Letters to the Editor

HCl

Just shortly. My undying thanks to you for you publication of "Three Years of HCl Therapy" (December 2006). Only thanks to that information am I still able to walk, if not more.

With kind regards,
Slavek D. Krepelka
Canada

How Does Eucalyptus Oil Vapor Perform against TB?

Your commentary on the TB problem in the December 2012 issue had me recalling an unsolved question.

In recent years there have been reports of early cases of TB being resolved by inhalation of eucalyptus oil vapor. Curiosity as to the extent of anti-infective ability of eucalyptus oil caused me to assign investigation of that to a medical student, who later became one of my postdoctoral research associates, Dr. Angela Sadlon. The extensive findings of antimicroorganism effects were eventually published as "Immune-Modifying and Antimicrobial Effects of Eucalyptus Oil and Simple Inhalation Devices" (PMID: 20359267; free download), which included a novel method for inhalation.

This still did not answer the question of how well eucalyptus oil performed versus TB and whether it performed against the pharmaceutically resistant types.

If someone comes up with that information, I hope that they will inform me.

Meanwhile the effectiveness of eucalyptus oil vapor against respiratory infections continues to be a favorite method among the staff of this clinic, both for effectiveness on their own problems and low expense. A commercial product of eucalyptus oil pearls is available for oral use. It is also effective.

Davis W. Lamson, MS, ND
Tahoma Clinic Staff Physician
425-264-0059
Adjunct Faculty in Oncology
School of Medicine, Bastyr University
Kenmore, Washington, USA

Much Dietary Advice Is Outdated

As holistic nutrition consultants, teachers, and authors, we look forward to and depend on the *Townsend Letter* for cutting-edge information about functional laboratory testing and nutritional and herbal therapies. We absolutely love this publication. For this reason, we feel we must take you to task for the small piece in the December 2012 issue titled "Weight Management During the Holidays," by Dr. Amy Lee.

Enumerated below are the points with which we take issue:

1. Beans are refined carbohydrates? Starchy, yes, but they're unrefined.
2. The author uses the terms "refined" and "complex" carbohydrates. While *simple* and *complex* are terms that can be used to define the types of carbohydrates found in sugars and starches, respectively, we find the terms *refined* and *unrefined* to be more useful terminology. Though it may seem a trivial point, we find that this small difference in words helps our clients and students more easily learn to differentiate whole foods from processed. This has proved invaluable, along with teaching clients and students the difference between carbohydrate foods that are starchy versus nonstarchy.
3. Within the "complex" or "unrefined" category, we would find not only fruits and vegetables but also beans/peas/legumes, whole grains, nuts, and seeds. We would also like to suggest that 20 to 30 grams of fiber daily is a bare minimum, that many of us in the holistic branch of the profession hope to see our clients eating quite a bit more – at least 35 grams. Even the mainstream 2010 USDA Dietary Guidelines for Americans state that an Adequate Intake (AI) of fiber should be at least 14 grams per 1000 calories, or about 25 grams for women and 38 for men (USDA 2010, p. 39). Integrative