

Welcome to the first issue of the AVHMA Newsletter.

This issue will be an update on what is happening and I have a few bits and pieces of hopefully interesting information that we can all use.

I hope, in the succeeding newsletters to have a central theme for each letter. The first one is tentatively to be on Aloe, with DMSO and alfalfa to be in succeeding issues. Along this line it is imperative that you give me input. There are more than 20,000 biomedical publications published. Only 2600 of these get into the INDEX MEDICUS, and/or go on the MEDLINE Computer, and can therefore be computer searched. I do have that capability available and intend to use it. But, and it's a big but - particularly when you consider our interests, the editor of the INDEX MEDICUS is assisted by a group of eight "outside experts", composed of medical school professors, editors of prominent medical journals and medical librarians to recommend which ten to fifteen percent of the journals received will actually be indexed. The question also arises of bias and the possibility of intentional or unintentional censorship in selecting journals for indexing, when almost ninety percent of the world's medical literature is not indexed. For instance, the *Journal of the AVMA* is indexed, but the *Journal of the AAHA* is not included as well as *VM /SAC* and many other veterinary journals.

This is an association and must function that way, if it is to remain viable, so if anyone sees an article in any newsletters or journals that you receive, that fits into the scope of the broad area of holistic or alternative medicine, please send me a copy so that the rest of us can be educated as well. So far, only one has sent anything to me.

I do not expect in this newsletter to cover a lot of information relating to the field of acupuncture. Many of you, as I belong to the International Veterinary Acupuncture Society and their meetings and newsletters more than adequately cover that titled. So, unless I hear otherwise from you that is what I intend to do.

With some of the more detailed newsletter articles I am anticipating submitting them for publication in some of the regular journals. I suggest that any of you that have a similar evangelical bent also write some articles and submit them for publication. I have a great love for this profession and what it has done for me, and I hope that it will remain open to new ideas. If those of us who dabble in the "fringes" withdraw from the rest of the profession both we and the profession will lose. This is not to say that the road will be easy-, but new ones never are. We have, at the moment, 61 members, and the number is growing slowly, but steadily as a number of the state association newsletters print the press release I sent out. Unfortunately, it doesn't appear that the major journals have as yet been as helpful to us. If any have seen releases in the major journals please let me know, or I shall send another release.

One of the modalities that has gained increasing use in the field of human preventive medicine has been the use of hair tissue mineral analysis. In an article accepted for publication in Vol.4, No. 1, JOURNAL OF HOLISTIC MEDICINE, Spring/Summer, 1982, the abstract reads: "In recent years many laboratories have offered health care professionals the service of measuring and interpreting concentrations of various elements in human hair. Much confusion has resulted

among these professionals concerning the significance and interpretation of such measurements. Five experts in this field met and the meeting resulted in formation of the Hair Analysis Standardization Board, sponsored by the American Holistic Medical Institute. The proceedings of the initial Board meeting are presented with specific recommendations concerning methods of specimen collection, analytical and reporting procedures, and the clinical significance of concentrations of specific elements in human hair." Copied of the booklet can be gotten from; Mineralab, Inc. 3501 Breakwater Avenue, Hayward, California 94545 or by calling (800) 227-224. In California can collect (415) 763-5622.

This should at least with the companies that abide by its recommendations, provide reliable performance on the laboratory end. ( One of our members tells of having sent two samples of the same hair to the same laboratory and receiving substantially different results.) I would like to get information from any of you doing hair analysis, and your thoughts concerning its usefulness and any feelings concerning normal values.

At a meeting in January, a colleague told me of a product he had recently started using for contacts, with very good results. The product is succus cineraria maritima. A copy of their product brochure is included. According to the colleague, it takes about four to six weeks of treatment before you can evaluate the results. I have just received some and thus I have no results of my own to report. We have used in my practice Palosein as a drop (one vial made up to 7.5 ml.) at a dose of one drop b.i.d., and felt we have had fairly good results in controlling and occasionally partially resolving cataracts. In some cases we tried following the Palosein in one drop of 5% DMSO. .

One last thought, when you're feeling important - place your finder in a bowl of water. Now remove it. See what an impression you've made:

Several meetings of interest: American Holistic Medical Institute June 4-8, 1982, Concordia College, River Forest, Il.(Chicago area), registration info. AHMI, 6932 Little River Tpke., Annandale, Va. 22003.

Institute, Rhinebeck, N.Y. 12572, (has a summer of seminar::covering everything from awareness to reflexology.