

Townsend Letter for Doctors & Patients 1999-2003 Subject Index

U-Z

Ulcerative colitis, *Boswellia serrata* #191 p.116
Ulcerative colitis, *Chlorella pyrenoidosa* #211 p.74-80
Ulcerative colitis, fecal flora #245 p.22
Ulcerative colitis, germinated barley #215 p.20
Ulcerative colitis, plantago seeds #208 p.29
Ulcerative colitis, recurrence #204 p.35
Ulcerative colitis, wheat grass juice #229 p.28
Ultrameal, Metagenics weight loss program #228 p.16
Ultrasound scans, safety #195 p.32
Ultraviolet blood irradiation, autoimmune disease #193 p.88-89
Ultraviolet blood irradiation, HIV #213 p.114
Ultraviolet photo-oxidation, AIDS #203 p.120
Ultraviolet radiation, cancer #229 p.136
Umbilical cord, early clamping #201 p.74-78
Unique Pharmaceuticals, compounding company #217 p.24
United Healthcare, pre-authorization deleted #199 p.164
United Plant Savers, botanical sanctuary #215 p.16
Unithroid™, FDA trade secret disclosure #227 p.56
University of Bridgeport, College of Chiropractic #193 p.56
Uranium (depleted), weapons #221 p.93-94
Urea, liver cancer #195 p.38, #197 p.112+
Uric acid, heart disease #205 p.41
Urinary incontinence, women #192 p.134-35, #193 p.172-74
Urinary tract infection, cranberry #186 p.60, #189 p.29, #196 p.113, #232 p.153
Urinary tract infection, D-mannose #239 p.133
Urinary tract infection, urine color #213 p.144
Urine, color #213 p.144
Urine test, Biological Immunity Analysis #227 p.110
Urticaria (hives), beliefs #238 p.36
Uterine bleeding, Chinese herbal medicine #192 p.36-38
Uterine fibroids, glandular supplement #219 p.21
Uterine fibroids, postmenopausal HRT #226 p.145
Uterine fibroids, symptom management #202 p.153-57
UV light, riboflavin #239 p.135
Vaccination #243 p.157, #243 p.20
Vaccination, allergic disorders #220 p.12
Vaccination, antibody response during stress #227 p.143
Vaccination, autism #189 p.18, #201 p.105, #214 p.28, #222 p.70-73
Vaccination, brain injury #208 p.111
Vaccination, children #189 p.104-05
Vaccination, diabetes #189 p.19, #198 p.26
Vaccination, George Bernard Shaw #197 p.84
Vaccination, Health Emergency Powers Act #233 p.32-33
Vaccination, health risks #244 p.94-99, #245 p.78-85, #243 p.90-96
Vaccination, influenza in elderly #197 p.40
Vaccination, informed consent #213 p.109, #215 p.70-79
Vaccination, measles #201 p.26
Vaccination, religious exemption #211 p.158
Vaccination, smallpox #205 p.22
Vaccination, smallpox history #235 p.122-27
Vaccination, titer testing for animals #237 p.25
Vaccination, tracking programs #195 p.23
Vaccination, vitamin C supplement #223 p.26
Vaccination, websites #235 p.37-8
Vaccine Injury Compensation Program #243 p.24
Vaccine reactions, endocrine-immune imbalances #244 p.100-03
Vaccines, ABC's Nightline report #205 p.100-01
Vaccines, adjuvants #244 p.124-26

