



Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine

You Can Reverse Adult-Onset Diabetes

Last month, I showed you how David Finks found tremendous relief from his severe pain (and you can too) with neural therapy. This month, I'll show you how David reversed his adult-onset diabetes.

If you'll remember, David suffered from chronic pain that forced him to eat to quell the agony. As a result, he had gained a lot of weight, which caused a lot of other problems, namely diabetes. Once we were able to get rid of the pain, we had to deal with the excess weight and the diabetes.

David's health problems had been around for a long time. He's five-feet, nine-inches tall, but weighed 238 pounds when he first came to see me. At only 44 years of age, David had one of the worst adult-onset diabetes problems I've ever seen.

He was taking an average of 150 units of insulin daily with very poor control of blood sugar (average level was 270).

He had failed on metformin, a darling among the diabetes drugs.

His cholesterol was 457; his HDL risk ratio was a very dangerous 20; his triglycerides were approaching an astronomical 3,000, and he had high blood viscosity (which you will be reading about in an upcoming issue). I did a heavy metal challenge on him and found significant lead in his body.

Folks, David was at the extreme end of the "metabolic syndrome" of insulin resistance, which you've read a lot about in these pages. His use of insulin was going up by the week from the first day he started it.

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How an Insect-Eating Plant Can Cure Your Cancer and Other Chronic Diseases

What if I told you that a plant that captivated your interest as a child is a world-class healer? And what if I told you this plant could heal cancer, chronic fatigue, Lyme disease, and a multitude of other illnesses?

I know, if something sounds too good to be true, it probably is. But not in this case! I've used this product for many years and I've seen firsthand how it works.

Dr. Dan Kenner of California also has personal and observational experience of its power and he says it "staggeres the imagination."

Can you imagine a plant extract that could provide you with an oral means to get a result similar to the expensive (IV) oxidation therapy I so often talk about in these pages?

The amazing thing is, you probably played with this unique plant as a child. I sure did. I marveled at the amazing properties of Venus's-flytrap as a kid, watching for hours as it baited insects and, unlike any other plant, caught and digested them for its food. "How on earth does a plant do that?" I wondered.

In the 1970s, German physician Helmut Keller was looking for alternatives to the toxic chemicals produced by the drug companies. He also marveled at Venus's-fly-trap and its ability to digest protein (insects) without harming itself and without a digestive system.

You know plants need nitrogen. But Venus's-flytrap lives in nitrogen-poor soils. It must get all its nitrogen from the insects it captures. And without a digestive system, it totally dissolves its prey! How? Dr. Keller believes that the compounds in Venus's-flytrap work on primitive and unshielded protein, such as those found in insects and microorganisms.

Miracles of Medicine... *continued*

The problem was not lack of insulin, but his body's handling of it.

I implored David to clean up his diet and eat vegetarian, almost exclusively raw, and very low carbs. While I put him on supplements to improve his insulin resistance, weekly chelation for the metals, and oxidation for his energy and circulation, this diet was crucial. David followed my instructions perfectly.

In just one month, look at these numbers:

- cholesterol – 182
- triglycerides – 335
- HDL risk ratio – 7.9
- estimated average blood sugar – 184

The most amazing thing about these numbers is that they were obtained after he had been able to taper down and wean himself completely off the huge insulin doses. He lost 15 pounds and felt like a new man.

David was a model client, adhering to my dietary recommendations to the letter. This should be a great encouragement for all of you challenged with insulin resistance and weight problems. You can succeed!

I will soon be writing specifically on the raw living foods diet. I believe you could solve the majority of your health problems if you follow this diet. Stay tuned!

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Well, cancer is also a primitive cell with lots of irregular protein. And infected cells actually leak protein. Could Venus's-flytrap also be a miracle for a wide variety of disorders?

Dr. Keller found that Venus's-flytrap juices digest a wide variety of primitive animal proteins (in insects) and malignant cells! Normal cells of higher organisms were left unscathed, due to the tight bundling of their more evolved proteins. In Germany, he shed light on some key attributes of Venus's-flytrap that make it an awesome disease fighter.

Dr. Keller believes the key compounds are droserone (D), plumbagin (P), and hydroplumbagin, also found in other carnivorous plants. These remarkable and hard-to-make compounds are powerful oxidation catalysts, not dissimilar to the famous Koch catalysts. In the 1930s, Dr. William F. Koch was using catalysts to speed oxidation in cells. He cured many dreaded diseases. His successes created political problems forcing him to emigrate to Brazil to continue his work.

