

Vibration: Your Powerful Sixth Sense

I believe one of the most important underlying truths when it comes to health is that the human body possesses the innate ability to heal itself. This certainly isn't a new concept. My lifelong study of ancient healing systems has shown that healers in the past understood this, even more than we do today. The tools and techniques they used for treatment focused on "assisting" the body in removing any obstacles that upset the overall balance of



Dr. David Williams

the spiritual, chemical, physical, and mental elements that influence health. This is a far cry from what we see in today's health care system.

Don't get me wrong, I'm always excited and grateful to learn of new diagnostic techniques and life-saving medicines, surgeries, and treatments. And there will always be a need for doctors. But I believe a primary care physician's role should include being a teacher—someone who assesses each patient as an individual and then educates and provides the tools necessary to remain healthy and avoid future illness.

With mainstream medicine, the concept of educating the patient on the necessity of balancing the body has taken a backseat to treating symptoms. Instead of looking at the body as something that has the ability to heal itself, it is more often treated like an inanimate object...like an automobile that can't repair itself.

Instead of looking at any underlying imbalances at the root of an illness or disease, drugs have become the answer to silence the symptoms. Down the road, when the underlying problem has silently progressed to the point of destroying a body part, surgical repair or removal is the outcome. Over the last century or so, the general public has willingly accepted this path.

In fact, I think most people these days believe health is such a complex issue that the safest route is to blindly follow the advice of a doctor. After all, medical care has now become so sophisticated with all the technological advances and breakthroughs in health research. Many believe the tools and techniques that health providers utilized centuries, or even just decades ago, are dated and must be obsolete. But that's not the truth.

More and more of the latest and most sophisticated research

confirms exactly what ancient healers knew: Our overall health, and our body's innate ability to heal itself, requires balance of the spiritual, chemical, physical, and mental elements.

What's even more amazing, this research has confirmed that our bodies have built-in warning alarms designed to alert us when something is out of kilter. Unfortunately, due to a lack of use, we're starting to lose our ability to "sense" these alarms.

In past issues, I've talked about how we've negated the importance of one of our most primitive senses: smell. Subconsciously, we are attracted (or not) to members of the opposite sex based on smell. Research has shown that it is one method that our brain uses to help determine our long-term compatibility. In the back upper part of the nose, neurons involved with smell connect directly to the brain. Various hormones and body chemicals are quickly analyzed by the brain. In more primitive times, one's safety, life, and overall compatibility were highly dependent on smell. By masking these body chemicals with cologne, deodorants, body/hair sprays, etc., we've lost this ability. Strangely, several research studies have confirmed that there's a higher rate of compatibility and longer lasting

relationships when these smells are initially available to the brain.

Another prime example is vibration. We've known that many mammals, including man, have vibration-sensitive mechanoreceptors.

Humans have two primary receptors sensitive to vibration:

- 1) Meissner's corpuscles, also known as tactile corpuscles, are found closer to the skin, primarily on the fingertips and eyelids. They sense low-frequency vibrations.
- 2) Pacinian corpuscles are located deep in the skin, joint capsules, the outer membrane covering bones (periosteum), the pancreas and other organs, the breasts, and the genitals. These sense high-frequency vibrations.

Exactly how the brain perceives the neural signals coming from these receptors, however, has eluded scientists. New studies have revealed that, despite the fact they are processed by different sensory channels, vibration is perceived and encoded the same as hearing in the brain. This makes sense since soundwaves are really just traveling vibrations that we are able to detect within the frequency range of our sense of hearing. ([Nature 2019 Mar;567\(7748\):384-388](#))

It now appears that vibration, in itself, is an ancient sensory channel

within the body that may have been a precursor to hearing. It is now referred to as "somewhat vestigial," meaning that in the course of our evolution, it has degenerated due to lack of use or need. This is similar to what I talked about with our sense of smell.

(Other body parts, including the pineal gland, appendix, tonsils, sinuses, wisdom teeth, and coccyx, have also been labeled vestigial. Whenever scientists haven't figured out the function of a body part, it seems like the trend is to quickly label it vestigial...often too quickly. You only have to look at the latest research to see this is true. We now know that the pineal gland produces melatonin. The appendix was recently found to maintain a backup of beneficial bacteria in the event that the large intestine needs to be "re-seeded." The appendix, along with the tonsils, works as part of our immune system. The list goes on and on, and I have no doubt the vibrational sensory system plays a role in our overall health as well.)

