

Health Hunter[®]

N E W S L E T T E R

What is alternative medicine?

Richard Lewis

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."
—Thomas Edison

Alternative medicine has gained in patient acceptance in the last several years as patients look for answers and solutions to chronic illness. In 1993, *The New England Journal of Medicine* reported that "An estimated one in three persons in the U.S. adult population used [alternative] therapy in 1990." Most likely, the number has continued to grow.

**70% of cardiologists
polled at a recent meeting
were taking vitamin E.**

The journal went on to point out that "for medical doctors currently caring for patients with back problems, anxiety, depression or chronic pain, the odds are greater than one in three that a patient is simultaneously using [alternative] therapy for these medical problems without disclosing this fact." They added that 72 percent of those responding to the survey did not inform their standard medical doctor that they were using alternative therapies.

It further pointed out that, "The frequency of use of [alternative] therapy varied somewhat among socio-demographic groups, with the highest use reported by nonblack persons from 25 to 49 years of age who had relatively more education and higher incomes. The majority (83 percent) used

[alternative] therapy for chronic, as opposed to life-threatening, medical conditions."

Thomas Edison caught the essence of alternative medicine as practiced at The Center when he defined his doctor of the future. Add to this a quote from Hippocrates (460-377 B.C.) who has been called the father of modern medicine, "It is more important to know what sort of person has a disease than to know the sort of disease a person has," and you have the essence of The Center's care.

Alternative medicine has come into our lexicon only recently, even though, as both Thomas Edison and Hippocrates pointed out, the ideas and many of the therapies have been around for a long time. What has happened in the last few years since the term came into usage and what effect is it having on the medicine as practiced in the United States? Here is a short, incomplete list of highlights:

- 43 medical schools now have departments of alternative medicine.
- The National Institute of Health has an Office of Alternative Medicine which is handing out several millions of dollars in grant money for the study of alternative medicine.
- The word "antioxidants" has become almost a household word and there is more vitamin C in American medicine cabinets than aspirin.
- 70% of cardiologists polled at a recent meeting were taking vitamin E.
- Hoffman LaRoch, a giant pharmaceutical company, has bought a huge beta carotene plant that promises to make enough beta carotene capsules

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Notice any changes?

For the past year, the staff of *Health Hunter* has been struggling with a problem. How could we make the *Health Hunter Newsletter* more readable, more visually attractive to the reader, and still wedge in the same or a little more information in each issue.

There was always more copy that editor Richard Lewis wanted to squeeze in. Barbara Nichols, associate editor, wanted to find ways to work a little artwork into each edition to make it more readable and the overall visual effect more friendly. Marilyn Landreth, associate editor, wanted to add new columns and still get *Health Hunter* published in a timely fashion. But there just wasn't enough space—until now.

The changes we are making are evolutionary rather than revolutionary. We all got what we wanted to make *Health Hunter* more readable.

We plan to keep evolving *Health Hunter* throughout the year. Watch for the changes and, if you like what you see, let us know. If you don't like some of the changes—well—let us know that, too.

TH

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Nutritional Medicine

by Ron Hunninghake, M.D.

The value of alternatives


Human beings need alternatives... especially medical alternatives. Why? Alternatives represent our spirit's refusal to be painted into a corner!

In this day and age of protocol-driven medical care, which is the essence of "conventional medicine," patients who have not gotten satisfactory results by their own standards, need to be free to explore other options. Alternatives spark the human spirit into renewed search and discovery, empowered self-responsibility, and an invigorated will towards health and healing.

Many decry alternative medicine's pathways as "false hopes." Bernie Siegel denies the existence of such a beast. In *Love, Medicine, and Miracles* he chronicles patient after patient who had had their hopes crushed when conventional approaches had failed them. These approaches often rep-

resented huge, powerful outside forces that were to come in and "fix" their dreaded disease.

Siegel states: "When physicians run out of remedies, they're likely to give up. They must realize, however, that lack of faith in the patient's ability to heal can severely limit that ability. We should never say, 'There's nothing more I can do for you!' There's always something more we can do, even if it's only sit down, talk, and help the patient hope and pray."