D and P modulate the immune system. That is, they lift a weakened immune system, or stimulate a proper balance of activation and suppression. Too little of the former can lead to cancer and infection. Too little of the latter can lead to "autoimmune" disease. D and P also increase natural killer counts and function, essential in the defense against chronic disease. These oxidation catalysts are quite possibly able to induce many of the effects of intravenous and more expensive oxidation therapies in your body.

Quercetin is one of the premier bioflavonoid-free radical scavengers. It has enormous properties in modulating allergy by stabilizing mast cells loaded with histamine. Otherwise, they could dump it into your system with little provocation, resulting in a whole host of allergic symptoms. Quercetin is a first-class heart muscle and circulation protector, a natural chelator (like most other bioflavonoids), and is an outstanding protector of liver function. Quercetin is not completely absorbed when it's taken orally. Its presence in Venus's-flytrap could increase its power since Venus's-flytrap can be used by injection. Myricetin, a bioflavonoid similar in properties to quercetin, is also found in Venus's-flytrap.

Venus's-flytrap juice provides ample amounts of antioxidants, plus arginine, threonine, and other amino acids essential in detoxification, immune system stimula-

tion and regulation, metabolism, liver function, collagen (your connective tissue) maintenance, and more. Proteolytic enzymes, powerful modulators of inflammation, are able to break down aberrant protein and are also present in Venus's-flytrap.

Today, Venus's-flytrap is marketed as the herb *Carnivora*, for obvious reasons. I began using *Carnivora* in Alaska to treat cancer. Dr. Morton Walker, a medical journalist had detailed amazing cures of life-threatening diseases with *Carnivora* from firsthand interviews and travels to Dr. Keller's clinic. Dr. Walker estimated at least a 45 percent significant response rate to cancer with *Carnivora* alone. Dr. Keller said the results are much higher with integrated approaches.

I had one patient, Jeff, a beloved retired Anchorage fire chief, who came to me with late-stage terminal disease. His physicians estimated a six-week life span. He was fortunately able to acquire intravenous *Carnivora* from Germany. Jeff lived a full life for his remaining nine months, traveling across Alaska and fishing, even up to the end. His wife was most grateful for the quality of life *Carnivora* extended him.

Second Opinion reader Brian Lecompte, MD consulted with me on the use of artemisinin for his 81-year-old mother-in-law with newly diagnosed inoperable lung cancer. I suggested a dose. He added tincture of *Carnivora* and administered it to her by nebulizer (inhaled). Within a few months, the tumor shrank to a scar, never returned, and her astounded oncologist pronounced her cancer free!

Now the exciting thing about *Carnivora* for most people is not just cancer but what it can do for very stubborn situations such as chronic fatigue, Lyme disease, parasites, and inflammatory bowel conditions.

Take the case of internationally known healer Theresa Dale, ND, PhD (www.wellnesscenter.net). "I had a typical case of severe parasites (confirmed *Blastocystis* and *Giardia*): bloating, loose stools, much fatigue, and even skin breakouts around my colon area. I could feel pockets in my colon. *Carnivora* was a Godsend for me. I noticed a difference immediately. I took it for eight weeks three to four times per week. I recovered completely with *Carnivora* alone and confirmed myself free of parasites. I will admit I was prepared for this healing because I had already detoxed myself. I have used *Carnivora* on several other confirmed cases all with the same results."

HEALTH NOTES

This Enzyme Works as Well as Oxygen Therapy!

Last month, I told you about nattokinase, the natural agent made from fermented soybeans that dissolves blood clots and treats and prevents many chronic health conditions, including fatigue and heart disease.

But nattokinase isn't the only effective clot and fibrin (clot precursors) dissolving oral enzyme. David Berg of Hemex Labs, whom I mentioned last month, likes lumbrokinase, an enzyme extracted from earthworms. David says it has the ability to move outside the bloodstream and unclog extravascular areas.

David told me: "I had a large, dried, post-surgical hematoma in the muscle above my knee for eight weeks after arthroscopic surgery. Using the directions on the lumbrokinase bottle (two tablets, three times daily), the hard, dried knot was completely gone in 48 hours."

What we're now learning is that blood fibrin can cause fibromyalgia and multiple sclerosis. Here's how this works. The human capillary is just seven microns across. Oxygen and nutrient exchange across the endothelium (lining) of a healthy capillary takes just two seconds. However, add just one micron of fibrin sludge to the lining and that two-second exchange jumps to **5.3 MINUTES!**

Now, couple that with one recent article reporting that the painful areas of fibromyalgia are hypoxic (low or no oxygen) and another article reporting that muscle capillaries in people with multiple sclerosis develop fibrin deposition, and you get a disease connection. We know that the coagulation/fibrin hypothesis is not just a theory, but can really happen in your body. And it does cause multiple chronic illnesses.

