

READ THIS OR DIE

Today you have a 95 percent chance of eventually dying from a disease or condition for which there is already a known cure somewhere on the planet. The editor of *Alternatives* would like to free you from that destiny.

An Announcement from Mountain Home Publishing, Publisher of *Alternatives*

After 6,000 years of recorded human history, we are finally able to issue this statement:

The worldwide medical community has found solutions for all of the primary diseases and disorders of our time.

Until now, the healing arts have always lagged behind the onslaught of plagues and chronic illness. But as of today, at the start of the 7th millennium, we at last have remedies, successful treatments, or outright cures for every one of the leading maladies of our modern world.

This does not mean, of course, that every known disease will quickly vanish from the face of the earth. But it does mean that *some segment of the medical community in some nation now has an answer—or the answer—to virtually every common health problem.*

Actually, this claim could have been made 15 years ago. But it would have required stretching the definition of "the medical community" to include a lot of practitioners of traditional folk medicine. Today, however, research laboratories have put many thousands of folk remedies under their microscopes, and hundreds of long-treasured ethnic remedies have been refined, polished up, and upgraded from "ancient lore" to "scientific fact."

The journal Alternatives exists to bring together all these newly-discovered treatment modalities and deliver them to you—in formats that enable you (or your patients) to use them very easily.

We are a network of 150,000 rugged individualists, a highly educated and sophisticated society of health experts and perpetual students. About one-fourth of us are doctors and other health professionals.

The purpose of this bulletin is to cordially invite you to become one of us. Please see our invitation on the last page.

Most of your friends or patients are doomed to die of some disease or disorder that has already been defeated in a medical laboratory somewhere around the world.

In the most unsung victory of the modern era, foreign doctors and researchers have stopped or reversed virtually every fatal condition that has ever struck fear in your heart.

If you read widely, you know about a few of these breakthroughs. Here is the rest of the story, a story that will banish illness from your life and change your entire future.

The Way to Dusty Death Is Paved With Ignorance

*"He who dies of a conquered disease
dies a martyr to the cause of ignorance."*

BY DR. DAVID G. WILLIAMS
EDITOR, *ALTERNATIVES*

The #1 medical cause of death today is not a germ or virus, but ignorance. And I think I can solve that problem for you rather rapidly—starting right here.

Nearly every killer disease and chronic illness of the last century has been analyzed and stopped by an elite research team somewhere in this wide world. You just haven't been told about their solutions yet.

Let me be blunt: *Cancer, heart disease, stroke, and the other major killers now fall into the category of "diseases for dummies."*

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Like TB, cholera, and the plague, they are still deadly, but only for those who haven't heard about their cures.

Unfortunately, that likely includes 99% of your family and friends, for in medicine...

Good News Travels Slowly

Ether, blessed ether, was discovered by Valerius Cordus in the 16th century. But alas, no one paid attention.

For the next three centuries, men screamed or writhed in agony as surgeons and dentists cut, yanked, sawed, and slashed through flesh and bone and nerves. Many terrified souls simply chose to die rather than face surgery.

Finally, in 1846, ether caught on, thanks to William Morton, a publicity-minded dentist from Boston. May he find a special niche in Heaven.

New Ideas Not Wanted

Sadly, the ether story is the norm.

Doctors have usually ignored or suppressed the truly great discoveries—for about 50 years, on average.

- They ostracized William Harvey for saying that blood circulates.
- They ridiculed Louis Pasteur for announcing that germs cause disease.
- They ran Ignaz Semmelweis out of town for asking surgeons to wash their hands before operating.
- And in our day, they hooted *en masse* at two-time Nobel prize-winner Linus Pauling for showing that vitamin C helps with colds.

Even in this era of 2,000 medical web sites, it *still* takes up to 50 years to get a major discovery accepted by the medical establishment. For lesser discoveries, 3 to 5 years is *minimal*.

In contrast, you can now get breaking news from me in as little as three weeks. My newsletter, *Alternatives*, is the premier source of major announcements in the health field, and its library of other publications covers a wide range of illnesses and treatment methods.

The Foot-Draggers Don't Like Us

By comparison, such prestigious periodicals as the *New England Journal of Medicine*, *Journal of the American Medical Association*, and *Lancet* read like timid updates for a tight circle of well-financed technocrats. Most of what they publish has value—often great value—but it normally revolves around their outdated mania for drugs and surgery. Their findings are fresh, but their subject matter is often five to ten years behind my ground-breaking work. (My readers are not fond of waiting that long to hear about life-saving discoveries.)

Worse, the big U.S. journals are often vicious in their attacks on members of the wider global medical community, most of whom eagerly welcome:

- natural methods
- natural substances
- cures proven by hundreds or thousands of years of experience
- carefully compiled statistical reports of real results by actual working physicians.

Such things are typically despised and ridiculed by the establishment that controls most medical schools, pharmaceutical laboratories, journals, and the USFDA. Yet millions of doctors around the world are more realistic and open-minded about new methods and cures.

I side with them. As editor of *Alternatives*, I visit U.S. laboratories when they're doing great work, but I don't park my brains at the door. I read mainline journals, but not blindly. I respect good surgeons, but don't worship them.

Instead, I do the long, hard work of tracking down treatments that truly cure people. I spend most of my time overseas, digging around in progressive university laboratories—or digging *literally*, rooting out samples of plants and herbs that are curing hopeless diseases.

The Payoff

Because of all this work, I'm known throughout the worldwide medical community. I get a lot of open doors. My newsletter, *Alternatives*, has been the first in the world to announce many new

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treatments, cures, and protocols.

After 14 years of research and publishing, we at *Alternatives* are at last in a position to make this history-making announcement:

The free medical community around the planet has now discovered or invented answers to all of the most destructive diseases and medical conditions we face today, even those regarded in some Western circles as incurable. And *Alternatives* is the only newsletter we know of that has compiled and made available a complete summary of those treatments and cures.

The rest of this bulletin attempts to give you a quick introduction to some of these health solutions.

You will learn about the answers to such conditions as:

- **Cancer:** A new combination of the three leading prescription medications for cancer in Japan has turned out to be the most powerful tumor-dissolving substance ever seen. It works extremely fast—and with zero side effects.
- **Heart Attack & Stroke:** A white powder made from grapefruit pectin works like Drano in your arteries, cleaning them out without side effects—for \$3 a month. It spells the end of the reign of heart disease as our #1 killer and stroke as our #3 killer. It will also end your concern about cholesterol and high blood pressure.
- **Diabetes & Hypoglycemia:** An herb discovered in India has the ability to *reverse* diabetes by actually repairing and regenerating damaged pancreas cells. Unlike any other treatment for this “irreversible” disorder, it has enabled diabetics to stop taking insulin. It even helps those with *juvenile-onset* diabetes. Unheard of!
- **Arthritis:** A “cocktail” of nine natural substances has done what U.S. doctors have never been able to do: remove toxic irritants from joints and actually *create new cartilage*, restoring patients to a new youthfulness.

But this is only the beginning. By the end of this bulletin, I think you'll be eager to subscribe to *Alternatives* and learn a lot more. As I promised, it will change your entire future.

The truth is out there. Don't die of ignorance. The biggest problems have all been solved. Enjoy living without pain or fear.

A Flight To Die For

Galileo Galilei,

Christopher Columbus,

Marco Polo,

Thomas Edison,

Henry Ford,

David Williams

Dear Reader:

In the great drama of human history, center stage has always belonged to gutsy pioneers who open up a new world to the common man.

In medicine, the stage now belongs to Dr. David G. Williams. He didn't discover penicillin, X-rays, or DNA, but far more than any other figure of our time, he has located, evaluated, and announced effective treatments and cures for every major disease troubling mankind.

He stands head and shoulders above the rest of the world's medical leaders because of:

1. The depth of his research. He does not merely read reports and visit laboratories. He travels to the ends of the earth, occasionally risking his life to find a remedy for a hopeless condition—and to see how it works in the real world. *How is it used? How much do you really need? How long till you're healed?*

You see, he believes that a cure does exist...

The practical, nitty-gritty facts about these unknown cures usually lie in some obscure herb guarded by witch doctors in a Brazilian rain forest,

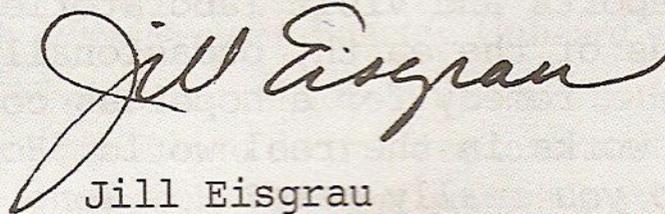
shamans on a Tibetan plateau, or aborigines in a remote Australian desert. In such cases, Dr. Williams always insists on scientific data and studies to back up the conclusions of traditional or folk medicine. (Yes, ethnic medicine is being explored today by thousands of universities, pharmaceutical labs, and private doctors on every continent.)

2. The breadth of his research. He has scoured the planet for solutions to every serious health problem of today--with 23 huge successes so far. He doesn't have a magic pill that will wipe out disease overnight, but he does have highly effective treatments and substances that routinely stop the progress of a disease, reverse it, or wipe it out completely.

3. His lead time over his peers. How far ahead of the medical establishment is he? You have only to note this astonishing state of affairs: Almost the entire medical community worldwide is still engaged in massive struggles to solve problems that Dr. Williams has already solved!

