

Townsend Letter for Doctors & Patients 1999-2003 Subject Index

A – B

1,4-butanediol, supplement warning #195 p.156
AA oxidopathy #186 p.92-102
AA oxidopathy, arrested growth in children #201 p.52-62
AAACa (active absorbable algal calcium), bioavailability #229 p.110-14
Abandonment, homeopathy #239 p.152+
AbioCor, artificial heart #209 p.14
Abscopal antitumor effect #238 p.37
Abstracts, Haworth Press #228 p.116
Abstracts, misinformation #197 p.34
ABVA-1 (purified phosphatidylcholine), immune function #225 p.52-55
Academic decline, nutrition #201 p.108-11
Academic performance, gender #205 p.106+
Access to Medical Treatment Act #196 p.134+, #199 p.126+
Accidents, homeopathy #204 p.42-51
Acetaminophen, asthma #211 p.159
Acetyl-L-Carnitine, neuron-brain effects #229 p.125-26
Acetylcholinesterase inhibitor, sage oil #202 p.151
Achlorhydria, inositol hexaniacinate #235 p.72-5, #238 p.70-71
Acidosis, enzyme therapy #233 p.90-94
Acne, DHEA #225 p.30
Acromelic gangrene, Chinese medicine #241 p.48-51
Acupressure #186 p.36-37
Acupressure, back injury #201 p.130-31
Acupressure, cold prevention #233 p.130-31
Acupressure, ear #192 p.124-25
Acupressure, heart #191 p.20-21
Acupressure, heart attacks #209 p.33-34
Acupressure, home care #189 p.40-41
Acupressure, indigestion #215 p.150-51
Acupressure, low blood sugar #205 p.34-35
Acupressure, lower back pain #208 p.32-33
Acupressure, neck/shoulder pain #199 p.38-39
Acupressure, pain relief #190 p.22-23
Acupressure, self-care #202 p.140-41
Acupressure, sore muscles #210 p.134-35
Acupuncture, anxiety treatment #205 p.96
Acupuncture, asthma/respiratory illness #245 p.127-28
Acupuncture, California training law #233 p.21
Acupuncture, Cuba #226 p.22-24
Acupuncture, dizziness/vertigo #244 p.146-47
Acupuncture, drug detoxification #216 p.78-80+
Acupuncture, Five Element #201 p.116-25
Acupuncture, hypertension #229 p.60-66
Acupuncture, low back pain study #187 p.37
Acupuncture, migraines #187 p.12-13
Acupuncture, osteoporosis #238 p.133
Acupuncture, piriformis syndrome #240 p.136-37
Acupuncture, senile dementia #228 p.38-42
Acupuncture, sports injuries #240 p.68-70
Acupuncture, Tai Sophia Institute community program #216 p.84-86
Acupuncture, warm needle #234 p.136-37
Acupuncture-moxibustion, AHDH #243 p.48-50
Acupuncture degree, University of Bridgeport (Connecticut) #193 p.56
Acupuncture Stimulator #207 p.101
Acute myocardial infarction, intravenous magnesium #237 p.114
Adams, Patch, MD #187 p.77-78
Adaptation, humans & diet #228 p.126
Adaptogens, adrenal function #220 p.65-68
Addiction, aspartame #198 p.52-57

Addiction, dopamine #216 p.59
Addiction, energetic healing #186 p.116
Addiction, medical intuitive #233 p.132-35, #241 p.145, #243 p.142
Addiction, nutrition #216 p.60+
Addiction, sugar #240 p.86-90
Addiction, treating with drugs #216 p.59
Addictions, nutrient deficiencies & supplements #235 p.136+
Adolescent behavior, prenatal and early childhood home nurse #216 p.69; #243, p.42
Adolescent emotional problems, child abuse #201 p.48
Adolescents, chronic fatigue syndrome #220 p.100
Adrenal fatigue, adrenal cortical extracts #209 p.83-87
Adrenal fatigue, chronic fatigue #243 p.164-65
Adrenal function, adaptogenic herbal compounds #220 p.65-68
Adrenal function, Jonathan Wright protocol #223 p.24
Adrenal glandulars, fatigue #245 p.118-20
Adrenal insufficiency, DHEA #205 p.32
Adrenal insufficiency, hypoglycemia #244 p.141-42
Adrenal insufficiency, nutrition #220 p.52-53
Adrenal-immune disturbance, pets #237 p.58-61
Adrenals, breast cancer #207 p.26
Adrenals, sleep #209 p.42
Adriamycin, cardiac toxicity #186 p.77
Advanced glycosylation end products, aging theory #223 p.126-28
Adverse drug events, prevention #199 p.156
Advertising, pharmaceutical drugs #205 p.93-94
Aesthetics, healing #202 p.18
Africa, AIDS #225 p.116-17
Africa, traditional diets #201 p.17, #205 p.103
African Americans, vitamin D deficiency #235 p.179
African shamans #227 p.121
Aggression, dietary lithium #232 p.164
Aggression, homeopathy #192 p.52+, #201 p.28-30, #205 p.19
Aggression, low cholesterol #214 p.30
Aggression, natural environment #240 p.28
Aggression, serotonin #192 p.24
Aging #211 p.55, #223 p.146
Aging, alpha-lipoic acid #223 p.126-28
Aging, anti-aging conference #239 p.20-21
Aging, blueberries #197 p.21
Aging, cognitive deficits #186 p.66
Aging, copper/zinc ratio #187 p.44
Aging, excess carbohydrates #186 p.66
Aging, health habits #208 p.122-23
Aging, hyperbaric oxygen therapy #192 p.68-69
Aging, mental activity #187 p.63
Aging, mitochondrial dysfunction & supplements #235 p.102-06
Aging, psychoneuroimmunology #198 p.98-104
Aging, Serafina Corsello, MD #198 p.16
Aging, skin health #238 p.146-48
Aging, wrinkles #191 p.103
Aging, yoga #229 p.153
AgION Technologies, mold-resistant steel #226 p.30
Agriculture, antibiotic use #203 p.26-27
Agriculture, chemical use #186 p.70, #210 p.38-41
Agriculture, community supported #190 p.124-25
AHCC® (Active Hexose Correlated Compound), immune system #227 p.54 #239 p.23
AHCC® (active hexose correlated compound), #228 p.94+
AHCC® (Active Hexose Correlated Compound), liver cancer study #233 p.20
AHCC® (Japanese mushroom extract), post-traumatic stress #221 p.68-72
AIDS #225 p.14, #228 p.114
AIDS, Africa #225 p.116-17, #225 p.56-59

