

Review by Alan L. Miller, ND

Viral Immunity

J.E. Williams, OMD

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In the late 1960s, after the eradication of smallpox, decades of antibiotic use, and the multi-generational, widespread vaccination of the general population in the United States, some experts exclaimed we had beaten infectious illnesses, especially viruses. Then came Herpes simplex, Hepatitis B and C, HIV, Ebola, West Nile virus, and others.

In *Viral Immunity*, James Williams, OMD does an outstanding job of educating the reader – whether lay public or healthcare practitioner – about viruses, viral diseases, and both the conventional and natural approaches to prevention and treatment of viral illness.

In the first half of the book, Williams discusses the components of the immune system and how they work, as well as a detailed look at viruses. There are well-written, well-referenced sections on individual viruses, including cold and influenza viruses, HIV and other retroviruses, and Hepatitis B and C. The author provides an impressive overview of the subject, including what viruses look like, how they function in the body, their origins, effects, modes of transmission, immune response, and natural course. In addition, connections between inflammation, fever, fatigue, and viruses are discussed in detail. An explanation of viral illness from the traditional Chinese medicine perspective is also offered.

The second half of the book is a 10-step, practical approach to enhance the immune system's ability to respond to viruses. The plan provides the reader with useful information about the immune-restorative value of exercise, clean air and water, proper sleep, and nutrition – covering overall dietary approaches and specific nutrients to enhance immune function. A mind-body section follows, in which the author covers the mind-body-immune connection and offers information on emotions, healing rituals, prayer, and meditation.

Since the accumulation of toxins in the body undermines immune function, the author highlights the importance of detoxification in his 10-step program with an overview of detoxification processes and strategies to assist the organs of detoxification.

Natural substances that can improve immune function are also emphasized, including oxygen therapies, the importance of antioxidant balance, proteins, amino acids, and enzymes. Antiviral botanicals, both Western and Chinese, are included in the program, as are antiviral homeopathics and nutraceuticals, and natural anti-inflammatories.

In addition to his own research, Williams utilizes quotes from experts in the field, as well as many case studies that provide a much better personal understanding of the illness and the healing process. This text is an important reference for individuals desiring to avoid viral infections, for patients with chronic viral diseases who would like to know more about their illness and treatment, in addition to the healthcare professional wanting more information on methods of enhancing viral immunity.