Healing is much more than "fixing" the problem. Even if the physical can't be fixed, the emotional, or mental, or even the spiritual dimension of the illness can be healed. Alternative approaches can address the illness on many levels, through the expanded lenses of a hopeful attitude and an open mind. 

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The information in this publication is meant to complement the advice and guidance of your physician, not replace it.

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each year to supply one a day for every man, woman, and child in the U.S.

- More out-of-pocket money is being spent on alternative therapies than hospitalization.

- Alternative therapies are regularly featured in all facets of the national media.


The late Roger Williams, Ph.D., a researcher at the University of Texas at Austin, showed if one takes a group of fifteen to twenty people, their nutritional requirements will vary from person to person by as much as 700 percent. This variation he referred to as each person's biochemical individuality.

At The Center, we look very carefully at each person's biochemical individually. "What we try to do at The Center is characterize that individual's biochemical status and look for those deep deficiencies that cannot be corrected by a balanced diet," says Ron Hunninghake, M.D., director of the Olive White Garvey Center for Healing Arts, the clinical arm of The Center. Dr. Riordan adds that, "nutrients are the keys to all degenerative diseases."

Through the help of the Bio-Center

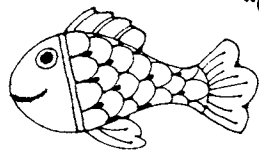
Laboratory, the doctors at The Center receive a picture of each person's biochemical makeup—what shape their nutrients are in at that time. With the help of The Center's counseling services, each patient learns how to use mental medicine to bring into play the entire body/mind complex to gain the maximum effect from all healing therapies. Through this biochemical individuality, The Center looks for the underlying cause or causes for the particular chronic problem or problems the individual may bring to The Center. To paraphrase Hippocrates, we are more interested in the individual than we are the disease.

Alternative medicine has proven very successful with our patients in relieving the effects of chronic disease through natural processes that are very comfortable for the individual to follow.

As Dr. Riordan has long said, "We practice non-acute care the way it must be practiced by the year 2000 because we cannot afford to continue doing it the way we are doing it now." His prophecy is rapidly coming true. 

Eat fish, prevent heart attacks

New research shows that omega-3(n-3) fatty acids reduce the risk of heart attacks and that the easiest way to get these fatty acids is by adding seafood to your diet.



“Consumption of seafood, the primary dietary source of the

long-chain n-3 fatty acids...increases the levels of these fatty acids in cell membranes and results in shifts in eicosanoid production that might reduce platelet aggregation and coronary spasm,” wrote David S. Siscovick, M.D., MPH, and his colleagues in *The Journal of the American Medical Association* recently.

They went on to say that these long-chain n-3 fatty acids may reduce the accumulation of cytosolic calcium in the heart muscle during episodes of angina pain or a heart attack that becomes a critical factor in the genesis of heart arrhythmias that are resistant to treatment.

Compared to eating no fish, the researchers found that just eating two fatty fish meals a month showed a reduction in primary cardiac arrest by thirty percent. If one increased this to one fatty fish meal a week, the improvement increased to fifty percent, and this was after adjusting for age, current smoking, former smoking, family history of heart attack and many other factors.

The research team further found that post heart attack patients who were placed on a diet including fish had far fewer incidence of sudden cardiac death.

This squares with prior research reported in *The New England Journal of Medicine* and *The Lancet* that fish oil reduced incidence of heart disease and life-threatening cardiac arrhythmias.

Fatty fish, such as salmon, are an excellent choice to gain this protective effect for your heart. The researchers did not look at fish oil supplements, but did notice excellent effects from adding fish to your diet. You can too. [H]

Yes, Linus Pauling was right about vitamin C and common colds!

Controversy has been swirling, even worse than the blowing snow in a prairie blizzard, ever since Dr. Linus Pauling said that vitamin C could cure the common cold.

The common cold is a very complex problem and it deserves a complex answer, many seem to say. How could large doses of vitamin C in multi-gram quantities a day ever be safe, much less be a cure, when everyone knows the recommended dietary allowance (RDA) is just 60 milligrams (mg) per day? There are 1000 mg in a gram.