On the pages that follow, we give you a sampling of those solutions. If you care about your health, prepare for excitement.

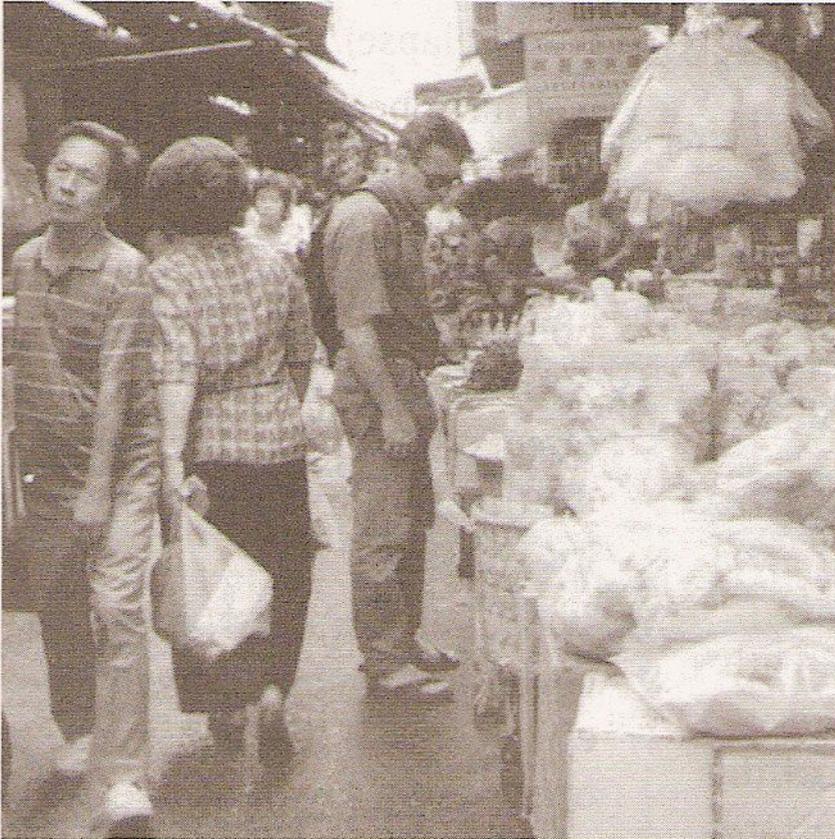
Sincerely,



Jill Eisgrau
Publisher of *Alternatives*

CANCER

A new compound from Egypt and Japan has conquered cancer, reversing the disease and destroying tumors with devastating swiftness.



On the Trail of the Wild Mushroom... went to Japan. Here I am scouring the marketplace in Tokyo to find out who produces the highest-quality medicinal mushrooms—the key ingredient in MGN-3.

I tore out a few hairs in my struggle to track down the man who found the cure for cancer. He was always somewhere between Egypt and Japan, while I was somewhere between the U.S. and Australia. But I finally found him, and the result was the biggest news story since penicillin.

FEAR IT NO MORE.

The most dreaded disease of this century has been defeated.

Even people with some

“incurable” forms of cancer have been totally healed by a new compound called MGN-3. It’s the first of a new generation of cancer blockers.

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In human testing, MGN-3 has already done the impossible:

- Breast cancer patients went into complete remission in a 7-month test, simply by taking 12 capsules a day of MGN-3.¹ (“Complete remission” is the oncologists’ term for “cured.”)
- MGN-3 caused complete remission in patients with cancer of the prostate, ovaries, breast, and bone marrow (multiple myeloma). (This was the first known cure of multiple myeloma in medical history!)²
- MGN-3 works *extremely* fast. A test of patients with leukemia, multiple myeloma, and cancer of the cervix, breast, and prostate showed amazing improvement. After just two weeks, cancer cells were being destroyed by the patients’ own immune systems—at an average rate 240% above normal for these patients. And the rate continued to rise for the next six months!³

How It Works

As you know, ordinary chemotherapy and radiation have horrendous side effects, such as hair loss, vomiting, and destruction of the immune system (which turns the patient into a sitting duck for a relapse).

That’s because such methods *directly* attack cancer cells—and your own body. They are poisonous, and your body hates them. Interleukin-2 has equally destructive side effects, sometimes including death, at up to \$100,000 per treatment!

In contrast, MGN-3 is cheap and has no known side effects at all! Why? Because it operates by greatly increasing *your own body’s* cancer-killing ability.

Please understand me: People don’t get cancer because of a sudden attack of carcinogens. People get cancer when their immune systems weaken. At this very moment, your body is fighting cancer cells—and doing a darned

¹ Reported at the 11/15/95 meeting of the American Association for Cancer Research.

² *International Journal of Immunotherapy*, 1995, XI (1):23-28.

³ Study reported April 20, 1996 at the 87th annual meeting of the American Association for Cancer Research.

good job of it! If your immune system ever weakens and you "get cancer," the logical first thing to do (unless your case is highly advanced) is to beef up your immune system.

Fortunately, MGN-3 does that more powerfully than any substance known to man—and it acts within *hours*, turning hard tumors into harmless, jelly-like blobs and shrinking them. A test of 24 diverse cancer patients showed their NK cells (the ones that kill cancer) were destroying 40% more cancer cells per hour *after only 16 hours*.⁴ And a healthy NK cell will kill a cancer cell in five minutes!

After a week, they were destroying 800% more cancer cells.

Now, you'd think that MGN-3 would lose some of its effect after a week or two,

right? Well, it's not like a medicine, gradually losing its impact. It's more of a permanent fix. *After two months of taking MGN-3, the NK cells were killing 2,700% more cancer cells.*⁵

Cancer cells were being destroyed by the patients' own immune systems—at an average rate 240% above normal.

No Secret Ingredients

There's no great mystery about MGN-3.

It's a patented combination of extracts from rice bran and Shiitake mushroom.

On their own, extracts from rice bran are shown to exhibit fairly strong antiviral effects. And extracts from Shiitake mushroom are found to have anti-cancer properties. In fact, *in Japan, extracts from this mushroom are one of the leading prescription treatments for cancer.*

Why haven't you heard of them? Because:

⁴ If you or a friend ever decide to take MGN-3 for cancer, but desire a test to verify that it's actually working, the standard test that your doctor will give you is designed to measure your NK cell activity after only four hours! For details, read on page 49 about how to get our [free](#) special report on MGN-3 and how to cancer-proof your entire body.

⁵ Int'l Journal of Immunotherapy 98:XIV(2):89-99.

1. New medical discoveries and inventions take 3 to 5 years to travel around the globe. And if they require a new way of thinking, a new paradigm, they take about 50 years to catch on. (Think of the discovery of germs, blood circulation, sanitary surgery, vaccination, etc.)

2. The medical community is not pushing it. The idea of a natural therapy that radically speeds up your immune system is quite trendy today, but a strong minority of doctors still scoff at it. The scoffing will increase when they start reading about the clinical trials now showing that MGN-3 also has a huge impact on HIV and AIDS, hepatitis, chronic fatigue syndrome, cervical dysplasia, and other diseases. Cries of *SNAKE OIL!* will fill the air.

3. When MGN-3 becomes popular, it will force several thousand cancer surgeons

into early retirement. They can't make any money recommending an over-the-counter remedy. They will do what they can to slow down the FDA approval process.

4. Supplies are somewhat limited. The patent is held by Daiwa Pharmaceutical Co. of Tokyo, and there's only one source in the U.S. (See the report on MGN-3 which you'll receive free when you become a subscriber to *Alternatives*.)

5. The inventor, Dr. Mamdooh Ghoneum, is a highly ethical and extremely conservative scientist. He has refused to toot his horn for MGN-3 until a wide range of human trials is completed. (In this day and age, I think that's refreshing!) Thus far, the only major announcement of MGN-3 has been mine—in *Alternatives*.

Moreover, Dr. Ghoneum has not sought a large funding program for testing and

...it will force several thousand cancer surgeons into early retirement.

HEART ATTACK & STROKE

Oxidized cholesterol is the main culprit behind heart attacks and strokes. We now have a way to remove it from arteries—without surgery. The battle against atherosclerosis has been won.



This is not a discovery, it is the discovery.

I find it hard to avoid using the words *magic* or *miraculous* when describing this fruit-based powder.

It spells the end of the reign of heart disease as our #1 killer and stroke as our #3 killer. It will also end your concern about cholesterol and high blood pressure.

This white powder made from grapefruit pectin works like Drano in your arteries, cleaning them out without side effects—all for \$3 a month. This compares nicely with a quadruple bypass at \$50,000 a pop.

The pectin comes from the white, stringy part of the grapefruit. And you don't have to take it intravenously.

You just eat it. You don't even need to clean up your diet (although sensible eating never hurts).

In fact, researchers fed a *horrible* diet to a group of test subjects that would eat anything: pigs. It was 15% pure lard! But half the pigs also got to eat some pectin.

At the end of a year, the pectin pigs had *88% less* plaque lining the arteries around their hearts! I find this astounding. And it will be great news for all your wimpy friends who still eat way too much saturated fat. They can continue to eat fast food and *still* survive to a ripe old age!⁶

How many of your health problems would vanish if you had near-perfect circulation again?