Vaccines, animals #199 p.114
Vaccines, anthrax #222 p.16
Vaccines, chickenpox #193 p.167
Vaccines, childhood cancer #197 p.72-79
Vaccines, colostrum #216 p.26-28
Vaccines, hepatitis B #205 p.148-50, #222 p.18
Vaccines, immunology & genetics #243 p.98-103
Vaccines, injuries #192 p.58
Vaccines, Institute of Medicine recommendations #222 p.113-15
Vaccines, mercury-containing preservative #195 p.32
Vaccines, mycoplasma contamination #222 p.110
Vaccines, pathogenic contamination #243 p.80-89
Vaccines, pertussis #187 p.38
Vaccines, pneumococcus #215 p.146
Vaccines, rabies history #199 p.32
Vaccines, rubella #222 p.20
Vaccines, scrapie transmission #237 p.24
Vaccines, shaken baby syndrome #219 p.107, #234 p.89, #238 p.108, #243 p.72-78
Vaccines, side effects #187 p.54, #187 p.54, #197 p.80-82
Vaccines, smallpox #222 p.16, #223 p.17
Vaccines, thimerosal (mercury) #207 p.18
Vaccines, vitamin B12 #214 p.26
Vaginal infections, *Lactobacillus acidophilus* #203 p.180
Vaginal thrush, treatment #216 p.101+
Vaginal yeast infection, CAM treatments #234 p.140-43
Vagus nerve imbalance/hiatal hernia syndrome #241 p.120-25
Valerian, sleep quality #210 p.138+
Valerian-kava comparison study #232 p.153
Vascular birthmarks #223 p.26
Vascular dementia #196 p.20
Vascular dementia, diet #196 p.50
Vascular endothelial growth factors, cancer #231 p.91
VasculStatins, cancer #226 p.85-88
Vaseline, candidiasis in infants #205 p.43
Vasomotor symptoms, progesterone cream #191 p.124
Vedic Vibrational Technique, sound therapy #202 p.60-64
Vegan diet, fibromyalgia #219 p.20
Vegan diet, Israeli clinic #237 p.98-99
Vegetables, aging cognitive deficits #186 p.66
Vegetables, bone loss #197 p.22
Vegetables, children #241 p.163-65
Vegetarian diet #204 p.72-81, #207 p.93, #207 p.93, #207 p.93+, #207 p.94, #211 p.148-49
Vegetarian diet, B 12 deficiency #203 p.146
Vegetarian diet, fat & B 12 deficiencies #203 p.116-18
Vegetarian diet, loving/humane #219 p.42-43, #225 p.125+
Vegetarian diet, vitamin A & iron deficiencies #214 p.29
Vegetarian diet, vitamin B12 #219 p.141
Vegetarians, homocysteine levels #213 p.144
Venous conditions, Butcher's Broom (*Ruscus aculeatus*) #241 p.66-70
Verbal Dyspraxia, homeopathy #186 p.86+
Vermont, CAM & 3rd party payment #197 p.123-25
Vertigo, acupuncture #244 p.146-47
Vertigo, behavioral therapy & biofeedback #231 p.31
Vertigo, homeopathic medication #187 p.34+
Vertigo, kinesiology #231 p.97-98
VERTIGOHEEL, dizziness #187 p.34+
Vestibular dysfunction, aminoglycoside therapy #220 p.12
Veterinary medicine, complementary & alternative #192 p.123
Viagra, arginine-yohimbine alternative #239 p.33
Viagra, deaths #187 p.64
Vibrational medicine #198 p.128-29

Vibrations, bone health #226 p.28
Vietnam veterans, stress #187 p.47
Violence, compassion #220 p.98
Violence, nutrition #201 p.18
Violence, psychiatric drugs #201 p.16, #214 p.125
Violence, television viewing #201 p.22
Violent behavior, homeopathy #201 p.28-30, #205 p.19
Viral diseases, hydrogen peroxide/vitamin C infusions #193 p.143-44
Viral diseases, selenium #221 p.16
Viral epidemic #239 p.139
Viral illness, Quantum Repatterning Technique™ #234 p.128-30
Viral infections, cardiovascular disease #229 p.54-58
Viral infections, neutralization technique #244 p.118+
Viral infections, prevention #241 p.117-19
Viral infections, zinc & glutathione #197 p.41
Viruses, immune enhancement #223 p.62-64
Visceral release massage #235 p.90-1
Vision, fish oil #231 p.18
Vision disorders #231 p.54-62
Visualization, cancer #208 p.112-13
Vitamin A, bone loss #239 p.34
Vitamin A, fractures #240 p.84-85
Vitamin A, ischemic damage from stroke #204 p.128
Vitamin A, natural killer cell activity #197 p.41
Vitamin A, *NEJM* study #238 p.104
Vitamin A, osteoporosis #225 p.132-33
Vitamin B1 & liver extract, multiple sclerosis #199 p.58-62, #238 p.102
Vitamin B2, headaches #190 p.84
Vitamin B2, light sensitivity side effect #239 p.135
Vitamin B3, achlorhydria #238 p.70-71
Vitamin B3, schizophrenia #213 p.124, #213 p.20-22
Vitamin B6, cardiovascular disease #213 p.58
Vitamin B6, coenzyme Q10 #197 p.40
Vitamin B6, deficiency #226 p.14
Vitamin B6, heart disease #204 p.32
Vitamin B6, morning sickness #197 p.21
Vitamin B6, schizophrenia & tardive dyskinesia #205 p.32
Vitamin B6, tardive dyskinesia #225 p.112
Vitamin B12, aminoglycoside-induced hearing loss #220 p.12
Vitamin B12, chronic fatigue syndrome #208 p.144
Vitamin B12 (hydroxocobalamin), cyanide poisoning #234 p.35
Vitamin B12, deficiency #189 p.31, #190 p.30, #203 p.146, #208 p.30, #214 p.29, #219 p.141
Vitamin B12, elderly #241 p.46
Vitamin B12, hearing loss #191 p.32
Vitamin B12, injectable/oral #208 p.114
Vitamin B12, mental health #219 p.141
Vitamin B12, microwave cooking #186 p.83
Vitamin B12, migraine prevention #243 p.53
Vitamin B12, nondisocyte levels #220 p.16
Vitamin B12, nori #238 p.32
Vitamin B12, tinnitus #231 p.26
Vitamin B12, vaccine effectiveness #214 p.26
Vitamin B-complex #199 p.107-08
Vitamin B-complex, dementia #228 p.168
Vitamin B-complex, heart disease #243 p.54
Vitamin B-complex, multiple sclerosis & myasthenia gravis #203 p.86-93, #204 p.52-58
Vitamin C, addictions #235 p.136+
Vitamin C, ankylosing spondylitis #190 p.19
Vitamin C, atherosclerosis #186 p.82
Vitamin C, blood-lead concentrations #201 p.41
Vitamin C, cancer #195 p.36, #201 p.106, #204 p.129-30, #217 p.142, #219 p.104, #239 p.30

