

The End of an Era...



As you have probably seen already, the envelope you received with the July 2019 issue of *Alternatives* also contained a letter announcing that the upcoming December issue would be the last printed edition of this newsletter.

I've been single-handedly researching and writing *Alternatives* for over 34 years (since July 1985). I've been doing this for most of my adult life. And while it's been the most gratifying endeavor of my life, it's also been a long road riddled with many bumps along the way. There were times when I wasn't sure if I would be able to continue, especially in the beginning. The first year I survived with only 13 subscribers paying a grand total of \$29 each. After doing the math, it becomes evident just how much of a struggle it was to get it off the ground. Regardless of any past obstacles, I wanted to let you to know I am disappointed and saddened about phasing out the print edition of *Alternatives*.

Times have clearly changed with the ability to provide editorial content online. The ever-escalating costs of printing, postage, list management, fulfillment, and other associated costs no longer make it financially feasible to continue the printed newsletter.

I know many of you have been loyal subscribers for years or even decades. It is your continued support and encouragement that have allowed me to follow my passion of providing cutting-edge information on safe and effective natural therapies from around the world. You've also given me the ability to source and provide some of the most unique and highest quality supplements available. I have been immensely blessed. For this, I sincerely thank you and will be forever grateful. I can think of no greater blessing in life than being able to help others live a healthier, longer, and more productive life.

This is not to say that everything ends in December. I will continue my research and writing with *Healthy Directions*, and new articles will be disseminated digitally, through my website and Facebook page. Look for additional updates in the remaining issues of *Alternatives*, on Facebook and my website www.drwilliams.com, and in my free weekly E-News emails, which you can sign up for on my website. My formulated nutritional supplements will also continue to be available.

This is certainly not a goodbye note from me. My website and social media sites offer the potential to reach and help even more individuals preserve or restore their health. That has always been, and will always be, my goal. I hope you will continue with me on that journey.

Dr. David Williams

Why You Should Love Your Appendix and Your Gut

Not long ago, I talked about vestigial organs that modern medicine feels are totally unnecessary and functionally useless. One of those organs was the appendix. Surgeons think nothing of removing the appendix, often commenting that, “a good appendix is a removed appendix.”

During other abdominal surgeries, it's now common to remove a non-inflamed appendix prophylactically to prevent the downstream risks and costs of appendicitis. In other words, since surgeons are already in there, they feel removing the appendix will save money and the need for future surgery if it becomes inflamed.

In my earlier article, I explained how the appendix not only works in conjunction with the ileocecal valve, but also plays a vital role in immune function. It does so by providing a reservoir of beneficial bacteria your body can use to help reestablish friendly “bugs” in the large intestine after bouts of infection or diarrhea.

Acute appendicitis remains the most common surgical emergency. Unfortunately, very often the symptoms are a direct result of either a closed or open ileocecal

valve. Most doctors have no clue where the ileocecal valve is or what it does...much less how to correct a malfunctioning one. Learning this simple technique could help prevent an unnecessary appendectomy and, based on new research and other recent studies, Parkinson's disease. I've provided complete details on my website and in past issues.

Past studies on the relationship between appendectomies and Parkinson's disease have been conflicting. However, in the largest study ever undertaken in this area, researchers found a clear association between appendectomies and the development of Parkinson's disease. The researchers presented their findings this past May at Digestive Disease Week in San Diego.

This study utilized data from over 62.2 million patient records gathered from 26 different health systems. They identified patients who underwent appendectomies and were then diagnosed with Parkinson's disease at least six months later.

Among the 488,190 patients who had undergone appendectomies, 4,479 (0.92 percent) developed Parkinson's. Of the remaining

61.7 million patients without appendectomies, only 177,230 (0.29 percent) developed Parkinson's. Using this data, it was determined that undergoing an appendectomy increased the risk of Parkinson's disease by over threefold.

This kind of study obviously only shows an association and doesn't actually prove that appendectomies cause Parkinson's. However, it is becoming increasingly clear that a disruption in the microflora in the gut is one of the triggers leading to Parkinson's disease.

In the early 2000s, German neuroanatomist Heiko Braak was doing post-mortem studies on human brains. He proposed that a “misfolded” form of protein (a-synuclein) spread from the gastrointestinal tract by way of the vagus nerve to the brain, where it selectively destroys certain nerve cells, leading to Parkinson's disease. This was just a theory until this past June. Researchers at John's Hopkins University tested Braak's theory in mice and found it to be valid.