AIDS, alternative treatment #186 p.18-22
AIDS, argument against HIV etiology #203 p.58-64, #204 p.82-90
AIDS, Bastyr's research #199 p.145
AIDS, CAM therapy #226 p.124
AIDS, candidiasis #189 p.28
AIDS, causes & treatment #225 p.119-20+
AIDS, Chinese herbal medicine #225 p.156-159, #225 p.16-17
AIDS, coconut oil #225 p.127-28+
AIDS, *Coriolus versicolor* #204 p.28
AIDS, DHEA #222 p.22
AIDS, diarrhea & gluten-free diet #225 p.30
AIDS, distant healing #225 p.36+
AIDS, drug therapy compliance #204 p.21
AIDS, Duesberg theory #225 p.18
AIDS, ethnobotanics #225 p.32-34
AIDS, gluten-free diet #207 p.33
AIDS, holistic protocols #190 p.78, #191 p.80+
AIDS, International AIDS Conference in South Africa #205 p.152
AIDS, mycoplasma #225 p.20
AIDS, natural protocols #209 p.106-09
AIDS, naturopathic approach #204 p.22
AIDS, nutrient therapy #225 p.60-62+
AIDS, nutrition #187 p.15, #219 p.119, #225 p.116-17
AIDS, orthomolecular treatment #207 p.66-73
AIDS, prayer/distant healing #191 p.38
AIDS, protease inhibitors #207 p.77-80, #209 p.101
AIDS, psychosocial factors #225 p.36
AIDS, selenium #225 p.30
AIDS, selenium deficiency #209 p.94-99, #232 p.137+
AIDS, stress #225 p.36
AIDS, stress management training #225 p.38
AIDS, thalidomide #225 p.118
AIDS, ultraviolet photo-oxidation #203 p.120
Air cleaners, Clean Air Plant #204 p.26
Air pollution (indoor), multiple chemical sensitivity #229 p.115-17
Air pollution (petrochemical), West Nile virus #228 p.64-76
Air pollution, antioxidants #190 p.28
Air pollution, asthma #234 p.27
Air pollution, Twin Towers destruction #226 p.31
Air pollution, vitamin D synthesis #241 p.46
Air quality, CAP Clean Air Plant #210 p.150
Air travel, cardiovascular events #204 p.34
Albarin, FDA cancer clinic raid #223 p.24
Albizia lebbek, allergies #214 p.54-57
Alcohol, arrhythmias #197 p.144
Alcohol, breast cancer #204 p.170, #207 p.135+
Alcohol, over-the-counter drugs #186 p.68
Alcohol craving, glutamine #216 p.14
Alcohol testing, trauma units #240 p.28
Alcohol withdrawal, nutritional supplements #216 p.132+
Alcoholic cirrhosis, SAME #202 p.24
Alcoholism, anxiety & depression #216 p.69
Alcoholism, gamma-hydroxybutyrate #216 p.14, #219 p.97
Alcoholism, medical intuitive #233 p.132-35
Alcoholism, parental caring #216 p.68
Alcoholism, treatment #216 p.62-67
Aldactone, heart failure #195 p.30
Alfalfa tablets, lupus #193 p.29
Alkylglycerols, immune support #213 p.84-86
ALKYROL, immune support #213 p.84-86
Allergic drug reactions #222 p.118-21

Allergic rhinitis, Chinese herbal medicine #214 p.52-53
Allergic rhinitis, natural solutions #214 p.36-38
Allergic rhinitis, phytotherapy #214 p.54-57
Allergies #214 p.12, #214 p.131, #237 p.120
Allergies, air duct cleaning #203 p.148
Allergies, asthma #234 p.114
Allergies, bio-energetic therapy #214 p.90-92
Allergies, bioresonance #245 p.52-57
Allergies, dehydration #214 p.128-29
Allergies, dust mites #196 p.63
Allergies, emotional expression #192 p.34
Allergies, genetically engineered food #219 p.14
Allergies, kinesiology #228 p.84-87, #231 p.89
Allergies, laughter #216 p.13+
Allergies, Merck Manual #192 p.30
Allergies, multiple personality disorder #214 p.49
Allergies, neonatal immune system #223 p.94-98
Allergies, nutrients #214 p.158+
Allergies, provocation neutralization #191 p.32, #196 p.52, #233 p.113-16+
Allergies, quantum medicine #214 p.45-47
Allergies, schizophrenia #216 p.100
Allergies, vaccinations #220 p.12
Allergies, wheat & sugar-free diet #225 p.141
Allergies, yellow dye tartrazine #214 p.22
Allergy medicine, contaminants #226 p.110+
Allicin #186 p.54-59
Allopathy, detoxification #234 p.96-97
Aloe vera (Albarin), cancer #223 p.24
Alpha-lipoic acid, aging #223 p.126-28
Alpha-lipoic acid, burning mouth syndrome #240 p.32
Alpha-lipoic acid, diabetic neuropathy #208 p.28
Alpha-Stim (cranial electrotherapy stimulator), fibromyalgia #220 p.120
Alpha-tocotrienol, NIH neuro-degenerative disease study #231 p.21
Altered states of consciousness, healing #202 p.16
Alternative laboratory modalities #245 p.14
Alternative Link, CAM procedural billing codes #199 p.126+
Alternative medicine (See also Complementary & alternative medicine) #191 p.106
Alternative medicine therapies, measurement (SF-36) #186 p.24-25, #187 p.113
Alternative medicine, AMA #203 p.42
Alternative medicine, cancer treatment in Denmark #217 p.57-66
Alternative medicine, IBIS software #192 p.16-17
Alternative/holistic practitioners, Vermont #187 p.33, #197 p.123-25
AlternativeMentalHealth.com #213 p.94
Altitude sickness, *Ginkgo biloba* #240 p.30
Altitude stress #204 p.34
Aluminum #187 p.98-100
Aluminum, diabetes #197 p.113
Aluminum, high-acid diet #191 p.92
Alzheimer's disease, acetylcholine deficiency #243 p.142
Alzheimer's disease, alternative therapies #228 p.14
Alzheimer's disease, Aricept #228 p.20
Alzheimer's disease, caregiver perspective #228 p.122-25
Alzheimer's disease, Chinese medicine #228 p.38-42
Alzheimer's disease, colostrum #187 p.63
Alzheimer's disease, environmental illness #228 p.24
Alzheimer's disease, estrogen #191 p.124, #204 p.168
Alzheimer's disease, genetic factors #228 p.20
Alzheimer's disease, *Ginkgo biloba* #210 p.140, #225 p.144-45
Alzheimer's disease, H. Hugh Fudenberg, MD's immunological #228 p.22
Alzheimer's disease, herbs & supplements #237 p.134-35; #244 p.136-38
Alzheimer's disease, idea density #228 p.34