A good pectin powder (I'll tell you which one's best) is every bit as effective as the

#1 prescription medicine—*without the side effects.*

It stops the bad LDL cholesterol from turning rancid in your bloodstream and oxidizing into a foamy goo that sticks to your artery walls and hardens into plaque.

After some years, the plaque gets so thick that chunks of it start to flake off and float downstream. If a sizeable chunk first hits a small artery that feeds your heart,

you have a myocardial infarction, or heart attack. If it hits your brain first, you have a stroke. Pectin stops both.

It doesn't just protect you from further damage, it actually does the unthinkable: *It unclogs existing plaque.*

Do you see the staggering implications of this? Over time, you could end up with arteries as clean as an 18-year-old's. Circulation to every organ in your body would jump back up to

This white powder made from grapefruit pectin works like Drano in your arteries.

⁶ See *Circulation* 1994, 1989(3):1247-1253; *Clinical Cardiology* 1988, *Journal of the Franklin Institute* 1994, (331A):199-202.

teenage levels. (And I can name a hundred medical disorders that stem from reduced circulation.)

If only I were a kid again. How many times have you had a thought like that? Well, here is your chance to experience a rejuvenation like no one in history ever has. No one before ever had a chance to clean out clogged arteries because pectin powder didn't exist until the Florida Citrus Commission gave Dr. James Cerda a grant to develop it. And you can't get the same effect just by eating lots of grapefruit; you'd have to gorge yourself all day with *nothing but* grapefruit!

Don't expect your doctor to tell you about pectin powder. He would lay himself wide open to a malpractice suit by prescribing a natural, non-drug solution to heart disease. Why? Because regardless of how effective it is, it's still *unrecognized* by the broad medical community. If a patient died and his family sued, any court would quickly conclude that the doctor had used "a modality and protocol that do not meet

the standard of medical care in this area." Case closed.

Doctors will not start to prescribe pectin powder until the pharmaceutical industry, which makes nothing on cheap powders, gets behind it to gain FDA approval. (Do you detect a Catch-22 here? If so, you're a sharp cookie! I want you as a regular reader. You're my kind of critic!)

When you respond to this mailing, I'll send you a free copy of my report entitled, *The Magic Powder That Unclogs Your Arteries*. It will tell you the right dosage of pectin (varies with your weight) and where to get the most effective brand, which surprisingly contains less than 50% pectin.

Reply soon! I'll send you the free report—and keep an eye out for you at the malt shop after school.

BONUS #2

To find out how you can receive this Special Report FREE, see page 49.

The "Magic Powder" That Unclogs Your Arteries

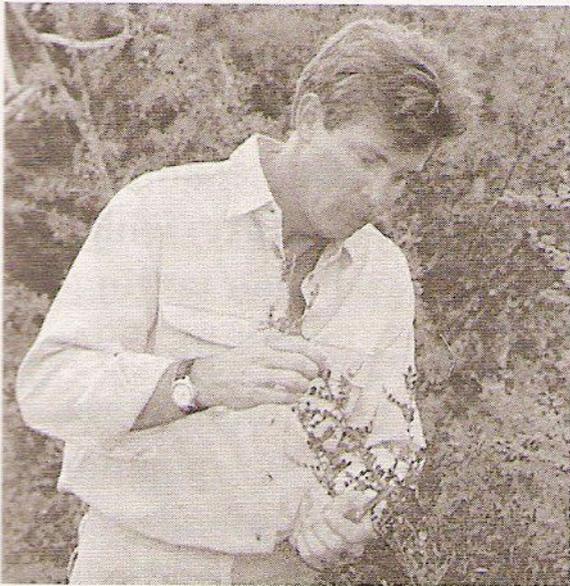
DR. DAVID WILLIAMS

That's because most doctors don't know about pectin powder. They know about aspirin and beta-blockers, but not about pectin powder. Pectin powder is a natural, non-drug solution to heart disease. It's the only natural substance that can clean out clogged arteries. It's the only natural substance that can prevent heart disease. It's the only natural substance that can prevent stroke. It's the only natural substance that can prevent cancer. It's the only natural substance that can prevent aging. It's the only natural substance that can prevent death.

ARTHRITIS

I have discovered and formulated
the world's first and only cure for arthritis.

Not a pain reliever, a cure.



These Four Herbs Can Change Your Life: Aboriginal tribes of the Australian outback have been making use of these amazing native herbs for thousands of years. I have secured enough of these herbs to enable Australian botanists and chemists to begin their harvest and distribution.

In November of '98, I made my fifth swing across the Pacific that year.

On my way from a remote part of Indonesia to a rainforest in New Zealand, I trekked through the Australian outback to revisit an ancient aboriginal tribe.

No matter how many times I go, it's still startling to see very old men jumping rapidly down a rock canyon—and old women as spry as their great-grandchildren.

I found that their agility comes from eating four native herbs that their ancestors discovered countless centuries ago. On that trip, I was at last able to secure enough quantities of these herbs to enable a team of Australian botanists and chemists to grow and distribute them.

That trip is destined to change the quality of life for hundreds of millions of people in the years ahead. I just can't tell you how proud I am to be the guy who pulled it all together.

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You can go to the most expensive orthopedic specialist in the land, and he will not even pretend to heal you. He will only attempt to curb your pain and restore motion.

But now a remedy that includes ingredients I found in the Australian bush has done the impossible, turning chronic sufferers into problem-free, fully-cured, *former* arthritics.

My formula blocks the disease in mid-course and forces the body to start *healing* itself instead of self-destructing.

A "cocktail" of nine natural substances is doing what other big-name doctors have never been able to do: remove toxic irritants from joints and actually create *new cartilage*, thus restoring patients to their former lifestyles: jogging, tennis, redecorating the house, cleaning out the garage, you name it. This is something you have

never seen in the field of arthritis.

If you are well-read, you know that arthritis patients should always take two nutrients:

- **Chondroitin sulfate**, which I began writing about in 1992.
- **Glucosamine sulfate**, which I began writing about in 1994.

Both of these are now popular in health food stores. I have hundreds of grateful letters from readers who

have been helped by them.

Unfortunately, for quite a few people, they just don't do the trick. Although they're powerful, they're only two of dozens of sulfates your body needs in order to grow new protein in your joints.

So I devoted a lot of time in the Australian bush to finding the other pieces of the puzzle. The result is the most smashing success in the history of arthritis research: a

My formula blocks the disease in mid-course and forces the body to start healing itself instead of self-destructing.

DIABETES & Hypoglycemia

An herb from India has enabled diabetics to stop taking insulin. It *reverses* diabetes by repairing and regenerating damaged pancreas cells. It even helps those with *juvenile-onset* diabetes.



Combining science and nature can have life-changing results: In India, another ancient remedy has now been developed into a cure that can eliminate dependence on insulin. Here I am trying to find some rare seeds before I get eaten alive by bugs.

INSULIN INJECTIONS DON'T cure diabetes. They enable you to live with it...if you call injecting yourself multiple times a day "living."

Doctors don't cure diabetes, either. They're very

good at monitoring your blood sugar level and telling you when to take your medication, but they're very poor at getting you *off* of medication. Exceptions are rare.

But now things have

changed. Ever since a few of us in the international medical community opened people's eyes to the wider world, we've been rediscovering hundreds of incredibly effective cures from abroad.

In the case of diabetes, the cure has come from India, where for centuries doctors have used the leaves of the *Gymnema sylvestre* plant to treat adult-onset diabetes. Their patients' outcomes were good, but nothing close to miraculous. (This is because they were using just the raw leaves.)

Our high-tech scientific contribution to the ancient remedy was in creating and testing several extracts from the leaves.

One of these extracts turned out to be a winner in

human testing:

- It lowers your blood sugar.
- It lowers your insulin requirements.
- It normalizes cholesterol and triglycerides.

...it raises your production of insulin by repairing diseased pancreas cells—or generating new ones!

- Most important, it raises your production of insulin by repairing diseased pancreas cells—or generating new ones!

Don't think of this *Gymnema sylvestre* extract as merely a nice boost for a tired pancreas. In tests on rats, it was

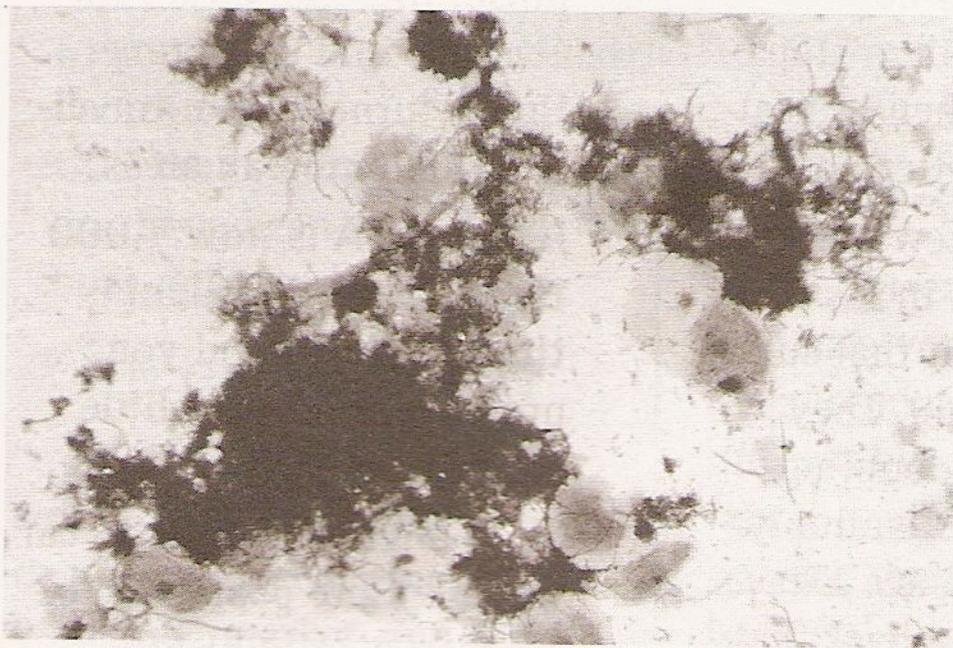
found that the size and weight of their pancreas glands shot way up. The cells that produce insulin more than doubled!

