

**About J. E. Williams, OMD, FAAIM**  
**Author of *Viral Immunity* and other books**

**Healthier / Longer**

Dr. Williams is an American acupuncturist and pioneer in integrative medicine with nearly forty years of clinical experience and over 100,000 patient visits. He is also an independent ethnomedical researcher. Since 1968, he has worked with and lived among traditional indigenous people from the Arctic to the Andes. He has taught at the Pacific College of Oriental Medicine, East West College of Natural Medicine, the University of Miami Miller School of Medicine, NOVA Southeastern University, and Emperor's College in Los Angeles. After 30 years in San Diego, he now lives along the Gulf of Mexico in southern Florida but spends much of his time in the Peruvian upper Amazon and Andes, and in Cuba teaching Earth-based wisdom and heart-centered spirituality, and helping people stay healthier longer.

**Endorsements & Reviews**

**VIRAL IMMUNITY**

“J. E. 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 diseases.” — *Alan Miller, N.D., Alternative Medicine Review*

“The author of *Viral Immunity* has written a timely and important book for both the public and practitioner, as viral diseases are proliferating at a rapid pace. *Viral Immunity* is the most comprehensive book on viral illness, treatment, and prevention that I have seen, and an essential resource for both practitioners and patients.” — *Irene Alleger, Townsend Letter for Doctors & Patients*

“Dr. J. E. Williams is an extraordinary health care professional who has written a timely and comprehensive book on how to make your body "bulletproof" against the growing onslaught of viral infections. *Viral Immunity* gives us the answers to preventing and reversing the bewildering array of infections now found in American hospitals and clinics.” — *Patrick Quillin, Ph.D., author of Immunopower*

“Dr. Williams provides a clear, practical program for boosting your anti-viral defenses. *Viral Immunity* is a valuable resource for helping you take control of your most valuable possession—your health.” — *Michael T. Murray, N.D., author of Encyclopedia of Natural Supplements, Healing Power of Herbs*

“This is an important work and a valuable resource, and succeeds in its goal to help people strengthen their immunity through practical lifestyle changes and natural medicine.” — *Qingcai Zhang, M.D., author of Healing Hepatitis C with Modern Chinese Medicine*

“In his excellent book, *Viral Immunity*, Dr. James Williams, who has conducted independent research on natural antiviral compounds and treated viral diseases for two decades, describes how upper respiratory viral epidemics originate in south China, spread to Hong Kong and then worldwide, and he did so a year before anyone heard of SARS. Dr. Williams’ work is significant because his experience offers a different, yet scientifically-valid perspective on the current crisis as well as on future problems, which are sure to occur.” — Jay Cohen, M.D., author of *Over Dose, The Case Against the Drug Companies*

“In this well-crafted book, Dr. Williams offers a much needed dose of common sense and holistic wisdom to help us combat current and emerging viral infections. Dr. Williams proposes that a combination of life-enhancing steps can synergistically tilt the balance of health and immunity in our favor. In *Viral Immunity* we get an invaluable peek into the future of sane medicine.” — John Boik, researcher and author of *Natural Compounds in Cancer Therapy*

### BEATING THE FLU

“ In *Beating the Flu*, Dr. Williams offers real-world options in the realm of natural and food-based therapies while the rest of the medical profession is paralyzed with fear and inertia in the face of a killer epidemic projected to kill 150 million.” —Ron Klatz, M.D., D.O., President of the American Academy of Anti-Aging Medicine

### THE ANDEAN CODEX

"An exhilarating and aesthetically lovely adventure, an intimate glimpse into a timeless way of life that embodies the ethical, moral, and spiritual principles for which so many in the Western world are searching. J. E. Williams has gifted us with an extraordinarily fine contribution to our understanding of indigenous wisdom, and in the process, he has created very good medicine indeed!" — Hank Wesselman Ph.D., anthropologist and author of the *Spiritwalker Trilogy*

"Dr. Williams provides the clarity of a high-altitude mind sharpened by many years in the mountains. This is a sensitive, true-to-life study of native people. The author's photographs are wondrous and life-affirming as his observations and writing." — Gerald Hausman, author of *All is Beautiful Around Me*

### LIGHT OF THE ANDES

“Reading this book changes you, ready or not, it simply changes the manner in which the universe is viewed.” — Grady Harp, Amazon.com Top Fifty Reviewer

“I found reading this book to be a profound experience. The deep wisdom rings true in my heart.” — Trish Corbett, The Mindshift Institute

“Honest. Vibrant. Inspirational. Williams, a master storyteller, has sounded the soul of shamanism. A fascinating read from beginning to end.” — Dr. Frank Kinslow author of *The Secret of Instant Healing*

“Erudite and deftly written, informed and informative.” — The Midwest Book Review

“Light of the Andes is absorbing, cogent, radiant and fascinating.” — Blue Ink Review

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**For interviews or guest lectures, contact Dr. Williams:**

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