

Two Products You Should Know About—And Own

In the three-plus decades I've been researching and reporting on various natural remedies, thousands of products have come and gone in the marketplace. Not a week goes by that some friend, family member, or reader doesn't ask me what I think about the latest "miracle" product, supplement, or herb that everyone is raving about.



Dr. David Williams

Probably 99 percent of the time, these "miracles" turn out to be nothing more than advertising hype and/or some multi-

level marketing scheme pushing highly overpriced and common vitamins or herbs. It reminds me of restaurants that have great "menu writers." The description of the dish always sounds fantastic, but the end product doesn't live up to the narrative.

Fortunately, this usually isn't the case when it comes to natural products. If it was, I probably would have given up and quit my work years ago. Some natural products perform amazingly well. Some, in fact, achieve results as good as, if not better than, any drug or therapy currently available.

There are two, in particular, that fall into this category—AHCC (ImmPower) and fermented wheat germ extract. I've personally used both and continue to follow any new research that comes out on them.

"Immune Power" with ImmPower

ImmPower is a product that contains an extract derived from the shiitake mushroom called active hexose correlated compound (AHCC).

I've written about ImmPower in previous issues of my newsletter, so you should definitely be familiar with it. The product was first produced in Japan more than 30 years ago and has been safely used by tens of thousands of people around the world.

Study after study has proven that it is one of the most effective and safest methods of naturally stimulating the body's immune system. In fact, when it comes to providing an immediate, sustained boost to the immune system, I haven't seen any compound, natural or synthetic, work as well as AHCC.

One of the ways AHCC enhances immune function is through its ability to increase natural killer cell function.

Natural killer cells (or NK cells) comprise roughly half of the white blood cells that are part of the immune system. They are the first line of defense against any pathogens (bacteria, fungi, viruses, etc.) that invade the body. NK cells also destroy cancer cells.

NK cells contain several small granules that act much like a grenade. For example, once an NK cell has recognized a cancer cell, it attaches itself to that cell's outer membrane and injects these granules directly into the interior of the cell. The granules then explode, destroying the cell within five minutes. The NK cell, however, isn't damaged and can then move on to repeat the process with other cancer cells or pathogens over and over again. When your immune system is particularly strong, active NK cells can take on two or more cancer cells or pathogens at the same time.

It's important to note that if your NK cells are strong enough, the rest of your immune system can remain inactive and be better prepared for another assault, if needed. And if the NK cells are extremely efficient, further backup from other parts of the immune system may not even be necessary. This also helps prevent an overreaction from your

immune system, which can lead to excess inflammation and damage to the tissue it is trying to help.

A lack of NK cells is rare. Most people have plenty of them. Rather, it's the *activity* of NK cells that typically determines whether we are sick or healthy and if we can survive an onslaught of pathogens or cancer. In other words, NK cell activity is often the main criterion that determines our survival.

Monitoring NK cell activity has been one of the main markers in both AIDs and cancer. Research indicates that, when NK cells cease to function, the end is near.

The early stages of chronically low NK cell activity might manifest as any one or more of a long list of health problems. These can include an ongoing sinus or respiratory infection; slow-healing wounds, gastrointestinal ulcers, or other damaged tissue; gum and oral cavity inflammation or infections; heart disease; chronic allergies; and recurring toxicity.

AHCC has the ability to directly increase NK cell activity through several mechanisms:

- **It boosts the number of explosive granules in NK cells.**
- **It raises levels of interferon, a potent compound produced by the body that has been shown to inhibit the replication of viruses**

and increase NK cell activity.