Alzheimer's disease, music #213 p.16
Alzheimer's disease, naturopathic approach #216 p.38-40
Alzheimer's disease, non-vocational activities #228 p.35+
Alzheimer's disease, prediction #228 p.22
Alzheimer's disease, prevention #228 p.56-62
Alzheimer's disease, prevention & herbal treatment #228 p.49-54
Alzheimer's disease, preventive drugs #244 p.24
Alzheimer's disease, risk factors #214 p.111+
Alzheimer's disease, turmeric #232 p.154
Alzheimer's disease, walking & talking #228 p.36
Alzheimer's disease, women #228 p.165-67
Amalgams, FDA #234 p.88
Amalgams, lawsuits #217 p.26
Amalgams, nanocolloidal-detox-factors formula #232 p.86-88
Amalgams, removal & homeopathy #210 p.34-37
Amalgams, toxicity #203 p.94-100
Amazon rainforest #223 p.14
Amazon rainforest, botanical diversity #221 p.101-02
American Academy of Anti-Aging Medicine #196 p.138+, #226 p.18-20
American Academy of Anti-Aging Medicine, 10th Congress #239 p.20-21
American Association for Cancer Research, 92nd annual meeting #215 p.26
American Association of Homeopathic Pharmacists (AAHP) #187 p.36
American Association of Oriental Medicine #234 p.101
American Association of Oriental Medicine, herbal medicine #215 p.18
American Association of Pharmaceutical Scientists, herb-bashing #233 p.120
American Biologics' 12th International Symposium (Lisbon, Portugal) #207 p.48-55
American Biologics' 14th International Symposium (Rhodes, Greece) #225 p.26, #231 p.134-38
American Biologics, international symposium in Malta #211 p.56, #219 p.30-34
American Board of Holistic Medicine (ABHM), certification exam #204 p.119, #205 p.140
American Cancer Society, cancer treatments #216 p.20-21
American College for the Advancement in Medicine (ACAM), FTC #191 p.98, #192 p.114, #197 p.86
American College of Nurse Midwives (ACNM), cesarean sections #209 p.18
American Consumer Health Network, CAM providers #186 p.123
American Heart Association, diet #229 p.26; #240 p.111
American Hospital Association, SUNY CAM education #196 p.54
American Medical Association #231 p.100
American Medical Association, alternative care referral resolution #203 p.42
American Medical Association, journal editor #195 p.24
American Medical Association, membership decline #215 p.34
American Medical Association, opposition to naturopathic #235 p.146
American Nutraceutical Association #209 p.104-05
American Preventive Medical Association (APMA) #190 p.116-19, #202 p.20+, #211 p.18-19
American Preventive Medical Association, political action #193 p.154+
American Society of Clinical Oncology, 38th Annual Meeting #229 p.36
American Sovereignty Restoration Act, nutritional supplements #221 p.92
Amino acid testing #245 p.38-42
Aminoglycoside therapy, vitamin B12 to prevent hearing loss #220 p.12
Amniocentesis #195 p.22
Amoebic infections, rheumatoid disease #193 p.28
Amoxicillin, strep throat #190 p.36
Amrit Protection, Ayurvedic herbs for chemotherapy side effects #205 p.134-38
Amyotrophic lateral sclerosis, Edgar Cayce recommendations #193 p.26
Amyotrophic lateral sclerosis, genetically modified treatment #207 p.28
Amyotrophic lateral sclerosis, injectable liver extract #219 p.98
Amyotrophic lateral sclerosis, psychological status #244 p.148
Anal itching (pruritis ani) #197 p.36
Andrographis paniculata, immune system #225 p.22
Andrographis, colds/sinus infections #234 p.36-39
Androstenedione, pollution #219 p.15
Anemia, Chinese herbs #198 p.28
Anemia, liver supplements #233 p.109+
Anemia, zinc #196 p.66

Anesthesia, dietary factors #190 p.24
Anger, atherosclerosis #190 p.33
Anger, blood pressure #221 p.51
Anger, cardiovascular events #221 p.51
Anger, hypertension #191 p.37
Anger, sudden death #209 p.31
Angina, chelation therapy #232 p.125+
Angina, oral magnesium #244 p.32
Angina pectoris, L-arginine #196 p.65
Angiogenesis, bindweed extract #226 p.85-88
Angiogenesis, liquid cartilage extract #226 p.59-62, #227 p.97-101
Angiogenesis, shark cartilage #219 p.86-90
Angiogenesis inhibitors, cancer #222 p.32
Angioplasty, cognitive adaptation #202 p.136
Angry temperament, coronary artery disease #229 p.50
Animal-assisted therapy #213 p.18
Animal food products, omega 3 #191 p.104
Animal medicines, homeopathy #219 p.136-38, #220 p.24-25
Animal research #214 p.20
Animals, CAM treatments #205 p.114
Animals, cancer #217 p.141
Animals, medical schools #226 p.26
Animals, Premarin #189 p.98
Animals, vaccines #199 p.114
Ankylosing spondylitis, bowel dysbiosis #193 p.114-15
Ankylosing spondylitis, milk #193 p.31
Ankylosing spondylitis, vitamin C #190 p.19
Annonaceae alkaloids, neurotoxic effects #205 p.162
Anorexia nervosa, nutritional influences #207 p.138
Antacids #186 p.104-10
Anthrax #221 p.18
Anthrax, echinacea #223 p.58-61
Anthrax, homeopathic medicines #222 p.14
Anthrax, immune enhancement #221 p.73
Anthrax, natural remedies #222 p.122
Anthrax, powdered sulphur #222 p.105
Anthrax, prevention #222 p.14
Anthrax spores, Precision Heat Chamber #223 p.20
Anthrax vaccine #222 p.16
Anthropological research, female reproductive health #222 p.132-35
Anthropology, breasts #227 p.42-44
Anthropology, hair loss #238 p.54-55
Anti-aging medicine #226 p.18-20
Anti-aging, 2002 symposium #226 p.16-17
Anti-fever drugs, influenza #211 p.158
Anti-inflammatory, olive oil #223 p.30
Anti-nuclear protest, Patch Adams #197 p.134
Antibacterial properties, essential oils #191 p.50
Antibacterial soap #190 p.34
Antibiotic overuse, post-antibiotic spleen vacuity syndrome #205 p.38-39
Antibiotic resistance #186 p.73
Antibiotic resistance, genetically engineered food #219 p.14
Antibiotic-resistant bacteria, IV hydrochloric acid #198 p.115-16
Antibiotics, alternatives #203 p.113+, #203 p.158-64, #203 p.26-27, #203 p.65-67, #204 p.92-96
Antibiotics, autism #207 p.24
Antibiotics, Chinese herbal medicine #232 p.150-51
Antibiotics, homeopathy #203 p.28-30+
Antibiotics, myocardial infarction prevention #209 p.16
Antibiotics, phytotherapy enhancement #199 p.168
Antibiotics, uses #226 p.47-48
Antibody levels, emotional expression #233 p.35
Antibody production, coenzyme Q10 #197 p.40

