his clinical use of large doses of ascorbic acid (vitamin C) and other nutrients along with a clean diet to lessen symptoms. While conventional medicine and the chemical lobby maintained that people with a bewildering array of symptoms were delusional, *TLfD* gave people with chemical sensitivity and environmental illness a place to voice their experiences and gave practitioners a venue for sharing their clinical insights. AIDS, attention deficit/hyperactivity disorder, chronic fatigue syndrome, fibromyalgia, multiple chemical sensitivities, chronic Lyme, autism – a profusion of new diseases and syndromes erupted in the 1980s, conditions that affected mind and body and could not be cured with a simple procedure or magic pill.

The surging interest in alternative therapies caused the US Congress to give National Institutes of Health $2 million to establish the Office of Alternative Medicine (OAM). OAM and an advisory panel were charged with recommending a research program that would investigate promising unconventional medical practices. Jonathan Collin, *Townsend Letter for Doctors*'s publisher and editor, served on that panel. OAM became the National Center for Complementary and Alternative Medicine (NCCAM) in October 1998.

The First Milestone

With its 100th issue in November 1991, *Townsend Letter for Doctors* added color to its cover and some of its 120 pages. Staff had grown to include JoAnn Reuther, manager of the Subscription Department; Jill Tomasi, who assisted Reba Be and managed Dr. Collin's Port Townsend clinical practice; and Jule Klotter, who developed an index for the magazine. Later, Collin asked Klotter to write book reviews that provided information for busy doctors and the "Shorts."

"Letters to the Editor" still held the *TLfD*'s core, but new columns joined Gaby's "Literature Review and Commentary" as regular features. Morton Walker, DPM, presented information about products, therapies, and clinics outside the mainstream in his "Medical Journalist Report." In addition, naturopathic physicians Judyth Reichenberg-Ullman and Robert Ullman began their "Healing with Homeopathy" column in 1990, soon after they read *TLfD* for the first time. Dr. Judyth remembers thinking, "Holistic medicine is well represented, but why isn't anyone writing about homeopathy in the *Townsend Letter*?" She says, "All it took was a call to Jonathan and we have been columnists ever since!"

The November 1991 issue also reflected the turmoil surrounding the FDA's attempts to regulate dietary supplements as if they were drugs. *TLfD* contained testimonies, written by Jeffrey S. Bland, PhD, and Kirkpatrick W. Dilling, that were submitted to the FDA Dietary Supplement Task Force. FDA agents had shut down several clinics and supplement manufacturers and suppliers over the years, restricting access and consumer choice.

The FDA's actions gained widespread notoriety in May 1992, when armed police and FDA agents raided Dr. Jonathan V. Wright's Tahoma Clinic in Kent, Washington. What "illegal" substance instigated the raid? B vitamins. The police thought that they would find narcotics. Dr. Wright fought a hard legal battle for almost four years until the FDA finally dropped the charges in 1995. The highly publicized raid generated more urgency to pass the federal Dietary Supplement Health and Education Act (DSHEA). The legislation, which was an ongoing topic in *TLfD* for several years, asserted consumers' right to have access to safe dietary supplements. It was finally signed into law in 1994.

Barbara Greenstein, long-time subscriber, is grateful for so many years of the good information that she has found in *Townsend Letter*. She has never found a better source of alternative information with research provided.

Decade Two

With its March 1993 issue (#126), *Townsend Letter for Doctors* commenced 10-plus years of growth. These were the Clinton years of growth and trade. The European Union formed; the FDA approved the use of genetically engineered bovine somatotropin (rBST) in dairy cows to increase milk production; and Marc Andreeson developed Mosaic, which would become the main navigating system for the World Wide Web. Within in a few years *Townsend Letter* would have its first Web page.

As *Townsend Letter* grew, costs grew also. The January 1994 issue (#126) announced a change in printers from Port Townsend's Printery to Seattle's Consolidated Press. The move reduced printing and mailing costs, allowing Collin to retain low-scale subscription rates and advertising fees.

"What we do best, offer dialogue between our readers, will remain the keystone to the *Townsend Letter,*" Collin assured readers in that first Consolidated Press issue. "What we do worst, publish uncorroborated and unreferenced, unproven reports, will remain our second keystone ... providing to professionals and public the thoughts and practices of an alternative practitioner is *invaluable*. It is only when such thoughts have public expression that peer review begins to take place." The savings achieved by the change in printers meant that *Townsend Letter* could continue to grow – in print and online.

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