Misfolded protein was injected into the gastrointestinal muscles of mice in locations that were densely innervated by the vagus nerve. Within a month after the

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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.

injections, the protein had traveled to the lowest part of the brain stem. Within three months, it had spread upward into the lower brain, and by seven months it was throughout the entire brain. ([Neuron 2019 June 26; pii: S0896-6273\(19\)30488-X](#))

This latest study clearly illustrated how destructive proteins and toxins in the gut have a direct pathway along the vagus nerve to the brain. It also helps explain the connection between appendectomies and Parkinson's.

I've written before about the importance of the gut-brain connection by way of the tenth cranial nerve and the impact it can have on your health. Human studies have shown that when the vagus nerve is severed, typically to treat ulcers, the risk of developing Parkinson's is reduced. ([Neurology 2017 May 23;88\(21\):1996-2002](#))

Obviously, no one is recommending this as a way to prevent Parkinson's. The vagus nerve plays numerous roles, by controlling unconscious body processes like heart rate and digestion.

It will probably take decades to fully understand the influence the microbiome has on disease and overall health. Actually, we may never fully comprehend it. However, significant discoveries that have practical applications are coming to light almost daily. Preventing Parkinson's is just one of many reasons why it's crucial to maintain a healthy gut by consuming fermented foods, fiber, and a quality probiotic.

Here's what a few other studies have recently revealed...

Restless Legs Syndrome

Small intestinal bacterial overgrowth (SIBO) is related to restless legs syndrome (RLS). The prevalence of SIBO in the general population is estimated to be about 15 percent. One small study found that it was present in 100 percent of those with RLS.

RLS is a condition where there is a constant urge to move the legs in an effort to overcome uncomfortable sensations. Since the only relief seems to come with movement, the condition worsens during inactivity and particularly when lying or sitting down. Trying to sleep can often be almost impossible.

I've found that relief can often be found by supplementing the diet with various minerals, particularly iron. Low levels of iron can reduce the amount of dopamine produced in the brain. Dopamine deficiencies trigger excessive muscle contractions. (The characteristic muscle tremors associated with Parkinson's disease are also related to lower dopamine levels.) It's interesting to note that dopamine levels are tied to our circadian rhythm and are naturally lower in the evening, when RLS symptoms are at their worst.

Minerals like iron require adequate amounts of stomach acid and a healthy gut overall for proper absorption. Obviously, a condition like SIBO impedes iron and mineral absorption.

Another factor that rarely gets mentioned with RLS is the widespread use of prescription and over-the-counter antacid drugs. Proton pump inhibitors (PPIs) are some of the highest selling

drugs in the US. They can reduce acid production by as much as 95 percent and are known to decrease the absorption of iron, calcium, magnesium, and B12.

It's also important to keep in mind that one of the primary roles of gastric acid is to protect against bacterial infection. When you lower gastric acid, not only do you make it harder to absorb crucial minerals, you're increasing the chances of pathogenic bacteria being able to survive and flourish in your intestinal tract. This can lead to SIBO and then RLS, and possibly Parkinson's further down the road.

Breast Cancer

New research out of the University of Virginia Cancer Center found that an inflamed gut causes breast cancer to become significantly more aggressive and spread more quickly to other parts of the body.

Researchers disrupted the microbiome of cancer-induced mice, which resulted in higher levels of inflammation throughout the body and within breast tissue. The inflammation enabled tumor cells to more easily and quickly move from the breast tissue into the blood and to the lungs, an area where breast cancer commonly spreads.

The results of an unhealthy microbiome were so predictable in this case that researchers felt microbiome health could be an early predictor of invasive or metastatic breast cancer. ([Cancer Res May 7 2019; doi:10.1158/0008-5472.CAN-18-3464](#))

I think it's interesting (scary actually) that the way researchers disrupted the microbiome in

these test animals was by treating them with antibiotics. Our society continues to look at antibiotics as harmless drugs that can be used with few, if any, long-lasting health consequences. Hopefully, that attitude will change sooner than later.