Antibody testing, false positives #191 p.66-67, #199 p.106
Anticoagulant medications, vitamin K #190 p.18
Antidepressants #216 p.111-12
Antimalignin antibody #195 p.68
Antineoplastons, Burzynski therapy #187 p.35
Antioxidant enzymes, cataract/macular degeneration risks #192 p.51
Antioxidants, air pollution #190 p.28
Antioxidants, alpha-lipoic acid #223 p.126-28
Antioxidants, bee pollen #238 p.22
Antioxidants, beer hops #227 p.32
Antioxidants, cancer #217 p.16, #219 p.25
Antioxidants, cancer risk #217 p.17
Antioxidants, chemotherapy #204 p.120-21
Antioxidants, cherries #223 p.41
Antioxidants, conventional cancer treatments #221 p.37
Antioxidants, diabetes #189 p.30
Antioxidants, gamma oryzanol #195 p.43
Antioxidants, heart #186 p.82, #225 p.122
Antioxidants, interaction with chemotherapy #196 p.120+, #199 p.88-89, #199 p.90+, #199 p.91-96
Antioxidants, macular degeneration #231 p.26
Antioxidants, ozone #196 p.47
Antioxidants, testosterone supplementation #223 p.115-17
Antiperspirants, breast cancer #243 p.173
Antipsychotic drugs, Chinese medicine #226 p.139-40
Antisocial behavior, nutrition #239 p.34
Antitumor agents #215 p.26
Anturane (sulphinpyrazane), heart attacks #232 p.122-24
Anxiety #195 p.30, #213 p.17, #221 p.99
Anxiety, acupuncture #205 p.96
Anxiety, alcoholism #216 p.69
Anxiety, asthma #214 p.48
Anxiety, CAM therapies #214 p.22
Anxiety, constipation #235 p.34
Anxiety, herbal medicine #229 p.173-75
Anxiety, homeopathy #189 p.42-43+
Anxiety, inositol #221 p.38-40
Anxiety, L-theanine #221 p.76
Anxiety, meditation #221 p.52
Anxiety, orthomolecular medicine #198 p.124
Anxiety, prevalence #195 p.156
Anxiety, St. John's wort #226 p.34
Anxiety, vitamin-mineral formula #217 p.150
Apathy, *Lac Equinum* #220 p.24-25
Apitherapy (bee venom therapy), arthritis #229 p.18
Apitherapy, multiple sclerosis #238 p.24
Apoptosis #196 p.97-102
Apoptosis, digitalis & cardiac glycosides #209 p.112
Apoptosis, Maitake mushroom extract #208 p.23
Apples, lung function #234 p.132-33
Applied kinesiology, chronic fatigue syndrome #244 p.120-22
Applied kinesiology, multiple chemical sensitivity #217 p.123+
Applied kinesiology/homeopathy, asthma #234 p.56-62
Applied Psycho-Neurobiology #199 p.30-31
Arabinose, yeast #245 p.96-97
Archer Daniels Midland, price fixing #211 p.111
Argentum nitricum, panic attacks #233 p.40-41+
Arginine, heart disease #229 p.22
Arginine-yohimbine, erectile dysfunction #239 p.33
Argyria, colloidal silver #234 p.26
Aricept, Alzheimer's #228 p.20
Aristolochia, nephrotoxic effect #202 p.150
Aristolochic acid, kidney toxin #208 p.110

Arizona Centers for Health and Medicine #190 p.38
Arizona State Board of Dental Examiners #187 p.123
Arizona State University, BA/BS in CAM #235 p.25
Armour thyroid #190 p.34
Aromatherapy #221 p.33-34
Arrested growth, nutrient therapy #201 p.52-62
Arsenic, drinking water #219 p.96
Arsenic, wind-borne #232 p.32
Art, healing #202 p.18
Artemisinin, cancer #233 p.86-88
Arterial calcification, vitamin K deficiency #229 p.26
Arterial disease, berries #186 p.66
Arterial insufficiency, hypnosis #241 p.56
Arterial occlusion, EDTA chelation therapy #217 p.126
Arterial plaque, carotenoids #187 p.42
Arterial plaque, *Nanobacteria sanguineum* #232 p.121+, #234 p.80-82, #234 p.83
Arterial plaque, vitamin E #192 p.28
Arteries, vitamin C #203 p.105
Arteriosclerosis, disodium edetate #191 p.26
Arthritic pain, homeopathy #240 p.117-18
Arthritic pain, stinging nettles #208 p.129+
Arthritic pain, Therapeutic Touch #187 p.57
Arthritis #208 p.118-19
Arthritis, alternative approach #226 p.14
Arthritis, apitherapy (bee venom therapy) #229 p.18
Arthritis, copper bracelet #225 p.160-61
Arthritis, Devil's claw #239 p.43
Arthritis, ethnomedicine #226 p.136-38
Arthritis, food #220 p.16, #226 p.50-51
Arthritis, food triggers #238 p.99+
Arthritis, ginger #208 p.106
Arthritis, green-lipped mussel #202 p.109-13, #204 p.98-111, #222 p.105
Arthritis, hypothyroid #214 p.132+
Arthritis, Jaffe Mellor Technique #197 p.29
Arthritis, joy #226 p.38
Arthritis, natural remedies #226 p.121
Arthritis, Qigong #202 p.124
Arthritis, SAME #203 p.149
Arthritis, willow bark #202 p.150
Arthritis Bible, Craig Weatherby interview #193 p.106-12
Arthritis Trust of America #226 p.52-58
Artichoke, anticancer properties #226 p.36
Artichoke bud/sarsaparilla root extract (ASE), cirrhosis #233 p.76-79
Artichoke leaf extract, cholesterol #226 p.94-98, #231 p.96, #235 p.128
Artificial butter flavoring, lung disease #223 p.24
Artificial food coloring, hospital deaths #217 p.152
Artificial light, cancer #186 p.68, #192 p.24
Artificial lung, photosynthetic #197 p.115
Artistic doubt, homeopathy #229 p.169+
Asbestos, brake shoes #210 p.166
Aspartame #217 p.127, #219 p.93-94+, #223 p.145, #241 p.151
Aspartame, carpal tunnel syndrome #208 p.82-84
Aspartame, dyspnea/pulmonary hypertension #234 p.64-65
Aspartame, ephedra #243 p.140
Aspartame, fibromyalgia #221 p.24
Aspartame, lupus #193 p.27
Aspartame, neurodegenerative illnesses #244 p.24
Aspartame, Pseudotumor cerebri #227 p.66-68
Aspartame, silicone breast implant patients #190 p.74-75
Aspartame, withdrawal effects #198 p.52-57
Aspirin #213 p.144
Aspirin, heart attacks #209 p.102-03, #226 p.104-07