- **It increases the formation of tumor necrosis factors (TNFs), which are a group of proteins that help destroy cancer cells.**
- **It can boost NK cell activity by up to 300 percent (or even more), while also increasing the activity of other key immune cells like T cells (200 percent) and B cells (250 percent).**

Cancer Preventive and Virus Killer

AHCC is one of my top recommendations for anyone battling cancer. It has been shown to enhance NK cell activity without side effects or destruction of healthy tissue. It can prevent metastasis, and studies have shown it to be a powerful tool in treating numerous forms of cancer, including leukemia and those of the breast, ovary, cervix, prostate, and liver. It can be used in conjunction with (and help improve results of) conventional treatments like chemotherapy, radiation, and immunotherapy. It has also been used to help relieve the side effects of chemotherapy.

The dosage typically utilized with cancer and other serious illnesses is 3 grams per day. The maintenance/preventive dose is 1 gram per day. At 1 gram daily, an increase in NK cell activity usually can be seen within four weeks.

At the higher dose of 3 grams, the same effect will take place in one to two weeks.

AHCC belongs in the group of four compounds that I consider to be some of the most potent natural antiviral compounds. (The other three are modified citrus pectin, elderberry extract/Sambucol, and high doses of vitamin D.) Its ability to destroy and clear viruses from the body is an amazing attribute and makes it a very powerful healing tool in many of the more difficult disease situations we're seeing today.

In fact, the latest study illustrating AHCC's strong antiviral capability was just released at the Society of Integrative Oncology's 15th International Congress in October 2018. That study revealed that AHCC can eradicate one of the most challenging viruses linked to cancer—the human papillomavirus (HPV).

HPV is the most common sexually transmitted infection in the US. It affects between 60 and 80 percent of sexually active adults. Approximately 14 million new cases are diagnosed each year.

There are many different types of HPV, and if there's any good news, it's that the immune system clears about 90 percent of these infections, so the virus does not

Alternatives® Author: Dr. David Williams; Editor: Larissa Long

ISSN# 0893-5025. Published monthly for \$69.99/yr. by Mountain Home Publishing at 6710-A Rockledge Dr. Ste. 500, Bethesda, MD 20817. Editorial Office: 6710-A Rockledge Dr. Ste. 500, Bethesda, MD 20817. Periodicals postage paid at Bethesda, MD, and at additional mailing offices.

Postmaster: Send address changes to *Alternatives*, PO Box 11, Montoursville, PA 17754. © Healthy Directions, LLC. All rights reserved. Photocopying or reproduction is strictly prohibited without permission from the publisher.

The approaches described in this newsletter are not offered as cures, prescriptions, diagnoses, or a means of diagnoses to different conditions. The author and publisher assume no responsibility in the correct or incorrect use of this information, and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor.

Dr. Williams works with Healthy Directions, LLC, to develop his unique formulations that supply many of the hard-to-find nutrients he recommends. Dr. Williams is compensated on the sales of these nutritional supplements and health products, which allows him to continue devoting his life to worldwide research and the development of innovative, effective health solutions.

cause any long-term problems in those people.

However, some HPV infections can lead to genital warts, and other more persistent forms can cause cancer, including cervical—the second most common cancer in women. Persistent HPV infections occur in roughly 10 percent of the population, and around 19,400 women and 12,100 men in this country develop cancers that stem from HPV.

Earlier studies have been conducted on mice, but this latest study involved 10 women over the age of 30. Each had high-risk, persistent HPV (meaning they had the infection for 18 months or longer).

The women were given 3 grams of AHCC once daily for five weeks to six months. Half of those who stayed on the protocol for four months showed complete eradication of HPV.

In a second study, nine women were given a smaller 1 gram daily dose of AHCC for up to eight months. At the end of this study, four of the nine women experienced complete eradication of the virus.

The fact that a natural compound like AHCC can destroy this virus is nothing short of amazing—especially considering there is currently no conventional medical treatment available to eliminate high-risk HPV infections.

For women with persistent HPV, the only option (until now) has been to just wait and see if they develop cancer. Current treatments are only directed at relieving symptoms and removing lesions

created by the virus. Knowing how difficult it is for a natural supplement to be accepted by the conventional medical community, I doubt anything will change anytime soon.

There's another factor at play here, as well.

