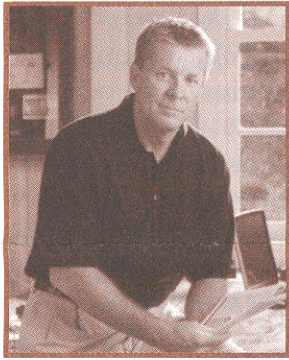


# Alternatives<sup>®</sup>

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

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Dr. David G. Williams

## Longevity Is on the Menu

Several decades ago, I read an interview with an elderly gentleman named Charlie Smith. At the time, he was considered to be the oldest living individual in America. Charlie Smith claimed he came

to America on a slave ship but managed to survive and was in good health, ostensibly at the age of 130. The obvious question was Charlie's secret to longevity, primarily his diet. He said he ate sardines—"lots of sardines" with crackers.

Like many, I had always associated sardines with tramps, hobos, and the like. As kids, my friends and I were constantly "exploring" around grain elevators, railroad tracks, and bridges, and that's where we always found sardine cans. I certainly never found them in our pantry at home.

Several years later, I had a patient in his 80s who attributed his good health to sardines. He told me that after regularly eating sardines for 20 years, he noticed some remarkable changes. His eyesight improved to the point that he rarely needed glasses to read anymore. His memory improved. His chronic joint pain and stiffness were gone. His skin was no longer hard and dry; he was no longer short of breath; his asthma symptoms disappeared; and his energy level was much greater. That's when I started to take this "hobo" food a little more seriously.

### Tiny Fish, Big Gains

In the beginning, it was difficult to find much research on sardines. However, based on what little I was able to find, I instantly became a believer in their healing ability and an ardent consumer of them. There are dozens of tins in my pantry now,

and you'll even find them in my boat and truck, and on my motorcycle. When you realize just how beneficial sardines can be, I hope you'll include them in your diet as well.

In the 1970s, Dr. Benjamin Frank published a book called the *No-Aging Diet*. He detailed various studies, animal and human, in which several benefits were gained when nucleotides were increased in the body.

Nucleotides are sub-units, or building blocks, from which your body creates RNA and DNA. DNA carries the genetic information, or codes, for making various proteins in the body, and RNA assists in the process. Together they are crucial in your body's ability to repair itself, form new tissue, maintain a strong immune system, and perform many other important functions.

Under ideal circumstances we'd get all the nucleotides we need from our food. Research has found that breast milk is very high in nucleotides and extremely important in increasing the newborn's ability to fight infections. Until recently, nucleotides were considered "non-essential" since it was thought that our bodies could make them, and we didn't have to get them from our diet. Researchers have begun to



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*You will observe with concern how long a useful truth may be known and exist, before it is generally received and practiced on.—Benjamin Franklin*

question this, and it is now common to fortify infant formula with nucleotides. Unfortunately, there hasn't been the same urgency to educate adults on the need to fortify their diet with nucleotides. (*J Nutr* 94;124(1Suppl):160S-163S) (*Eur J Clin Nutr* 02;56(Suppl3):S1-4) (*Opin Clin Nutr Diet Care* 98;1(6):527-30)

In our younger years it may be possible to obtain enough quality nucleotides strictly from diet. Our digestive systems are more efficient. But as we get older, we start to lose our ability to digest, assimilate, and convert these necessary building blocks and energy producers. Unfortunately, it is also during these later years that we crucially need these byproducts to make necessary repairs, keep our immune system operating, and maintain our health.

Dietary nucleotides won't stop the aging process, but they certainly appear to slow it and preserve health along the way. In practically every instance where I've seen or received descriptions of someone on a high-nucleotide diet, that person appears to be much younger than their age. Nucleotides:

- Help neutralize toxins;
- Increase skin elasticity;
- Increase the body's ability to heal and repair;
- Enhance the effects of antioxidants;
- Improve the response and efficiency of the immune system; and
- Increase cellular metabolism and the production of cellular energy.

Animal studies have shown that when nucleotides are increased there is a dramatic increase in the body's ability to fight infections. Animals supplemented with RNA and then injected with virulent strains of bacteria were able to survive, while untreated animals succumbed to the infection. RNA stimulates the production of acetylcholine, a brain neurotransmitter, and dietary nucleotides can help fight memory problems and senility in the aged. Cancer patients who've taken additional dietary nucleotides have increased strength and defenses for dealing with the disease. Hospital stays have been significantly reduced through the use of nucleotides, and critically ill patients have exhibited stronger immune responses and shorter healing times when given additional nucleotides. (*Arch Surg* 86;121(2):169-72) (*J Nutr* 94;124(1Suppl):124S-127S) (*J Nutr* 94;124(8Suppl):1442S-1446S)

Just how powerful a nucleotide-rich diet can be was illustrated when researchers intentionally placed select patients on a diet deficient in nucleotides. Their immune system function was suppressed to such a degree that the suggestion was made to use nucleotide restriction in organ transplant patients, because immune suppression is necessary to avoid organ rejection. (*Arch Surg* 90;125(1):86-90)

When Dr. Frank released his book, it was followed by a supplement product containing nucleotides, fish oil, and arginine. The popularity of the product was somewhat short-lived, and there was a considerable amount of controversy over his diet to increase nucleotides.

