

For the Health Conscious Individual

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Meet Your Mesentery...

ate last year, researchers in Ireland classified a brandnew organ inside the body. It's called the mesentery.

The mesentery really isn't something that was just discovered. It's been there all along. It's a double fold of peritoneum, the tissue that



lines the abdominal cavity. The mesentery forms a curtainlike membrane that anchors the intestine to the wall of the abdomen to keep everything

abdomen to keep everything in place. Thanks to the mesentery, we can do headstands, ride roller coasters, and sleep in any position

without having to worry about

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You will observe with concern how long a useful truth may be known, and exist, before it is generally received and practiced on. — BENJAMIN FRANKLIN dying from our intestines getting twisted, tangled, or tied in a knot.

Apparently, since the mesentery was thought to consist of many separate, fragmented structures, it wasn't considered an organ. But once the researchers documented that it was one continuous structure, it was relabeled as an organ. (*Lancet Gastroenterol Hepatol* 2016;1(3):238–47)

Reclassifying the mesentery as an organ was considered more of an oddity in Western medical circles rather than some scientific discovery. That's probably because, in addition to providing intestinal support, it primarily contains lymph nodes and vessels. And mainstream medicine has always treated the lymphatic system as the redheaded stepchild.

A couple of years ago, I reported on another "new" discovery by a research team at the University of Virginia. They uncovered previously undetected lymphatic vessels that connect the brain directly to the peripheral immune system. I think this is another study that was underreported, and its importance largely unnoticed.

At that time, I explained the significance of a well-functioning lymphatic system and numerous techniques you could use to improve lymph flow. These included rebounding, increasing water intake, taking supplements like bile salts and digestive enzymes, and using saunas and/or steam baths, skin brushing, hydrotherapy, and castor oil packs.

I can't emphasize enough the importance of the lymphatic system when it comes to maintaining health. There's been an incredible amount of new research data in this area over the last several decades. However, it's rare to find a conventional doctor or surgeon who pays any attention or understands the true significance of improving lymph circulation.

Poor lymphatic drainage has been directly linked to breast and prostate cancers, cancer metastasis, various neurological diseases, high blood pressure, heart disease, arthritis, and various autoimmune conditions.

This latest story about the mesentery wasn't breaking news. I suspect this is because most health professionals are clueless about the mesentery's other functions. More correctly, I should say most of those in *conventional* medical circles are clueless about its other functions.

It's noteworthy that many of the organs modern medicine has deemed "nonessential" happen

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to be key components of the lymphatic system (the appendix, tonsils, adenoids, spleen, thymus, and lymph nodes). For thousands of years, however, practitioners of Chinese and Ayurvedic medicine have taken the opposite view. They've placed great emphasis on the connection between health and the lymphatic system. And this includes the mesentery.

Chinese medicine is based on the idea that the body has 12 major organs. If you've taken an anatomy class any time in your life, you'll recognize 11 of those: liver, lungs, large intestines, small intestines, bladder, kidneys, gallbladder, heart, spleen, stomach, and pericardium. The last one might not be familiar because there's no equivalent in Western medicine.

The 12th organ is referred to in Chinese as *San Jiao*, which has been translated in English to "triple warmer" or "triple burner." The "triple" stands for the three primary cavities or chambers in the body that hold the various organs (the chest, abdominal, and pelvic cavities).

There are also cavities between the skin and muscles, in the joints, and in other areas. These cavities are all wrapped, anchored, and connected to other organs by membranes. It's as though everything is wrapped inside a bag with various compartments separating them from each other and the surrounding surfaces.

These bags are irrigated and lubricated by fluids. There is fluid that surrounds the nerves and muscles, synovial fluid in the joints, and interstitial fluid in the connective tissues. All of these fluids originate from the blood and return to the bloodstream largely by way of the lymphatic system. Within these fluids are lymphocytes (white blood cells), a crucial part of the immune system when it comes to fighting off disease.

It's not the easiest concept to grasp since the triple warmer isn't an organ that can be removed from the body and held in your hand. It is comprised of diffuse lymphoid tissue scattered throughout the connective tissue spaces, beneath wet membranes like those that line the gastrointestinal tract and respiratory system. Some cells are fixed in one place, like the lymph nodes. Other cells, like lymphocytes, wander between the connective tissue spaces. The mesentery, with its lymphatic components and anchoring membranes, is part of the triple warmer.