Vitamin C, carotid arteries #203 p.105
Vitamin C, cataracts #192 p.51
Vitamin C, chemotherapy #204 p.120-21
Vitamin C, chronic fatigue syndrome #208 p.144
Vitamin C, congestive heart failure #229 p.25
Vitamin C, deficiency in infants #222 p.112-13
Vitamin C, diabetes #190 p.28, #233 p.148
Vitamin C, diabetic complications #192 p.32
Vitamin C, DNA damage #227 p.106
Vitamin C, furuncles #189 p.29
Vitamin C, heart attacks/strokes #237 p.110-12
Vitamin C, heart disease #209 p.58-63
Vitamin C, *Helicobacter pylori* #192 p.30
Vitamin C, hemorrhagic shock #215 p.21
Vitamin C, high-doses #213 p.112-13
Vitamin C, hypertension #201 p.24, #204 p.32
Vitamin C, infants #203 p.122
Vitamin C, infertility #187 p.16
Vitamin C, Mayo clinic cancer study #217 p.152
Vitamin C, misinformation campaign #219 p.108-09
Vitamin C, Norway #205 p.103-04
Vitamin C, preeclampsia #203 p.39
Vitamin C, reflex sympathetic dystrophy #204 p.32
Vitamin C, sexual intercourse frequency #235 p.32
Vitamin C, sudden infant death #209 p.102
Vitamin C, supplement quality #241 p.24
Vitamin C, surgery & abnormal bleeding #231 p.28
Vitamin C, topical use for photodamage #203 p.38
Vitamin C, UC-Berkeley endorsement #221 p.37
Vitamin C, vaccinations #223 p.26
Vitamin C & beta carotene, stomach cancer #213 p.146
Vitamin C & E, surgery complications #237 p.44
Vitamin C-lysine theory, cardiovascular disease #229 p.96-98
Vitamin C-magnesium, cardiovascular study #233 p.21
Vitamin C (IV), infectious disease #238 p.125
Vitamin C (IV), viral pneumonia #234 p.35
Vitamin D #216 p.104
Vitamin D, African Americans #235 p.179
Vitamin D, bone pain in cancer patients #208 p.29
Vitamin D, deficiency #186 p.76, #205 p.33
Vitamin D, polycystic ovaries #202 p.24
Vitamin D, prevent falls #209 p.27
Vitamin D, seasonal affective disorder #196 p.64
Vitamin D & K, bone health #209 p.42
Vitamin D synthesis, heavy air pollution #241 p.46
Vitamin deficiency, depression #186 p.80-81
Vitamin E, aging memory #187 p.57
Vitamin E, arterial plaque #192 p.28
Vitamin E, atherosclerosis #229 p.188+
Vitamin E, cataracts #192 p.50
Vitamin E, cisplatin chemotherapy #241 p.45
Vitamin E, deficiency #203 p.114
Vitamin E, gamma-tocopherol #235 p.31
Vitamin E, heart disease #199 p.158
Vitamin E, heart disease cost-effectiveness #197 p.34
Vitamin E, hepatitis #186 p.76
Vitamin E, HMG-CoA-reductase inhibitors #209 p.27
Vitamin E, intermittent claudication #219 p.18
Vitamin E, macular degeneration #192 p.50
Vitamin E, memory #196 p.50
Vitamin E, neuromuscular disorders #204 p.172, #205 p.172