Two of the tests included people with *juvenile-onset* diabetes, and it worked on them, too. That's unprecedented.

⁷ *Journal of Ethnopharmacology* 1990, 30:265-305.

KILLER BACTERIA

Over the next ten years, wave after wave of drug-resistant bacteria will sweep the planet, killing millions. The onslaught has already started, and modern medicine doesn't have anything in the pipeline that can stop it. Your life may depend on reading this article and spending \$15 on the only known antidote.



Forget nuclear war. Here's the next holocaust. And this may be the only place you'll read about it in time to escape the carnage.

IT'S TOO LATE TO STOP THE next plague.

A series of ever-deadlier diseases and mass poisonings is hitting us faster and faster, and Western medicine is helpless.

Ironically, our own medical system is creating new breeds of indestructible bacteria. The deadly mistake we're making is the whole-sale, *massive* use of antibiotics. Two problems:

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1. When you take antibiotics, you kill off a lot of the protective, germ-eating, *beneficial* bacteria in your body along with the bad ones. This can leave you wide open for the next type of germ that comes along. Often, your immune system is weakened indefinitely.

2. It only takes one sloppy person to start an unstoppable plague. The trouble comes when somebody fails to take the whole series of antibiotics that his doctor prescribes. The patient stops taking the pills when he realizes, "Oh, I feel better now."

This leaves a few battle-hardened bacteria in his bloodstream or gut that survive (1% is enough). They quickly rebound, doubling every few minutes, multiplying hundreds of times a day. They come roaring back, having mutated into cure-resistant, immortal, *killer* bacteria.

**They hit hard.
They hit fast.**

- **A new strain of salmonella** has recently

hit London. As it becomes more resistant, the number of antibiotics that can stop it is approaching zero. The cause? Antibiotics fed to livestock!

- **In 1997, a lucky, last-minute discovery** by the U.S. government stopped *millions* of pounds of disease-laden hamburger from being sold...possibly to a store close to your home.
- **Panic struck Japan when 9,400 people got food poisoning,** and authorities couldn't find the source. Hotels turned down travelers from outbreak areas.
- **Hepatitis A is now 1,000 times more prevalent than cholera**—and you probably have very little resistance to it.
- **TB is alive again.** Last year we had more people die of TB than ever in history. Worldwide, over 50 million people now have the *drug-resistant* strain; treatment can easily cost \$250,000 a person. One of the biggest TB hellholes on earth: New York City.

- In 1993, mutant forms of *E. coli* got into some Jack-in-the-Box hamburgers. Over 500 people became seriously ill, and some died.
- Malaria is on the rise again because of resistant strains. Nearly 3 million a year are dying.
- Life magazine recently reported that 67% of the babies born to Gulf War veterans have been born deformed.

It's Here, It's Now

The problem isn't just "out there" somewhere. Walk through the meat section of your supermarket, and 30%-50% of the chickens you see are contaminated with salmonella (which can survive microwave cooking). Almost 100% contain *campylobacter* pathogens.

But here is the worst bac-

Walk through the meat section of your supermarket, and 30%-50% of the chickens you see are contaminated with salmonella.

teria problem in the country: *enterococci*. This low-key bacterium used to be so tame, it was ignored in med school texts. You could always cure it with the drug vancomycin.

Then in September 1988, a disaster began. Within 26 months, a new strain appeared in New York City hospitals: Vancomycin-Resistant Enterococci (VRE).

VRE is virtually untreatable. And if it gets into your bloodstream (bacteremia), it's *absolutely* untreatable. A death sentence. And it has recently become the fastest-growing bacterial disease in the land.

You think, Well, if I get VRE, I'll go to a good hospital. Problem: Ninety-eight per cent of all VRE is caught in a hospital. Hospitals are the breeding ground.

You think, *Well, they could put me in intensive care, away from other patients.* Problem: About half of the hospital VRE infections are caught in intensive care units!

This germ is so tenacious, you have to wash your hands for at least 30 seconds to get it off. A tiny glob of it will survive on a bedrail for 24 hours without losing one bacterium. It will survive on a countertop for 7 days, which in a hospital context amounts to eternal life.

The medical community is very frightened. People are dying, and they don't know how to stop it.

Worse: Bacteria are talented at passing on drug-resistant genes to *other* kinds of bacteria. If VRE ever passes on its resistance gene to staph or strep bacteria, normal human life will become a fading memory. You'll see a holocaust of death and disease like nothing else in history.

We think of the hapless peasants of 14th-century

Europe, and we say, *Tsk-tsk. They lost one-third of the population because they didn't know how to fight the Black Plague.* Well, our doctors don't know how to fight VRE. And at least the peasants could flee. They could quarantine.

We, however, have a highly interconnected world in which food and travelers spread epidemics across continents in hours. For us, there is no escape.⁸

No Escape, But a Great Defense

Let's hear it for Mother Nature.

She has hidden an answer to the coming plagues deep in the heart of a common fruit. Mostly inside the seeds, to be exact.

Now, if you've ever bitten into a grapefruit seed, you know it's no taste treat. Yet it holds a compound that annihilates VRE and other drug-resistant bacteria, just like the Death Angel massacred Assyria's army in Jerusalem.

⁸ Bear in mind that the U.S. government has raised its anti-bioterror spending from \$5.7 billion in 1996 to about \$10 billion in 2000. They are taking an attack with anthrax bacillus as a serious threat.

Yes, it's an antibiotic. Sort of. But with two big differences:

1. *It doesn't harm beneficial bacteria.* That's because it's a natural, body-friendly substance.

2. Equally startling to scientists, *disease-causing bacteria don't seem to develop an immunity to it.*

Physicians are starting to tell us, quietly and discreetly, about case histories of patients cured of VRE when nothing else worked. For instance, in one serious case, the VRE were wiped out *entirely* within five days. They can't talk openly because their local licensing boards might shut them down for using "unapproved substances."

Frankly, it never *will* be approved because it costs, on average, \$210 million to get something tested and blessed by the FDA. And as a natural substance, it can't be patented; therefore, there's no way to recoup any of the \$210 million.

Here's what I'm getting

at: You'll probably never hear about this from your doctor. Even though it may be the only thing that can stop the onslaught of killer bacteria, you're on your own when it comes to using it. And it is made in several forms by several companies.

Fortunately, I've found the best source, and it's inexpensive—just under \$15 for a long-lasting bottle. Also, I've written up an 8-page report for you that gives some exact dosages and directions. (To my knowledge, it's the only instruction sheet in the world. The manufacturers are not allowed to state that it does anything besides "disinfect." But thanks to the First Amendment of the U.S. Constitution, I can blab about it all I want to, even though they can't.)

My report, *Defend Yourself from the New Mutant Bacteria*, covers some

BONUS #5

To find out how you can receive this Special Report FREE, see page 49.

**Defend Yourself
From the New
Mutant Bacteria**

Even though it may be the only thing that can stop the onslaught of killer bacteria, you're on your own when it comes to using it. And it is made in several forms by several companies.

of the more common of the compound's many uses. If you like living, I strongly, very strongly, suggest you get a copy. It's yours free when you join the distinguished ranks of *Alternatives* readers. Please see the last page of this report for sign-up details.

A NOTE ON VIRUSES:

The outlook for viral infections is perhaps even more forlorn than for bacteria. A virus is roughly 1/1000 the size of a bacterium, and it lives *inside* a cell instead of out in the bloodstream where it can be attacked. That's why antibiotics have no effect upon them at all. There are almost no anti-viral medications in existence.

But again, I have exciting news for you—this time from Israel! Researchers there have painstakingly extracted from elderberries a potent liquid that slaughters a wide range of very nasty viruses. It works by intercepting and knocking off viruses *before* they get to your healthy cells. That makes it even better than your own body's defenses!

For example, if you take it at the first symptom, flu will vanish in 24-48 hours. It's been tested and used on seven types of flu, and it obliterated all of them.

Moreover, when I visited Israel, I found researchers there were stunned at their recent discovery that it has a controlling effect on the AIDS virus. Tests are progressing rapidly on a number of killer viruses.

But don't wait for official laboratory research to be published before you act. Get the facts on this unique invention and start using it now. Supplies in the U.S. are spotty, but I have sources for you. When you subscribe to *Alternatives*, my publisher will send you a report entitled *Protect Yourself from Today's Deadly Viruses*. It could save your life.

BONUS #6

To find out how you can receive this Special Report FREE, see page 49.

