

# ALTERNATIVES™

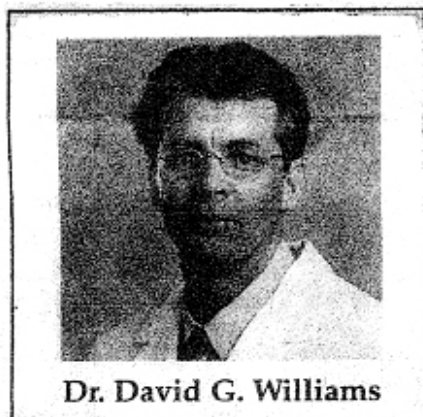
*For The Health Conscious Individual*

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**

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*15-Year Anniversary Issue*

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**Dr. David G. Williams**

## THE LONG LIVES AND DEADLY EFFECTS OF HEALTH SCARES

Over the last few months, it certainly seems as though dietary supplements have had more than their share of bad press. For instance, I've read several recent articles in one place or another asserting that vitamin E does nothing to help protect the cardiovascular system, vitamin C actually causes cardiovascular disease, amino acids are dangerous compounds that need to be removed from the market, unregulated herbs are causing untold numbers of adverse and dangerous reactions, etc., etc. The media loves to report on these stories whether they're true or not. Headlines like these are attention grabbers, and in this day and age it's getting harder and harder to grab someone's attention.

Unfortunately, once a bogus health scare gets started, several decades might pass before the truth wins out. This delay wouldn't be a concern if people's health and lives weren't at stake. But there have been hundreds of thousands of people who have suffered or lost their lives because of misinformation and misguided, biased publicity campaigns. Look at the bad publicity that eggs received over 20 years ago. The medical profession and the

public still haven't fully accepted the fact that eggs don't raise cholesterol levels, and are in fact very good for you. No one knows how many brain-development and eye problems, among others, have resulted from this misinformation.

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complete healing of the wound.

Obviously, you wouldn't want to attempt giving DMSO intravenously (unless you're a doctor trained to do so). However, the topical application of DMSO can be performed by anyone. I would suggest applying the DMSO liberally over the whole limb that has been bitten—probably every couple of hours for the first few days and then three or four times daily for the following week.

I've written extensively about the hundreds of uses for this wonderful compound called DMSO, and this is just one more reason to have a bottle of this miracle substance on hand. You can often get DMSO at health food stores, where it is labeled for use as a solvent, not a health product. Many feed and grain stores also carry DMSO. For more information on this subject, you can purchase a comprehensive report on the subject titled "Pain Free Forever" by calling 800-211-8562; just mention code number 61W787.

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## SOUP UP YOUR RESISTANCE TO CANCER

The nutritious benefits and healing powers of soup are something that just about everybody agrees on. Soup is the one food that most of us can still tolerate when we're sick and feeling our worst. One company has now documented the fact that their commercially available soup is not only nutritious, but can help in the treatment of cancer.

Sun Farm of Milford, Connecticut, makes a soup called SV (for selected vegetables). It is a freeze-dried product containing soybean, shiitake mushroom, mung bean, red date, scallion, garlic, lentil bean, leek, hawthorn fruit, onion, ginseng, angelica root, licorice, dandelion root, senegal root, ginger, olive, sesame seed, and parsley.

In a recent study, six patients with stage III or IV non-small cell lung cancer were given 30 grams (dry weight) of the soup each day for 1 to 3 months. A second (control) group of 13 non-small cell lung cancer patients didn't receive the soup.

The individuals taking the soup each day exhibited significant changes when compared to the control group. They lost less weight, had improved performance status, and overall had significantly longer survival times. Those taking the soup survived an average of about 15 months compared to about 4 months for those not taking the soup. To put this outcome in better perspective, non-small cell lung cancer patients normally have an average

survival time of between 4 and 10 months and only 20 percent are expected to live 1 year. (*Nutr Cancer* 99;34(1):62-9)

This form of lung cancer is deadly, and when something as simple and non-toxic as soup can make even the slightest improvement in these cases, it's certainly something to be thankful for. Turning this form of cancer around would be somewhat of a miracle. Personally, I believe that this form of treatment might be better suited for prevention of the cancer in the first place. I also suspect that the soup might be more potent if started in the very early stages of the disease. In toxicology tests of the SV soup, there are reportedly five individuals with stage I non-small cell lung cancer who are still alive and well, with stabilized cancers, after 17 to 24 months on the soup.

If you'd like more information on this product, or to order, call Sun Farm at 203-332-3000 or write to 215 Research Drive, Milford, CT 06460.

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## ANOTHER INTERESTING HEALTH USE FOR ALCOHOL

Here's an emergency health tip you probably won't be reading about anywhere but here.

A team of neurologists at the University of Texas recently released a very interesting tidbit on how to protect the brain from stroke damage.

At a recent meeting of the American Neurological Association, Dr. James Garotte broke the surprising news. He reported that a shot of alcohol followed by a cup of coffee might be as effective in limiting stroke damage to the brain as some of the drugs now being used in emergency rooms.

Dr. Garotte and his colleagues tested common substances like alcohol and caffeine on stroke-induced laboratory rats. Alcohol alone made the stroke worse. Caffeine alone didn't seem to do anything. However, when the two were combined, the brain was protected from stroke damage.

Obviously, further work needs to be done in this area, and I hope that it occurs. However, there's not much incentive for anyone to fund studies like this. Pharmaceutical companies and universities can't recoup their research expenses through product sales, patents, or other means. And the pharmaceutical companies certainly don't want the public and emergency room doctors to torgo expensive medications in favor of a shot of alcohol and a cup of coffee.

For the rest of us, though, this information could be very important. As strange as it may seem, if you or someone you love suffers from a stroke, a viable emergency treatment might just be an Irish coffee.