Aspirin, peptic ulcer #233 p.27
Asteraceae, gastrointestinal disorders #215 p.46-48
Asthma, acetaminophen #211 p.159
Asthma, acupuncture #245 p.127-28
Asthma, alternative treatments #234 p.52-54
Asthma, anxiety #214 p.48
Asthma, applied kinesiology/homeopathy #234 p.56-62
Asthma, beta-carotene #199 p.156
Asthma, Boswellia #192 p.130
Asthma, breathing exercises #237 p.62-64
Asthma, Buteyko Breathing Method #209 p.14, #234 p.30
Asthma, *Candida albicans* #222 p.24
Asthma, childhood deaths #201 p.48
Asthma, children #205 p.22
Asthma, Chinese herbal medicine #234 p.40-41
Asthma, emotional expression #234 p.31
Asthma, EMPOWER management program #234 p.26
Asthma, food sensitivities #234 p.144
Asthma, germ exposure #234 p.27
Asthma, hypnosis #214 p.49, #214 p.50
Asthma, immune system #209 p.42
Asthma, intravenous magnesium #234 p.34
Asthma, milk #197 p.20
Asthma, natural management #234 p.114
Asthma, nutritional therapy #244 p.129
Asthma, parenting #214 p.50
Asthma, particulate pollution #234 p.27
Asthma, placebos #214 p.50
Asthma, relaxation-biofeedback #234 p.30
Asthma, sadness #190 p.32, #214 p.48
Asthma, upper back pain #191 p.32
Asthma, water/dehydration #214 p.128-29
Asthma, writing about emotional trauma #214 p.49
Asthma, yoga #234 p.30
Ataxia, gluten sensitivity #187 p.54
Atherosclerosis, barley grass & fenugreek #229 p.42-45
Atherosclerosis, folate/B vitamins #186 p.83
Atherosclerosis, dietary fats #241 p.80-84
Atherosclerosis, hopelessness #221 p.51
Atherosclerosis, hostility #190 p.33, #198 p.32
Atherosclerosis, iron overload & chelation #209 p.77-80
Atherosclerosis, low testosterone #207 p.25
Atherosclerosis, Maharishi Vedic Medicine #241 p.29
Atherosclerosis, meditation #205 p.36
Atherosclerosis, PADMA (Tibetan herbal formula) #220 p.86-88
Atherosclerosis, periodontal disease #209 p.52-56
Atherosclerosis, retinal arteriolar narrowing #231 p.24
Atherosclerosis, risk factors #229 p.32-34
Atherosclerosis, trans fatty acids & breast feeding #215 p.114
Atherosclerosis, vitamin C #186 p.82
Atherosclerosis, vitamin E #229 p.188+
Atherosclerosis, vitamin therapy #191 p.35, #210 p.130
Athletes, immune suppression & overtraining #204 p.150-57
Atkins diet, origin #240 p.100
Atkins, Robert, MD, dietary fat #199 p.40-48, #240 p.24
Atopic dermatitis, Chinese herbs #201 p.132-34
Atrazine (herbicide), health risks #240 p.36-38
Attention deficit disorder (ADD), Canada #205 p.20
Attention deficit disorder, neurofeedback #233 p.124, #243 p.40, #243 p.41
Attention deficit disorder, nutrition #201 p.93-95
Attention deficit disorder, vitamin B-3 #201 p.14-15

Attention deficit hyperactivity disorder (ADHD) #187 p.133, #205 p.144-47
Attention deficit hyperactivity disorder, American culture #243 p.161-63
Attention deficit hyperactivity disorder, bioresonance testing #243 p.108-16
Attention deficit hyperactivity disorder, Chinese medicine #243 p.48-50
Attention deficit hyperactivity disorder, diagnosis #205 p.20+
Attention deficit hyperactivity disorder, diet #201 p.17, #201 p.93-95
Attention deficit hyperactivity disorder, essential fatty acids #237 p.43
Attention deficit hyperactivity disorder, heavy metals #232 p.129-31+
Attention deficit hyperactivity disorder, incidence #201 p.25
Attention deficit hyperactivity disorder, l-carnitine #235 p.30
Attention deficit hyperactivity disorder, lead #232 p.144
Attention deficit hyperactivity disorder, nutrient deficiency #219 p.141
Attention deficit hyperactivity disorder, phytotherapy #243 p.64-68+
Attention deficit hyperactivity disorder, Ritalin alternatives #234 p.68-71
Attention deficit hyperactivity disorder, spider remedies #211 p.150-53
Attention deficit hyperactivity disorder, whole foods #243 p.60-63
Attitude, cancer #207 p.121
Attitude, health #205 p.37
Attitude, longevity #205 p.36
Auricular acupuncture, drug detoxification #216 p.78-80+
Autism #209 p.117, #243 p.134-35
Autism, anti-fungal drugs #213 p.99+
Autism, antibiotics #207 p.24
Autism, biological test/nutrition protocol #238 p.92-96
Autism, bioresonance testing #243 p.108-16
Autism, Danish study #243 p.32
Autism, diet #191 p.82, #193 p.130
Autism, dietary enzyme therapy #243 p.104-07
Autism, DMPS/DMSA mercury detoxification #243 p.141+
Autism, FDA policy on supplements #243 p.150-51
Autism, gastrointestinal symptoms #243 p.30
Autism, milk proteins & infectious agents #243 p.37
Autism, mineral deficiencies #201 p.96-97
Autism, MMR vaccination #201 p.105, #214 p.28
Autism, MMR vaccination & homeopathics #222 p.70-73
Autism, natural therapies #243 p.154
Autism, nutritional treatments #243 p.176
Autism, probiotics #213 p.66-67, #243 p.118-23
Autism, secretin #191 p.32, #201 p.25
Autism, vaccine lawsuits #243 p.30
Autism, vaccines #189 p.18
Autism, www.autisminfo.com #234 p.42
Autism rates, California #243 p.31
Autogenic training, fibromyalgia #220 p.102
Autoimmune disease, emotional expression #192 p.34
Autoimmune disease, exercise #193 p.34-36
Autoimmune disease, fasting #238 p.26
Autoimmune disease, hair tissue mineral analysis & nutrition #238 p.64-67, #240 p.100
Autoimmune disease, hepatitis B vaccine #189 p.20
Autoimmune disease, herbs #193 p.94-98
Autoimmune disease, mercury toxicity #193 p.100-03
Autoimmune disease, metaphor #193 p.146
Autoimmune disease, mycoplasmas #243 p.143+
Autoimmune disease, mycotoxins #244 p.115-16
Autoimmune disease, oral tolerization #193 p.27
Autoimmune disease, peroxynitrite #193 p.38
Autoimmune disease, self-care #193 p.46-47
Autoimmune disease, sunflower oil #233 p.112
Autoimmune disease, teachers #219 p.48
Autoimmune disease, theory of #193 p.94-98
Autoimmune disease, ultraviolet blood irradiation #193 p.88-89