One issue of concern was the possibility of increased amounts of uric acid being produced in the body. Any excess nucleotides that aren't converted to RNA or DNA or utilized for energy production are broken down into uric acid. Uric acid can trigger gout symptoms and has been associated with kidney stones. Dr. Frank never reported that any of his patients or followers experienced such problems, but he nonetheless recommended they increase water intake and have uric acid levels monitored if they had a history of gout.

Several foods are known for their high nucleotide content: sardines, brewer's yeast, anchovies, mackerel, lentils, most types of beans, animal liver, and oysters. The green alga chlorella is also high in nucleotides, as is the blue-green alga spirulina. (The nucleotide content of spirulina is just one of the reasons I made it an essential element of my Daily Advantage formulation.)

## Versatile, and Tasty to Boot

Sardines are by far one of the richest sources of nucleotides. They are also a good source of omega-3 oils, vitamin D, and calcium. By now, everyone is aware of the benefits to the heart and circulatory system, and the anti-inflammatory benefits associated with omega-3 oil consumption. (Chlorella reportedly contains more RNA than sardines. But when it comes to nucleotide variety, fatty acids, and other essential and synergistic components, sardines are hard to beat. They are also a readily available, healthy "meal in a can.")

Sardines are smaller ocean fish, so the problem with mercury and other contaminants isn't an issue. This has been a problem in larger fish,

which live longer, allowing more time to accumulate these toxins.

Sardines don't enjoy the popularity of other canned fish such as tuna, so they are reasonably priced. It's still not unusual to find two tins for less than \$1 in some places. (I hope this little anti-aging secret doesn't become too popular and drive sardine prices through the roof. Hopefully, the Atkins crowd won't suddenly notice they're a no-carbohydrate food.)

Even if you don't want to slow the aging process, increase your lifespan, or improve the smoothness and elasticity of your skin, sardines' compact size and high nutritional value makes them a great backpacking or survival food. (Speaking of backpacking or survival, the lid can be a very effective makeshift cutting tool. The empty tin can be used as a cup, a plate, or even as a surface for cooking a quick scrambled egg.) Sardines are also a healthy substitute for hospital or cafeteria food. And, with a few crackers, they're the perfect food to travel with on airplanes.

If you look at the list of high-nucleotide foods above, you'll notice that every one has been praised by health pioneers. Brewer's yeast, or nutritional yeast, is a fantastic product. (I like KAL brand yeast flakes and also the Nutritional Yeast Flakes put out by Frontier Natural Products Co-op. KAL is available in health food stores. You can contact Frontier at [www.frontiernaturalbrands.com](http://www.frontiernaturalbrands.com) or at 800-669-3275.). Mixed in a small cup of hot water with a bit of seasoning, nutritional yeast makes a delicious "soup" full of B vitamins and minerals. The other foods mentioned above—lentils, beans, liver, and oysters—have been praised for their vitamin and mineral content, as well as other "intrinsic" factors. Sardines just happen to be at the top of the list.

## Your Two-Tin Health Plan

I would strongly suggest regularly adding sardines to your diet—one tin at least twice a

week. I've eaten delicious sardines in Thailand, France, Australia, and practically all over the world. Surprisingly, the least-expensive brands are often the tastiest. (I intentionally avoid the gourmet, skinless, boneless sardines. Not only are they less nutritious, they are less flavorful as well.) You can purchase sardines in vegetable oil, olive oil, mustard sauce, tomato sauce, or hot sauce, or even smoked. I like the mustard and hot-sauce varieties best, but they're all good to me. Experiment and find your own favorite.

Fresh sardines are considered a healthy oily fish, and it's not hard to find good recipes for preparing them. I simply grill them with a little olive oil, lemon juice, and lemon pepper. Rarely do I have a chance to get fresh sardines, so my consumption is mainly limited to the canned variety. Canned sardines happen to have almost 1-1/2 times the nucleotides as the fresh variety anyway.

If you envy those who seem to miraculously turn their health around, begin to look half their age, and then live in excellent health to 100 or older, I strongly suggest you make canned sardines a regular part of your diet. For about 1/10 the cost of most fast-food meals you can substitute a tasty tin of sardines a couple of times a week. And, it may be one of the least expensive and easiest ways I know of to put the brakes on the aging process and all the problems that accompany it.

## Blood Sugar Rising

A very powerful tool that can help lower abnormally high blood sugar levels is cinnamon. I've been recommending the routine use of cinnamon for years now. It's one of the ingredients in my morning health shake. Recent studies have added so much support to this idea that you could now call cinnamon "the poor man's insulin." And with the full-blown epidemic of diabetes that we'll continue to see for years to come, the world will need a form of insulin for the poor.



### ALTERNATIVES™

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