The good news is, these enzymes I've told you about can break down the clots and return your vascular system to a normal, healthy system. In China, lumbroki-

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HEALTH NOTES ... continued

nase is a leading treatment in over 1,000 hospitals for thrombotic stroke and is a favored treatment for lowering high fibrinogen, a major vascular disease risk factor. Its only disadvantages compared to nattokinase are that it's more expensive and not suitable for vegetarians. Worldwide, over \$100,000 worth of nattokinase has been sold, largely in Europe and Japan. America is lagging far behind in these wonderful breakthroughs.

Nattokinase is available in America from Allergy Research Group and Nutricology (800-545-9960). Lumbrokinase and nattokinase have many sources available on the Internet. They are also available from Farmacopia at 800-896-1484.

Sexercise and Prostate Cancer

There is now excellent evidence that frequent sexual activity protects the prostate as well as some of your favorite nutrients. A large study following 30,000 men over eight years showed one-third less risk of developing prostate cancer in men with the highest monthly frequency of ejaculations (at least 21). Each increase of three ejaculations per week (from zero) resulted in a 15 percent decrease in developing the cancer.

The uterus in females sheds monthly until menopause. This gives women an edge over men in eliminating toxins. The only form of release of prostatic fluids is ejaculation. Limited frequency may allow accumulation of carcinogens that might otherwise be eliminated. It also may reduce microcalcifications associated with prostate cancer. Sexercise might just give

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books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

Dr. Dale recommended three capsules, three times daily in addition to the Carnivora tincture, one bottle for about two weeks. Folks, parasites can be a very difficult condition to successfully treat. This story is particularly impressive. Just one substance proved successful where several other products, including drugs, might be employed for the condition.

Dr. Keller states that promising therapeutic results have been obtained in the treatment of: adult malignant tumors, ulcerative colitis and Crohn's disease, eczema, certain autoimmune disorders, psoriasis arthropathica, immune deficiency diseases (AIDS), chronic fatigue syndrome, influenza, the common cold, and herpes infection. Dr. Kenner emphasized the latter with a stunning story:

A woman, aged 46, with a three-year history of a continuous and painful herpetic lesion was seen for treatment. She was given an intramuscular injection. In 12 hours, the lesion of three years was gone. Kenner was astounded. Continuing intermittent outbreaks in different locations dwindled over time with oral treatment and occasional shots. Still in communication with Dr. Kenner, she has been free of herpes symptoms for three years now.

Dr. Ron Schmid (www.drrons.com), of Watertown, Conn., visited Keller in the early '90s. He also was most impressed with Dr. Keller's cancer and AIDS cases. Shortly after, Carnivora became available in the U.S. in drop and capsule form. Dr. Schmid reports several cases of breast and prostate cancer (PSA ranging from 10-60) who have experienced no disease progression on a regimen over two years on natural therapies and oral Carnivora.

But Dr. Schmid proved to be a dramatic case himself. He contracted Lyme disease (proven with standard testing), which brought his robust and athletic body to its knees, with fatigue and "horrible" shooting pains, headache, and intermittent fevers. Diet (raw foods) and herbs helped significantly, but when he added Carnivora, the rest of the disease symptoms virtually disappeared promptly. He is milking cows and running again. His ESR, a measure of inflammation, dropped from a very high 60 to normal, meaning his inflammation was gone. Low-grade infection is still likely present, with mild symptoms occurring only every few months, which he promptly fixes with Carnivora at the time of symptoms. His self-prescription was two capsules, three times daily and 20 drops of tincture sublingually, with one drop of DMSO under the tongue six to eight times daily.

Another naturopathic doctor (ND) in Minnesota, (name withheld by request) was bitten by a tick and developed a bull's eye rash after seven days. He took Carnivora (10 capsules daily). The rash was gone in one-and-a-half days and he never went on to develop further Lyme problems. He continued treatment for a month.