Autoimmune disorders #244 p.130
Autoimmune disorders, stress #195 p.45
Autoimmune syndromes, Jaffe Mellor Technique #197 p.29
Autoimmune thyroiditis, selenium #235 p.32
Autoimmunity, hypothalamic-pituitary-adrenal axis #195 p.44
Autoimmunity, theory of #193 p.60-62
Autonomic function, remote observation #244 p.151
Auxigro, MSG crop spray #187 p.33
Avocado/soybean extract, scleroderma #198 p.22
Ayahuasca #216 p.74-77
Ayurveda #187 p.132
Ayurveda, yoga #202 p.128
Ayurvedic herbal formula, chemotherapy #205 p.134-38
Ayurvedic medicine #222 p.130, #237 p.128-33
Azelaic acid, melanoma #217 p.128
Azelaic acid cream, rosacea #203 p.40
AZT, pregnancy #222 p.17
Azurin (bacteria protein), cancer #235 p.171
Ba Zhen Tang (Eight Pearls Decoction), digestive tract cancer #239 p.66
Baby mattresses, sudden infant death syndrome #205 p.50-54+
Baby walkers, developmental delays #198 p.26
Bach flower essences #202 p.127
Back injury, G-Jo acupressure #201 p.130-31
Back pain #208 p.117
Back pain, acupressure #208 p.32-33
Back pain, Chinese herbal medicine #208 p.126-28, #208 p.34
Back pain, evolutionary basis of prevention & treatment #208 p.38-39
Back pain, heavy backpacks #232 p.24
Back pain, hypnosis #189 p.50
Back pain, naprapathy #208 p.116
Back pain, non-physical factors #208 p.37
Back pain, prolotherapy #215 p.90-93+
Back pain, spinal manipulation #208 p.12-13
Back pain, x-rays #215 p.147
Back pain, yoga #208 p.37
Backpack ergonomics #232 p.24
Bacopa monniera, cognitive function #201 p.132-34, #227 p.92
Bacteria, heart disease #209 p.52-56
Bacteria, meat #225 p.20
Bacteria, phytotherapy #199 p.168
Bacteria, Rife/Bare device #202 p.96-99
Bacterial biofilm, magnet therapy #189 p.96
Bacterial colonies, stress response #189 p.26
Bacterial infections, intravenous hydrochloric acid #203 p.113+, #221 p.88
Bacterial infections, olive leaf extract #214 p.79-82
Bacterial vaginosis, prevalence #189 p.120
Baker, Elizabeth, nutrition #229 p.75-78, #232 p.120
Baker, Sidney M., MD, Linus Pauling Award #195 p.28
Balance, T'ai chi #204 p.33
Baldness, thymus gland extracts #198 p.106-10
Barefoot, Dirty Sole Society #210 p.17
Barley, ulcerative colitis #215 p.20
Barley grass, atherosclerosis/insulin resistance syndrome #229 p.42-45
Barrett, Stephen, libel suit #227 p.58
Bastyr University #235 p.18
Bastyr University, AIDS research #199 p.145, #226 p.124
Bastyr University, integrative medicine #204 p.29
Bastyr University, Joseph Pizzorno, ND #197 p.24-25
Bastyr University, Spirituality, Health & Medicine Program #202 p.137, #217 p.17
Bastyr University, Thomas C. Shepherd, DHA #205 p.84
Bastyr University Natural Health Clinic, food allergy program #204 p.26

Bean extracts, lectins #228 p.119-20
Beard, John, pancreatic enzymes & cancer #229 p.108-09
Bed sores, maggot therapy #233 p.22
Bee pollen, antioxidant activity (polyphenols) #238 p.22
Bee products, cancer #213 p.146
Bee propolis #215 p.69
Bee propolis, inflammatory bowel disease #215 p.66-68
Bee stings, TheraPik #225 p.160-61
Bee therapy, multiple sclerosis #238 p.24
Beef, contamination #219 p.150-52
Beef, health effects #222 p.105+, #225 p.126
Beef, organic source #228 p.125
Beer hops, antioxidants #227 p.32
Behavior, biochemical imbalances #201 p.20
Behavior, heavy metals #213 p.50, #232 p.144
Behavior disorders, heavy metals #232 p.131
Behavioral problems, allergic reaction #233 p.113-16+
Behavioral services, group services #191 p.57
Behavioral training, urge incontinence #237 p.150
Beliefs, cancer #217 p.170
Beljanski, Mirko, PhD, DNA destabilization #244 p.105-10
Belladonna #191 p.54+
Benign prostatic hypertrophy, placebo response #207 p.121
Benzodiazepine, melatonin #207 p.33
Berberine, congestive heart failure #245 p.22
Bergstrom, George Edwin III (obituary), Cardinal Nutrition #244 p.84
Bernard Jensen Holistic Library #193 p.56
Berries, arterial disease #186 p.66
Berries, cancer #225 p.122
Beta blockers, effects #216 p.61
Beta-alethine (Beta-LT), human clinical trials #199 p.109
Beta-alethine, anti-cancer therapy #195 p.54-58
Beta-carotene, asthma #199 p.156
Beta-carotene, breast cancer risk #195 p.157
Beta-carotene, colorectal adenoma #243 p.54
Beta-carotene, lung cancer #192 p.28
Beta-carotene, lutein #187 p.42
Beta-carotene, smokers #208 p.29
Beta-casein, diabetes #197 p.34
Betaine, coronary heart disease #208 p.28
BetterMAN®, erectile dysfunction #220 p.70-74

BHC (benzene hexachloride), poliomyelitis #203 p.68-75
Bias #199 p.145
Bilberry, antioxidant properties #192 p.50
Bile, artichoke leaf extract #226 p.94-98, #235 p.128
Biliary tract disorders, oral chelation #232 p.52-54
Bindweed (*Convolvulus arvensis*), angiogenesis #226 p.85-88
Binford, Frederick H., MA (obituary) #197 p.31-32
Bio-Electric Field Enhancer (BEFE), magnetic healing spa system #234 p.90-92
Bio-energetic analysis, cancer #195 p.86-88, #197 p.116
Bio-energetic medicine #204 p.117
Bio-energetic medicine, electro-acupuncture #228 p.78-81, #229 p.130-32
Bio-engineered foods #190 p.36, #192 p.27, #207 p.34-36
Bio-engineered foods, endocrine disruption #245 p.116-17
Bio-engineered foods, medical uses #207 p.29
Bio-engineered foods, patents #207 p.30
Bio-engineered foods, political action #193 p.154+, #193 p.162
Bio-engineered foods, public relations #207 p.31
Bio-engineered foods, Roundup Ready crops #196 p.62, #198 p.121-22
Bio-engineered foods, safety #207 p.28, #221 p.14
Bio-engineering, ethical considerations #207 p.14
Bioavailability, phytochemicals #211 p.49-50+
Biobran (MGN3), chronic fatigue syndrome (viral etiology) #220 p.48-50
Biocalex, root canals #196 p.116+
Biochemical individuality #187 p.131
Biochemistry, Functional medicine seminar #197 p.26
Biochemistry, stress #197 p.15-16
Biodiversity, activism #207 p.115-16
Biodynamics #237 p.22
Bioelectrical stimulation (zappers), infections #203 p.65-67
BioEnergetic medicine #221 p.93
Biofeedback, attention deficit disorder #243 p.40
Biofeedback, bladder incontinence #196 p.69
Biofeedback, congestive heart failure #241 p.55
Biofeedback, constipation #215 p.42
Biofeedback, diabetic ulcers #241 p.56
Biofeedback, epilepsy #244 p.149
Biofeedback, headache #205 p.36, #244 p.149, #244 p.150
Biofeedback, hyperactivity #243 p.40
Biofeedback, hypertension #211 p.144
Biofeedback, incontinence #189 p.49, #198 p.32
Biofeedback, intermittent claudication #241 p.55
Biofeedback, irritable bowel syndrome #215 p.42
Biofeedback, pain management #208 p.14
Biofeedback, peripheral ulcers #241 p.56
Biofeedback, phagocytic activation #220 p.26
Biofeedback, Raynaud's phenomenon #195 p.44
Biofeedback, Raynaud's vasospasm #199 p.153
Biofeedback, tension headache #202 p.135
Biofeedback, tinnitus #231 p.31, #244 p.150
Biofeedback, vertigo #231 p.31
Biofield #202 p.47-52
Bioflavonoids, hemorrhoids #222 p.23
Biological (holistic) medicine, patient expectations #196 p.104-08
Biological Immunity Analysis, urine/saliva test #227 p.110
Biological warfare #221 p.62-67, #221 p.96
Biological warfare, immune system #221 p.120-22
Biological warfare, nutritional therapy #221 p.91
Biological warfare, olive leaf extract #221 p.74-75
Biological weapons #221 p.16
Biological weapons tests #192 p.58
Biomune OSF Express (homeopathic), otitis media #201 p.64-67

