

# Health Hunter<sup>®</sup>

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N E W S L E T T E R

JANUARY 2005

## Facing forward, facing backward

by Melvin D. Epp, Ph.D.

**D**id you ever ponder the origin of the name of the first month of the year, January? I, also, never really gave it much thought until the Rev. Scott Martin proposed this question in a sermon at the Whitewater Federated Church.

*In 1920, the average life span of an American was 60 years. Today, our life expectancy is about 78.*

January was named after the Roman god, Janus. Now, Janus has a very unusual profile. You see, Janus has two faces, with one face looking forward and the other face looking backward. For the Romans, Janus was the god of beginnings and endings. It seems so appropriate for us to do like the ancient Romans who offered resolutions to Janus and to use January as a month to either make new resolutions or to evaluate the resolutions we made last year.

According to John Norcross, a psychology professor, University of Scranton, who has been studying resolution habits for 20 years, only about 40-45% of the adult population makes resolutions. This is down from 50-55% 20 years ago.

While not everyone makes New Year's resolutions, the vast majority of people do want to make positive changes in their lives at various points throughout the year. Also, from John Norcross' studies, well over 90% of people say that they have tried to change a specific behavior over the past year.

It simply may be semantics, but most of us prefer the term goals rather

than resolutions. Resolutions connote something heavy, usually quickly conceived and as quickly broken. Goals are on-going and can be activated and achieved throughout the year.

Those of you who are basketball fans might remember Jim Valvano. He was the exuberant coach of the North Carolina State University's 1983 NCAA Basketball National Champion team. He was known for his up-front, cards-on-the-table attitude. He ended up quitting coaching when he was caught up in a recruiting violations problem.

One might have thought that he would have sought out a low profile job after this. He did not. He ended up in a high visibility television job with ABC and ESPN as a commentator.

He was only in that job a few years when he learned that he had a particularly virulent, fast-spreading form of cancer. Again, he did not simply fade into the background. Instead, he chose to stay on the air. He kept on working through hair loss, radiation therapy, bad days, and good days.

Just before he died he was given the Arthur Ashe award for courage. In his acceptance speech, Valvano spoke about how dying of cancer had taught him how to live: "We should do this every day of our lives: Number one is, laugh. You should laugh every day. Number two is, think. You should spend some time in thought. Number three is, you should have your emotions moved to tears. If you laugh, you think, you cry, that's a full day."

In 1920, the average lifespan of an American was 60 years. Today, our life expectancy is about 78. What's more,

*continued on page 2*

## DHEA reduces abdominal fat, increases insulin

Dennis Villareal, M.D., and John Holloszy, M.D., with the Division of Geriatrics and Nutritional Science, Washington School of Medicine, St. Louis, Missouri, wanted to find out if DHEA (dehydroepiandrosterone) would reduce abdominal fat and increase insulin action in older men and women.

They set up a research project involving 56 men and women between the ages of 65 and 78. One-half were randomly assigned to a group that received a 50 mg capsule of DHEA daily for six months while the other half received a placebo for the same time. The study results were reported in *The Journal of the American Medical Association*.

At the end of the six months, the researchers found that people in the group receiving DHEA lost abdominal fat and increased their insulin sensitivity index. The placebo group showed no reduction in abdominal fat or increase in insulin sensitivity; they actually lost ground. [H]

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Red states, blue states

Humans have a nasty habit of polarized thinking. Nowhere was this more evident on a grand scale than in our recent presidential elections. Meaningful dialogue with “the other side” often proved difficult...their minds were already made up.

Polarized thinking is not wrong. (That would be polarized thinking!) The great limitation of polarized thinking is that it doesn't take into consideration “the gray zone.”

Life can be quite complex. The solution to complex issues entails comprehensive thinking. One must be willing to enter the gray zone and explore it. The correct answer to a complex problem may involve elements of both black and white. Polarized thinking would not tolerate this kind of a solution.

Nutrition, health, human lifestyle choices, and chronic disease are very complex issues. Medication, genetics, environment, stress, exercise, technology, diet, and a host of additional variables further “gray” this vast arena that we generally lump under the label of

“health care.” (Really it is “sickness care”...oops, watch that polarized thinking!)