Being able to "sense" vibration helps explain why many animals and some individuals are able to foresee imminent natural disasters, like landslides, earthquakes, and tsunamis. The US Geological Society has reported that many fish, birds, reptiles, insects, and other animals will exhibit strange behavior anywhere from weeks to

seconds before an earthquake. One of the earliest recorded references to this was prior to an earthquake in Greece in 373 BC. Rats, weasels, snakes, and centipedes left their homes and headed for safety. More recently, we've seen similar events during tsunamis.

In 2004, residents reported seeing elephants, birds, goats, cattle, and other animals run for higher ground just before the Indian Ocean tsunami hit parts of Asia. Even when tsunami waves are only a few inches high, they create atmospheric vibrations extending all the way to the ionosphere, over 180 miles up in the atmosphere.

Scientists have shown that all matter has a vibrational pattern. As such, our cells, tissues, and organs vibrate. These create a wide range of frequencies to interact and resonate within each of us.

Although we may not always be aware of it, our body is constantly interacting with the vibrations we encounter in our environment. In simple terms, the vibrations (and sounds) of the outside world directly influence and can change the vibrations within us. Vibrations and sound can affect our health for better or for worse. For example, being located near high voltage power lines, freeways, or other high traffic areas has been shown to increase stress-related hormone

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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.

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levels, even in the absence of perceptible sound.

And it's a two-way street. The vibrations emanating from us can also affect and change those in our surrounding environment. We've all been in the presence of individuals who "drain our energy" or "give off bad vibes."

And what about those ominous, foreboding impressions that we instinctively feel when we enter the wrong environment? You can call them "gut instincts," but they are actually the body's vibrational warning system at work.

Regrettably, peer pressure, political correctness, fear of embarrassment, social norms, and other factors have forced us to override and ignore this vibrational sense. Instead of teaching our children to embrace this innate sense, we teach them to suppress it.

I strongly encourage you to start "listening" and acting more on these vibrations (call them gut instincts if you want). As you become more attuned to this system, it will gradually become stronger and easier to read. As this happens, it might appear to others that you have a unique ability to receive what are called premonitions. In reality, though, you're simply learning to listen to the innate warning system present in each of us that over time has been disregarded.

Balancing Your Current Vibrations

Ancient healers understood that optimal health and healing required that the vibrational aspects of the human body be balanced.

In the past, this was often achieved through the use of sound. To accomplish this, the Australian Aboriginals use the yidaki or

didgeridoo, people in the Far East use the gong, Tibetan monasteries and temples use singing bowls, dorje bells, and Tingsha cymbals, tribes in Africa use the djembe drum and the kalimba, Native Americans play the flute, Aztecs developed rain sticks, and tuning forks have been used since they were invented in 1711. Personally, I have seen some of the most profound health effects with Tibetan singing bowls.

In just the last couple of decades, researchers have started taking the healing potential of sound far more seriously.

Researchers affiliated with the National Institutes of Health (NIH) evaluated the effects of vibroacoustic therapy on 272 patients with various medical conditions including cancer, infectious diseases, and heart, lung, blood, and mood disorders. They

The Healing Energy of a Cat's Purr

One of the most interesting studies I've ever read had to do with the healing vibrational frequency of the purring from cats. ([J Acoust Soc Am 2001;110:2666. https://doi.org/10.1121/1.4777098](https://doi.org/10.1121/1.4777098))

Researchers recorded and analyzed the purrs of 44 felids, including cheetahs, ocelots, pumas, domestic cats, and servals. Every felid in the study generated strong frequencies between 25 and 150 Hz. Their purr frequencies corresponded to the exact vibrational frequencies that other researchers have found to successfully treat bone growth/fractures, pain, swelling, muscle

strain, joint flexibility, dyspnea (difficulty breathing), and wounds.

Domestic cats produced dominant and strong frequencies at exactly 25 Hz and 50Hz. These are the two low frequencies that best promote bone growth and healing of bone fractures. When they harmonize, their purr frequency is exactly, or within 2 Hz of, 100 Hz—the exact frequency used therapeutically for pain, swelling, wounds, and difficulty breathing.

Cat purring is a built-in vibrational mechanism for self-healing. This explains the "nine lives" of cats. It also helps explain why some people can stop migraine headaches by lying down with a purring cat next to their head, or soothing an aching joint through contact with a purring cat.

