

# Townsend Letter

## *The Examiner of Alternative Medicine*

Townsend Letter

May 2008

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(a.k.a., The Arthritis Trust of America or The Rheumatoid Disease Foundation) 1994, reprinted with permission

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#### [History of Mesotherapy](#)

by Harry Adelson

Although the use of intracutaneous injections for the treatment of chronic pain and acute injury is well regarded in Europe, the technique is not used much in the US. Safe, cost-effective, and successful, mesotherapy provides longer-lasting therapeutic effects and deserves serious consideration.

#### Curanderismo

by Laurance Johnston, PhD

Healing occurs on many levels and, while conventional medicine concentrates on the body, the state of a patient's mind and spirit plays an integral part in overall health. Curanderismo, a supplemental treatment approach used by Mexican-Americans, recognizes the interdependence of body, mind, and spirit. Author Laurance Johnston introduces curanderismo and makes a strong argument for integrating "culturally attuned methods...into our healing spectrum."

#### Industrialized History of Asbestos

by Justin Taylor

Almost since the remarkable benefits of asbestos were first

discovered, its use has been controversial. Both miracle and curse, asbestos has proven a difficult material to abandon. Nonetheless, the mineral's deadly effects are undeniable, and asbestos production and application must be more stringently limited.

#### A Novel Antimicrobial Towelette

by Bill Misner, PhD

Peppermint oil, basil oil, bay oil, tea tree oil, and clove oil – the natural antimicrobial substances found in these oils, when applied via a moist towelette, have been shown to prevent the growth of aerobic bacteria, yeasts, molds, and fungi on human skin.

#### [A Blend of Unique Herbs May Have Wide Clinical Application](#)

by Stephen Levine, PhD

A formula composed of herbs used in Traditional Chinese Medicine has been found to be extraordinarily effective in treating asthma – improving lung function while also increasing cortisol production. The success and superior safety and efficacy of anti-asthma herbal medicine intervention (ASHMI) in recent studies has also sparked more interest in the use of herbal formulas in other conditions associated with low cortisol, chronic inflammation, and adrenal fatigue.

#### [Even Most Doctors Have Chronic Pain – Who Knew?](#)

by Stephen Kaufman, DC

Facing a tough audience of skeptical doctors, chiropractor Stephen Kaufman once again demonstrates the remarkable efficacy of his Pain Neutralization Technique, which addresses extremely tender trigger points in muscles and promotes relief, often instantly.

#### Refusal to Vaccinate Forms Raise Ethical Questions

by Alan Phillips, JD

Parents who elect to forego vaccinations for their children face several conundrums, among them one that appears to be a solution: the Refusal to Vaccinate Form. Attorney Alan Phillips takes a hard look at the ramifications of signing such a form and raises questions about the form's legality and ethicality.

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# Townsend Letter

## *The Examiner of Alternative Medicine*

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