The real problem emerges when polarized thinking creates blind spots. Blind spots are areas of a visual field that are not seen. To be unaware of blind spots as a driver can get you into a wreck. To be unaware of blind spots as a doctor can get you growing numbers of chronically ill patients.

Doctors who have been taught to **not see, or even look for** the nutritional underpinnings of chronic degenerative disease will continue to treat symptoms with medications and to perform procedures that generate properly coded diagnoses. Neither of these behaviors involves exploring the gray zone of nutritional deficiencies or cellular toxicities where the true underlying cause(s) of the chronic illnesses can often be found.

If you never look, you will never see. Of course, either you believe in nutrition as a viable medical therapy, or you don't. Right? [H]

### *Facing forward—Cont'd from page 1*

we have learned that genes account for about a third of the problems associated with aging. The other two-thirds involve our lifestyle choices, including our eating and exercise habits and how we handle stress.

According to the U. S. Surgeon General's Report on Nutrition and Health, 75% of cardiovascular disease, 60% of women's cancers, and 40% of men's cancers are related to nutrition and diet. Many deaths can be avoided if people take care of their health.

There are two worthwhile goals you can take in the direction of living longer: 1.) Find a physician for ongoing health risk assessments and checkups. Your doctor can help identify and give you advice on reducing your personal health risks. 2.) Work on your habits.

To a large extent, health is determined by how you live. Lester Breslow, Professor Emeritus at UCLA, has said that, “The daily habits of a man have a lot more to do with what makes him sick and when he dies than all of the influence of medicine.” Think of your habits as investments in your health, like a bank account.

If you want to enjoy a good “health retirement,” resolve year-round to invest all along with good habits: exercising regularly, not smoking, keeping weight under control, monitoring nutrition, and not drinking to excess. These goals are important investments in your long-term health account as you look forward. Don't wait until you need to look backward with regrets. [H]

## Impact of mercury on human health and environment

"The city of New Orleans was spared the wrath of hurricane Ivan. Yet, a week later, the eye of a different kind of storm stirred at the edge of the Mississippi, a muddy and polluted river, emblematic of our self-inflicted health crisis affecting children and the elderly, from autism to Alzheimer's disease," said Mark Hyman, M.D. He was talking about mercury poisoning and health.

Methylmercury, which comes primarily from eating warm water fish or factory grown fish, is found predominantly in the red blood cells. Inorganic mercury from amalgams in the teeth is found in blood plasma. Methylmercury is converted to inorganic mercury in the body and is the main form of mercury in the brain.

Jane El Dahr, M.D., Chief of Pediatric Allergy, Immunology, and Rheumatology at Tulane University Health Sciences Center, noticed an increase in autism in the last decade and explored the rising level of mercury to autism cases.

She suggested that there might be a large variation in the genetic susceptibility to the exposure to mercury. She also argues that there is a strong biological plausibility to the mercury-autism hypothesis. In addition to the effects of mercury on the brain, there is a correlation between the immunology and pathology of both autism and mercury toxicity.

So what can be done for children diagnosed with autism? Dr. Ron Hunninghake suggests that, in addition to The Center's evaluation looking for the underlying causes the child has, we may do one or more of the following for the individual: chelation with DMSA, cleaning up the gut, getting rid of candida, and a food sensitivity test for adverse reactions, to name just a few examples of what can be done for the child.

But most importantly, we work with the individual child, as we do with adults, to find out what may be his or her underlying causes and then work with the parents to take care of these causes. [H]

## HEALTH HUNTERS AT HOME

### A suggestion for the Mexico Ministerial Summit

"The Mexico Ministerial Summit must boldly and publicly assert that the traditional biomedical model of health research is wholly inadequate to tackle disease alleviation in the less-developed world." The quote appeared in a recent editorial in *The Lancet*, the leading British medical journal.

The editorial writer further wrote that the "abysmal lack of knowledge about how the health systems can and should be improved:

- We have little understanding of how inequitable health systems can be reoriented towards the needs of the poorest communities...

- Cost-effective interventions exist that could substantially improve global health, yet we know very little about which delivery strategies should and could be employed to achieve high population coverage."