Therapy dogs certainly have their place, but purring isn't in their playbook. And when it comes to health problems, any veterinarian will tell you there's a big difference between cats and dogs.

Breathing problems associated with heart disease are almost nonexistent in cats, but common in dogs. Large skin-tissue grafts take quickly in cats, but often become necrotic in dogs. Complications from surgery are far greater in dogs than in cats. Cancer and disease of the bone is very rarely found in cats, yet common in all breeds of dogs. This list goes on and on.

We could (and should) be learning from the innate healing ability of cats. They may provide living proof of just how vital vibration can be in healing and health. ■

found that a 22-minute session resulted in a “cumulative reduction of pain and other symptoms by 53 percent.” Additionally, tension, fatigue, pain, headaches, and nausea were also reduced after the therapy. ([IEEE Eng Med Biol Mag 1999 Mar-Apr;18\(2\):97-100](#))

Other studies have found similar benefits in pain reduction along with improved relaxation and relief of stress. Japanese researchers found that vibroacoustic therapy for 30 minutes daily for a period of two weeks resulted in significant decreases in depression among elderly nursing home patients. They also experienced lower heart rates, increased daily wake time, and overall psychological improvement. ([J Phys Ther Sci 2012;24\(3\):291-294](#))

Overall, research has proven that acoustic therapy reduces anxiety and depression, improves one’s self-rating of health, influences quality and disorders of sleep, lessens pain, and enhances the body’s healing process. ([Pol Merkur Lekarski 2006 Oct;21\(124\):401-405](#))

Thanks to the Internet, it is easy (and free) to experience many of the benefits of sound/vibration healing. There are hundreds of YouTube videos that play sounds of the Tibetan bowl and Vedic chanting. By simply finding a quiet place and listening, you can help rebalance the vibrational patterns in your body.

A quality set of Tibetan bowls to create these sounds, vibrations, and frequencies can cost hundreds, if not thousands of dollars. Then there’s the process of learning to “play” the bowls and how each different frequency relates to the body. With the free recordings on YouTube, you can experience the positive effects of Tibetan singing bowls without any major expense or study.

There are many videos, but one of my favorites can be found at [youtube.com/watch?v=Nb3okem4Ock](https://www.youtube.com/watch?v=Nb3okem4Ock).

Along with Tibetan bowls, be sure to look for Vedic chants. The history of Vedic chants is very interesting. They were

developed thousands of years ago in the regions of India that use the ancient Sanskrit language. Sanskrit is one of the oldest, if not the oldest, of all human languages. It has been called the mother of all languages and often referred to as “the language of vibration.” Chants typically consist of continuously repeated phrases producing the desired frequency, in an effort to raise vibrational levels and bring about a more balanced harmony in the body.

The beauty of these ancient chants is that you don’t have to understand the Sanskrit words or their meaning to benefit from the chants. In Sanskrit, the meaning of the word is not separate from the sound. Each sound of the Sanskrit alphabet transmits a unique vibration to the body. Each of the 49 letters of the alphabet actually corresponds to one of 49 different parts of the body.

Listening to these sounds for 15 to 20 minutes (longer is even better) can have a profound effect on your whole body. Give it a try. ■

NEWS TO USE *from around the world*

Blood Pressure Guidelines

AUSTRALIA—Public health officials in Australia have recently raised concerns about the new thresholds for determining high blood pressure that were implemented in US. ([JAMA Internal Med 2018 Jun 1;178\(6\):755-757](#)) ([Med J Aust 2018;209\(3\):108-109](#))

Before this latest change, high blood pressure was defined as

anything over 140/90 mmHg. But the new US cut-off is 130/80.

Every time I hear about US medical organizations changing the threshold for defining a disease, I can’t help but be a little suspicious. Time after time when this has occurred, we’ve later learned that those “expert panels” proposing the new guidelines have financial ties to pharmaceutical companies.

In 2013, a study found that, on average, 75 percent of those on the panels that proposed new guidelines had direct financial ties to pharmaceutical companies. In 2013 and 2014, pharmaceutical companies paid US doctors \$6.5 billion for research, travel, consulting, and speaking fees. (From the latest 2017 figures, it appears that number has increased to \$8.31 billion.)

