people don’t know that its discovery was actually by accident. Researchers at P&G were trying to develop a fat that could be digested by premature infants, but instead created one that couldn’t be digested at all. Turning lemons into lemonade, the company then touted olestra as the dream of all dieters. It was to supply all the taste and “mouth feel” of regular fat but without any of the calories. Early reports that it caused diarrhea caused it to flop as a fat substitute (although it’s still used in fat-free Pringles and Lay’s potato chips).

P&G researchers have now discovered that by tweaking the formula they can now market the product as a substitute for the volatile compounds normally used in paints to make them stick to practically everything. The compound, called Sefose, has been recognized by the EPA with its Presidential Green Chemistry Challenge Award. The olestra-based, environmentally friendly paints and stains will be on the market soon.

Along with those in the pharmaceutical industry, you’ll have to admit that P&G has one of the best marketing departments in the world, and I have to give these guys credit for at least being able to turn a “sow’s ear into a silk purse,” as we say in these parts.

(Circulation continued from page 30)

seeds, and nuts. Eat smaller meals and spread them throughout the day. With these kinds of foods and meals, less insulin will be produced and the pancreas can produce more glucagon.

- Exercise, particularly with weight-bearing activity that increases muscle mass, to raise your metabolic rate. This will help your body burn more carbohydrates as fuel and leave less for storage. (You could also add supplements such as creatine and conjugated linoleic acid [CLA] for putting on even more lean muscle.)
- Take the supplement alpha lipoic acid. It's more expensive than many supplements, but at doses of around 300 mg a day, it has been shown to lower blood sugar levels by increasing the efficiency of the mitochondria, your cells' energy factories.
- Add fiber to your diet. A very inexpensive and easy way to add fiber is by taking a teaspoon or so of psyllium each morning. Metamucil and other psyllium-based products are readily available and make the process very convenient. Fiber decreases the bowel transit time, so fewer calories are absorbed.

The Erection Connection

Each of these items will also be beneficial in helping most ED problems.

After watching the television commercials for Viagra, Cialis, and Levitra, you might get the impression that erectile dysfunction is easily corrected simply by taking one of these pills. Unfortunately, that's not the case. Keeping in mind that ED problems can be a result of psychological as well as physical issues, it seems that most ED problems stem from a physical cause.

The side effects of some medications, like those used to treat high blood pressure or depression, include ED. Also, low testosterone levels can result in ED. Rule those out first. If those aren't an issue for you, *you should consider your ED as an early warning sign of future cardiovascular problems*. This is particularly true if you're in your 50s or 60s and/or you have high blood pressure, diabetes or pre-diabetes, or higher triglyceride or cholesterol levels.

All of these issues eventually result in clogging or blockages in the arteries. It just so happens that the smaller arteries, such as those in the penis, will begin to clog sooner than the larger arteries like those that supply the heart or brain. *Research now suggests that ED problems commonly begin to show up about three years before one experiences a more life-threatening or debilitating cardiovascular event such as a heart attack or stroke.* Taking a \$17 Viagra pill may alleviate the ED issue for a night, but the underlying, more serious, problem of atherosclerosis or clogging of the arteries remains.

ED is a wake-up call. Weight loss, exercise, and an improved diet are required if you want to reverse the situation. In addition to the supplements I've mentioned above, others such as nattokinase, L-arginine, lecithin, and grapefruit pectin (ProFibe) can also help clear arterial blockages and should be included in your daily regimen. I've discussed each of these in detail before. [Editor's note: To read a review of solutions for atherosclerosis, visit the Subscriber Center of the Alternatives Web site, www.drdauidwilliams.com.]

None of these are a quick fix, but over the long term you'll not only see a resolution of the ED but you'll also reduce your risk of a heart attack or stroke. And taking L-arginine will often work about as well as the ED medications, without the potential side effects.

Just like ED medications, L-arginine increases nitric oxide, the compound that opens or dilates blood vessels and increases blood flow. Unlike ED medications that are taken only immediately prior to sexual relations, L-arginine should be taken every day. For ED problems, I recommend starting with 4 grams of this amino acid daily and, if necessary, gradually working up to 8 grams daily over a few weeks. I also like to use a quality protein powder daily and multi-vitamin/mineral supplement to keep everything in balance.

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.

Here's how you can reach us:

- For Customer Service matters such as address changes, call **800-527-3044** or write to custsvc@drdauidwilliams.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@dauidwilliamsmail.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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