This same doctor relates an even more stunning case. A married couple raising llamas on their 40 acres were both bitten by ticks in a highly infested Lyme area. The husband tested positive for Lyme and received antibiotics and his rash disappeared. His wife had no rash and did not test positive, so her physician refused antibiotics even though she went downhill fast. Within three months, she had severe spinal pain and could barely walk. The ND treated her with Carnivora tincture. She recovered sufficiently to return to her medical doctor requesting another Lyme test. It was positive for the Bannwarth variety of Lyme, the most serious form that can quickly unravel your nervous system with symptoms ranging from horrible neurological pain, to ALS symptoms, to schizophrenia. Her MD then prescribed antibiotics. She didn't reveal the Carnivora therapy to protect the ND.

The wife made a full recovery to the astonishment of her MD, who confided to her that he also had Bannwarth's syndrome. He was confused why she should make a full recovery and he was still ill while he used the same antibiotic treatment on both. The only difference in treatment was the Carnivora! The ND reports 100 percent success in his Lyme clients using Carnivora when they test well for it by bioresonance testing.

Dr. Dan Kenner, LAc of Forestville, California is an expert on botanical medicine, confirmed by his book: *Botanical Medicine: a European Professional Perspective*. Hearing about Carnivora, he traveled to Keller's German clinic in 1990. He, too, observed amazing cancer results. One woman in her late 50s was cured of breast cancer, and is still cancer free to this day! "She is now the picture of health and got the message to detox."

Dr. Kenner's own experience is with infection. "I had a woman who had vaginal trichomonas (a parasite) continuously for months. It failed every conventional and herbal treatment given. My jaw dropped at the result. I gave her only the oral liquid extract and within three days it totally cleared up. The product did miracles for my female patients. It cleared other common vaginal infections very quickly and became my number one treatment

HEALTH NOTES ... continued

you an additional edge.

Ref: *New Scientist*, July 2003; *J. Amer. Med. Assoc.*, vol. 291, p. 1,578.

You Can Avoid Cancer by Avoiding Calories

If you're interested in extending your life span, the only known means to do it is by restricting the number of calories you eat. I've told you this many times before, but now comes additional proof.

A Swedish study on 7,303 women followed for 33 years found an absolutely stunning reduction in breast cancer risk in those who had an episode of anorexia nervosa. Look at these figures:

- If anorexia was diagnosed prior to age 40, the risk was cut by 53 percent.
- Barren women with anorexia saw their risk cut by 23 percent.
- And women who did have children had their risk cut by a whopping 76 percent.

Anorexia nervosa is serious disorder, usually in women, wherein the patient sees herself as too heavy and drastically reduces caloric intake, even in the face of obvious starvation.

Action to take: No, I'm not recommending that you become anorexic. Everything in moderation. However, the lesson is clear. The body responds to fewer calories by a reduction in insulin, (the hormone of aging, cancer, and death, when it's in excess). Here, driving down insulin levels to near nonexistent, even for finite periods was clearly associated with a reduction in the development of at least one type of cancer.

I would bet that similar findings (as far as calorie restriction) will be found for prostate and other cancers.

Exercise is another way to lower insulin. When you eat too many calories, you have only two ways to deal with them: burn them or store them via insulin. I choose eating less, and exercising more!

Ref: *JAMA*, March 10, 2004; "Eating Habits May Affect Cancer Risk," Associate Press, March 10, 2004.

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HEALTH NOTES ... continued

Artemisinin Makes Huge News!

Artemisinin, an herbal extract I told you about two years ago, is used in ancient Chinese medical practices and originally made its way to the modern age in the treatment of malaria. But you learned in these pages about the incredible use of artemisinin in the treatment of cancer.

The strong connection with cancer was discovered when some scientists found that its mechanism of action, reacting with iron highly concentrated in the malaria parasite, might make it bode well in the fight against cancer. They were right! I've seen many cancer patients helped significantly with artemisinin. Believe it or not, an even more pressing issue than cancer for the world is malaria.

Malaria is a protozoan parasite that infects and bursts red blood cells. It's a leading worldwide cause of death. Drugs used for protozoa, which are animal cells, are toxic. Artemisinin was found to be stunningly effective (97 percent death-rate reduction!), with essentially no toxicity. Yet for years, medical pundits dragged their feet on embracing this God-made compound. It was our own government that obstructed its wide use alleging cost.

But there's been a huge change in the past 12 months. Worldwide charitable funds have embraced the extract, propelling the compound to the forefront of malaria treatment. Malaria causes about 300 million illnesses a year, and at least one million deaths, 90 percent of them in Africa and most of them children under five.

Herein lies a problem. As a plant material, artemisinin cannot be patented, said Dr. Allan Schapira, a policy specialist for the "Roll Back Malaria" campaign of the World Health Organization. Nor can the simple extraction process. Some synthetics, he said, are old and off patent, which public health officials like. But pharmaceutical companies do not, because they make a larger profit from drugs on which they have patent monopolies.