Cardiovascular and Diabetes Risk Factors

Increased levels of the bacterium *Akkermansia muciniphila* in the intestines has now been shown in humans to reduce several risk factors for cardiovascular disease, such as inflammation, metabolic syndrome, insulin resistance, high levels of reactive cholesterol, and the excess storage of fat. ([Nat Med 2019 Jul;25\(7\):1096–103](#))

Individuals with an abundance of *Akkermansia muciniphila* have been shown to have the healthiest metabolic profile as reflected by fat distribution, plasma triglycerides, and fasting plasma glucose levels. This explains why many of the compounds we've come to label as anti-aging have one thing in common: They all increase levels of this bacterium.

Akkermansia muciniphila breaks down mucus to produce a supply of short-chain fatty acids like butyric acid, the primary energy source for beneficial bacteria in the gut. Higher levels of this bacterium are also associated with increased fat metabolism and less fat storage.

Akkermansia muciniphila naturally makes up roughly about 3 to 5 percent of the bacterial community in the gut, and it appears that anything that increases those levels helps protect

our heart and arteries and may even help with weight loss.

Researchers in Belgium have developed a way to produce large amounts of *Akkermansia muciniphila* in the lab so it can be sold as a supplement. So far, they have tested a pasteurized version on both animals and humans with positive results, and they hope to have a commercial version on the market by 2021.

But you don't have to wait. I've been combing through the research looking for proven methods to increase levels of *Akkermansia muciniphila* naturally. It's not that difficult to do, and the process can be rather tasty.

Consuming polyphenols from the Concord grape is one pleasant method of raising *Akkermansia muciniphila* levels. Concord grape juice is easy to find, but most of the time it comes highly sweetened with sugar or high fructose corn syrup. However, you can also purchase Concord grape juice concentrate that, unlike grape juice products, has no added sugar, sweeteners, or fillers. Adding four or five parts water to one part concentrate will make a naturally sweet juice that's loaded with polyphenols. Several companies sell these concentrates. One I've used is Brownwood Acres, sold on Amazon or brownwoodacres.com.

Just a few years ago, the world was excited about the reported anti-aging effects of resveratrol, a component in grape juice and wine. Many of the reported benefits probably stemmed from the fact that resveratrol increases the growth of beneficial bacteria in the gut, improves the integrity of

the mucosal wall in the colon, and reduces overall inflammation.

Cranberry extract has also been shown to increase *Akkermansia muciniphila* levels. In animal studies, mice that were fed high levels of fat and sugar (the typical American diet) while being supplemented with cranberry extract had elevated levels of *Akkermansia muciniphila*, which improved gut barrier function while reducing inflammation, insulin resistance, and fat storage.

You can find cranberry juice extract from the same company mentioned earlier. There are numerous ways to use these concentrates. When I'm not adding any frozen fruit (like green bananas) to my morning protein shake, I will often add a tablespoon or so of Concord grape juice or cranberry concentrate. I have also added a teaspoon to my herbal tea or glass of ice water. In addition, you can add a little to homemade vinegar and oil salad dressing, over a fruit salad, or mixed with kefir, yogurt or ice cream.

You can also increase *Akkermansia muciniphila* levels through an increased consumption of oligofructose, which is an oligosaccharide—a group of carbohydrates (fiber) that fit somewhere in between simple sugars (monosaccharides) and starches (polysaccharides).

Oligofructose shouldn't be confused with sugar or fructose. Oligofructose is a soluble fiber (dissolves in water) found especially in bananas, garlic, onions, leeks, artichokes, asparagus, jicama, yacon, blue agave, eggplant, and chicory root. Oligofructose isn't broken down by human enzymes or

gastric acids, so it passes unchanged through the digestive system until it reaches the large intestine. At that point, it undergoes fermentation initiated by the bacterial flora and yields short-chain fatty acids. These fatty acids provide several health benefits.

For one, they increase *Akkermansia muciniphila* levels. Additionally, they lower pH and make the environment more acidic, which makes it difficult for pathogenic bacteria to survive but encourages the growth of beneficial strains of bacteria. The more acidic environment also aids in the absorption of calcium and other minerals, which remain more soluble at lower pH values. And short-chain fatty acids like butyrate are the energy source for the good bacteria in the gut.

There's no need to wait for an *Akkermansia muciniphila* supplement. You can start reaping the benefits of this latest research right now. The methods I've mentioned not only add a little variety to your diet, but provide tasty ways to reduce triglyceride levels, improve blood sugar levels while reducing inflammation, and decrease fat storage and accumulation throughout the body.