Dr. Pauling convinced me when I heard him speak at Wichita State University many years ago. Then a man in his 80's, he had already been lecturing to, and holding seminars for, undergraduate and graduate students during the day. In this evening lecture, he held forth for nearly three hours, lecturing and answering questions. Most younger people would find this an exhausting schedule, but he didn't miss a beat all evening.

During the evening he discussed how vitamin C worked to cure the common cold. It was obvious to me that here was a man who was sharing knowledge of great value to me and his information about the common cold was particularly valuable.

Now that winter is back, along with its accompanying common cold season, the controversy over high doses of vitamin C is back with us.

The December, 1995 issue of the *University of California, Berkeley Wellness Letter* brought the subject of vitamin C, Dr. Pauling, and the common cold to the forefront again. The editors said that they could only recommend 250 to 500 mg per day (from 1/4 to 1/2 gram) as a safe limit since the RDA is only 60 mg per day, even though Dr. Pauling was “one of the great scientists and social activists of this century.”

As justification for their position, they added, “Studies have shown that even in very high doses (more than 3 grams), vitamin C is quite safe, since

the body excretes the excess. Still, several grams of it can cause diarrhea.”

The mention of diarrhea brings Robert F. Cathcart III, M.D. into the discussion, his insight into the problem, and turns the editors' complaint about diarrhea into a positive for vitamin C therapy.

Dr. Cathcart wrote in the *Journal of Orthomolecular Medicine* that his, “clinical experience prescribing doses of ascorbic acid up to 200 or more grams per 24 hours to over 20,000 patients during the past 23 year period has revealed its clinical usefulness in all diseases involving free radicals. The controversy continues over the value of vitamin C mainly because inadequate doses are used for free radical scavenging purposes.”

He went on to say that his “early discovery was that the *bowel tolerance* to ascorbic acid of a person with a healthy GI tract was somewhat proportional to the toxicity of their disease. Bowel tolerance doses are the amounts of ascorbic acid tolerated orally that almost, but not quite, cause a marked loosening of stools.

A patient who could tolerate orally 10 to 15 grams of ascorbic acid per 24 hours when well, might be able to tolerate 30 to 60 grams per 24 hours if he had a mild cold, 100 grams with a severe cold, 150 grams with influenza, and 200 grams or more per 24 hours with mononucleosis or viral pneumonia.”

In short, Dr. Cathcart turns the editors' diarrhea complaint into the bowel tolerance advantage.

“In 22 years, I personally, have ingested approximately 361 kilos (797 lbs.)(4.3 times my body weight) of ascorbic acid because of chronic allergies and perhaps chronic [Epstein Barr virus],” he added.

Linus Pauling was right all along. He found the mechanism, vitamin C, that cured the common cold. Dr. Cathcart found the easy way to clinically apply this knowledge. [H]

—Richard Lewis

INFORMATION WORTH KNOWING

Do you ever wish that you had an extensive guide to alternative medicine to compliment your conventional medical books? *Alternative Medicine: The Definitive Guide*, compiled by The Burton Goldberg Group is such a book. While it is not meant as a replacement for your Doctor's advice, it does give you ideas to discuss with your doctor. The questions this month are taken from this book.

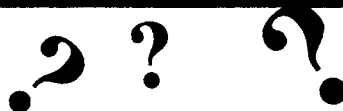
- 1 "The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease," was first said by _____.
- a. Hugh D. Riordan, M.D.
b. Thomas Edison
c. Socrates
d. Red Duke, M.D.
- 2 Conventional medicine excels in the management of _____.
- a. chronic diseases
b. disease prevention
c. medical emergencies
d. all of the above
- 3 Most over-the-counter and almost all prescribed drug treatment deals with the main problems or the reason these diseases exist.
- a. True b. False
- 4 Under _____ conditions the body will attempt to heal itself without assistance.
- a. normal
b. optimal
c. limited
d. none of the above
- 5 A vast majority of illnesses that people have are self limiting, meaning they get better without any treatment.
- a. True b. False
- 6 Dr. Roger Williams showed that in any group of 15 to 20 people the nutritional requirements vary from person to person as much as _____%.
- a. 50 b. 200
c. 400 d. 700
- 7 Biofeedback training teaches a person how to consciously regulate normally unconscious functions through the use of simple electronic devices. Biofeedback is particularly useful for _____.
- a. fractures
b. heart attacks
c. reducing stress
d. all of the above