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for vaginosis (vaginal infections). Considering the miracles it did for already formed cancer, I experimented with it topically (intravaginally) on precancerous cervical lesions; I thought it might reverse them. In fact, it reduced the grade (severity) of the dysplasia in every case!

"I recommend one to two capsules daily for travel in the tropics. None of my clients has ever become ill. It is the widest spectrum antimicrobial, and one of the most versatile botanical substances I've ever seen. In the case of viruses and protozoa, it is the most powerful. A 45-year-old man had high titers of CMV and EBV (viral infection) and massive brain fog. His viral titers shot down to almost nothing three days after oral Carnivora was administered. In bacterial infections, it's synergistic with antibiotics. Dr. Keller found that Carnivora extracts killed Lyme disease and even malaria parasites."

Folks, a plant juice that digests everything from insects and cancers to parasites and Lyme, is an extremely powerful tool for a variety of the most terrible scourges affecting mankind today. I have heard of no toxic effects, although anyone can be allergic to anything. I've already reviewed how stealth infections, especially Lyme, can be behind over 300 different "maladies" encompassing almost any neurological, psychological, immune or fatigue syndrome. Samento, which I told you about in December, is a great start, but the more natural weapons in our arsenal, the better!

Mild and moderate problems may respond to the capsules, anywhere from six to nine per day in three divided doses. More is not necessarily better. More serious cases should add the tincture as well. For Lyme, most physicians are recommending the use of sublingual drops as well — 20 drops, six to eight times daily with one drop of DMSO to enhance its absorption. Hold these under the tongue two minutes before swallowing. I have not heard of any significant or unpleasant "die off" reactions, which are so prevalent with antibiotics. That's a great encouragement.

Carnivora is the only brand of Venus's-flytrap I recommend. Most others are diluted with problematic solvents like propylene glycol, alcohol, or have glycerin added. These additives dilute your product, and can have negative effects on their own. Carnivora is 100 percent undiluted and uncut. It's manufactured in a GMP facility (good manufacturing plant, with government standards), and is sterile. You can get Carnivora directly from the company, Carnivora Research, Inc., 866-836-8735, or visit www.carnivora.com on the Internet.

Are Heart Disease, Macular Degeneration, and Colon Cancer Related?

I've told you in the past about a convenient and easy test called C-reactive protein (CRP) that helps determine the health of your heart. Now it turns out CRP is shown to be associated with colon cancer.

Researchers measured CRP in 22,887 Maryland adults in 1989. These subjects were followed for the next 11 years. Higher CRP was found in those who subsequently developed the cancer. Those with the highest CRP had the highest risk (about 2.5 times those with the lowest). The weakness of this study was that CRP was measured only once, and the study did not determine whether elevated CRP is a risk for colon cancer or a consequence. However, the association is clear.

And yet another CRP association is made, this time to macular degeneration. In a new study, 930 subjects had CRP drawn in the mid 1990s and followed for MD. This study controlled for other known risk factors, such as smoking, age, sex, and body mass index. Those with the highest CRP were 65 percent more likely to develop MD.

CRP is a marker of ongoing inflammation. It's been known for a long time that chronic inflammation plays a role, not only in the genesis of heart disease, but also cancer. CRP is a non-specific measure of inflammation, occurring somewhere in your body.

Action to take: Doctors look at one measurement in your blood, your cholesterol, and pronounce you at risk or not. CRP is an inflammatory marker that crosses the boundaries between the vascular and immune systems. It's an independent risk factor for a variety of disease states. I measure it routinely in my clients. If it's elevated, it signals inflammation is present somewhere in your body, but does not necessarily tell you where. See an astute integrative physician who can help detect the source, and eliminate it!

I've found curcumin, 500 mg, three times daily, is the most effective in lowering CRP. I especially like a product called FYI (For Your Inflammation). FYI is available at Farmacopia (800-896-1484) or by visiting the manufacturer's website at www.gardenoflifeusa.com.

Ref: *JAMA*, February 4 & 11, 2004.

HEALTH NOTES ... continued

The price of artemisinin cocktails has fallen from \$2 per treatment to 90 cents or less as more companies in China, India, and Vietnam have begun making them. (Older drugs cost only 20 cents.) Consider that cost when compared to conventional cancer treatments, which are hundreds or thousands of times more.