Fecal Transplants: The Secret to Anti-Aging?

Data from other recent research suggests that fecal transplants may provide a simple method of turning back the clock on the gut's immune system and eliminate a range of age-related health issues.

You've heard the saying attributed to Ben Franklin, paraphrased as "nothing is certain except death and taxes." When it comes to

aging, you could also say nothing is certain except a decline in the function of the immune system and problems associated with the gut. The two go hand in hand. As we age, the changes in our microbial composition parallel the decline of our immune system.

The gut is called the body's "second brain." This "brain" is made up of sheaths of neurons entrenched within the 30 feet of gut walls that stretch from the end of the esophagus to the anus. It contains over 100 million neurons, more than either the spinal cord or peripheral nervous system. Understandably, this second brain takes care of all the digestive processes without having to bother the first brain. But the size and sophistication of this second brain is far too complex just to make sure food gets digested and expelled from your colon. This is quite evident when you consider that 90 percent of the fibers in the main visceral nerve, the vagus, carry information from your gut to the brain instead of the other way around.

Recently we've come to realize that about 80 percent of the cells and tissue that make up the immune system reside in the gut.

Common sense would tell you that anyone with a healthy gut should have a far more robust immune system than someone with gut problems. That's what this new research found. More importantly, however, researchers also demonstrated in animals that an age-related decline in immune function is reversible, by changing the makeup of the bacteria in the gut.

Samples of the microbiome of young and aged mice were evaluated along with their immune function. Both the young and aged

mice were placed in the same housing. Rather than perform a fecal transplant procedure like used in humans, mice naturally sample the fecal pellets of other mice, in effect performing their own fecal transfer.

Testing revealed the makeup of the microbiome in the aged mice began to change to that of the young mice. And when the researchers retested their immune function and response, it was almost indistinguishable from that of the younger mice. They concluded that fecal transplants, probiotics, co-habitation, and diet could be effective ways to slow age-related health issues and preserve one's health. ([Nat Commun 2019 Jun 4;10\(1\):2443](#))

I'm not sure when someone will start testing what impact fecal transplants between healthy, young individuals and the elderly will have. I'm sure it will eventually happen. In the near future, I wouldn't be surprised to see a market develop for feces from younger individuals in superior health. Someone following a strict and healthy lifestyle might even be able to supplement their income by selling their "microbiome" to the elderly. Until that day comes, the take-away from this research is that you can slow the aging process and associated diseases by optimizing your gut health. Fermented foods, probiotics, increasing fiber from a wide variety of vegetables and fruits, and minimizing antibiotics and the use of medication whenever possible is something you can do now.

Over 2,000 years ago, Hippocrates was really onto something when he stated, "All disease begins in the gut."



Supplements to Help with Schizophrenia

Question: *Lately I've started to experience periods where I feel somewhat depressed for no apparent reason. It's hard to explain, but I also feel out of sorts, like I'm in a daze. I spoke with my doctor and she wants to put me on antidepressants and thinks I might have the very early symptoms of schizophrenia. Both the idea of taking antidepressants and the possibility of being schizophrenic scare me. Actually, they just make me even more depressed. From reading your newsletter, I know your thoughts about the dangers and side effects of antidepressants. Can you suggest alternatives I could consider or discuss with my doctor? — Kiley G.*

Answer: The early symptoms of schizophrenia are often ill-defined and so common that most of us experience them during certain periods of our life. This is one of the reasons many doctors can easily justify prescribing antidepressants to so many patients.

Unfortunately, it's impossible to fully understand your particular situation without more information. However, there are numerous natural supplements that many people have found to be extremely helpful in situations similar to yours.

Betaine

One supplement to look into is betaine, which is also called glycine betaine or trimethylglycine (TMG).

Studies have shown that individuals with schizophrenia have greatly reduced levels of betaine levels in both the brain and blood. And research has shown that when given as a supplement, betaine can cross the blood-brain barrier and return brain levels to normal. ([EBioMedicine 2019 Jul;45:432-46](#))

In the above study, "supplemental betaine was shown to not only improve cognitive deficits and behavioral abnormalities, it also reversed oxidative stress at the molecular level."