• FOR ANSWERS, SEE PAGE 7 •

We want to hear from you

Do you have a question about your health that might be interesting to others as well? Or do you have questions you are too timid to ask in person? Maybe you have something that is just puzzling you about nutritional medicine?

Well, here is your chance to get the answer. Write your question and send it to:



Health Hunter,
Answers from The Center
3100 N. Hillside
Wichita, Ks 67219

We will select one, two, or three of the best questions each month, get the answer, and print them in *Health Hunter*. We won't use your name, just your question. So, write to us!

Case of the month

We had a 38 year-old female patient/co-learner come to The Center with multiple symptoms, as do most co-learners. Her symptoms included generalized muscle pain, fatigue, depression, poor memory, sexual dysfunction, dry skin, weight gain, multiple allergies, high cholesterol, drowsy after eating, cold intolerance, sweating abnormalities, and back pain. She was also having dry eyes, hoarseness, and multiple food cravings.

After a complete clinical evaluation, she underwent laboratory testing that included cytotoxic food sensitivity evaluation, which showed her to have 27 out of 90 positively reacting foods. In addition, she was found to have a white blood cell vitamin C saturation in the 20th percentile, low average plasma C, zero urine vitamin C, and low urinary potassium to sodium ratio.

Other abnormalities included pyroluria and a borderline adrenal challenge test. Her rectal swab (which checks for parasites) was positive for *blastocystis hominis*, an amebic protozoa infection.

The patient/co-learner was advised to eliminate her sensitive foods from her diet and to begin taking glucosamine sulfate, zinc boost, parex, and healthy fiber—one scoop twice daily.

She was seen for a follow-up evaluation about 30 days after her initial appointment. In that time, she had lost 13 pounds and was reporting that she was feeling significantly improved. Her muscle pain had diminished and she had more energy. Several of the multiple symptoms had regressed as well. Overall, her sense of well-being and energy was much better than when she first came to The Center.



The real voyage of discovery consists not in seeking new landscapes but in having new eyes.

—Marcel Proust

Eggs ok for some with high cholesterol

Sounds like medical heresy to say it is OK for some with high cholesterol to eat eggs again since they have been on the high cholesterol forbidden list of foods for so long.

But research from the University of Washington in Seattle, presented at the annual meeting of the American Heart Association and reported in *Science News*, showed eggs were OK to eat for some people with high cholesterol.

In this study, the researchers followed 161 men and women for twelve weeks. Some of them just had high cholesterol and others had elevated triglycerides along with high cholesterol. During this period, part of the group ate two eggs a week while others ate no-cholesterol egg substitutes. All stuck to a diet that was less than 30 percent fat.

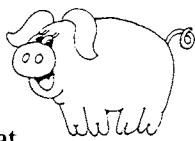
Those with only elevated cholesterol showed no additional elevation from eating eggs while those who also had high triglycerides also showed an average elevation from 238 to 250 ml/dl.

The researchers' recommendation: if you do not have elevated triglycerides, enjoy an occasional egg or two, as long as you stick to a diet that totals less than 30 percent fat. [H]

Pork, like chicken, low in fat

Lean pork is as good as chicken when it comes to lowering cholesterol, according to researchers at Duke University Medical School.

In the study, researchers had 51 men and women with high cholesterol eat a 25% fat diet. As part of the diet, they ate two large servings of either lean pork or skinless chicken breasts each day for 28 days. Both the pork and chicken helped lower cholesterol as much as 7 to 8%. [H]



Mental Medicine

by Jon Sward, Ph.D.

Santa quit smoking after Christmas

A recent California news report tells the story of a mall Santa who was threatened with dismissal if he didn't quit smoking. Over the previous two years several quit smoking attempts resulted in failure and frustration. This year Santa finally found success with the aid of hypnosis.