NEWS TO USE *from around the world (continued...)*

On top of that, another \$1.8 billion was paid to teaching hospitals, and doctors were found to have investments of \$1.6 billion in pharmaceutical companies. (The individuals on the panel that proposed the changes in blood pressure guidelines, however, have stated they had no ties to the pharmaceutical industry in the year preceding their recommendations.)

Since 2000, there have been nine different medical conditions where the guidelines were expanded to make more people “eligible” for prescription medications. This latest hypertension “diagnosis expansion” instantly created an additional 31 million Americans with high blood pressure, and 4.2 million are now eligible for antihypertensive medication. Prior to these changes, their blood pressure was considered within the upper-normal range and could be lowered with better diet, weight loss, exercise, and a few supplements like aged garlic. Additionally, over half (53 percent) of the entire group of people that were already being treated (55 million) needed improved medication treatment to meet the newly defined targets.

The Australians evaluated the proposed guidelines, but didn’t take the bait. They rightly concluded that the new guidelines were mainly based on the results of a single study, without regard to other studies or the negative consequences of the change. After closer evaluation, they determined that up to 80 percent of those newly diagnosed with hypertension would end up worse off. Statistics showed that this

80 percent has less than a 10 percent chance of experiencing a heart attack or stroke within the next 10 years. Additionally, studies have shown that just the diagnosis of hypertension causes psychological stress, raises health and life insurance premiums, and comes with a long list of health side effects when treated with medication.

In fact, the Australians determined that only 9 percent of those newly diagnosed would benefit, primarily because they also suffer from other conditions like kidney disease or diabetes. And in the remaining 11 percent, it would have no impact at all.

When I first reported on these proposed guideline changes, I smelled a rat. I suspect the Australians did too. They decided to maintain their definition of hypertension at anything over 140/90 mmHg.

People are constantly wondering why we have the highest medical costs of any country on the planet. Shenanigans like this are one of the reasons.

By simply by changing the definition of hypertension, tens of millions of potential customers had been miraculously created overnight for the pharmaceutical industry.

Call me cynical, but I can’t help but think it was one of the most ingenious and cost-effective marketing programs in history.

If your blood pressure is just slightly on the high side (over 140/90 mmHg...the former guidelines), I suggest taking a short midday nap, if your

schedule allows it. Research has shown that a short daytime nap can lower blood pressure levels by 5 to 7 mmHg, on average. This decrease is on par with what you can expect from several prescription medications and/or lifestyle changes. A 2 mmHg drop can reduce the risk of heart attack and other cardiovascular events by 10 percent.

This particular study involved 212 people (average age 62) with an average systolic blood pressure of 129.9 mmHg. One-fourth of these individuals were either smokers and/or had type 2 diabetes. Blood pressure was monitored for 24 hours a day and all of the different lifestyle factors (physical activity, coffee, salt and alcohol consumption, etc.) were all adjusted for. The average nap duration was 49 minutes, and that resulted in an average systolic blood pressure drop of 5.3 mmHg. ([JACC Mar 2019, 73 \(9 Supplement 2\) 20; doi: 10.1016/S0735-1097\(19\)33782-9](#))

You probably won’t be hearing much about the blood pressure benefits of napping. There’s a tad bit more money to be made by prescribing hypertension medications.

E-Cigarette Dangers

NEW ORLEANS—Lately there’s been a lot of controversy and confusion surrounding the use of e-cigarettes and their health ramifications. Common sense should tell us that inhaling concentrated chemicals directly into the lungs is going to cause problems. Unfortunately, common sense isn’t that common anymore.

NEWS TO USE *from around the world (continued...)*

One of the largest studies to date involved 96,467 respondents from the National Health Interview Survey, from the years 2014, 2016, and 2017. It found that users of e-cigarettes were 56 percent more likely to have a heart attack and 30 percent more likely to suffer a stroke, compared to non-users. Additionally, they had a 10 percent higher risk of coronary artery disease, a 44 percent greater risk of having circulatory problems and blood clots, and were 55 percent more likely to suffer from depression than non-users. This study also found that “regardless of how frequently someone uses e-cigarettes, daily or just on some days, they are still more likely to have a heart attack or coronary artery disease.”

Tobacco smokers fare even worse than e-cigarette users. They have 165 percent higher odds of having a heart attack, a 94 percent higher risk of coronary artery disease, and a 78 percent increased risk of suffering a stroke, compared to non-smokers.

