Letter from the Publisher

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defining molecular origin of disease; Dr. Roger Williams for his work on biochemical individuality; Dr. Hans Selye for his work on the role of stress on disease; and Dr. Abram Hoffer for his study of orthomolecular medicine on psychiatric illness. Issue #200 included Joseph Pizzorno, ND's, view of the best and worst of natural medicine. Pizzorno's presidency of Bastyr University led the way for the establishment of well-credentialed, scientifically and clinically trained naturopathic physicians. His work was pivotal in enabling naturopathic physician licensure in more than half the states, creation of new naturopathic colleges, and specialization in naturopathic practice.

By 2004 the *Townsend Letter for Doctors and Patients* had a great many columnists, including Rose Marie Williams writing about "Health Risks & Environmental Issues"; Bob Flaws authoring "Chinese Medicine Update"; Ralph Moss reporting on "War on Cancer"; Robert Anderson examining "Psychoneuroimmunoendocrinology"; Gina Nick, PhD, ND, writing "Medicinal Properties in Whole Foods"; Marcus Cohen commenting in "Townsend New York Observer"; Elaine Zablocki writing in "Pathways to Healing"; and Tim Batchelder reporting in "Medical Anthropology." Gary Null, PhD, and Martin Feldman, MD, reported about adverse effects in conventional medicine; their article in issue #250 examined "SSRIs: Are They as Safe as Promised?" Kerry Bone's "Phytotherapy Review" examined multiple sclerosis. Bone presented a detailed review of the potential role of viruses in MS and recommended an herbal strategy to managing the disease.

It is not possible to name all the individuals who have contributed greatly to the *Townsend Letter, the Examiner of Alternative Medicine*, in this letter. We invite you to review our index on the website www.townsendletter.com to view the authors and articles. We still have available all of our 350-plus past issues for your acquisition. As Jonathan Wright, MD, has commented frequently, there is a lot of useful information in old clinical reports that is either being ignored or forgotten. Contact our office to purchase past issues.

The Electronic Edition of the *Townsend Letter*

As part of our celebration of our 30th anniversary, we are pleased to announce our first publication of the e-edition of the *Townsend Letter*. We will be posting the February/March online issue on our website free for your reading! We look forward to continuing our printed magazine in addition to the e-edition.

Townsend Letter Staff

It is wonderful to celebrate 30 years of the *Townsend Letter*. However, the magazine would be a shadow of itself without the dedication of our staff.

Barbara Smith has been laying out the magazine since the mid-1980s; in fact, she even was responsible for doing its layout earlier as an employee of the local printer. In the 1990s until 2010 she managed the magazine at our office in addition to doing the layout. Barbara remembers the days when she typeset the manuscripts as they came in before the layout could be started. Word processing enabled her to give up that chore so that she could work more with graphic design. A few years ago she retired from her office position, but she continues to communicate with writers and advertisers by e-mail. Now Barbara does the layout on the road seamlessly sending it to the editors for proofing and then to the printer. She completed this issue's layout while sojourning in Key West, Florida. I am very grateful for Barbara's outstanding work with the *Townsend Letter*.

Lauren Brown is our editor, proofreader, and copywriter. She has worked in that capacity like our previous editors locally in Port Townsend. Lauren intends to move out of the area in 2013 and has transitioned well to doing the editing work by Internet. The *Townsend Letter* has had a longstanding reputation for excellent editing. I know that Lauren has been very thorough in that capacity – my Uncle Wally, an outstanding court reporter, informs me whenever there are spelling errors (there usually are none). We are very appreciative of Lauren's work.

Jule Klotter, our contributing editor, is familiar to everyone as the writer of her monthly "Shorts" column. Jule is also the editor of our highly regarded Townsend Calendar of events. The Townsend Calendar is recognized preeminently in results of Google searches for alternative medicine meetings. Jule is also responsible for the *Townsend Letter* index available at our website. Jule was located locally in the early days of the magazine; she has been doing her editing and writing for the past 15 years from North Carolina and more recently from South Carolina.

Joy Reuther-Costa heads our Circulation Department and, together with her sister Julie Reuther, handles all subscription inquiries. For many years the *Townsend Letter* was manually placed in an envelope for mailing in our Port Townsend office. Joy organized the work crew, including Julie, who spent a "fun" Saturday assembling the magazine. Now the magazine is enveloped automatically at Dartmouth Press in New Hampshire.

Joy is also responsible for special projects. Her most recent work has been setting up the electronic edition of the magazine with Tecnavia. Perhaps Joy's most important role has been helping us all out when things break down. Julie Reuther is responsible for the office administrative duties and bookkeeping. Joy and Julie keep the *Townsend Letter* humming.

Jill Tomasi primarily works as my secretary and medical assistant in the adjoining medical office. Jill is also responsible for assisting in *Townsend Letter* duties, especially ensuring that the magazine is made available for distribution at medical meetings. Jill has provided me the stable rock of support that has allowed the medical practice to function together with the magazine. I am very fortunate indeed to have such a great staff to work with.