of course, understood but on such occasions it is, I am sure you will agree, vital to challenge actions they may have taken and refute comment we consider inappropriate as well as inaccurate.

To that end, we, and many others, have serious concerns with recent action taken by the BBC in removing all reference to CAM on their BBC Health Website. The BBC, an organisation that must be impartial in its dissemination of information if its creditability is to be retained and the public to continue funding its existence, has a recognized difficult task, but total removal of a well established side to healthcare is hard to explain. Even harder to accept, or even understand, are such excuses as those offered which include “Editorially unsatisfactory” and “Disproportionately time consuming” neither of which offer any obvious validity for an organisation whose sole purpose is to present all sides of news and events. Further, they have declared that CAM has been removed in order to “Make space for new and exciting work”. I am sure you will agree that the increasing use CAM by or on behalf of GPs is exciting and a turning point in the increasing use CAM by or on behalf of patients.

Statins are special vessels that perform a vital role in energy generation within the body, acting in conjunction with enzymes to convert sugars and fat into energy. In addition, Coenzyme Q10 is a powerful antioxidant, protecting mitochondria from the damaging effects of toxic free radicals. In contrast to the toxic effect of statins on mitochondria, it was found that a substance found in green tea, called deoxysappanone, had a beneficial effect on mitochondria, reducing the levels of toxic free radicals, boosting activity and increasing energy production.1

References

Vitamins Reduce the Duration and Severity of Influenza

Vitamins fight the flu by boosting the body’s own immune response and by accelerating healing. Individuals can be better prepared for an influenza epidemic by learning how to use vitamin supplements to fight off ordinary respiratory infections. The most important vitamins are vitamins C, D, niacin, and thiamine.

Vitamin D

Vitamin D has known anti-viral properties and has been directly associated with fighting influenza in a recent scientific review. Extensive evidence now shows that vitamin D serves as an important regulator of immune system responses. Vitamin D has been part of a supplement combination proven effective against HIV in a recent double-blind trial.

During a viral infection, the body can draw on vitamin D stored in the body to supply the increased needs of the immune system. The withdrawn supplies of vitamin D are quickly replenished with 4,000 to 10,000 IU/day doses for a few days. Due to biochemical individuality, we recommend vitamin D blood testing as a routine part of a yearly physical exam.

Niacin

Niacin has known anti-viral properties. The most persuasive evidence comes from recent work with HIV patients. Niacin is required for cells to generate the energy they use to perform virtually all biological functions.

Niacin’s effectiveness fighting viruses may have to do with accelerating wound healing as well as improving immunity. Accelerating tissue repair limits collateral damage and minimizes the risk of