Traditional healers from thousands of years ago were able to understand the connection between the lymphatic system and health, even though it was complicated to describe. And even with all of technology and knowledge we currently have, that's still true today. Here's what some researchers wrote in 2012: "The lymphatic system has been neglected by both the scientific and medical communities because of its vagueness in structure and function." (Cold Spring Harb Perspect Med 2012 Apr;2(4):a006445)

At this point you may be wondering if you should be addressing the lymphatic drainage in your own body. If you're experiencing some of the more obvious signs of a congested lymph system, then you definitely should. These signs include:

- Fluid retention
- Rings and/or watch getting tight during the day
- Constant fatigue
- Soreness or stiffness upon waking
- Hives or eczema
- Hypersensitive, dry, itchy skin, or poor skin health
- Breast enlargement/pain with menstrual cycles
- Poor circulation (coldness) in hands and feet
- Swelling in the ankles/feet
- Swollen lymph nodes
- Brain fog
- Mild dull headaches
- Environmental allergies

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You should also be working to improve lymph flow if you suffer from any chronic health condition or serious illness, including arthritis, fibromyalgia, chronic fatigue syndrome, poor circulation, high blood pressure, heart disease, breathing difficulties, kidney or liver problems, autoimmune conditions (like multiple sclerosis), cancer, Parkinson's disease, and Alzheimer's disease.

Everyone seems to be talking about detoxification these days. But regardless of whether you fast, utilize a sauna, go on a special detox diet, or do any other program, the lymphatic system needs to be functioning properly to remove waste products. It is like the drain in your sink. Your lymphatic system drains waste material from the bloodstream and every other cell in the body. If it's clogged and slow moving, you will not be able to remove toxins and waste material. You can eat the best diet and take the best supplements, but if your cellular sewage system is clogged, you're fighting an uphill battle.

Consider this: There are between 3.5 to 5 liters of blood in the body, compared to 6 to 10 liters of lymphatic fluid. Typically 1.5 to 2 liters of lymph circulate throughout the body each day. This flow can be increased to 10 or more liters per day through rebounding and other lymph system-supporting techniques.

In the October 2015 issue of *Alternatives*, I covered many techniques to improve lymphatic flow. If you have that issue, I suggest rereading it. Here, I want to cover

Another da Vinci Discovery

I'm glad the mesentery is finally getting some attention in conventional medical circles. Now that it's considered an organ, maybe this will help shed more light on the other roles it plays in our health. But credit should be given where credit is due.

When I went back to my library and looked at the anatomic drawings of Leonardo da Vinci, he accurately depicted the mesentery as a single organ sometime between 1508 and 1510. Unfortunately, his extremely accurate studies of the human body weren't published until the 1800s, long after he died, and even then few people saw or could comprehend them. If published earlier, they would have changed the course of science. For example, his drawings, writings, and models of the heart valves depicted such accurate details of blood flow that they rival real-time MRI scans. In some instances, it has taken present-day computer technology to actually realize the observations he achieved.

Next time you're in a bookstore or library, browse through a book or two of da Vinci's discoveries and inventions. It's utterly fascinating and hard to imagine someone so gifted.

a few more things that I didn't have room to cover then.

Manjistha

Manjistha (*Rubia cordifolia*) is a climbing vine that grows in the Northwestern Himalayas and other hilly districts. In India, this herb has been used for centuries for detox purposes and to improve lymph flow.

My old Ayurvedic texts indicate it can help in dissolving oxalate kidney stones, and it was also used in the past as an antidote for cobra bites and scorpion stings. Fortunately, I can't attest to its effectiveness against cobra venom, but studies show certain components of the herb increase glutathione production and protect the liver from chemical toxicity. (J Ethnopharmacol 2006 Feb;103(3):484–90)

The recommended dose for improving lymph flow is one-quarter teaspoon of powder daily, mixed in a cup of warm water. You have to handle the red powder carefully because it will stain. In fact, it is still used as a natural dye. (It's interesting to note that many redstaining foods just so happen to be beneficial in improving lymph flow. Beets/beet juice, cherries, cranberries, and pomegranates are other examples.)

I purchase my manjistha from Banyan Botanicals. They sell a pound of organically grown manjistha powder for around \$27. At the recommended daily dose, a pound will last almost two years, which works out to less than 4 cents a day—one of the main reasons I like to buy in bulk.