Oxidative stress is where free radical molecules are at such high levels that they can't be contained by

the body's antioxidants and they react with other molecules, triggering large-chain chemical reactions. Oxidative stress is one of the mechanisms that cause psychedelic drugs like PCP and methamphetamine to produce schizophrenic-like symptoms. Supplementing with betaine was shown to help alleviate these drug-induced symptoms.

TMG (betaine) is definitely one supplement that I would suggest looking into. Numerous companies, such as NOW Foods, have TMG products. It comes in 1,000 milligram tablets and the suggested dosage is three tablets a day.

Glutathione

Researchers have also found there are lower levels of glutamate and glutathione in the brains of those with schizophrenia. They were able to raise levels by using the compound sulforaphane, derived from broccoli spouts. (Sulforaphane "sticks" glutamate with another molecule to make glutathione.)

The research hasn't progressed to the point where dosages have been determined, or even if increased dosages translated to reduced symptoms of schizophrenia. Not surprisingly, the study focused on using a specific patented product in hopes of getting FDA approval.

I have been reporting on the benefits of glutathione for as long as I can remember. Every single study involving glutathione that I've read over the last 40 years has never mentioned any downside of increasing glutathione levels. In fact, over 15 years ago, I outlined how raising glutathione levels was one of the most important things you could do to reverse the aging process. Research continues to support what I said then: "Individuals who, by whatever means, are able to maintain high levels of glutathione remain the healthiest and live the longest."

The only time you probably wouldn't want to increase glutathione levels would be if you were actively fighting cancer. Glutathione is one of the strongest antioxidants in the body's arsenal and it helps neutralize excess H₂O₂ (hydrogen peroxide). H₂O₂ aids in cell suicide, which is necessary in destroying cancer cells. Glutathione can lessen this effect. Under normal conditions, when not fighting active cancer, glutathione neutralizes carcinogens and helps prevent cancer.

The most inexpensive methods of raising your glutathione levels are to routinely consume cruciferous vegetables, use whey powder, and take the supplement NAC (N-acetylcysteine) daily.

Zembrin

I've also had extremely good luck with an extract called Zembrin, from the South African succulent plant *Sceletium tortuosum*. I've written in detail about this product in the past (March 2013 issue). It has been used safely and successfully for over 300 years. It doesn't have any dangerous side effects, nor is it addictive. As little as 25 milligrams a day can have a very profound effect in alleviating depression and enhancing cognitive ability. As a side benefit, it appears to help with weight loss.

Matcha

Another natural method of combating depression and anxiety is matcha tea, which has a very long history of being used in Japan for relaxation, preventing obesity, and treating skin conditions. Similar in ways to Zembrin, matcha, from the leaves of the *Camellia sinensis* green tea bush, activates serotonin and dopamine receptors in the brain. Matcha is available as a tea or powder. The 100 percent powder from ground leaves, while more effective, also contains higher levels of caffeine.

Finally, my last suggestion is that you not overlook the importance of a balanced gut microbiome. As I discussed many times, poor gut health directly influences the brain through the vagus nerve and is probably one of the most overlooked causes of fluctuating moods, fatigue, inflammation, and dozens of other issues that can make one feel "out of sorts."

Probiotics and Cancer

Question: *Last month, you said one of the things you would add for treating cancer was a quality probiotic supplement. Did you say that because you're a strong proponent of probiotics, or because they have a direct effect on cancer cells? I ask because lately I've been reading articles that say probiotics are being overhyped and may be even dangerous. —Timothy S.*

Answer: That recommendation was based on solid research data, thousands of years of historical anecdotal reports, and common sense. (This should be obvious from the lead article in this issue.)

When it comes to cancer, the research has shown that an inflamed intestinal tract causes cancer to become far more invasive and spread faster to other parts of the body.

Having an unhealthy gut microbiome increases the number of immune cells called macrophages and the amount of the structural protein collagen in and around

a cancerous tumor. The levels of these components have been shown to be predictors of just how invasive or metastatic a cancer will be. In a recent study, scientists clearly demonstrated this.

Repeated doses of antibiotics were used to disrupt the gut bacteria of test animals with breast cancer. This created an inflamed environment in which they found the tumor cells were much more able to spread from the initial tumor into the blood and to the lungs.

In this particular study, it was noted that the researchers didn't feel antibiotics were dangerous and should be avoided. They only used them in this manner because it was one of the quickest ways to create an imbalance in the bacteria in the gut.