Although the risk levels for e-cigarette smokers are less than that of tobacco smokers, it's important to remember that e-cigarettes are relatively new and the research data is very limited. Users of e-cigarettes are typically younger, and at this point, we have no idea of the long-term effects.

It is estimated that one out of every 20 Americans are now using e-cigarettes. There are at least 460 different brands and more than 7,700 flavors. While some of the e-cigarettes contain nicotine and release the same or similar chemical toxins as tobacco smoking, it would be practically

impossible to test and isolate each and every one of the components in so many different products.

The question isn't whether e-cigarettes are dangerous and detrimental to our health, it's more of a question of just how dangerous. E-cigarettes are not, and never will be, a safe alternative to smoking.

High-Fructose Corn Syrup Is a Killer

HOUSTON, TEXAS—I've talked about the dangers of high-fructose corn syrup (HFCS) for years now. But since it's less expensive than sugar, it continues to be the most prevalent food sweetener. It's getting a little easier to find HFCS-free ketchup and a few other products, but you certainly have to search for them. I have yet to see a BBQ sauce that doesn't contain it, which is one of the reasons I always make my own.

I've said many times that sugar kills, and it does. HFCS also kills, and new research from the Baylor College of Medicine further confirms this.

It may sound overly simplistic, but sugar feeds cancer. In animal studies, researchers showed that consuming just a very modest amount of HFCS, the same amount in a 12-ounce sugar-sweetened soda, accelerates the growth of intestinal tumors.

Most of the negative research on sugar and HFCS has been focused on their contribution to our growing epidemic of obesity. This connection was confirmed again in this study. When the

animals were allowed to drink sugar- or HFCS-sweetened water, they all became obese. But they subsequently reduced the amounts of sugar/HFCS to a very modest amount (equivalent to that in a 12-ounce soft drink).

Like many cancers, colorectal cancer can take decades to grow to the point of being able to be diagnosed. It normally takes 20 to 30 years to progress from early-stage, benign tumors to aggressive cancer. In this study, researchers discovered that the intake of very modest amounts of HFCS accelerated this timetable. Colorectal tumors thrived and grew at a more rapid rate on the HFCS. This helps explain why over the last 30 years, we've started to see an increase in colorectal cancers in 25- to 50-year-olds in this country. The increase and frequency of soda consumption correlates directly with this finding.

Like many other health problems, cancer typically doesn't just pop up overnight. It often begins slowly and remains in the shadows. It's not uncommon for this to span over several decades. Although this is well known, it seems hard for most people to accept that fact that their health in the later years is often dependent on the habits of their youth. This is just another example of that fact.

For a long time, colorectal cancer was seen only in the elderly. Now it is starting to destroy our youth, just like other diseases that used to be signs of “old age” (heart disease, high blood pressure, obesity, diabetes, Alzheimer's, etc.) ■



Stop Tartar Buildup

Question: *The last few years I've gone to have my teeth cleaned, I've had a huge buildup of tartar. Even my dentist thinks it's excessive. I used to only need to go once a year for cleanings, but with so much tartar I now have to go every six months. I've even had to have a couple of deep cleaning sessions, which are pretty drastic. I don't know what has changed. Am I missing something in my vitamins and minerals? I know it might sound like a minor issue, but it's starting to irritate my gums and I want to stop it if I can. —H.M., Amherst, NY*

Answer: The bacteria in your mouth create a sticky plaque, which can then harden into tartar (also called calculus). Mechanically, you have to remove the plaque regularly by brushing for at least two minutes, twice daily. You also have to floss every day to remove any buildup at or just below the gum line. Most people don't floss regularly, and it's a huge mistake not to do so. If you don't know how to floss properly, ask your dentist at your next visit. You simply must floss. Brushing alone won't get the job done.

Additionally, once a week, pour hydrogen peroxide over the bristles of your toothbrush. (If you have or just got over a cold or other respiratory infection, rinse your toothbrush with peroxide every day until the infection is over.) Also once a week, gently brush your teeth with a small amount of hydrogen peroxide. Don't swallow; just spit it out when you're done. You can find inexpensive 3% hydrogen peroxide at your grocery store or pharmacy.

Next, I suggest addressing the bacteria situation in the oral cavity. Many types of plaque-forming bacteria love and feed on sugar. The more sweets and sugar you eat, the more you're feeding these bacteria. If you consume sugar, it's best to wash it down with plenty of water and even brush afterward if that is possible.