HPV was in the news a few years ago when a few pharmaceutical companies developed vaccines that purportedly prevented infection with the virus. The first was called Gardasil, followed by Cervarix and Gardasil 9. All of these vaccines were very heavily promoted, and you still see television ads today. Keep in mind these vaccines aren't for treating existing infections, just a possible prevention mechanism.

The Centers for Disease Control and Prevention (CDC) recommends vaccinating all children (male and female) at the age of 11 or 12, with additional shots their 20s. Some states started to require these vaccinations, even though there were numerous known side effects, including chronic fatigue syndrome, menstrual interruption, complex regional pain syndrome, postural orthostatic tachycardia syndrome, and various other nervous and immune system issues.

There have been no long-term studies to determine any possible future health ramifications. Even the FDA, which approved the vaccine, has expressed concerns that the HPV vaccine hasn't been thoroughly tested to determine if it might cause cancer, impair future fertility/reproductive capacity,

or cause harm to fetuses already developing at the time of the mother's vaccination.

One thing was known for sure, though, upon approval of this vaccine: The pharmaceutical companies would reap huge profits.

In 2007, I spoke with one drug company analyst who projected Gardasil sales totaling \$1 billion annually—and billions more when states passed legislation to require the vaccination in school children.

AHCC is a product that could prevent cancer and eliminate the need for mass vaccinations in millions of children. Although it eradicates viruses in humans, the fact that it would eradicate billions of dollars in pharmaceutical profits makes it highly unlikely that the general public will ever learn about this natural miracle.

I've personally experienced how AHCC can stop viral infections like influenza and West Nile in their tracks—in just a few days. For this very reason, I always keep a few bottles on hand. It has become my go-to product whenever an upper respiratory problem doesn't resolve on its own in a few days. I also want to be prepared for any possible flu or viral pandemic. (As I've discussed many times, it's not a matter of *if* we will experience another viral pandemic, but rather *when*.)

We constantly face the threat of new strains of influenza viruses coming out of China and Asia, in large part due to their live poultry, pig, and other animal markets. China is the largest producer of pork in the world, and raising poultry and pigs together, as they

do everywhere in Asia, is a recipe for disaster. It allows viruses, which often begin in birds, to mutate and transfer to pigs, then humans.

For the past century, China and Asia have been the cradle of influenza, including at least two of the three major human flu pandemics (Asian flu in 1957, the Hong Kong flu of 1968, and possibly the Spanish flu in 1918–1919). We've already been threatened with SARS and avian influenza (bird flu).

As I'm writing this, China's agriculture authorities are trying to contain the spread of a pig-killing virus called African swine fever. It was first reported in August 2018 and has quickly spread to five provinces. It spreads easily between pigs and kills nearly every pig that it infects.

The Chinese are saying that it can't spread to humans, but they haven't always been forthcoming with the information they disseminate. They are currently withholding information and lab samples of another deadly disease labeled H7N9 flu virus, which can infect both poultry and humans.

AHCC is one product to keep on hand, or at least be aware of, when the next flu or viral pandemic hits. Quickly clearing most viruses from the body before one of these serious illnesses takes hold can be the determining factor as to whether you remain healthy, quickly overcome the illness, or succumb to it.

And don't overlook its ability to boost NK cell activity when it comes to cancer. All in all, AHCC

could truly be a lifesaver for you and your family.

AHCC (sold as ImmPower) is available from The Harmony Company by calling (800) 422-5518 or visiting theharmonycompany.com. **If you order via phone, mention my name and newsletter to receive a 25 percent discount on your first order. If you order online, use the promo code DRWMETA for this discount.**

Fermented Wheat Germ Extract

In the September 2005 issue of this newsletter, I reported on a natural cancer therapy called Avemar, which is a fermented wheat germ extract. I stated it "may not be an outright cure, but it certainly is a gem that can help save thousands of lives and prevent untold amounts of suffering."

That prediction was correct. Unfortunately, another prediction wasn't.