The study clearly shows that a disruption in the normal and beneficial bacteria in the gut can lay the foundation for creating an even more dangerous case of cancer. I also think it's important to take note of the fact that this was triggered with antibiotics. Obviously, the doses given in this study would be more than someone would receive by taking a normal round, or even several rounds, of the drug. However, chronic and repeated use can certainly disrupt a healthy microbiome.

Other research I've covered in the past has shown just a single round of antibiotics can disrupt a healthy microbiome in many cases for as long as a year. Antibiotics need to be used very judiciously. I wouldn't be surprised to see future research linking their overuse to an increased risk of cancer.

The Best Type of Infant Formula

Question: *I will be having another baby soon and while I intend to breastfeed, I had a difficult time with my previous child. After about a month, I had to switch to formula. I know you recommend making the formula outlined by the Weston Price Foundation. I tried that, but I had to work and it was too time consuming. Are there any other options? — M.T.*

Answer: I was raised and lived most of my life in agricultural settings. One thing that seems to be an undisputed "truth" in agricultural communities is that goat milk is the universal milk.

Goat milk, particularly raw, can be easily absorbed by practically all mammals. In this country, most of us have been brought up on milk from cows, and the thought of drinking goat milk is foreign. That's not the case in many other parts of the world. In fact, it has been consumed for thousands of years. Even the Bible refers to it (Proverbs 27:27), "You shall have

enough goats' milk for your food, for the food of your household, and the nourishment of your maidservants."

Years ago, I was able to meet Dr. Bernard Jensen, a strong proponent of goat milk who wrote a book called "Goat Milk Magic." It's out of print now, but an excellent primer on the subject.

I can't tell you how many times we've used goat milk to feed an orphaned deer, calf, pig, or other animal. It's also excellent for human infants—even better than cow milk.

It is easier to digest, partially because it is naturally homogenized. Homogenization is the process where fat droplets are emulsified or broken down so they don't separate. Cow milk has larger fat molecules so it has to be homogenized so the cream doesn't separate from the other parts of the milk. Unlike cow milk, the fat molecules in goat milk rarely form a cream layer. The smaller fat molecules in goat milk are closer to those of human milk and typically easier for infants to digest. Some reports say an infant can digest goat milk within 20 minutes, but cow milk can take several hours.

Additionally, goat milk contains 7 percent less lactose than cow milk, and most people with lactose intolerance can tolerate goat milk. There are far fewer allergies to goat milk than there are cow milk.

Estrogen is a factor that contributes to certain cancers, and goat milk has lower concentrations of estrogen than cow milk. Goat milk also contains a higher concentration of beneficial fatty acids like butyrate that feed beneficial bacteria and promote overall colon health.

In the 1980s, a hot topic was the idea that xanthine oxidase

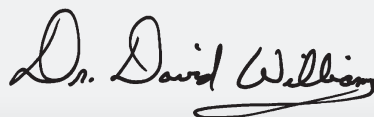
(XO) found in milk was linked to atherosclerosis. Subsequent studies revealed that commercial processing of milk destroyed about 83 percent of XO. However, goat milk and goat cheese were found to contain very low or no XO.

Elsewhere in this issue I talk about the benefits of oligofructose. Researchers recently found 14 naturally occurring oligosaccharides, like oligofructose, in goat milk. It has six times the oligosaccharides of cow milk. Five of these are also found in human breast milk. When compared to cow milk, the oligosaccharide composition of goat milk makes it closer to human milk. By promoting beneficial bacteria and inhibiting the ability of harmful bacteria like pathogenic *E. coli* from attaching to human intestinal cells, goat milk can help prevent diarrhea. One-third of all cases of diarrhea in children are attributed to pathogenic *E. coli* bacteria.

For all these reasons, I believe a goat milk formula is probably your best option.

For years, high-quality goat milk infant formula has been available in Australia, sold under the brand name Oli. Recently, a few goat milk formulas have made it onto the US market. Currently, I believe the best one is from Kabrita USA. It's now available online, at Whole Foods Market, Sprouts Farmers Market, and other outlets. They have a store locator on their website, kabritausa.com. (You may also run across a similar product from Kabrita called Organic Start. It's their European version, and not one I'd suggest using.)

Until next month,



This Month Online

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