If you don't want to mess with the powder, they also sell tablets. Order online at banyanbotanicals. com or by phone at 800-953-6424.

Citrus Pith

Ayurvedic teachings also refer to the use of citrus pith to

support lymphatic contraction and drainage.

The pith is the white spongy layer and stringy components between the fruit and the peel. Oftentimes the pith is very prominent in large navel oranges and can be almost half an inch thick. (Fun fact: They're called navel oranges because the bottom part of the fruit looks like a belly button.)

Most people go to extremes to make sure all of the pith has been removed from the orange, but you'd be far better off leaving it. Since I was a kid, I've been removing and eating the pith by scraping the inside of the peel with my teeth. In oranges, it can impart a slightly sweet taste, but with grapefruits, it can be a little bitter.

The pith (and even the peel) of oranges and other citrus fruits are loaded with valuable compounds. It has almost the same amount of vitamin C as the flesh and contains the highest concentration of bioflavonoids—as many as 60 different types.

Although it's not very well publicized, bioflavonoids can dramatically improve the flow of lymphatic fluid. Studies have found that hesperidin and another bioflavonoid, diosmin (which is isolated from hesperidin) are particularly effective. Diosmin helps reduce inflammation and increases tonicity in both veins and lymphatic vessels. This helps reduce "leakage" and pooling and stagnation of blood in the veins and lymph system. It appears to also aid the body in the repair of small blood vessel damage that can lead to excess leakage.

In one animal study, the combination of diosmin and hesperidin produced a 191 percent increase in lymphatic flow, as well as decreased capillary permeability. (See the hemorrhoid article on page 6 for other benefits and uses of hesperidin and diosmin.) (*Int Angiol 1995 Sep;14(3 Suppl* 1):36–8)

Proper Breathing

Everyone understands that the heart is the pump for the circulatory system. But few people realize that the diaphragm is the pump for the lymphatic system. As your breathing transitions from inhaling to exhaling, there's a change in intra-abdominal pressure. The change creates a vacuum, which pushes lymphatic fluid up through the largest lymphatic vessel in the human body, the thoracic duct.

The thoracic duct starts near the bottom of the spine, runs upward through the body and empties the lymph it has collected into the blood through a large vein near the left side of the neck. The thoracic duct collects most of the lymph in the body, with the exception of that from the right arm; right side of the head, neck, and chest; and lower part of the left lung. Lymph from these areas is collected by the smaller right lymphatic duct.

For the lymphatic system to operate efficiently, you must breathe correctly. Believe it or not, most people don't. The most efficient breathing is *abdominal breathing*. Here's how it should work.

The diaphragm is a bowl-shaped sheet of muscle that is attached to the spine, ribs, and sternum, and

separates the thoracic cavity from the abdominal cavity. In its relaxed state, your diaphragm is domeshaped, much like the canopy of a parachute or an open umbrella. Under ideal situations, as you inhale, the diaphragm contracts, creating a vacuum filled by the expanding lungs as they fill with air. The small muscles between the ribs (intercostals) create additional room by pulling the ribs up and out. Air is exhaled when the diaphragm and intercostal muscles relax.

Most people, though, are chest breathers. (It's also called thoracic breathing, clavicular breathing, paradoxical breathing, and shallow breathing.) This is the type of breathing that the body reverts to in times of fight or flight, when under stress.

When your body senses danger, it switches to this less efficient method of breathing, just in case the situation gets even worse. The intercostal muscles do most of the work, with a little help from the pectoral muscles. Chest breathing refers to air being drawn into the top lobes of the lungs using your chest muscles. This type of breathing is inefficient, but since you only extract 20 percent of the oxygen you breathe, it still gets the job done. (All that excess oxygen left in your breath explains why you can resuscitate someone using your exhaled breath.)

Something else happens when you chest breathe. Your brain interprets it as a sign that you are in a life-threatening or stressful situation. Stress hormones are released, muscles tense, and all the other components associated with stress start to kick in. Chest breathing creates a state of chronic stress

that affects your overall health and energy levels.