At the time, I also stated the following: "Much of the research presented here has not yet been published. But dozens more studies will be forthcoming from around the world in the coming months and years. Once this data becomes known, I suspect Avemar will very quickly become an integral part of cancer treatment by both mainstream and complimentary practitioners." However, while the positive data have continued to accumulate, fermented wheat germ extract is woefully underutilized in the treatment of cancer.

Hopefully, a new study performed at the University of

California at Davis will start to change that.

UC Davis is considered one of only 49 "comprehensive cancer centers" in the US. It treats more than 10,000 patients a year and is considered a national leader in cancer care.

In 2004, an oncologist and lymphatic specialist at UC Davis, Joseph Tuscano, had a patient who was diagnosed with mantle cell lymphoma, a subtype of non-Hodgkin's lymphoma. Lymphoma is a form of cancer that originates in the white blood cells (lymphocytes). It affects more than 400,000 people in the US and roughly 70 percent of those eventually die of the disease, making it the sixth most deadly form of cancer.

At the time of diagnosis, this patient was in his mid-70s, an age consistent with developing this disease. It occurs more commonly in males with the median age of 66.

The standard and most effective medical treatment for this disease is referred to as R-CHOP. R-CHOP is a combination of chemotherapy drugs—rituximab, cyclophosphamide, hydroxydaunomycin, oncovin, and prednisone.

This drug regimen is also associated with severe, potentially therapy-limiting side effects, including severe suppression of white blood cells called febrile neutropenia, which can lead to life-threatening sepsis. Approximately 1/5 of patients receiving R-CHOP develop febrile neutropenia.

Eighty-five percent of patients undergoing a 14-day, dose-dense

NEWS TO USE *from around the world*

Heart News

LONDON, ONTARIO, CANADA—I have to tell you, I'm a sucker for the various online tests that reportedly predict your biological vs. chronological age, or your risk of developing cancer, heart disease, or some other health problem. When I see one, I take it.

I recently ran across a new one out of Canada called the Cardiovascular Disease Population Risk Tool. (You can find it at projectbiglife.ca/cardiovascular-disease.) It reportedly is based on data compiled from 104,219 Canadians between 2001 and 2007, along with data on hospitalizations and deaths in that country. By answering a few questions, you can determine your risk of hospitalization or death from cardiovascular disease within the next five years. It also provides your “heart age.”

The calculator was put together by researchers at the University of Ottawa. It appears, however, they haven't kept tabs on what their colleagues down the road in London, Canada have been up to. In the short list of questions in their quiz, none asked about the consumption of fermented foods or probiotics.

Why does this matter? Well, researchers at Western University in London have discovered a direct relationship between the intestinal microbiome and clogging of the arteries (atherosclerosis).

Although there has been an accepted traditional list of risk factors for atherosclerosis, they don't seem to apply to everyone. It's not unusual for someone to have many or all of these risk factors yet never develop the disease. On the flip side, there are those who don't have any of the risk factors and end up with severely clogged arteries. This latest study sheds some new light on the situation.

Researchers studied 316 men and women. Using ultrasound, everyone was checked to determine the amount of plaque lining their carotid arteries. They were then divided into three groups: (1) Those with as much arterial plaque as would be predicted based on their risk factors; (2) Those who were somehow protected from atherosclerosis because, even though they had several risk factors, they didn't develop the condition; and (3) Those who didn't have any risk factors but still had high levels of arterial plaque.

Researchers then looked at each group's blood levels of various toxic metabolites. They discovered that patients with unexplained atherosclerosis had significantly higher levels of waste products being produced by intestinal bacteria. (*Atherosclerosis* 2018;273:91–7)

This is really a ground-breaking study. It tells us that the bacterial communities in the gut, and what they produce, may actually play a bigger role in heart and arterial disease than the traditionally accepted risk factors. Of note, though, certain risk factors (diet, smoking, amount of exercise, etc.) may help shape and modify the types of bacteria that reside in the gut.

