From the Publisher

Why I Started the *Townsend Letter*

1983 was the year that both the *Townsend Letter* and my son, Sam, were born. Sam has played a role in the advertising and marketing of the publication but now advises us from a new perspective as an attorney. In the early 1980s, there was no journal of alternative medicine – not even a newsletter. There was the National College of Naturopathic Medicine in Portland, and most of the practicing naturopaths were graduates of NCNM. The MDs who practiced alternative medicine had not been trained at their medical colleges to practice nutrition, megavitamin therapy, herbal medicine, and homeopathy. Instead doctors would attend clinics, learning through mentors and the occasional weekend seminar. Of course, most of these clinics did not have the approval of the AMA. State medical boards were not happy with the unapproved medical treatments provided by alternative physicians and were wary of naturopathic physicians. Articles examining alternative medicine treatments published in medical journals were generally critical; when specific treatments were tested, the results usually were negative. It was kind of a crazy world of alternative medical clinics standing apart from conventional medical clinics. Patients choosing to

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