Another critical factor comes into play with chest breathing. Remember that lymph fluid is largely made up from the plasma portion of the blood that has leaked from membranes, cells, and capillaries. The lymph needs to be returned to the veins and back to the bloodstream to complete the cycle. Slowing the return of lymph disrupts circulation, which results in poor oxygenation. Poor oxygenation in tissues induces fatigue, depresses mood, and creates additional cellular stress. Considering almost everyone is a chest breather, it's clear why so many people are constantly fatigued, tense, suffer from headaches, backaches, intestinal problems, and have weak adrenal glands.

Your body doesn't distinguish where stress originates, so its longterm stress response is always the same. Stress hormones (like cortisol) rise, causing inflammation, increased heart rate and blood pressure, and unstable blood sugar levels. Muscles, including the diaphragm, tighten, resulting in lower oxygenation levels, decreased cellular metabolism, fatigue, brain fog, depression, cold extremities, gut problems, skin rashes, and joint pain.

Are You a Chest Breather?

There's an easy way to find out if you're a chest breather.

While standing, place one hand on your chest and your other hand on your belly. Take a deep breath. Inhale and exhale.

When you inhaled, did you suck in your stomach, open your chest, and raise your shoulders back? When you exhaled, did you feel your belly move outward and your chest deflate? This is chest breathing.

It's never too late to learn proper abdominal breathing. And it's not that difficult. After all, it's the way the diaphragm and your body are designed to work. Even if you're not convinced the overall health benefits can be life changing, just do it to increase your energy levels and reduce the effects of stress. The long-term benefits will follow.

The easiest way to learn abdominal breathing is to begin by lying down. (Once you've learned the technique, you can do it in any position.)

Lie face up with your feet flat against a wall and your knees bent at a 90-degree angle. (If you are unable to get into this position, then lie on your back and place a pillow under your knees.)

Next, place a book on your belly just below your rib cage. Start to inhale slowly and deeply through your nose. Imagine that your belly is filling with air from the bottom up. The book should move upward. Make sure you relax your abdominal muscles as much as possible to allow this to happen. Don't force the abdomen to move; soften it and allow the incoming breath to move it.

Now, exhale through your mouth by letting the air start to "fall out," and then consciously start contracting your abdominal muscles to expel all the remaining air. As you do this, the book should move downward.

Make sure to concentrate on totally relaxing your abdominal

muscles as you inhale and then contracting them as you exhale.

The degree of difficulty in accomplishing this is a reflection of how long you've been chest breathing, which for most people is a very long time. At first, it may seem like the grade school trick of trying to rub your tummy while patting your head at the same time, and then quickly switching hands. But it will get easier with continued practice, hopefully to the point that you start to breathe that way without even thinking about it.

Repeat this with slow deep breaths 10 times, three times a day. I recommend doing this every day. Research shows that it takes at least 2,000 repetitions for an action to become automatic. However, after a lifetime of chest breathing, it's easy to fall back into old routines, particularly with the stresses of everyday life.

As you get used to it and decide you want to try more advanced techniques, there are other abdominal breathing exercises I can recommend that are more challenging and effective. I would stick with the basics, though, until they become second nature.

One advanced exercise is an adaptation of the 90-90 Hip Lift with Balloon technique from the Postural Restoration Institute. It's more difficult to explain than it is to perform, but I'll share instructions here. For clarity, check out any one of the numerous videos on YouTube that demonstrate the technique.

For this exercise, you'll need a small 4- to 6-inch rubber ball and a balloon. In the same position on the floor with your feet flat on the

(continued on page 8)



Help for Hemorrhoids

Question: I'm embarrassed to say this, but I have a chronic problem with hemorrhoids. They seem to come and go regardless of what I do. Can you provide insight and suggestions? —K.M., Waco, TX

Answer: Truth be told, everyone has hemorrhoids. They only become problematic when they become inflamed. Inflamed hemorrhoids are called *piles*, a term that comes from the Latin word meaning "balls" (which is what inflamed hemorrhoids look like).

Along the intestinal tract, there are areas that need to be closed at specific times. This is the job of donut-shaped muscles called sphincters.

The esophageal sphincter controls the entrance to the stomach. It relaxes and opens to let food enter the stomach, then contracts to keep the stomach acids from coming back up into your throat and making your chest feel like it's on fire. There's also the pyloric sphincter, at the stomach's exit.

The anal sphincter is surrounded by hemorrhoids. These are highly vascular cushions made up of smooth muscles and connective tissue. The way they are constructed allows them to fill and swell with blood when needed.