Biophotons, flexoelectric technology #235 p.154-56
Biopsies, tumor stimulation #216 p.22
BioPulse Clinic (Tijuana), cancer #203 p.83-85
BioPulse Clinic (Tijuana), raid #214 p.62-63
Bioresonance, allergy desensitization #245 p.52-57
Bioresonance testing, autism/ADHD #243 p.108-16
Bioresonance therapy, homeopathy #195 p.136-39
Bioresonances, detoxification #216 p.93-95
Bioterrorism #221 p.13, #221 p.62-67
Bioterrorism, immune competence #241 p.32
Bioterrorism, mass vaccination #233 p.32-33
Bioterrorism, smallpox vaccine #223 p.17, #228 p.16
Biotin, pregnancy #227 p.31
Biowarfare, preventive treatment #221 p.13
Biowarfare, treatment/prevention #222 p.16
Bioweapons, antidote #207 p.29
Bipedalism #208 p.38-39
Bipolar disorder, E.M. Power+ nutritional supplement #238 p.31
Bipolar disorder, magnesium #208 p.28
Bipolar disorder, spirochete infections #189 p.96
Bipolar disorder, thyroid #186 p.62
Bipolar disorder, vitamin-mineral supplement #228 p.22
Birth control pills, cancer risk #192 p.29
Birth control pills, chaste tree #208 p.140+
Birth memories, newborns #201 p.112+
Birth rates, decline #186 p.70
Birthmarks, Vascular Anomalies Center (Little Rock, AR) #223 p.26
Bismuth subnitricum, digestive problems #215 p.44+
Bisphosphonates, osteoporosis #235 p.177
Bitters, gastrointestinal activity #190 p.122
Black cohosh (*Cimicifuga racemosa*), breast cancer patients #245 p.139
Black cohosh, estrogenic activity #211 p.51-52
Black cohosh, hot flashes #199 p.170, #226 p.146
Black raspberries, esophageal cancer prevention #220 p.22
Bladder cancer, cruciferous vegetables #192 p.27
Bladder cancer, high fluid intake #193 p.168
Bladder cancer, hydrogen peroxide/vitamin C irrigation #195 p.100
Bladder incontinence, biofeedback #196 p.69
Bladder infection, D-mannose #192 p.96-98
#239, 133
Bladder numbness (post-surgery), acupuncture warm needle #234 p.136-37
Bland, Jeffrey #199 p.16-18
Bleeding, *Ginkgo biloba* #190 p.120+
Bleeding, vitamin C #215 p.21
Blood, free radical assessment #197 p.102-04
Blood brain barrier, stress #244 p.148
Blood building, nutrients & herbs #198 p.28
Blood cells, magnets #220 p.19
Blood pressure, anger #221 p.51
Blood pressure, anthropological aspects #209 p.36-38
Blood pressure, meditation #235 p.34
Blood pressure, omega-3 fatty acids #210 p.132
Blood pressure, *Panax ginseng* #192 p.131
Blood pressure, vitamin C #201 p.24
Blood pressure guidelines #245 p.138
Blood sugar, antioxidants #189 p.30
Blood sugar, carbohydrates #199 p.117
Blood sugar, health #214 p.30
Blood type, diet #234 p.80
Blood type, disease #226 p.117-18
Blood type, lifestyle & diet #219 p.122
Blood vessel constriction, sleep #209 p.16

Blood-brain barrier, mercury #210 p.15
Bloodprinting, diagnostic food assay #243 p.128-32
Blount, Jack M., MD (obituary) #245 p.15-17
Blue cohosh, neonatal congestive heart failure #202 p.149
Blue Cross Blue Shield, complementary and alternative coverage #193 p.160
Blue green algae, Cell Tech #207 p.95+
Blue Poppy Enterprises, Chinese medicine #203 p.19, #225 p.28
Blueberries, motor behavior in aging #197 p.21
Blueberries, oxidative stress #204 p.169
Body & Soul, New Age Journal #228 p.18
Body piercing, infections #214 p.156
Body piercing, WA legislation #190 p.87
BodyBio/E-Lyte protocol, nervous system illnesses #238 p.92-96
BodyCushion™, ergonomic treatment table #235 p.166
Bodywork, Bowen Technique #208 p.40-41, #240 p.106-08
Bone cavitations #203 p.116
Bone disorder, iodine #186 p.70
Bone loss, genistein #238 p.30
Bone loss, vegetables #197 p.22
Bone loss, vitamin A #239 p.34
Bone marrow suppression (chemotherapy), Chinese medicine #227 p.37-38
Bone mineral density, DHEA #235 p.179
Bone mineral density, essential fatty acids #192 p.31
Bone mineral density, nutrition #201 p.151
Bone mineral density, soy #216 p.130
Bone pain, vitamin D #208 p.29
Bone repair, Chinese herbal medicine #202 p.138-39
Bone resorption, active absorbable algal calcium AAACa #229 p.110-14
Bones, fluoride #234 p.72-78
Bones, fruits and vegetables #201 p.23
Bones, vibrational healing #226 p.28
Bones, vitamins D & K #209 p.42
Borage oil, rheumatoid arthritis #193 p.28
Borage seed oil, rheumatoid arthritis #226 p.32
Boswellia serrata, asthma #192 p.130
Boswellia serrata, leukotrienes inhibition #208 p.130+
Boswellia serrata, ulcerative colitis #191 p.116
Botanical medicine #240 p.121
Botanical medicine, Gaia Herbs, Inc. #222 p.86-92
Botanical medicine, prescribing according to type #214 p.133-34
Botanical medicine, resources #208 p.140+
Botanical medicine, Tai Sophia Institute master's program #227 p.61
Botanical medicine, US history #245 p.24
Botanical sanctuary, United Plant Savers #215 p.16
Botanicals, Amazon rainforest #221 p.101-02
Botanicals, diabetes (type 2) #222 p.66-69
Botanicals, energetic resonance #221 p.81-83
Botanicals, Harvard Vanguard Physician selection process #195 p.41
Botanicals, Hawaiian Islands #217 p.166-68
Botanicals, hepatitis C #233 p.74-75
Botanicals, master's program #216 p.35, #217 p.28-29
Botanicals, monographs #186 p.115
Botanicals, over-harvesting #227 p.70
Botanicals, psychedelic #216 p.60
Botanicals, weeds #215 p.27
Botox, wrinkles #191 p.103
Bottled water #229 p.170-72
Botulism miasm #195 p.112-14
Bovine colostrum #189 p.74-80
Bovine colostrum, hyperthyroid #191 p.87
Bovine colostrum-transfer factor #217 p.92-95
Bovine colostrum/whey extract, immune modulation #237 p.89-92