Protect Yourself From Today's Deadly Viruses

DR. DAVID WILLIAMS

Researchers in Israel have discovered a potent liquid that slaughters a wide range of very nasty viruses. It works by intercepting and knocking off viruses before they get to your healthy cells. That makes it even better than your own body's defenses!

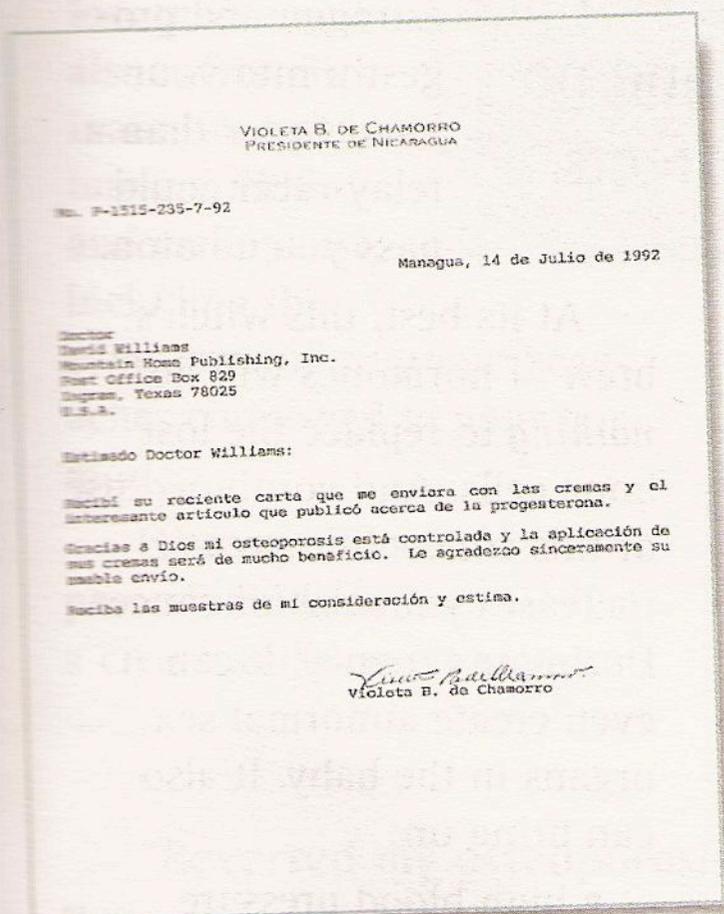
...the liquid is made from the seeds of the elderberry plant, which is rich in antioxidants and other compounds that are known to have antiviral properties. The liquid is made from the seeds of the elderberry plant, which is rich in antioxidants and other compounds that are known to have antiviral properties. The liquid is made from the seeds of the elderberry plant, which is rich in antioxidants and other compounds that are known to have antiviral properties.

OSTEOPOROSIS

A bland little tuber discovered in a Mexican forest contains a compound that stops and reverses bone loss. Nothing like it exists anywhere. Osteoporosis is dead.

Nicaraguan president, Violeta de Chamorro Sends Her Thanks:

During a research trip to her country, I was able to get this therapy delivered to the president, who has suffered from crippling osteoporosis.



Dear Dr. Williams:

"I received your recent letter that you sent with the cremes and the interesting article that was published. Thank god my osteoporosis is now under control, and the application of your creme is of such great benefit. I sincerely appreciate your help on this matter.

"You have my appreciation and esteem."

—Violeta de Chamorro

YOU'VE BEEN TOLD THAT osteoporosis can never be reversed. That's no longer true.

Dr. John Lee of Sebastopol, California, has done a three-year study of 100 post-menopausal women, and his results are nothing less than spectacular.

Absolutely every one of the women stopped losing bone—

1-800-219-8591

and gained back what they had lost!

They are as old as 83. Most had already lost height—as much as five inches.

Within the first six months, they regained 10% of their loss. (That's amazing speed.) After that, their bone density increased another 3% to 5% per year. At this point, all his subjects have stabilized at the level of 35-year-olds. It's a new day.

Until now, osteoporosis has been causing 1,300,000 bone fractures a year in the U.S.—usually of the hip. Half of those never regain the ability to walk unaided, and 40,000¹¹ die within six months. It's not just a nuisance, it's a killer.

But of Dr. Lee's 100 subjects, *not one of them* had a fracture! In addition, many of them reported that their

sex drive had returned to normal. What a bonus! They also have more energy, more joint mobility, fewer aches and pains—and no side effects.

They also have more energy, more joint mobility, fewer aches and pains—and no side effects.

The side effect issue is critical because if you go to a doctor today, he or she will put a prescription for estrogen and progestin into your hand faster than a relay racer could pass you a baton.

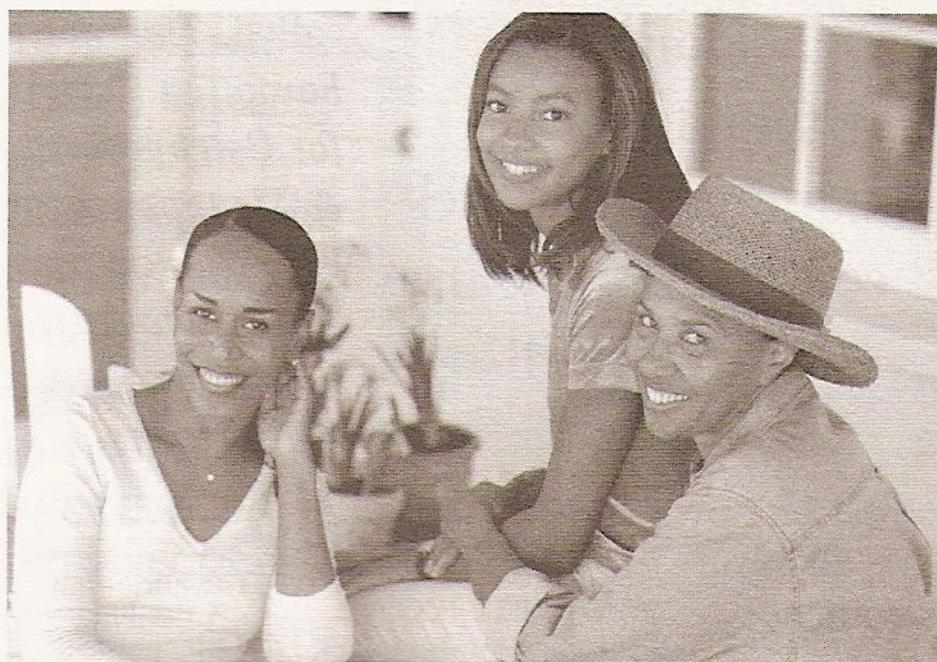
At its best, this witch's brew of hormones will do *nothing* to replace the lost bone cells. And continued use of this concoction *greatly* increases your risk of cancer. During pregnancy, it can even create abnormal sex organs in the baby. It also can bring on:

- high blood pressure
- depression
- nausea
- fever
- weight gain
- insomnia

¹⁰ *Lancet* 1990, 336 (8726): 1327; *International Clinical Nutrition Review*, 1990, 10 (3):385-91.

AGING

It sounds too simple, but I've found that the secret to staying young revolves around the presence in your body of one substance. And you can get all of it you need for 39¢ a day.



How Many Years Would You Like to Enjoy the Love of Your Family?

Aging can result in the very best years of your life—lots of them!

DO YOU WANT TO LIVE longer?

Then stay out from under busses and take glutathione.

This pithy piece of advice may not bring me a Nobel prize for medicine, but it contains more truth on the subject than anything you'll read in the next few years.

Tell me how much glutathione you have in your system, and I'll tell you about how long you're likely to

live—barring unfortunate events. *It's really that simple.*

Researchers in Louisville, Ann Arbor, and elsewhere have tested thousands of people and found that those who survive to a ripe old age invariably have one thing in common: high levels of glutathione (glue-ta-THIGH-own).¹²

In contrast, those who are short on this key compound are plagued with arthritis, cancer, diabetes, high

blood pressure, heart disease, Alzheimer's, Parkinson's, cataracts, macular degeneration—a startling roll call of today's most haunting disorders.

Like you, the scientists were suspicious of such terse findings, so they ran further experiments on mice, rats, frogs, and even mosquitoes.

For instance, some frogs studied at a university in Madrid were split into two groups: the control group and the lucky group, which received glutathione plus three other common supplements. After 14 months, 54% of the control group had croaked, compared to only 9% of the lucky group.

In round numbers, the various animal subjects lived 40% longer with just a simple daily dose of glutathione.

Now, granted, you can't just apply every scientific study to human life. But if you could, this one would tell you that *instead of shooting for 90, you can now be shooting for a healthy 126*. That's got to be worth 39¢ a day. Remember, those extra years

are active, *disease-free* years.

How can one simple compound made of three amino acids be so powerful? Because it's the substance that most of your body's chemistry revolves around. In the final analysis, glutathione controls everything that goes on in your body. I realize that this doesn't exactly mesh with what you were taught in school, so I've drawn up an eight-page report explaining the pivotal nature of glutathione: *Keeping Your Cells Young for 100 Years or More*.

It's yours free with your subscription to *Alternatives...* which will cost you another 11¢ a day. In all, that's 50¢ a day. I'll leave it to you to judge whether a long life filled with sunshine and good friends is worth half of an inflated American dollar! *My opinion*: Today's healthcare has a lot of highly complex issues, but this isn't one of them!