These cushions provide about 15–20 percent of the pressure that keeps the anal canal closed. Under ideal circumstances, they allow the sphincter muscle the ability to relax at times, like when you're sleeping, yet still stop leakage from the canal. These hemorrhoid cushions also can fill up with blood rather quickly when abdominal pressure increases rapidly, such as during sneezing or coughing, to prevent an accident.

The cushions are also thought to help determine the content of what's exiting the canal—gas versus a solid bowel movement. Again, this is under ideal circumstances. That ability seems to lessen with age.

When hemorrhoids become chronically irritated and begin to swell, they can get itchy and painful,

develop hard lumps, and bleed. (Bright red blood is indicative of piles, whereas dark black or tar-colored blood is typically from internal bleeding. The iron from the red blood cells has oxidized and darkened.)

Piles are classified as either internal or external, depending on where they are located in the anal cavity.

Piles can result from direct trauma, irritating foods, high blood pressure, weak adrenals, a congested liver, and anything that increases abdominal pressure, such as pregnancy, obesity, chronic constipation, lifting something heavy with your back and stomach muscles instead of your leg muscles, or straining to release stool.

Age is also a factor. By age 50, about half the US population will have had piles. The problem is most prevalent between the ages of 45–65. At any one time, anywhere from 4–40 percent of the population have piles.

Solutions for Chronic Piles

Over-the-counter creams can calm pain and itching, and if you eliminate any of the above factors, most of the time piles resolve on their own. The more serious cases may require surgical removal or banding—where an elastic band is placed around the base of the pile, cutting off its blood supply. After a few days, it dies and falls off.

Obviously you have to address the issues that can cause piles, but if the problem is recurring, it's likely you have capillary fragility, meaning the venous walls are weak. For this, the bioflavonoid hesperidin can be a godsend. Many studies have focused on the use of hesperidin and its derivative, diosmin, for the successful treatment for piles.

Dalfon is the prescription version (90 percent diosmin, 10 percent hesperidin) that has been used in the majority of these studies. In acute cases where bleeding was present, significant improvement has been shown with taking three 500 mg tablets twice daily for four days, then two tablets twice daily for three days. In one study, 80 percent of the patients receiving this therapy went from acute bleeding to no bleeding after three days. (*Drugs 2003;63(1):71–100*)

In chronic cases, taking two 500 mg tablets daily for 60 to 90 days has been shown to improve overall signs and symptoms. (*Angiology 1994;45*(6 *Pt 2*):579–84)

Several over-the-counter supplements can be found online that are similar formulations to Dalfon.

A few examples include LifeTime Diosmin Complex, VeinFactors by Futurebiotics, Venous Optimizer by Jarrow Formulas, VeinSense by Natural Factors, and DiosVein by Swanson Ultra.

Additional Benefits

Hesperidin and diosmin help with other vein-related conditions as well.

The pumping of the heart creates pressure to push oxygenated blood through the arteries to all parts of the body. After the blood cells eventually pass through the small capillaries and exchange the oxygen for carbon dioxide and waste products, they return to the heart through the veins. Since most of the body is below the heart, the blood needs to flow upward. However, there is no pump like the heart to assist this movement.

Each pump of the heart creates a small vacuum that pulls in a little blood, but muscle contractions play the major role in facilitating venous blood flow. For example, calf muscles and the muscles in the feet need to contract with each step to squeeze the veins to help push the blood up to the heart. To keep the blood moving in the right direction and not flowing backward, veins contain one-way valves.

There's a huge problem in this country with chronic venous insufficiency (CVI). CVI is a condition that occurs when either the walls of the veins or the one-way valves in the veins aren't working properly, making it difficult for blood to return from the legs back to the heart. When gravity overcomes the failing valves and vessels, the blood begins to pool and become stagnant in the veins. This can cause swollen legs, spider veins, worsening varicose veins, calf tightness, heaviness, dull leg pain, leg cramps, tingling, itchy skin, discoloration of the ankles and skin, scaly skin, rashes, sores, and non-healing ulcers.

Individuals with venous insufficiency typically report that their symptoms are bothersome early in the disease, become less severe in the mid phases, and then worsen with age. Compression stockings provide some relief, but it's often temporary.