I agree with the quotes for the underdeveloped and the developed parts of the world, but maybe for different reasons than *The Lancet* editorial writer had in mind. Let me explain.

First of all, I agree that "the traditional biomedical model of health research is wholly inadequate" for chronic (or sustained, as we prefer to call it), illness that plagues individuals in the developed areas as well as in the undeveloped parts of the world.

Here at The Center we believe that each person is the most significant individual in obtaining and maintaining his/her health. We do not necessarily see the need for the double blind type of research that is the "gold standard" of standard medicine. The double blind study is one where neither the doctor nor the patient knows whether the patients in the study group are getting the active ingredient being studied or are in the group that receives a placebo, but all are considered as a whole.

As Dr. Riordan has often pointed out, the double blind study is interested in studying the field of wheat rather than the individual rogue head of wheat that stands out above the field. We are interested in the rogue head of wheat.

We are interested in the individual and what symptoms she/he brings to The Center.

The standard medical care system is really a sickness care system rather than a health care system. It is a system designed to get rid of sickness at all costs rather than get the individual back to a state of health where she/he understands what it takes to maintain that state of health. The Center returns individuals to a state of health and has almost 30 years of success with individuals around the world to prove it.

We look for the underlying causes of the disease rather than treat the symptoms. These underlying causes are often vitamins, minerals, amino acids that are the building blocks of proteins, and fatty acids—all are the building blocks of a healthy immune system. We often find one or more nutrients to be low in an individual. The underlying causes are more significant in getting the person back to a state of health rather than just treating the symptoms.

Let me quote the last paragraph of *The Lancet's* editorial. "[Peter F] Drucker [who first recognized that management is a discipline worth serious study] wrote, 'You can either take action, or you can hang back and wait for a miracle. Miracles are great, but they are so unpredictable.' In the absence of a miracle to insure that the [Millennium Development Goals] are met, the Mexico Summit presents an unprecedented opportunity to galvanize action to create a healthier future for the world's poorest people."

I agree, but for all the people of the world, not just the Mexico Summit. By understanding the value of the individual in relation to his/her health and by understanding the importance of the underlying causes to the individual, then health care will become truly a health care system rather than just a sickness care system as it is in the standard medical system. [H]

—Richard Lewis

## INFORMATION WORTH KNOWING

Have you ever felt that your health care provider was doing the best that they knew how to do, but they just did not know enough? Have you ever been told that nothing could be done and you would just have to learn to live with it? That was the problem Karyn Seroussi faced when her young son began having serious problems. First, she had a difficult time getting her pediatrician to understand that her son had problems. Second, once he was diagnosed as autistic she was basically told that nothing could be done to cure him. Their only hope would be if he would be on the low end of the severity scale. This mother read everything she could about autism. A research class Karyn had taken in college formed the basis for accepting and rejecting theories that she studied. The Internet provided a lot of information and allowed her to find a support system of other parents of children with autism. She writes about her journey to help her child in *Unraveling the Mystery of Autism and Pervasive Developmental Disorders*. Her book reads like a cross between a mystery story and a personal journal. In the process of healing her child, she and her scientist husband were able to find answers for not only their child's problems but for other children's as well. The questions this month are taken from her book and are what she has found through her studies.

**1** Parents have been reporting a connection between diet and autism for several decades. It is thought that \_\_\_\_\_ are the cause of the problem.

- a. allergies
- b. certain foods seem to affect brain development and
- c. poor mothering
- d. none of the above

**2** Researchers in England, Norway, and at the University of Florida have found \_\_\_\_\_ with opiate activity in the urine of a high percentage of children with autism.

- a. LSD
- b. peyote
- c. peptides
- d. none of the above

**3** The two main offending proteins are gluten (the protein found in wheat, oats, rye, and barley) and casein (a milk protein). This poses a problem since children must have milk to get the calcium they need for their bones.

- a. True
- b. False

**4** Karyn Seroussi found that research indicated that in a great many cases, autism seems to be a(an) \_\_\_\_\_ system dysfunction.