The Center for Disease Control reports that over nine million people have quit smoking with the help of hypnosis—mostly through group hypnosis. This success rate is second only to stopping cold turkey—which is too severe for many people.

Hypnosis has also proven itself helpful in weight loss. Sometimes simple hypnotic suggestions are all that's needed to make a difference between

success or failure. Other times hypnosis is used for uncovering unconscious blocks sabotaging weight loss efforts.

Actually, all hypnosis is self-hypnosis. Hypnosis is an ability that lies within each person's brain. Hypnosis is not sleep nor being unconscious. Hypnosis is really taking advantage of a special brain state—the increased balance or synchronicity of the two halves of the brain occurring in between sleep and wakefulness. Getting into this state and using it for self change purposes is initially best guided by a trained expert. With practice and experience, the individual learns to direct and guide their own hypnotic process.

Santa's favorite gift this year was quitting smoking. How about you? [H]

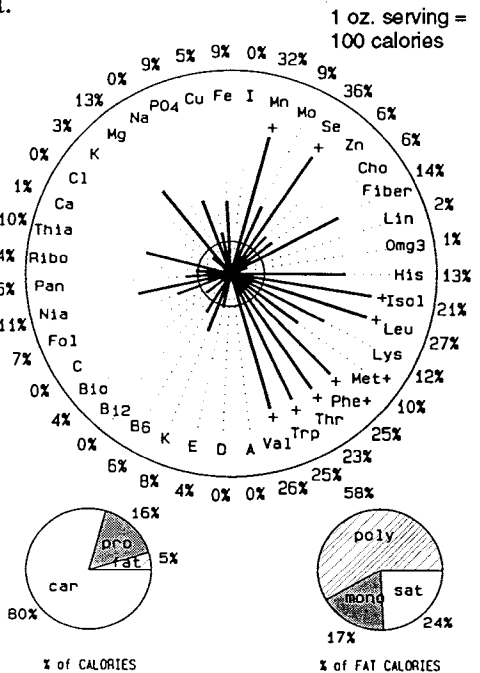
Food of the Month

by Donald R. Davis, Ph.D.

This issue begins a new monthly feature which takes an in-depth look at an interesting food. Most of the story will be told with a "NutriCircle" diagram showing the amounts of about 40 nutrients in the featured food. Brief text will describe the diagram and highlights about the food. We begin with wheat, "the staff of life," and a major Kansas product.

WHEAT is the world's largest crop, supplying 10 to 50% of the calories and protein in most countries. Usually it is consumed whole—with the germ and bran—in India and the middle east. In Europe, whole wheat products are used more than in the U.S., where white flour predominates. Whole wheat flour contains 29 out of 39 nutrients in adequate amounts relative to its calories, including 9 vitamins, magnesium, iron, selenium, zinc, and fiber. All 9 essential amino acids (from protein) are adequate, but lysine and methionine are relatively low. Most of wheat's calories come from complex carbohydrate, and most of its fat is polyunsaturated.

The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right). [H]



Beat The Odds Update

Why do we need magnesium?

Magnesium is found primarily in the cells and the skeleton of the body. Over 200 enzymes rely on magnesium. In short, the body needs a good supply of magnesium to operate properly.

Three areas demonstrate the importance of magnesium—the skeleton and osteoporosis, the muscles and exercise tolerance, and the heart and cardiovascular system.

Cardiac arrhythmia, the heart beating irregularly is often stopped by getting the magnesium supply in the body high enough, possibly due to magnesium's natural calcium blocker activity.

Magnesium also acts as an anti-oxidant in the blood, helping to prevent the oxidation of lipoproteins (types of cholesterol). This helps prevent part of the atherogenesis or plugging in the heart's vascular system.

Recent studies have linked exercise tolerance to magnesium levels in the body. One study found that people taking 500 mg per day for four weeks

reduced the total (11.4%) and maximal oxygen uptake (14.6%) over the controls that were taking a placebo during the same period of time. Other studies confirmed these results. The muscles work more efficiently, being able to do the same amount of work with less oxygen required when the extra magnesium circulating is available.