Vitamin E, NIH neuro-degenerative disease study #231 p.21
Vitamin E, preeclampsia #203 p.39
Vitamin E, respiratory infections #235 p.32
Vitamin E, rheumatoid pain #193 p.39
Vitamin E, stroke risk #192 p.28
Vitamin E, supplement forms #192 p.100-105
Vitamin E, tardive dyskinesia #190 p.25
Vitamin E, UC-Berkeley endorsement #221 p.37
Vitamin K, anticoagulant medications #190 p.18
Vitamin K, arterial calcification #229 p.26
Vitamin K, hemorrhage prevention #222 p.60-64
Vitamin K, pau d'arco #191 p.51
Vitamin K2, liver cancer #239 p.32
Vitamin manufacturing, price conspiracy #197 p.122, #199 p.97, #199 p.97-100, #203 p.115, #205 p.103-04
Vitamin manufacturing, regulation #199 p.101
Vitamin O, false health claims #204 p.27
Vitamin therapy, NAS report #204 p.132-33
Vitamins #208 p.111
Vitamins, atherosclerosis #210 p.130
Vitamins, Codex #211 p.96
Vitamins, CODEX labeling #232 p.23
Vitamins, Hoffer cancer regimen #239 p.104-06
Vitamins, immune system #225 p.172
Vitamins, research #245 p.107
Vitex agnus castus (chaste tree), birth control pills #208 p.140+
Vitex agnus castus (chaste tree), prolactin #211 p.51
Vitiligo, *Ginkgo biloba* #245 p.22
von Recklinghausen disease (Elephant Man condition/neurofibromatosis) #240 p.111
von Recklinghausen disease, copper #244 p.117
Vulvar vestibulitis, fibromyalgia #204 p.169
Vulvodynia, physical therapy #204 p.168
Walker, Dr. Morton, Amazon.com award #203 p.18
Walker, Joan (obituary) #201 p.152
Walking, cognitive function #226 p.146
Walking, coronary heart disease #226 p.147
Walking, mortality #187 p.64
Walnuts, cholesterol #210 p.132
Warfarin, herb interactions #205 p.161+
Warner, Glenn, MD (obituary) #210 p.164-65
Warts, *Candida* antigen #199 p.156
Warts, oral zinc #241 p.44
Warts, topical raw garlic #243 p.53
Water #186 p.116
Water, asthma & allergies #214 p.128-29
Water, cancer prevention #217 p.148
Water, detoxification #216 p.93-95
Water, deuterium content #192 p.108
Water, exercise #192 p.46-48
Water, heart attack & stroke prevention #187 p.55
Water, heavy metal contamination #232 p.129-31+
Water, magnesium #190 p.58-60
Water, privatization #234 p.28
Water, quality #201 p.114
Water, recycling sewage #199 p.144
Water, sewer contamination #232 p.34
Water intake, colorectal cancer #196 p.52
Water supply, drugs #192 p.22
Waterbirth #222 p.126
Weapons, depleted uranium #221 p.93-94
Web pages, resources for owners #241 p.168
Web site design #202 p.86-94
Web sites, chemical body burden #245 p.140

Web sites, lyme disease #244 p.139+
Web sites, schools & education #243 p.166
Weeds, medicinal value #215 p.27
Weight gain, dietary fat #219 p.126
Weight lifting, post-menopausal women #192 p.121
Weight loss #197 p.23, #226 p.119-20, #226 p.76-78
Weight loss, Atkins diet #241 p.46
Weight loss, *Coleus forskohlii* #215 p.115
Weight loss, diet #215 p.109-12
Weight loss, metabolic balancing #238 p.82-86
Weight loss, Metagenics UltraMeal Program #228 p.16
Weight management #189 p.66-69, #189 p.112 #231 p.111+
Weight suppressant, HCA #187 p.120-21
Weil, Andrew, MD, diet #237 p.121
Wellness Lifestyle Shopper Study, Hartman Group #210 p.151
wellnesswatch.com, health database #244 p.127
West Nile virus, air pollution #228 p.64-76
West Nile virus, pesticide #240 p.106
Westhroid™ #223 p.80-81
Whales, cancer #210 p.137
Wheat #229 p.147
Wheat, ataxia #187 p.54
Wheat, chronic fatigue #190 p.34
Wheat, irradiation #187 p.32
Wheat, migraine headaches #215 p.147
Wheat germ, preeclampsia #222 p.60-64
Wheat grass #237 p.86-88
Wheat grass juice #186 p.130-31, #219 p.68-70
Wheat grass juice, ulcerative colitis #229 p.28
Whey, immune enhancement #228 p.108-112+
Whey extract, double-blind clinical study #225 p.80-84
Whiplash, societal beliefs & family history #208 p.36
White coat hypertension #186 p.31
White kidney extract (Phase 2™), starch absorption #235 p.21
Whole food, nutraceuticals #235 p.147-8
Whole Food Nutrition Journal, Standard Process #221 p.14
Whole grains, insulin sensitivity #233 p.27
Wild yam, DHEA #191 p.117
Wild yam cream #223 p.68-73
Wilderness medicine, training & certificates #204 p.14-15
Wildlife conservation #190 p.110-12
Williams, Roger #199 p.16-18
Willow bark, inflammatory disorders #202 p.150
Willow bark, pain management #226 p.65-68
Willow bark extract, low back pain #211 p.160
Wilson's syndrome, thyroid deficiency #208 p.120, #214 p.84-89
Withdrawal, Chinese medicine #213 p.54-57
Wobenzym (enzyme-bioflavonoid product) #196 p.70-74
WobenzymN, myeloma #243 p.27
Wolfe, David, raw food expert #240 p.50-52
Wolff-Chaikoff effect, thyroid #245 p.100-01
Women, alternative health care #189 p.113, #222 p.125+
Women, Alzheimer's disease #228 p.165-67
Women, anthropological view of reproduction #222 p.132-35
Women, constipation #239 p.164-67
Women, fertility #222 p.17
Women, health care risks #222 p.80-85
Women, heart disease #216 p.115-16, #223 p.30
Women, homeopathy #198 p.40-42, #222 p.124
Women, hormone balance #216 p.117