- a. immune
- b. respiratory
- c. auditory
- d. all of the above

**5** While the exact cause of autism is not known, it seems likely that many cases are caused by \_\_\_\_\_.

- a. a genetic predisposition
- b. environmental toxicity
- c. prolonged use of antibiotics
- d. all of the above

**6** For some children, it is more important to limit their food choice than it is to strictly follow the "five food groups."

- a. True
- b. False

**7** Karyn Seroussi suggests that a child might respond to the type of diet and interventions she found if they \_\_\_\_\_.

- a. self-limit their diet
- b. eat an unusually large amount of food
- c. eat an unusually small amount of food
- d. any of the above

• FOR ANSWERS, SEE PAGE 7 •


## Suggestions for Health Hunter Newsletter

At a recent meeting of the Editorial Board of the *Health Hunter Newsletter*, we decided to look at some ways to improve the newsletter. One change we made was to have Chad Krier, N.D., D.C., write the "Herbal History" column. His excellent herbal knowledge, along with his delightful writing style, should be an excellent addition.

We want your suggestions as well. To make your suggestions, please write to us at:

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Wichita, Kansas 67219

Or e-mail me at [rvt@brightspot.org](mailto:rvt@brightspot.org).


We want to know what you think about existing columns, suggestions for new columns, or other comments you may have to improve the *Health Hunter Newsletter*. 

## Hand washing, an effective tool against illness

"Still one of the most effective weapons against illness," says a poster in all of our bathrooms here at The Center. The posters have been here for years to remind The Center's staff, as well as those coming here, to wash their hands after using the bathroom and before eating at the Taste of Health Restaurant.

A recent research study again confirms the importance of hand washing. Researchers with the Centers for Disease Control and Prevention in Atlanta, along with corporate support, provided soap to 600 homes in Karachi, Pakistan, for washing their hands. They also selected 306 other homes where they did not provide soap to use as controls. In all 906 homes, the researchers counted cases of diarrhea in children up to 15 years old and kept track of respiratory infections and skin problems in children under 6 years old.

The researchers found that children in homes given soap had diarrhea only half as frequently as the children in homes not provided with soap.

This study again proves that hand washing is, "Still one of the most effective weapons against illness." 

## The Garden and the gardener

by Melvin D. Epp, Ph.D.

People often ask, "What does the gardener do during the long, cold winter when there is not a thing to do?"

The gardener closes his eyes and dreams of sitting on the warm sandy beaches of Tahiti. Dreams of listening to the waves as the wind rustles the leaves of the coconut palms. It is such a pity; these dreams are only fleeting imagery.

Gardening activity never really stops in Zone 6; it just slows down a bit. Let me explain.

In late fall—in November and December, all the garden debris and spent plants are moved to the composting area. When the compost is mature, it will be returned to the garden in spring. Soon after that the winter wheat and Austrian winter peas that were planted in the cleaned up areas will be tilled into the soil as green organic matter. The wheat and peas cover and hold the earth between the summer vegetables and the next season's spring vegetables. This is our form of conservation, reducing wind and rain damage.

There are a few areas that have not yet been cleaned up because the turnips, kale, spinach, and Jerusalem artichokes are still growing and available for harvest. Depending on the night temperatures, the turnips will remain harvestable in the ground until about the first of the year. The kale and spinach will just continue to grow on any day that is warm enough. Both may be available during the winter whenever the temperature is above freezing and will grow again in very early spring and have leaves to harvest between now and March. The Jerusalem artichokes are tubers and can be dug anytime when the soil is not frozen hard. They store best in the moist earth and can be dug from now until they begin to grow in early spring.

Even a gardener has to do some paperwork, renew imagination at conferences, and read all the glossy colored pages of the new 2005 seed catalogues. Again, the gardener begins to dream. This time the images are not fleeting, but are rather the initiation of the 2005 garden plan. [H]

# Herbal History

by Chad A. Krier, N.D., D.C.

## Common musculoskeletal herbs

There are many wonderful herbs that come to mind when discussing musculoskeletal conditions. Hence, narrowing the subject down to a handful of herbs is difficult, but I'll give you information about one of them this month and two more next month. Properties useful in herbal therapies for this category include: anti-inflammatories, circulatory stimulants, and analgesics.

