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Each of *TLfD*'s issues in the early 1990s ran 132 pages or more, providing information from nearly 30 editors, columnists, and general contributors, for a yearly US subscription cost of $42 per year. That January 1994 issue contained Dr. Melvyn R. Werbach's "Nutritional Influences on Illness" column, which became a mainstay for almost two decades. Sherry A. Rogers, MD, wrote a column on environmental medicine. Anna MacIntosh, PhD, ND, reviewed research studies related to exercise and physical activity. Wayne Martin, a chemical engineer, contributed one of his information-packed letters to the "Letters to the Editor." The 1930s Great Depression had prevented Martin from becoming a doctor, but his passion for biochemistry, medicine, and natural ways to prevent disease and stimulate healing impelled him to spend many hours reading medical literature and communicating with researchers and doctors. He shared his knowledge in virtually every issue of *Townsend Letter* until shortly before his death.

> "It has been very rewarding knowing that we are reaching readers all over the country and the world. Every now and then, when we wonder if anyone is reading our column, we will get a note or e-mail thanking us and telling us a story about how we have had an impact on someone's healing and life. We... keep writing because we feel valued and appreciated so much by Jonathan. And he gives us the freedom to write whatever inspires us."
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> Judyth Reichenberg-Ullman, ND
> *TL* columnist

The January 1994 "Letters to the Editor" vibrated with diversity. Medical doctors, naturopathic physicians, chiropractic physicians, a veterinarian, homeopaths, a licensed acupuncturist, and laypeople shared experiences, asked questions, and debated. Harold E. Buttram, MD, suggested that routine childhood vaccinations might be a contributor to chronic fatigue syndrome. Bill Sardi shared the measures that he took to relieve his sciatica. Arabinda Das, MD, discussed research showing that nut consumption protected against coronary heart disease. *TLfD* had truly become a network for communication. The diversity and growing interest in alternative medicine was also reflected in "Book Corners," where books on parasites, chronic fatigue, functional medicine, clinical nutrition for women, chemical sensitivity, and dental amalgams were reviewed.

The move to Consolidated Press succeeded. By February/March 1995 (#139/140), *Townsend Letter for Doctors* had expanded to over 164 pages, including color pages. For the first time, the magazine had a spine with its name and issue date on it. Barbara Smith had become managing editor and continued to lay out the magazine. Another significant staff change occurred in circulation with JoAnn Reuther's death in 1994. Jan Lemons became circulation manager. When Lemons left a couple of years later, Joy Reuther-Costa, JoAnn's oldest daughter, took her place. Joy had been circulation assistant for several years, a position that was passed on to her youngest sister, Julie Reuther, when Joy became circulation manager. Julie had been a longtime member of the *Townsend Letter* mail crew. Circulation was growing and attracting an increasing number of educated laypeople. To recognize this readership, Collin revised the magazine's name to *Townsend Letter for Doctors & Patients,* "The Examiner of Medical Alternatives."

Collin began testing the idea of having a theme for each issue. The first theme issue was devoted to lupus and autoimmune disease (August/September 1999, #192/194). That issue contained lupus patient Henrietta Aladjem's perspective and a review of her book. Practitioners such as the late Abram Hoffer, MD, PhD, provided their perspectives as well. He and Melvyn Werbach, MD, reported that food sensitivities contributed to autoimmune disease. Environmental risk factors linked to lupus were discussed by Rose Marie Williams in her "Health Risks & Environmental Issues" column. True to form, *TLDP* welcomed all perspectives.

A few months later, *Townsend Letter for Doctors & Patients* looked at the "Best & Worst of Alternative Medicine" (February/March 2000, #199/200). Contributors included many notable names in the world of complementary and alternative medicine: Jeffrey S. Bland, PhD; Joseph E. Pizzorno Jr., ND; Abram Hoffer, MD, PhD; Richard Kunin, MD; Joseph M. Mercola, DO; and more. In addition, columnists such as Robert A. Anderson, MD, presented research on the connection between mind, emotions, and physiology in "Psychoneuroimmunoendocrinology Review and Commentary." Tim Batchelder took on medical issues from an anthropological view. John Weeks discussed the business side of alternative medicine. Paul Yanick wrote about quantum healing and functional medicine. Bob Flaws covered Chinese herbal medicine and acupuncture. Kerry Bone, Donald Brown, and Andrew Gaeddert shared research about botanicals and phytotherapy.

Since those first theme issues, *Townsend Letter* has sought to focus the diverse views of its contributing writers on topics such as Lyme, chronic fatigue, multiple chemical sensitivity, cardiovascular health, allergies, respiratory health, cancer, women's health, men's health, mental

continued on page 29 ➤