BONUS #8

To find out how you can receive this Special Report FREE, see page 49.



¹² You may start with the *Journal of Clinical Epidemiology* 1994, 47(9): 1021-6.

SKIN CANCER

The doctors expected her to lose her entire nose. But after 13 weeks, it had completely regenerated itself, with no sign of cancer.



Australia provided the remedy for the worst blow the Florida sun was able to deliver:

"I ordered the anticancer cream that you mentioned in Alternatives. Since receiving it, I have tried it on a skin cancer and it really worked great!"

—FRANK F., FLORIDA

IT'S MADE FROM AN Australian plant called "kangaroo's apple."

After five years of testing, this cream was proven 100% effective on almost every type of skin cancer. You just rub it in a few times, and all your cancer cells rapidly die.

It was invented by Dr. Bill Cham in Australia. It worked rather like an exfoliant: The cream dissolved the cancer, which soon became hard and sloughed off, leaving pure, unblemished baby skin.

It was the perfect example of why I'm so motivated to get to work every morning. It worked—and it worked faster than anything you ever saw. There's nothing even close to it anywhere on earth.

For instance, one lady had basal cell carcinoma—such a bad case that her doctors said she would most likely lose her whole nose. Yet after 13 weeks of applying the cream, the nose tissue and skin regenerated itself completely, leaving no trace of the cancer.

Of course, that didn't stop the plastic surgeons and dermatologists in Australia from waging an intensive campaign urging their government to reclassify it as a prescription-only item. As soon as they did that, sales (which had been very high) crashed. Not only was it taken from the drug-store shelves, but then the doctors all proceeded to ignore it! Now they're back to business as usual, slicing off skin cancers, making lots of money. This is another prime example of why I do what I do—I can't stand to see this blatant corruption.

So I headed back to Australia (yet again) and worked with a group of scientists to put together a cream that's just as powerful, yet easier to use and gentler on the skin.

It's called SkinAnswer, and I've talked with dozens of happy users. I've watched squamous cell and basal cell skin cancers disappear in four weeks. I've seen keratoses the size of a quarter disappear in two to three weeks. This stuff is amazing. I've sifted through lots of before-and-after pho-

1-800-219-8591

tos, and I've come to the conclusion that it's going to turn the medical world upside down. It works fast, and it works consistently.

Thanks to the kingpins at the FDA, however, the manufacturer can't tell you anything about the product or what it does for skin cancer. Nothing. So they sell it kind of as a beauty product.

As far as I know, *Alternatives* is still the only source of information on this cream anywhere in the world. Send for a copy of the special report: *A Natural Cure for Skin Cancer*. It gives you a source for buying SkinAnswer in the U.S., plus instructions for using it.

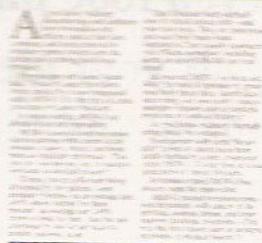
The report is free with your subscription. Just send in the reply form at the back or phone 1-800-219-8591.

To find out how you can receive this Special Report FREE, see page 49.

BONUS #9

A Natural Cure For Skin Cancer

A



Do you have what it takes to stand out from the herd?



"It's not the death threats that really get me. It's not the poisonous snakes, the filthy foreign jails, the hate campaigns from medical bureauquacks, or even the occasional bush plane that falters in mid-air. It's watching two million Americans die every year when I could tell them about a cure in thirty seconds."

By Dr. David G. Williams
EDITOR, ALTERNATIVES

I'm inviting you today to join the most tough-minded, no-nonsense, high-powered, world-wise, up-beat, take-charge, cussed by independent bunch since the Magnificent Seven rode into town.

If your idea of self-care is to quietly follow your doctor's orders, you might as well stop reading now. You're not looking for us, and we're not looking for you!

Do You Have What It Takes?

We're looking for:

- demanding people who want to hear about new cures before everyone else
- skeptical people who know that most health “discoveries” are useless or bogus
- sophisticated people who realize that the medical establishment puts out propaganda by the ton
- can-do people who want to create a new world—and a new body to enjoy it in.

We've already got 150,000 ornery, unmanageable, tenacious subscribers (a good number of them MDs and other front-line medical professionals), but there's always room for one more. We are easily the most elite, well-informed corps of medical insiders on the planet.

Here's What I Do for You

The *Alternatives* team is gigantic—way bigger than me.

In fact, our intelligence network of natural-oriented doctors and scientists is the largest in the world.

As editor of *Alternatives*, I've spent 15 years flying everywhere and building up a Rolodex that would choke a whale. It includes presidents, “witch doctors,” practicing doctors, research scholars, and medical insiders who control billions of dollars in laboratory studies.

These are the *ultimate* insiders—men and women, savants and savages—who know what discoveries are being made even before I do. And when they feel it's useful for their purposes to break a major piece of news to the 150,000 most aggressive leaders on the world health scene, they contact me.

Then here's what happens:

1. I take off for wherever—bouncing over rutted roads in the searing Australian outback, schmoozing with tribal elders

around a campfire in icy Nepal, swatting tse-tse flies in African jungles, or enjoying a croissant and tea with executives in a zillion-dollar research facility in France.

2. I examine patients, pore over test data till the wee hours, try to ask tactfully for some edible food, or haggle endlessly with natives who think they own the world distribution rights to some plant.

3. If we reach an agreement... and the patients really *do* look cured...and the data don't have holes I could throw my hat through...then I come home and go to work! I run my *own* tests, talk with *Alternatives* colleagues, hunt for corroborating data on the Web from other countries, and try it out on real people—often including *me*.¹⁴

Ideally, this all happens in two or three weeks. But it can take tedious months. Or years. And at the end, I do one of two things:

A. Most of the time, I throw the whole thing into my dead file and forget it, even if it seems pretty good. “Pretty good” doesn't cut it for my fire-breathing followers.

B. If it still looks brick-solid (effective *and* safe), I give it my exclusive “MOM” test. I ask myself, “Hey, would I give this stuff to my mother? Would she understand how to use it? Would it absolutely work for her?” If it passes that rigorous scientific barrier, then we publish!

Kilroy Was Here

I've paid a steep price for all this globe trotting.

For one thing, I've lost two lovely wives, who—understandably—just couldn't handle having a husband who's on the road 200 days a year like a modern-day Kilroy, poking around in swamps, getting in trouble with medicine men or government officials, and bringing home weird-looking weeds and fungi.

¹⁴ Our computer network system covers 5,000 medical and scientific journals with 6.1 million references. Many of our days are spent translating and verifying articles from obscure journals overseas.

At one point when I was doing a lot of research in Australia, I decided to buy a house there on the edge of a rainforest so I could be home more.

It didn't work. Not only were there strange snakes and bugs everywhere, but on one memorable occasion, my wife's nighttime trip to the bathroom was cut short when she nearly sat on a fluorescent toad in the toilet. (Actually, I thought he was cute, but she didn't share that sentiment.)

Thankfully, I now have a fiancée who likes to travel. She even wants to learn to fly my ultralight airplane! You're invited to the wedding. We may have to hold it in the Astrodome or something.

But here's the payoff for my labors: As the only Kilroy figure in the world medical community, **I've gotten there first many times, beating everyone else to a new discovery and becoming the very first to announce a new treatment method or substance.**

Remember, You Saw It Here First

During the latter years of World War II, U.S. troops who battled their way to some hard-won position were often dismayed to find scrawled on a wall, street, or landmark, **KILROY WAS HERE.**

Thinking they were the first to occupy the new ground, the troops were at first disappointed. But eventually, the graffiti became a running gag, and the discouragement turned into a grudging admiration for "Kilroy." The man's identity was often argued but never decided—except that everyone agreed he must have been one tough customer!

Well, I'll admit it: I take great delight in being the undisputed Kilroy of the medical field today, traveling millions of miles to find cures people are literally dying to get—and getting there *first*.

 **Shark Cartilage.** Hopeless cancer cases were being cured in Cuba in 1991, but it wasn't legal to go there. So I went

illegally—and *Alternatives* became the first to announce this now-famous method of reversing terminal tumorous cancer. *60 Minutes* did two stories on this after I used my connections to get them an invitation to Cuba.

 **Coenzyme Q10.** I broke the story on CoQ10 in 1988. It's now a wildly popular preventive against heart attack, especially in Japan, where I hear about half the population uses it.

 **Garlic.** Before 1986, much of the world knew that garlic was “good for you.” But in March of that year, I introduced the first research showing it controls blood pressure, lowers cholesterol and triglycerides, and keeps your arteries open.

 **The 1986 Aspirin-a-Day Disaster.** When the American Heart Association first started telling people to take an aspirin a day to ward off heart disease, I jumped on them. Regular aspirin can cause considerable stomach bleeding, not to mention macular degeneration and blindness.

When they replied that enteric-coated aspirin would “avoid” the bleeding, I blasted them again, showing that enterics gave no protection whatsoever. (If you want to thin your blood, just get some bromelain at the health food store. No side effects.)

 **DMSO.** Today, a pro football team would have a tough time getting through a season without this astounding healing liquid. But when I first wrote about it in 1987, it was thought of as nothing more than horse liniment!