Boswellia (Frankincense) is known for its anti-inflammatory action. Boswellic acids, the biologically active ingredients of the gum resin of *Boswellia serrata* (Sallai guggal), have been shown to be specific, noncompetitive inhibitors of 5-lipoxygenase, the key enzyme for leukotriene biosynthesis. Boswellia inhibits pro-inflammatory mediators in the body by inhibiting the synthesis of leukotrienes.

In contrast to NSAIDs, long-term use of Boswellia does not lead to irrita-

tion or ulceration of the stomach. In addition, Boswellia blocks some parts of the complement pathway.

Preliminary double-blind trials have found Boswellia effective in relieving the symptoms of rheumatoid arthritis. Two placebo-controlled studies, involving a total of 81 individuals with rheumatoid arthritis, reportedly found significant reductions in swelling and pain over the course of 3 months.

In addition, a comparative study of 60 people over 6 months found that Boswellia extract produced effects comparable to oral gold therapy. The dose shown to be effective in these studies is 150 mg three times per day.

I frequently recommend Boswellia Complex by Mediherb for patients. It contains boswellia, celery seed, ginger, and turmeric. I find it very useful for those suffering from muscle/joint aches and pains. [H]

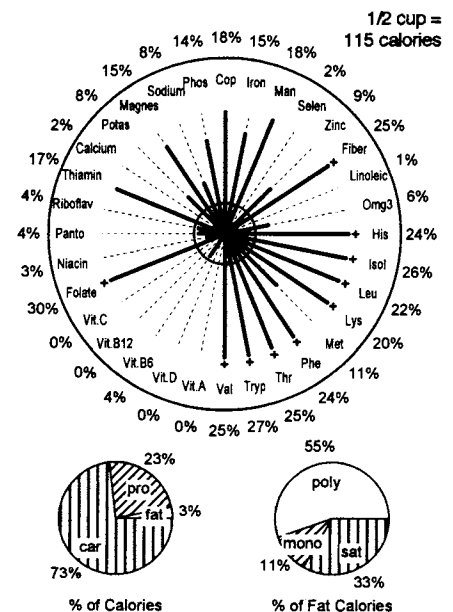
# Food of the Month

by Donald R. Davis, Ph.D.

NutriCircle



**BLACK BEANS** have a mild, slightly sweet flavor and soft texture. They are the most popular beans in Cuba and are widely used throughout Latin America, the Caribbean, and the southern U.S. Also known as turtle beans, they are served plain, in chilies, and mashed in thick soups and sauces. Like other beans, they are grouped with meats because of their substantial protein and meat-like quality when combined with grains. They contain adequate amounts of 21 out of 32 nutrients shown here, including omega-3 fat (Omg3). Try canned beans plain or mashed, or boil them till tender, preferably after soaking overnight.



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]

# Mental Medicine



by Marilyn Landreth, M.A.

## Carry moonbeams home in a jar

One of my fondest childhood memories is of going to the movies three times a week. For ten cents I was transported to big musicals on Broadway or home on the range with Roy or Gene. My Dad was a member of the I.O.O.F. (Monday night), my mother was a Rebekah (Thursday night), and we went to town on Saturday to sell our eggs and cream. We would go to the movies while my parents took care of their business. For a dime you could stay all day and see the same show over and over.

As a result of the big musicals my cousins, my sister, and I would pretend that we were dancers. Our stage was bales of hay (they were square back then) in the granary in the barn. We would stick our dress in our underwear and pull the skirt out to look like a tutu. Of course, boys weren't allowed to see us as we jumped around.

My thrice-weekly movies came to an end with the advent of television.

My parents did something unheard of; they called a family meeting. We were given the choice of getting a TV, which would mean that we would no longer see as many movies, or not get the TV and continue seeing the new movies. I was the only one to vote against getting a TV. We bought a little Philco model with a green screen. The picture was bad and had a lot of "snow" or static across the middle of the screen. The programs were limited, with wrestling being the main event.

Recently, those memories were stirred when I attended a musical program. As a Celtic group played their lively tunes, I could see that little Marilyn jumping around on stage with her make-believe tutu. She was having a great time.