I'm very excited that the cost is coming down, but I'd like to see it come down even more. After two years of feedback, I still like artemisinin in cancer management. It's cheap, safe, and very effective in many cases. No, it is not a cure all, but artemisinin could be part of an overall strategy in the management of cancer, as it is at last emerging in the treatment of malaria.

You can still buy artemisinin through Nutricology (800-545-9960). However, if you or a loved one intends to use it, I strongly suggest supervision by a medical professional familiar with its use. Please have your blood count and liver function monitored while on the therapy to be as safe as possible.

Ref: McNeil, Donald G., Jr. "Herbal Drug Is Embraced in Treating Malaria," *NYTimes.com*, May 10, 2004.

Correction: There were two dosage typos in the June issue. The correct dosage for vitamin C is 1,000 mg/day, not 100 mg/day as stated. And the correct dosage for selenium is 200 mcg/day, not 200 mg/day. My apologies for the errors.

Coming Next Month...

- High cholesterol alone won't cause a heart attack, but one factor you never hear about could. I'll tell you what it is and how you can easily avoid it.
- Exercise is great for your brain, but this easy therapy will help your brain function like it's 20 years younger. Find out what it is next month.

LETTERS

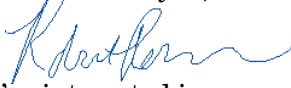
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (9:00 a.m. - 5:00 p.m. PST) for a schedule and rates.

Q: You've recommended eating almonds (and most fruits and vegetables) raw, but with the recent salmonella poisonings, we now see that this can be just as dangerous as eating meat raw. We may get more nutrients eating raw food (including meat), but is it worth the risk? — *J.A.M., Muncie, IN*

A. There's a risk to everything you do, and that risk must be weighed. Anything can be contaminated without your knowledge. I've even seen recalls of processed cooked foods for contamination by various agents, including heavy metals.

Does bacterial contamination mean you will certainly fall ill? I believe infection is more a matter of the fertility of the terrain than the seed that falls on it.

That means that if your immune system is healthy, via a proper diet, reduction of stress, avoidance of known toxins, and adequate exercise and sunlight, then the risk of bacterial exposures

on your terrain will be limited.

I continue to eat raw almonds frequently. Obviously, I don't want to get salmonella. But I would rather risk contracting salmonella than risk developing degenerative diseases that might occur from eating foods that have been denatured and had their nutrients destroyed from heat.

However, I cannot make that decision for you. You must evaluate the risks and desired benefits that are fitting for your health issues.

Q: I agree with your opposition to Senate Bill S-722 and have written to my senator, Dianne Feinstein, to take her to task for being a co-sponsor of it. However, a nagging question in the back of my mind won't go away. How can we be sure that a nutritional supplement being offered by you or anyone else has the concentration and purity of ingredients represented in the advertising? Who, if anyone, can attest to this? If the thing just doesn't perform as advertised, what recourse do we have, other than getting our money back for the unused portion? — *Miriam E., via e-mail*

A. I wish I could assure you that every supplement has the labeled ingredients, but I cannot. Even integrative physicians have been alarmed at the lack of purity and potency. I can speak only for products that I have used clinically or participated in formulating (wherein I know who manufactures it as well).

As a result, Healthy Resolve is my first choice in supplements, since I formulate and personally know the integrity of the manufacturer. I consult with the formulators who design the supplements. I meet with the manufacturers on a regular basis where they describe the rigorous and thorough testing

standards they uphold. I've found that they manufacture some of the highest quality supplements available for the health industry and medical doctors.

Certain companies go way out of their way to ensure faith in their products. Generally, these are the firms that market directly to physicians (Healthy Resolve is produced by one such manufacturer). They know that doctors will be watching carefully for clinical effects and cease using the product if it fails. Therefore, there may be an advantage to getting your supplements through integrative physician dispensaries.

One such distributor is Farmacopia (800-896-1484), which I recommend often. I've been to its facilities and found it has the same product lines I would recommend if I were in the business of selling directly.

Generally, you get what you pay for. So remember that when ordering through discount mail-order suppliers.

Regarding the coming government invasion into the supplement industry, I think such intrusion will not serve anyone but Big Pharma.

You can be sure draconian government agencies will devote most of their time to far less dangerous problems, such as supplements, than to the mass injuries and deaths secondary to patented petrochemical drugs.

I think the best answer would be for the public to lobby the supplement industry to organize a "Better Business Bureau" to police itself. That way, if a supplement is not found to contain what it claims, that "BBB" will be able to sanction the member company and notify consumers.