 **The Aluminum Connection.** Also in 1987, I revealed the link between aluminum and Alzheimer's.

 **Melatonin.** Seven years before *The Melatonin Miracle* became the #1 best-seller and jet-setters began raving about how it takes care of jet lag, I introduced it to *Alternatives* readers.

- ❁ **Ginkgo Biloba.** In December, 1988, I started writing about ginkgo's broad impact on impotence, tinnitus, colitis, etc.
- ❁ **Feverfew.** This herb has been around forever, but in March of 1989 I told how a certain preparation based on it can actually stop a migraine headache.
- ❁ **Saw Palmetto.** Today, every alternative health publication in the world talks about how saw palmetto is so much better than Proscar. *Alternatives* announced it in 1989, years before most folks ever heard of it.
- ❁ **Chondroitin Sulfate.** Several years before the news hit the bookstores, *Alternatives* readers learned how chondroitin reverses the damage of arthritis.
- ❁ **The Estrogen Emergency.** In 1993, I exposed the dangers of having so much estrogen in the environment, thanks to man-made pollutants. I also gave readers a six-step plan to block the effects.
- ❁ **Soy Isoflavones.** In 1995, I announced how this "new" category of nutrients fights cancer of the breast and prostate.
- ❁ **Glutathione.** In 1996, I trumpeted this tripeptide as a key to slowing the aging process. Since then, you've heard about it from all quarters.
- ❁ **St. John's Wort.** A long-time favorite in Europe, this safe anti-depressant has gradually become all the rage in America since I wrote about it in 1989.
- ❁ **Echinacea.** We beat the rush by breaking the news on this cold-fighter in 1992.
- ❁ **Magnesium-Potassium.** While the pharmaceutical industry keeps on hunting for a decent blood-pressure drug, our readers have been using this mineral combo since 1988. As

tons of research has shown, it works great—without drugs.

 **Heart Disease Diet.** More than 20 years ago, the American Heart Association was shown proof that a *low-fat diet* could reverse heart disease. Unfortunately, there's no money in diets, so they trashed the findings. But as the disease spread and the body count rose, they eventually had to bow to the wisdom of the public...which in part came through *Alternatives*, starting in 1985.

I could go on, but you get the idea. We are *the* pioneer journal of medicine.

And you ain't seen nothin' yet. The discoveries on my desk right now are even *better* than those above! This would be a really good time for you to become a reader of *Alternatives*!

1 Somewhere on earth a cure exists for every disease known to mankind. And the worldwide medical community has already found good treatments for all the *major* problems.

2 The best is yet to come. We're entering a remarkable era of healing that will eclipse everything we've done up till now.

3 Yet with all the good news, most of the new "cures" popping up today are useless or bogus. That's why I reject 100 potential therapies for every one I approve.

4 Most of the discoveries I do approve and reveal to my readers never reach your doctor, much less Joe and Jane Public via the six o'clock news.

5 In the meantime, taking care of yourself can be tricky. For instance, the quality of the supplements in your favorite health food store ranges from perfect to useless. Some contain superb ingredients bottled under exacting conditions. Others are copycats

The Facts of Life

containing trivial amounts of ingredients—badly contaminated ingredients. And it's darned hard to figure out which is which while you're standing in the aisle looking at shiny labels.

That's where I come in to help you. I do the tedious analysis and send you the conclusions—along with details on brands and exact dosages, which you seldom get elsewhere. (How many times have you squinted at a label and asked yourself, "How many of these things am I supposed to take?")

6 Mainline vs. alternative treatments: It's *NOT* a choice between tested and untested remedies. Very often, alternative methods have *centuries* of experiment and use behind them. And as for mainline medicines, the U.S. government has studied them and decided that:

...only 10% to 20% of all procedures currently used in medical practice have been shown to be efficacious by controlled trial.¹⁵

7 Out of the 127 U.S. medical schools, 102 don't offer even one course in basic nutrition! If you've seen the past issues of *Alternatives*, you probably know more than the average doctor about the cures that matter most today. (But you still need a doc! They do great on diagnostic tests and trauma care, and you need regular exams.)

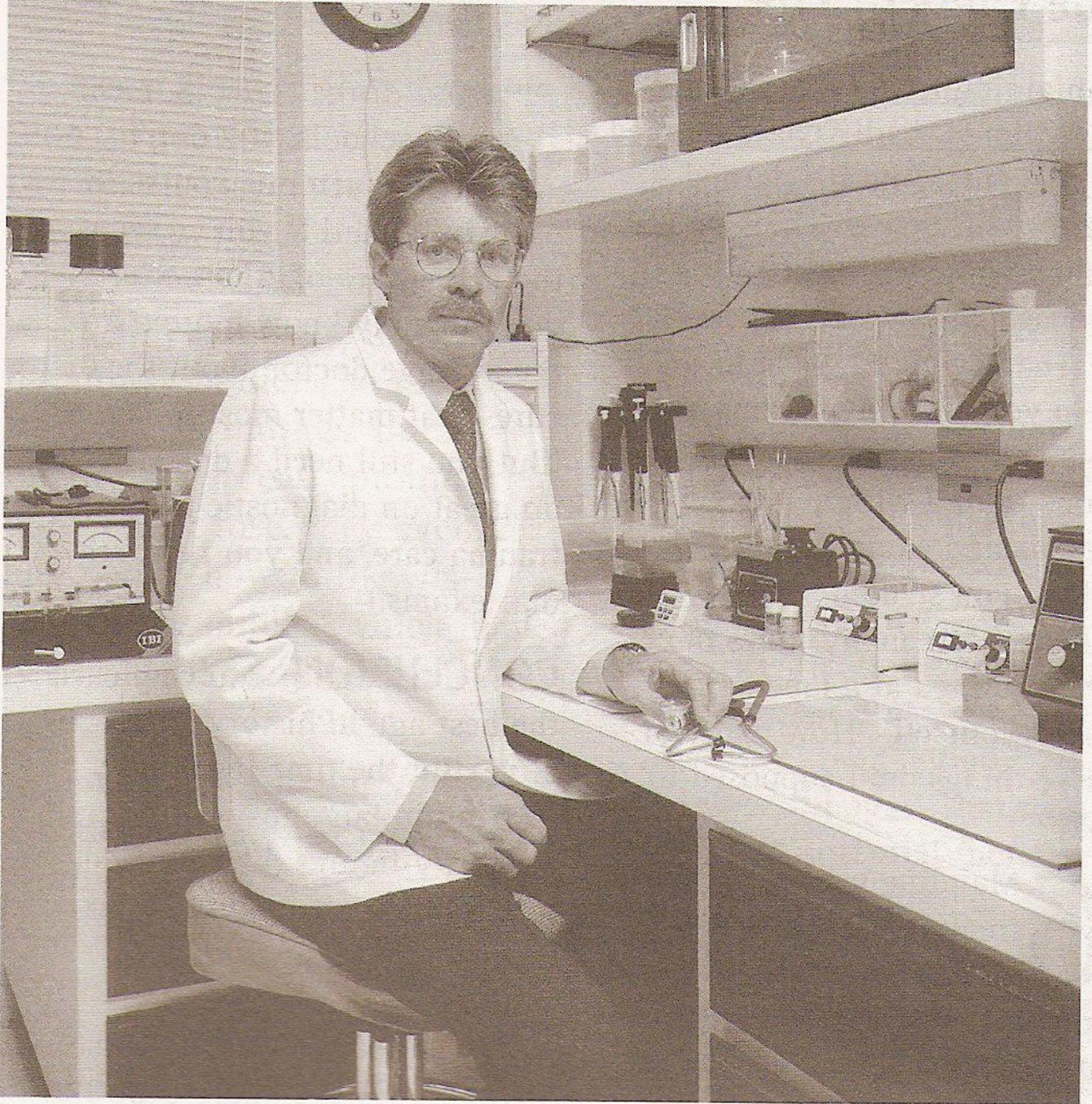
CONCLUSION: You've picked the best age in history to be alive. But the time for blindly trusting in large institutions and authority figures (like your doctor) is long past. You *must* take charge of your own life and health.

I'm not saying, "Don't trust anybody." That's adolescent. But I am saying, "Trust yourself first, and when you listen to someone else, make sure it's a person who deserves your trust."

Subscribe to *Alternatives* and I'll put you in touch with some of the best people and best minds of our age. Your life may depend on it...

¹⁵ (PB 286/929, U.S. Office of Technology Assessment, Sept. '78)

The Man



Dr. David G. Williams

- ▶ Has done lots and lots of “repair work” for members of the Houston Oilers, San Antonio Spurs, and various school teams, such as the University of Houston, University of Texas, and San Jacinto College. Even the Houston Ballet. David is not a theoretician!
- ▶ Hates hot air and bogus cure claims.
- ▶ Recognized as the guiding star for the new breed of doctors: those who are highly aggressive about using new natural treat-

Do You Have What It Takes?

ments, yet highly skeptical about the claims made for them.