Women, hormones #209 p.142-44
Women, natural medicine #198 p.123
Women, obesity #229 p.184-86+
Women, skin health #238 p.146-48
Women, soy #198 p.130-34
Women, sports supplementation #240 p.145-47
Women, stress response #238 p.28
Women, surgical practices #223 p.107-10
Women, weight lifting #192 p.121
Women's health care #244 p.157-59
Workman's compensation, multiple chemical sensitivity #210 p.120-21
Worm eggs, inflammatory bowel disease #223 p.25
Wound healing, stress #207 p.120, #211 p.142, #241 p.56
Wounds, honey #196 p.65
Wounds, low level laser therapy #190 p.52-56, #232 p.94-100
Wrinkles, Botox #191 p.103
Wrist fractures, vitamin C #204 p.32
Writing (expressive), asthma #214 p.49
Writing, health #192 p.35
Writing, stress relief #192 p.34
Writing, trauma #221 p.50
Wysong Institute #187 p.36
Xigris, septic infections #223 p.115
Xylitol #240 p.29
Xylitol, nasal spray #214 p.120
Xylitol, osteoporosis #226 p.80-82
Xylitol, otitis media #186 p.67
Y2K, anti-nuclear protest #197 p.134
Y2K, office precautions #195 p.156
Y2K, preparation #189 p.21+
Yanick, Dr. Larry (obituary) #209 p.47
Year 2000 (Y2K), healthcare industry #192 p.26
Yeast #226 p.123
Yeast, urinary markers #245 p.96-97
Yeast (high-selenium), cancer #217 p.153
Yeast infection (vaginal), CAM treatments #234 p.140-43
Yeast infection, non-drug treatment #216 p.101+
Yeast syndrome #234 p.100
Yersinia pestis (plague) #221 p.18
Yoga, aging #229 p.153
Yoga, asthma #234 p.30
Yoga, autoimmune disease #193 p.46-47
Yoga, Ayurveda #202 p.128
Yoga, carpal tunnel syndrome #189 p.50, #244 p.149
Yoga, diabetes #233 p.34
Yoga, low back pain #208 p.37
Yoga, obsessive compulsive disorder #213 p.47
Yoga, rheumatoid arthritis #226 p.39
Young Again, human growth hormone secretagogues #192 p.70-74
Yurko, Alan, shaken baby syndrome conviction #234 p.89, #238 p.108
Zappers, Hulda Clark #217 p.121
Zappers, infections #203 p.65-67
Zell-Oxygen, nutritional cancer treatment #187 p.102-06, #193 p.130
Zinc, anemia #196 p.66
Zinc, cancer #239 p.32
Zinc, copper #187 p.44, #221 p.24
Zinc, diarrhea in children #197 p.22
Zinc, fetal neurobehavioral development #191 p.34
Zinc, hepatitis C #233 p.26
Zinc, macular degeneration #192 p.50
Zinc, viral infection #197 p.41
Zinc, warts #241 p.44

***Zincum phosphoricum*, overcaring #190 p.26+**

Zonulin, intestinal permeability #215 p.41

Zyflamend®, prostate cancer #239 p.120-21