Bovine colostrum/whey extract, natural killer cells #238 p.111-14
Bovine growth hormone, Canada #199 p.146
Bovine spongiform encephalopathy, glandular supplements #219 p.36-41
Bovine spongiform encephalopathy, US #227 p.28
Bowel disorders #203 p.139
Bowel dysbiosis, ankylosing spondylitis #193 p.114-15
Bowel dysfunction #196 p.124-5
Bowen therapy #240 p.106-08
BOWTECH (bodywork technique) #208 p.40-41
Brain, acetyl-l-carnitine #229 p.125-26
Brain, cell phones #201 p.26, #228 p.88-93
Brain, mercury #197 p.22
Brain, nutrients #205 p.132-33
Brain abnormalities, heroin #213 p.16
Brain activity, cell phones #187 p.56
Brain aging, vegetables #186 p.66
Brain cancer, cell phones #195 p.62, #205 p.40
Brain cancer, childhood vaccines #197 p.72-79
Brain/CNS disorders, quantum medicine #203 p.154-56
Brain development, challenge #187 p.46, #201 p.49
Brain development, choline #222 p.22
Brain disorders, DMG #202 p.75-85
Brain disorders, electrode implants #213 p.16
Brain dysfunction #216 p.118
Brain function, nutrient deficiency #219 p.141
Brain function, stress #244 p.148
Brain function, vitamin B12 #219 p.141
Brain injury, children #189 p.25
Brain injury, creatine #213 p.143
Brain injury, hyperbaric oxygen therapy #240 p.94-97
Brain injury, post-vaccination #208 p.111
Brain injury rehabilitation #196 p.42-45
Brain perfusion, chronic fatigue syndrome #220 p.16
Brain tumor (glioma), gamma linolenic acid #227 p.109
Brassica vegetables, cervical cancer #204 p.113-14
Brazil, death #186 p.34-35, #187 p.60-62
Breast cancer #207 p.135+, #239 p.98-103
Breast cancer, adrenals #207 p.26
Breast cancer, alcohol #189 p.120, #204 p.170
Breast cancer, American Cancer Society detection guidelines #243 p.174
Breast cancer, anthropological studies #227 p.42-44
Breast cancer, antiperspirants #243 p.173
Breast cancer, beta-carotene #195 p.157
Breast cancer, biopsies #216 p.22
Breast cancer, bras #195 p.105-07
Breast cancer, BRCA genes #220 p.23
Breast cancer, causes #217 p.140+
Breast cancer, Chinese herbs #195 p.90-91
Breast cancer, coenzyme Q10 #227 p.30
Breast cancer, coping skills #191 p.105
Breast cancer, cruciferous vegetables #217 p.47-54
Breast cancer, diet #231 p.92-94
Breast cancer, dietary fat #191 p.123+, #191 p.31, #195 p.156
Breast cancer, dietary protection #195 p.160
Breast cancer, environmental factors #195 p.144-45, #227 p.39-41
Breast cancer, essential fatty acids #187 p.162-63+, #190 p.129-31
Breast cancer, estrogen #195 p.32, #239 p.125-26
Breast cancer, estrogen dominance #227 p.118-19
Breast cancer, estrogenic herbs #232 p.152
Breast cancer, exercise #220 p.22
Breast cancer, fats #227 p.102-04

Breast cancer, flax oil & evening primrose oil #207 p.135+

Breast cancer, flaxseed #227 p.30

Breast cancer, GLA & tamoxifen #207 p.135

Breast cancer, hormone replacement therapy #223 p.166-71, #245 p.139

Breast cancer, hormones #187 p.16

Breast cancer, isoflavones #219 p.166-69

Breast cancer, Jin Shin Jyutsu #202 p.40-42

Breast cancer, joy #217 p.169

Breast cancer, mammography/palpation #227 p.22

Breast cancer, night work #214 p.155

Breast cancer, nutrition #227 p.46-50

Breast cancer, oral contraceptives #237 p.150

Breast cancer, patient's view #199 p.50-51, #199 p.52-56

Breast cancer, prevention #198 p.125-26

Breast cancer, prevention with nutrition #221 p.134-36+

Breast cancer, questions for doctor #217 p.106

Breast cancer, radiation therapy #243 p.44

Breast cancer, risk factors #189 p.120, #195 p.158-59

Breast cancer, soy #197 p.20

Breast cancer, statistics #187 p.63

Breast cancer, stress #193 p.164, #198 p.31, #205 p.37

Breast cancer, sugar/digitalis/oleandrin #214 p.121-22

Breast cancer, support groups #217 p.171

Breast cancer, supportive-expressive group therapy #226 p.145

Breast cancer, Thermal Image Processor (thermography) #217 p.96-98

Breast cancer awareness month #195 p.158-59

Breast cancer surgery, menstrual cycle #198 p.14

Breast cancer survivors, John Muir trail hike #205 p.102

Breast Care Formula (BCF), cancer nutritional support #227 p.78-80

Breast disease (benign), nutrition #198 p.144

Breast-fed children, obesity #238 p.32

Breast-feeding #222 p.80-85

Breast-feeding, artery disease #215 p.114

Breast-feeding, infant intelligence #231 p.27, #245 p.113

Breast milk #196 p.53

Breast milk, HIV #222 p.17

Breast milk, polyvinyl chloride #229 p.24

Breast milk, safety #190 p.19

Breasts, premature development #216 p.14

Breasts, self-examination #234 p.50

Breathing #234 p.26

Breathing exercises, asthma #237 p.62-64

Breech conversion, hypnosis #198 p.31

British Columbia College of Physicians and Surgeons, CAM #231 p.88

Brodie, W. Douglas, MD, HMD, CAM cancer therapies #223 p.130-34

Bromelain, bruising #240 p.30

Bromelain, sinusitis #234 p.34

Brown recluse spider bites #199 p.108, #202 p.117

Bruxism, caffeine #234 p.89

Bulimia nervosa, bright-light therapy #204 p.33

Bulimia nervosa, guided imagery #213 p.47

Bulimia nervosa, nutritional influences #207 p.138

Bulimia nervosa, tryptophan #202 p.25

Burning mouth syndrome, alpha-lipoic acid #240 p.32

Burzynski therapy, brain tumors in children #201 p.98, #201 p.99

Burzynski therapy, cancer #217 p.118-20

Burzynski therapy, clinical trials #187 p.35

Burzynski therapy, Thomas Navarro #202 p.20+

Burzynski, Stanislaw R., MD, PhD, Olympic Torch Relay #207 p.19

Butcher's Broom (*Ruscus aculeatus*), venous conditions #241 p.66-70

Buteo (homeopathic), depression #238 p.46-49

Buteyko breathing method #237 p.62-64

Buteyko breathing method, asthma #209 p.14, #234 p.30

Butter #186 p.69, #191 p.28

Butterbur (*Petasites hybridus*), migraine #202 p.104-06, #231 p.74+