Even though it's not recognized as a risk factor (yet), it's pretty clear that maintaining proper gut flora can have a significant influence on the prevention and probably the treatment of atherosclerosis.

Heart disease remains the leading cause of death in both men and women in this country, responsible for one out of every four deaths. It should go without saying: Increase your consumption of fermented foods and take a quality probiotic supplement every single day. I know I am.

R-CHOP regimen receive granulocyte colony-stimulating factor drugs, which have their own significant set of side effects.

Suffice it to say, the chemotherapy route is very toxic,

and many patients are unable to tolerate it.

At the time of his diagnosis, the patient was told he would die within eight months if he did not undergo chemotherapy or

radiation, followed by a possible stem cell transplant.

Regardless of the consequences, he refused chemo due to the toxicity and opted for various nutritional supplements such as

intravenous vitamin C and wheat germ extract (Avenmar). When he started taking Avenmar, Dr. Tuscano noticed the lymphoma was shrinking. Although the patient eventually succumbed to the disease, he outlived everyone's expectations.

This prompted Dr. Tuscano and his colleagues at UC Davis to seriously start investigating fermented wheat germ extract, which led to these latest findings.

The researchers have confirmed that wheat germ extract is very complex and contains hundreds of thousands of molecules. At this time, its active components and exactly how it works remain unknown. Based on their work and previous studies, however, wheat germ extract has been shown to be cytotoxic (causing cell death) in various cancer cell lines including T cell leukemia, colorectal, liver, pancreatic, and ovarian carcinoma, promyelocytic leukemia, neuroblastoma, melanoma, and testicular, cervical, thyroid, and lung cancer cells.

In this study, they injected non-Hodgkin's lymphoma cells into mice. The mice were then divided into three groups: a control group that was simply observed and not treated; a group that was fed fermented wheat germ extract orally after the tumor had reached a certain size; or a group that was treated with R-CHOP after the tumor had reached a certain size.

At 24 weeks of therapy, the mice on the oral fermented wheat germ extract showed a 10-fold reduction in tumor volume compared to the control group. Mice treated with R-CHOP showed a similar reduction in tumor

volume. *Fermented wheat germ extract was just as effective as R-CHOP, without the side effects.*

Combining the two therapies yielded even better results. Mice treated with R-CHOP and wheat germ extract showed a complete regression in their tumors, meaning the tumor growth was less than 5 percent the size of tumors in the control group.

There was another important finding in this study. The scientists repeated this research, once again injecting groups of mice with lymphoma cancer cells. However, instead of waiting until the tumors reached a certain size to begin administering fermented wheat germ extract, they started feeding it to the mice the same day that the cancer cells were injected. Remarkably, there was "significantly less tumor growth" in those mice. In other words, feeding mice the wheat germ extract very early on prevented cancer growth, and 100 percent of the mice were alive at the end of the study, compared to 18 percent in the control group.

This research adds more proof that fermented wheat germ extract can be a powerful treatment tool for cancer. In addition to lymphoma, here are some of the other cancers for which this therapy has been studied:

- **One study found that colorectal cancer patients who used fermented wheat germ extract in combination with their conventional therapy experienced an additional 82 percent reduction in tumor recurrences, a 67 percent decrease in metastasis, and a 62 percent reduction in deaths, as opposed to those who just received conventional therapy. (*Br J Cancer* 2003 Aug 4;89(3):465–9)**