- ▶ Former top consultant to some of the world's most prominent health institutions.
- ▶ Has never been to Antarctica, but is looking for a good excuse to go.
- ▶ Gave up the largest non-invasive clinical practice in central Texas to launch the then-fledgling journal *Alternatives* in 1985.
- ▶ Earned additional biology and biochemistry degrees through six colleges and universities after finishing his doctorate.
- ▶ Doesn't like media interviews, but does them anyway—"to get the word out." Appears in the documentary film, *The Politics of Cancer*.
- ▶ Acknowledged as the watchdog of the alternative health field—and its leading pioneer.
- ▶ Keeps his 5' 10" frame at 155 pounds by a "clean diet" plus swimming, bicycling, and weight training.
- ▶ Is in favor of drugs and surgery—but only if natural, non-invasive methods don't produce results.
- ▶ Dearly wishes he had time to answer all the thousands of letters he receives every month from grateful readers.
- ▶ Stays close to his roots. Describes his background this way:
When I was a kid, people were close. Families were important. I was raised in a small, hard-working farm community on the wind-swept prairie of the Texas panhandle. We didn't have many of the nicer things in life, but we had something far more valuable: values. Honesty wasn't just the best policy, it was the only policy. We lived by the Golden Rule. We took care of each other.
- ▶ Sees his relentless research and writing for *Alternatives* as the best possible way to do his part in "taking care of each other."

BONUS #13

Heal Cataracts For Pennies A Day

THE GOOD WILLIAMS
Cataracts, which were once considered an inevitable part of aging, are now being reversed by the use of a natural substance called MIO. MIO is a natural substance that has been shown to reverse the effects of cataracts in laboratory studies. In a study conducted by the National Eye Institute, MIO was shown to reverse the effects of cataracts in 100% of the subjects. MIO is a natural substance that has been shown to reverse the effects of cataracts in laboratory studies. In a study conducted by the National Eye Institute, MIO was shown to reverse the effects of cataracts in 100% of the subjects.

Heal Cataracts for Pennies a Day

Researchers have discovered that both cataracts and macular degeneration are tightly related to the lack of one crucial nutrient. In some new studies, *every* subject suffering from these two conditions was deficient in this nutrient! Take it as a supplement, and you'll not only stop your loss of sight, you'll reverse it.

BONUS #14

Tired Of Chronic Fatigue?

THE GOOD WILLIAMS
Chronic fatigue syndrome is a complex condition that affects millions of people. It is characterized by extreme fatigue, muscle pain, and difficulty concentrating. The cause of this condition is still unknown, but it is believed to be related to a deficiency of a natural substance called MIO. MIO is a natural substance that has been shown to reverse the effects of chronic fatigue syndrome in laboratory studies. In a study conducted by the National Eye Institute, MIO was shown to reverse the effects of chronic fatigue syndrome in 100% of the subjects.

Tired of Chronic Fatigue?

Doctors find Chronic Fatigue Syndrome frustrating because the symptoms are diverse, the causes are all over the map, and the cure has yet to appear on their radar screens. But this little report tells you about a natural substance that has given *complete relief* to over 90% of subjects in lab studies—in just 7 days.

BONUS #15

The Natural Way To Fall Asleep Fast

THE GOOD WILLIAMS
Sleeping pills are often necessary to help people fall asleep, but they can have side effects. A natural substance called MIO has been shown to help people fall asleep naturally. In a study conducted by the National Eye Institute, MIO was shown to help people fall asleep naturally in 100% of the subjects.

This Report Will Put You to Sleep

Never take another sleeping pill. We now have five natural ways to fall soundly asleep, and none of them leaves you groggy the next morning.

BONUS #16

The "Happiness Herb" From The South Pacific

THE GOOD WILLIAMS
A natural substance called MIO has been shown to help people feel happy and relaxed. In a study conducted by the National Eye Institute, MIO was shown to help people feel happy and relaxed in 100% of the subjects.

The "Happiness Herb" From the South Pacific

Believe it or not, there's now a *healthy* alternative to booze and recreational drugs. It comes from the South Pacific Island kingdom of Tonga, and it gives you a natural high—with *no hang-over*. People love the fact that it makes you tranquil and very happy. If you *drink it to excess*,

you don't pass out, you just naturally fall asleep!

BONUS #17

4 Ways To Stop Candida & Yeast Infection

DR. DAVID WILLIAMS
Ever struggle with some of the most common and frustrating health problems? Candida and yeast infections are a common cause of many health problems. In a special report, Dr. Williams reveals the 4 ways to stop Candida and yeast infections. This report includes information on how to identify the symptoms of Candida and yeast infections, and how to use natural remedies to stop them. Dr. Williams also discusses the importance of a healthy diet and lifestyle in preventing these infections.

4 Ways to Zap Candida & Yeast Infections

Don't let a doctor wipe out your immune system with antibiotics. This report gives you 4 easy, inexpensive, *natural* ways to rid yourself of stubborn candida and other yeast infections—using iodine, boric acid, garlic, or plain yogurt! Lab tests have shown cure rates up to 100% in as little as 7 to 10 days!

BONUS #18

A Potency Pill That's Not A Fairy Tale

DR. DAVID WILLIAMS
You might think that a potency pill is just a fairy tale. But a new report from Dr. Williams reveals a natural remedy that has been shown to be effective in laboratory testing. This report discusses the science behind the pill and how it works. Dr. Williams also discusses the importance of a healthy diet and lifestyle in maintaining a strong immune system.

A Potency Pill That's Not a Fairy Tale

Most of the aphrodisiacs you hear about have problems—not least of which is a poor track record in laboratory testing. And Viagra has many side effects, plus being connected to 130 deaths. Here, from a lowly Brazilian shrub, is a cure that has passed scientific scrutiny.

BONUS #19

Kiss Your Migraines Goodbye

DR. DAVID WILLIAMS
If you suffer from migraines, you know how debilitating they can be. A new report from Dr. Williams reveals a natural remedy that has been shown to be effective in laboratory testing. This report discusses the science behind the remedy and how it works. Dr. Williams also discusses the importance of a healthy diet and lifestyle in preventing migraines.

Kiss Your Migraines Goodbye

Migraine headaches don't kill you, they just make you *wish* you were dead. Traditional Western medicines usually can't help much, either. But this special report gives you three remedies—from Germany, Belgium, and Ireland. One of them is, for most people, a *permanent* cure that can eventually be discontinued, leaving you headache-free for life.

Get all 10 of these special reports FREE with your 2-year subscription.

BONUS #20

Three Steps To Better Supplementation

Perhaps you've been told that you should take more supplements. But how do you know which ones to take? And how do you know when to take them? This report will help you answer these questions and more. It's a must-read for anyone who wants to get the most out of their supplement regimen.

Speed Bonus: Reply in 10 Days!

Three Steps You Can Take Today!

You want to get started today on your new life, but you don't know where to start, right? Not to worry—I've got three quick & easy steps you can put to use right away to jump-start your health:

- 1** Step One of our Three Steps is gulping fresh home made juices. The nutrients in these power punches go straight into your bloodstream, literally firing up your body's engine. While you slurp, get the lowdown on the current herb craze. If you're taking **ginkgo, ginseng** or **garlic**, you must read this report to weed the hype from the time-tested, research-proven healers.
- 2** Next, we'll see how to combine herbs and many other vitamins, minerals and phytonutrients to fortify your body against illness. Especially important in this step is boosting your antioxidant protection. (*Hint: Vitamin E may be the most powerful antioxidant, but most of it on store shelves is akin to petroleum.*) I'll show you the "secret code" to deciphering vitamin E labels, plus the latest research on a **dozen other antioxidants** your body is crying out for this very minute.
- 3** Now you're ready to put 3 "**superfoods**" to use in your life. One of them clears clogged arteries and boosts your immune system. Another fights allergies, asthma, cancer and even impotence. The third—the most nutrient-dense, low-fat protein source on the planet—has been proven to beat everything from cancer and cataracts to arthritis and diabetes. In fact, if I were forced to take just one supplement for the rest of my life, this superfood would be it!

Take these Three Steps today, and tomorrow begin leaping tall buildings in a single bound! (OK, just short ones at first, but you'll get there soon enough).

Reply within 10 days and this special Three-Step Supplement report is yours free. Turn to page 49 to get started now.

Promises, Promises!

You have my word that as a reader of my monthly journal, *Alternatives*:

1. You won't be swamped with hundreds of remedies and then left scratching your head about how to apply them. I explain each therapy in plain Texas English—with enough detail to give you high confidence about using it.

2. I describe step by step how you'll heal, as well as what you can expect. No surprises!

3. I tell you how to use your doctor in the process if and when that's needed. It's often advisable.

4. I tell you where to get whatever it is I'm recommending. This is important because some of our discoveries are so new that there's only one supplier in the whole country.

5. I save you money—in three ways:

- First, you'll be using natural compounds instead of expensive drugs.
- Second, I'll find the highest quality products and tell you the cheapest places to buy them.
- Third, I'll often get you discounts—enough to pay for your subscription *four or five times over*.

6. After you're 100% problem-free, I'll make sure you *stay* problem-free to a ripe old age.

7. If you ever feel that I'm not living up to these claims, I will refund every penny of your subscription fee, no questions asked. But that seldom happens. Our readers tend to stay with us for a long, long time!

Dr. David Williams

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Kiss Your Migraines Goodbye

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How To BLOCK Breast Cancer

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4 Ways To Stop Candida & Yeast Infection

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Dr. David Williams
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**You probably won't die of cancer,
won't die from a heart attack,
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won't die of diabetes
— or any common condition.**

And I'm fairly certain you'll never suffer from arthritis, osteoporosis, high blood pressure, insomnia, cataracts, glaucoma, memory loss, Alzheimer's, impotence, depression, candida, or any long-term viral disease.

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