Osteoporosis is a constant concern for women who are post menopausal. "Several recent studies have reported on magnesium supplements in the treatment of osteoporosis—with favorable results. In a group of post-menopausal women in Israel suffering from osteoporosis who received magnesium supplements in the range 250 - 750 mg/day for 24 months, either bone density increased (up to 8%) or bone loss was arrested (in 87%); in some cases both an increase in bone density and arrested bone loss occurred," according to Ivor E. Dreosti, Ph.D., D.Sc., writing in *Nutrition Reviews*. [H]

CENTER UPDATE

Urgent need to increase folic acid consumption

The lead editorial in the December 6, 1995 issue of *The Journal of the American Medical Association (JAMA)* drew attention with the above headline.

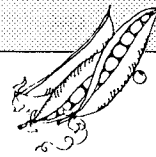
"Many Americans do not consume enough of folic acid, a B vitamin. In the last 5 years, it has been shown that increasing folate consumption with folic acid supplements will prevent some birth defects and may reduce the risk of occlusive vascular disease," began Godfrey P. Oakley, Jr., M.D., MSPM and his coeditors.

Not new information for *Health Hunter* readers, but a bold step for *JAMA*. Last month, an article appeared in *Health Hunter* on how folic acid reduced homocysteine in the blood, a newly accepted cause of blockage in the arteries or "occlusive vascular disease." In earlier issues, readers found information on how folic acid would

reduce the incidence of spina bifida and anencephaly (SBA), two common and severe birth defects.

"Folic acid consumption needs to be increased now. Folic acid fortification represents an unprecedented opportunity for the prevention of SBA and, probably, cardiovascular disease. We encourage physicians to support the rapid implementation of fortification of the food supply with folic acid and to tell their patients about the proven and potential benefits of consuming a vitamin supplement containing 0.4 mg of folic acid and of eating more foods rich in folates," concluded the editors.

Foods rich in folate include brewers yeast; black-eyed peas and other legumes (which includes peanuts and peanut butter); liver; spinach, beet and mustard greens; broccoli; and filberts and walnuts. [H]



Iron pumping for older women



Lifting weights just twice a week for a year improved the muscle mass and strength, balance, and bone density for women between 50 and 70, according to a recent study by Miriam Nelson at the Jean Mayer USDA Human Nutrition

Research Center.

These women found that a system of high intensity and low repetition weight lifting was the road to their success. [H]

It is fit not fat

When recently looking at obese, mildly obese, and normal weight men, researchers at the Cooper Institute for Aerobic Research found that the death rates were essentially the same for men of similar cardiovascular fitness levels.

"Healthy bodies come in all shapes," added Steven Blair, P.E.D., of the Cooper Institute. "We need to stop hounding people about their weight and encourage them to eat a healthful diet and exercise." [H]

Fast way to burn calories

Two groups of out-of-shape and slightly overweight women walked on a treadmill until they had burned exactly 300 calories four times a week in a research project directed by Jeffrey Rupp at Georgia State University. He had one group walk at a slow pace and the other walk faster.

At the end of three months, each group had lost the same amount of body fat—3%. "The important thing," Rupp observed, "is you've used up calories and created a deficit. Your body makes up that deficit later, and it usually does that by taking fat from your stomach and hips." [H]

Answers from page 4

- 1 b. There is a crisis in health care (really sickness care) and being able to pay for increasing costly medical treatment. According to an article in *The New England Journal of Medicine*, many people are utilizing alternative medicine.
- 2 c. Conventional medicine also excels in management of certain bacterial infections, trauma care, and complex surgical techniques but is failing in the management of chronic diseases and disease prevention.
- 3 b. Most drugs mask the symptoms rather than heal the person.
- 4 a. Our bodies are really made to keep us healthy. The goal is to stay as healthy as possible so that our bodies can handle germs and stress.
- 5 a. Sometimes the drugs taken to improve health can cause additional problems. In this hurry, hurry, world many of us do not want to take the time for our body to heal on its own.
- 6 d. Just as our nutritional requirements vary from person to person, our health needs vary from person to person.
- 7 c. Biofeedback is also useful for eliminating headaches, asthma, injured muscles, and pain relief. H