CVI can lead to deep vein thrombosis (DVT), which involves the formation of blood clots in veins. While most heart attacks and strokes are tied to blood clots, they are in arteries, not veins. Arteries and veins have been compared to one-way streets. Arteries only carry blood *away* from the heart. Veins carry blood *to* the heart. Clots in the veins don't cause heart attacks or strokes, but researchers have found that once clots form in the veins, it's not uncommon for them to crop up later on in arteries. Researchers don't fully understand why, but compared to people who never had DVT, heart attack risk rose by 60 percent and stroke risk more than doubled in DVT patients in the first year after having DVT. (Circulation 2014 Sep;130:829–36)

Bioflavonoids refer to hundreds of nutrients that can't be manufactured by the body and must be supplied from the diet. By looking at some of most common ailments that plague our society, it's obvious we don't include enough in our diet. This is especially true in the older population, where we almost universally see symptoms of bioflavonoid deficiencies, such as frail capillaries that lead to easy bruising and bleeding that won't stop.

Of the hundreds of bioflavonoids, it seems that those found primarily in citrus have some of the strongest effects on the structure of the circulatory system. (This is not to say that all of the other bioflavonoids in fruits and vegetables are any less important for other parts of the body.) Deficiencies probably come from not eating enough of these fruits, as well as habits like smoking, consuming alcohol and sugar, and using drugs like aspirin, antibiotics, painkillers, and cortisone, all of which can deplete bioflavonoids. The list of drugs is undoubtedly much longer, but no one has cared to do the research to find out.

Bioflavonoids strengthen blood vessels, protect against and retard the growth of cancer cells, lower levels of oxidized cholesterol, and provide strong antioxidant activity for fighting free-radical damage. I've always been a huge proponent of bioflavonoids and have praised their benefits for decades. I think they are so important that I've included them in my daily multivitamin/mineral formulation.

Unless you have access to organic citrus fruits, I don't recommend eating the peel due to the potential dangers of pesticides and fungicides. I haven't seen any definitive studies testing the pith for pesticide residue, but I suspect it would be less prevalent than in the peel. Still, I would stick to organic citrus if you want to consume the pith. For most, I would recommend using supplements for best results.

wall and knees bent at 90 degrees, place the rubber ball between your knees. (There is no book on your chest with this exercise.)

Then extend your right arm above your head, parallel with your body, and hold the deflated balloon in your left hand. Slightly raise your tailbone off the floor (your lower back should remain flat on the floor) and hold that position. Inhale through your nose again, concentrating on filling your belly.

Now, place and hold the empty balloon to your mouth and exhale into the balloon each time as you stretch your right arm toward the ceiling. (It is easiest to keep the balloon in your mouth and just let it continue to fill with each exhalation.) Repeat this three times (which completes one set), then start over. Do five sets, three times a day. Be sure to let the air out of the balloon before your start each new set.

Far-Reaching Impact

For decades, cancer and cardiovascular disease have been at the top of the list when it comes to medical research. This is understandable considering they are the top two causes of death in this country. Third on the list is chronic lower respiratory disease. These top three account for 75 percent of all deaths in the US.

Yet when you study and read about the prevention of each of these diseases, rarely will you see any reference to the lymphatic system. This is very strange to me when you consider the following.

The lymphatic system consists of the lymph nodes, vessels, tonsils, appendix, bone marrow, spleen, thymus, and areas of special tissue in the small intestine like Peyer's patches.

The lymphatic system is synonymous with the immune system. These organs and tissues produce and store cells that fight infection, inflammation, and disease. One type of lymphocyte or lymph cell, the B cell, makes antibodies that attack bacteria, pathogens, and toxins. Another type, the T cell, destroys infected cells.

The lymph nodes act as filters to remove irritants that would enter the bloodstream, damage arteries, and lead to cardiovascular disease.

And although lymphatic circulation has received very little attention in pulmonary research, poor lymphatic flow plays a huge role in chronic airflow obstruction problems like asthma, COPD, congestive heart failure, and fibrosis.

When it comes to prevention, I can't think of a single disease process where the improvement of lymphatic flow shouldn't be a top priority. So please take the time to reread the October 2015 issue of *Alternatives* and start implementing those practices, along with the ones I've covered here, into your daily routine. Not only will they help prevent future problems, they can dramatically improve practically any health issue you might be facing right now.

Until next month,

Dr. David Will

This Month Online

Visit my website at drwilliams. com, where



you'll find information and recommendations for many of your top health conditions, including:

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