These bacteria, however, can't tell the difference between sugar and the natural sweetener xylitol. If

you chew gum, make sure it is xylitol-sweetened and doesn't contain sugar. Bacteria will consume xylitol, but are unable to utilize it for energy and growth. As such, the numbers of harmful bacteria will begin to decline. (I recommend using xylitol as a substitute for sugar in your coffee and for baking too.)

It is also helpful to use an oral probiotic after you've finished brushing and flossing your teeth. An oral probiotic (one that you let dissolve in your mouth) will help re-establish specific beneficial, competing bacteria in your mouth and upper respiratory tract.

A Little-Known Culprit

One other area that is very often overlooked when it comes to excessive tartar buildup is inadequate bile production. In the 1920s through the 1940s, there was a considerable number of observational reports related to bile production and the formation of tartar. It's surprising to me that it rarely gets mentioned anymore.

Over a 30-year period, dentist Dr. John Waters observed that almost every single patient with a chronic disease like diabetes or cancer also had an excessive buildup of tartar. In patients with dentures, their devices also had heavy deposits of tartar.

He also noticed that at least 90 percent these patients didn't like fatty meat. (Of the remaining 10 percent, roughly 5 percent liked bacon, if it was cooked crispy. This indicated they liked the matrix that supported the fat once the fat itself was rendered out with heat. The other 5 percent liked soft juicy fat like that found in beef steak, mutton, lamb, etc.)

When someone seems to totally dislike fat, it's because they can't properly digest it. Oftentimes, just the smell or thought of a fatty food will gross them out or make them feel nauseous. This is usually caused by a lack of digestive bile.

I won't go into extreme detail here, but in a nutshell, bile is made in the liver, stored in the gallbladder, and acts primarily as an emulsifier to break down fat molecules so they can be absorbed by the body.

Bile, along with the liver, spleen, and kidneys, is also necessary for proper elimination of toxins in the body. Bile is used by the liver to transport toxins through the digestive tract, where they can be expelled in the feces and the bile can be reabsorbed to be used again. Without adequate amounts of bile, excess toxins create a more acidic

environment throughout the body and in the blood.

For the last 40 years, I've searched for an underlying connection between low levels of bile and tartar formation, but I haven't been able to find it. However, when I was actively seeing patients, my observations were consistent with those of Dr. Waters and the other early health pioneers. Practically every patient with a chronic disease like cancer, diabetes, kidney problems, fatty liver/liver disease, etc., also had excessive tartar *and* a repugnance to fatty foods. More importantly, by having them take bile salts with each meal, their excessive tartar problem could be dramatically reduced or eliminated within a few months.

I would strongly suggest adding either bile salts or a digestive enzyme product that contains bile salts to your supplement regimen. Standard Process Laboratories sells the product Cholacol, Jarrow Formulas makes Bile Acid Factors, and Swanson sells Ox Bile.

Taking one or two tablets/capsules with each regular meal could make a world of difference. However, since each product contains different amounts/ingredients, you'll probably have to experiment with the actual amount to take with each meal.

I'm really shocked that the benefits of bile aren't more well-known or talked about. They are essential for someone who has had their gallbladder removed. And the shift in our diet over the

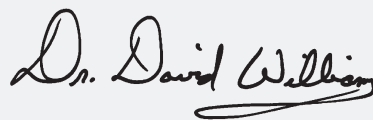
last several decades has made it an even more valuable tool.

The liver creates bile salts from cholesterol. Based on the false premise that dietary cholesterol was causing clogged arteries and heart disease, many people have reduced their consumption of cholesterol-containing foods like eggs, cream, cheese, and beef. Cholesterol is only found in animal fats, but many have stopped using fats like butter in favor of oils like olive, avocado, and coconut oils.

To make matters even worse, sugar consumption continues to increase and we're seeing more and more cases of fatty liver disease, even among the young. All of these trends can result in a reduction of bile production.

As you begin to increase your available bile, you will most likely see many other benefits, in addition to a reduction in tartar. Better fat digestion will reduce indigestion and improve your ability to assimilate not just fatty foods, but also fat-soluble vitamins and essential fatty acids. As a result, don't be surprised if you notice a significant difference in nighttime vision, an improvement in the softness and suppleness of your skin, and a big increase in your energy levels.

Until next month,



This Month Online



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