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.00; *Health Hunter* Price—\$6.30
 Video Tapes: Regular Price—\$19.99; *Health Hunter* Price—\$17.95

ALTERNATIVE MEDICINE: The Definitive Guide

Compiled by *The Burton Goldberg Group*

Have you ever wanted to know some alternative methods to attain good health and for treatment of various illnesses? This book discusses alternative treatments for everything from AIDS to worms. While the information given in the book is not intended to take the place of your doctor, it does give you food for thought. Hardcover.

Retail Price: \$59.95

Health Hunter Price: \$53.96

HOW VISUALIZATION CAN HELP BATTLE CANCER

with *Jon Sward, Ph.D.*

Dr. Sward was assisted by Zelma Barackman, a ten year survivor of cancer who used visualization. It takes a lot of resources all working together to beat cancer. Learn how cancer survivors have used visualization to help fight cancer and more. Audio cassette & video tape.

HOW TO BOOST YOUR ENERGY

with *Marilyn Landreth, M. A., and Richard Lewis*

This presentation focuses on quick strategies you can adopt to help boost your energy level. Topics discussed include the physical, emotional, relational, mental, and spiritual aspects of fatigue. Good to listen to for a quick pick-me-up. Audio cassette & video tape.

CAN BOWEL CLEANSING LEAD TO BETTER HEALTH?

with *Ronald Hunninghake, M.D.*

Many traditional approaches to health have recommended bowel cleaning methodologies as a means of restoring ill health and maintaining good health. There seems to be a consensus on the medical value of the high fiber diet, which is, in essence, a bowel cleansing technique. The advantages and possible disadvantages of various cleansing techniques are discussed. Audio cassette & video tape.

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JANUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 Yoga Reduce Hips, Thighs, & Buns Origami	9	10 Yoga Reduce Hips, Thighs, & Buns Origami	11 L & L - Eat Your Way to Natural Weight Loss	12
15 Yoga Reduce Hips, Thighs, & Buns Origami	16 L & L - Know Your Nutrients: B Complex	17 Yoga Reduce Hips, Thighs, & Buns Origami	18 L & L - Can Melatonin Help You Sleep?	19
22 Yoga Reduce Hips, Thighs, & Buns Origami	23	24 Yoga Reduce Hips, Thighs, & Buns Origami	25 L & L - Antioxidants and Aging: Fact or Fallacy	26
29 Yoga Reduce Hips, Thighs, & Buns Origami	30	31 Yoga Reduce Hips, Thighs, & Buns Origami		

FEBRUARY

Lunch & Lecture Classes:

- | | |
|---|---|
| 1 Partially Hydrogenated Fats | 15 Beating the Winter Blahs with Laughter |
| 6 Know Your Nutrients: Riboflavin | 22 When & How is Chelation Useful? |
| 8 <i>REC</i> NAC Cancer Research Update | 29 Mind-Body Centering |
| 13 Know Your Nutrients: Vitamin B12 | |

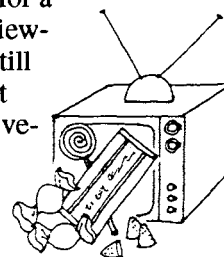
Kids watch TV junk food ads

Out of 21.3 ads per hour kids watch on children's television, almost 10 are for foods high in fat, sugar, and/or salt, according to a research paper in a recent issue of the *Archives of Pediatric and Adolescent Medicine*.

Howard Taras and Miriam Gage of the University of California, San Diego, Community Pediatric Division, authors of the paper, wanted to find out what impact new federal regulations had on junk food advertising viewed by kids.

Their conclusion—Nothing.

Commercials advertising unhealthy foods still account for a large part of kids viewing time. Parents still have to screen what kids watch and actively discourage the messages to buy these unhealthy foods.



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- What is alternative medicine?
- Eat fish, prevent heart attacks
- Why do we need magnesium?
- Urgent need to increase folic acid consumption

Health Hunter

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