- **Another study on patients with oral cavity cancer found that those taking fermented wheat germ extract experienced only a 4.5 percent incidence of recurrence at the original site, as opposed to 57.1 percent of those not taking it. (*Hungarian Medical Journal* 2006;147(35):1709–11)**
- **A study published in 2008 on stage III patients with the deadliest form of skin cancer, melanoma, showed that those taking fermented wheat germ extract increased their survival rate by 50 percent and doubled the time that they remained cancer free, as compared to the group that didn't take fermented wheat germ extract. (*Cancer Biother Radiopharm* 2008;23(4):477–82)**
- **A study performed at the N.N. Blokhin Russian Cancer Research Center in Moscow involved 46 stage III melanoma patients characterized as being at high risk for recurrence and death from the disease. Some of the patients received only conventional treatments, while the others received conventional treatments plus Avenmar. Researchers found that the use of Avenmar increased the overall survival time of the patients. After one year, 75 percent of the conventional treatment-only patients had progressive disease, in contrast to only 36 percent of those whose therapy included Avenmar.**

Obviously, more research is needed. But if you consider the risk/reward relationship in cancer therapies, fermented wheat germ extract can offer great reward, with very little risk associated with its use.

Fermented wheat germ extract is available in two forms: a super-concentrated pill called Metatrol, or a powdered drink mix called AvéULTRA (a refined and improved version of Avenmar). Personally, I prefer Metatrol since it is easier

to take, but that's a personal preference. Both work equally well.

Both forms are available from The Harmony Company, (800) 422-5518 or theharmonycompany.com. **As with ImmPower, if you order via phone, mention my name and newsletter to receive a 25 percent discount on your first order. If you order online, use the promo code DRWMETA.**

Conventional vs. Natural

Like most people, I've had family and friends who've suffered from different types of cancer. Some have been fortunate enough to survive, while many have not. Since cancer takes on so many forms, it's a potential threat to everyone, regardless of sex or age. Fortunately, I think we're beginning to see a positive change in the direction of treatment.

In the past, the primary focus of treatment was to destroy the cancer through chemotherapy or radiation, or remove it surgically. These can be disfiguring, debilitating, and extremely toxic. With chemo and radiation, dosages in the past would be as high as the patient could tolerate. It was like walking a tightrope over a minefield. The goal was to destroy the cancer without totally destroying the patient. Fortunately, with better technology, these therapies are becoming more focused, resulting in somewhat less toxicity and destruction of healthy tissue.

Natural therapies offer a different approach. They focus on and build upon the innate healing ability of the body. In addition to reducing as much outside stress as possible and providing the right foods and supplements to help

the body operate as efficiently as it can, the main focus is to boost the actions of the immune system. Enhancing the body's own immune capabilities has been the key. AHCC and fermented wheat germ extract are perfect examples.

For the longest time, conventional medicine seemed to have the attitude that, while reducing stress and boosting immune function was a waste of time and didn't help, it probably didn't hurt either.

That thinking has changed. Now stress reduction is promoted and encouraged. Everywhere, you can find body-balancing tools and therapies like chiropractic, acupuncture, and meditation being implemented along with conventional cancer treatment. And the medical community is now even talking about boosting the immune system. In fact, there's a whole new area of cancer research devoted to this called immunotherapy.

Immunotherapy involves helping the body's immune system react more efficiently so that it can destroy cancer cells from within. This greatly reduces toxicity and damage and destruction to healthy tissue. (This is how products like AHCC and fermented wheat germ extract work as well.) Methods include monoclonal antibodies, CAR T cell therapy, immune checkpoint inhibitors, oncolytic viruses, tumor-infiltrating lymphocytes, and interleukin-2.

Some other similar immune-boosting compounds include:

- * **Modified citrus pectin (PectaSol C)**
- * **Honokiol**
- * **Hssiao Chai Tang**
- * **Cannabinoids**

- * **Turmeric**
- * **Glutathione/N-acetylcysteine**
- * **Melatonin**
- * **Probiotics and fermented foods**
- * **Conjugated linoleic acid (CLA)**
- * **Cruciferous vegetables and their indoles like DIM and I3C**
- * **Quercetin**
- * **Vitamin D**
- * **Resveratrol**
- * **Propolis**

The beauty with all of these natural immune boosters is that they can be used right along with immunotherapy. In fact, in almost every study I've seen so far, when these compounds are used in conjunction with medical immunotherapies, the positive benefits are far greater than when using either alone.

I've seen this with two friends of mine, one who had advanced melanoma and the other prostate cancer, both of which had metastasized. By utilizing current immunotherapies, AHCC, fermented wheat germ extract, modified citrus pectin, and several of the other immune boosters I listed, both have experienced reduction or almost complete eradication of their cancers at this point. (I should also stress that both also eliminated sugar and simple carbohydrates from their diets. Glucose feeds cancer cells, and I feel avoiding simple carbohydrates and controlling blood sugar levels is essential when dealing with cancer.)

We can only hope this is the wave of the future when it comes to cancer treatment. As always, I will keep you posted on new developments.

Eat Bugs to Support Your “Bugs”

I recently returned from a trip to the rainforests that line the Guatemala/Belize border. In addition to fighting off mosquitoes, I was there investigating herbs and concoctions used by indigenous tribes.

In that area, you'll often find a variety of fried foods, but not the same kinds available in this country. There, it's not uncommon to come across fried ants, crickets, and grasshoppers. I've eaten bugs like these in various locations around the globe. To me, most taste like nuts. It's reported that the flying termites in Zambia taste like crunchy, oily popcorn. I haven't had the opportunity to try them since they only come out once a year, but it's on my bucket list.

I've reported in the past that insects are a good source of protein and fatty acids, but a new clinical trial has shown that they are also a great prebiotic that can support the growth of beneficial gut bacteria, as well as reduce inflammation.

In this study, 20 healthy men and women between the ages of 18 and 48 ate either a control breakfast, or a breakfast that included 25 grams of powdered cricket meal, which was added to shakes or muffins. The study lasted two weeks, and the participants did not know which breakfast they were eating.

Blood and stool samples were taken, and the participants also filled out gastrointestinal questionnaires at the beginning and end of the study.

The blood samples were used to test glucose levels, enzymes associated with liver function, and proteins associated with

inflammation. Stool samples were checked for microbial metabolic byproducts, inflammatory compounds, and the communities of bacteria present.

The researchers found that those consuming the cricket meal had an increase in gut enzymes associated with gut health, and a decrease in blood levels of inflammatory proteins (one of which has been linked to cancer and depression). (*Sci Rep 2018 Jul 17;8(1):10762*)

I'll need to see a little more research before I start recommending crickets for depression. And while edible insects will probably take hold one day in this country, it might be a while. After all, it took some time before sushi was accepted here. Obviously, we're slow to adopt some trends considering 80 percent of the world's population already eats insects.

Cricket farming would obviously require less water than livestock farming, and it wouldn't take up nearly as much room. There are some minor efforts in this country to start raising crickets for food, but it has yet to take off.

If you're interested in starting your own cricket farm, there's a group called the [Mission to Improve Global Health Through Insects \(MIGHTi\)](#) that could provide some insight and advice. One of the founders of MIGHTi was involved in this particular study. Bon appétit!

Until next month,



This Month Online



Visit my website at [drwilliams.com](#), where you'll find information and recommendations for many of your top health conditions, including:

- *Strengthening Immunity*
- *Hiatal Hernia, GERD, and other Digestive Concerns*
- *Cognition and Brain Health*
- *Joint Health*

Stay in touch between newsletter issues by signing up for my weekly Health E-News. Simply visit [drwilliams.com](#) and submit your email address.

You can also read more at my website, which covers a variety of topics. Here are just a few recent additions:

- *Benign Prostatic Hyperplasia Prevention and Treatment Tips*
- *Natural Sinus Remedies*
- *Remedies for Chronically Cracked & Chapped Lips*

Contact Us Here

- *To submit a Mailbox question, suggest an article topic, or make a comment about this month's issue, email feedback@drdavidwilliams.com.*
- *For customer service matters such as address changes, subscription renewals, or to order back issues or reports, call 800-527-3044 (Monday through Friday, 9:00 am–5:00 pm EST) or email custsvc@drdavidwilliams.com.*