We sometimes forget that we have that child within all of us and she/he needs to be remembered. What have you done recently to nourish your inner child? [H]

## Case of the month

A 75-year-old woman came to The Center with several problems—among them arthritis, edema, fatigue, high cholesterol, high blood pressure, macular degeneration (losing vision in the center of the eye), obesity, pain in the lower back, post polio syndrome (she had polio in 1952), and tendonitis. She also had problems with insomnia.

After seeing Dr. Riordan, she went to the laboratory where they checked her levels of coenzyme Q10; c-reactive protein (a pain level indication); insulin; mycoplasma/platelet aggregation; thyroid stimulating hormone; vitamins A, C, E, B1, B2, B12, folate, D, and vitamin C after an intravenous vitamin C infusion; a comprehensive metabolic panel; and essential fatty acids—all in the blood. She also had a hair analysis run. In the urine she had the indican level, potassium/sodium ratio, urinary pyrroles, and a vitamin C level checked.

Dr. Riordan started her on vitamin D and biotin orally, an intravenous vitamin C infusion, and a gluconate intravenous push once a week for four weeks, along with the book, *The Wonderful World Within You*, a video tape, "Getting it Off, Keeping it Off" for weight loss, and the Delta CD to help with her sleep. Dr. Krier also recommended Russian stimulation to the hamstring muscles (back of the thigh) once a week for three weeks and trigger point therapy for one other muscle.

When she saw Dr. Ron Hunninghake in late November, she reported that she is a little improved. She said that she is "sleeping better"!! Her sleep is more natural due to the CD and the nutrients, she also reported. She has much less gas than she used to, all due to taking Metagest, a betaine HCl, pepsin, and herbal nutrient that supports digestion that Dr. Ron had recommended the month before. She also said that her rosacea is much improved, which was evident from looking at her. She had reported before that she had lost 15 pounds on the South Beach diet.

She is looking forward to doing even better in the months to come. [H]

## CENTER UPDATE

### Stress shortens life

Dr. Elizabeth Blackburn has confirmed what we have suspected for years—stress shortens life. Telomeres, like the plastic tips on shoestrings, protect the ends of chromosomes. Each time the cell divides, a little of the tip of the telomere is nipped off by enzymes until the telomere is all gone and the cell dies.

To find out if this is true, Dr. Blackburn and colleagues recruited 58 healthy women between the ages of 20 and 50. While each of the women had at least one child, 39 of the women were primary care givers for a child with a chronic illness such as cerebral palsy.


Each of the women answered a questionnaire on how much day-to-day stress she perceives in her life. The mothers with chronically ill children reported more stress than did the women with healthy children. The researchers also measured telomere lengths in immune cells called mononucleocytes

collected from blood samples of each volunteer and assessed the activity of an enzyme called telomerase, which maintains the telomeres.

The researchers discovered a very striking connection between stress and telomere length. Mothers who said they had high levels of stress in their lives had significantly shorter telomeres and less activity of telomerase than women reporting less stress. From the telomere lengths, the researchers estimated that cells from women who reported higher levels of stress compared to women who were 10 years older.

This goes along with some of what we emphasize at The Center. The doctors and clinicians here are very aware of the relationship of telomere length and perceived stress. They do everything they can to help reduce the stress level in the individual who comes to The Center so the individual can live a longer, more productive life. [H]

Answers from page 4

- 1 b. It is not caused from allergies but because many of these children are unable to break down certain proteins.
- 2 c. Peptides are breakdown products of proteins. Opiates are drugs which affect brain function.
- 3 b. The first part of the question is true, but calcium is found in foods other than cow's milk or can be supplemented.
- 4 a. Immune system dysfunction can lead to a problem with some proteins not working as they should and problems with an over reactive response to other allergens.
- 5 d. There may be a triggering event that stresses the immune system, such as a vaccination or virus.
- 6 a. Just as a person with a balanced diet might not need to take vitamins, a person with poor nutrition can make up a lot with good vitamin and mineral supplements.
- 7 d. Craving milk and wheat products, eating a large amount of foods to satisfy craving, or eating a small amount of foods because they feel bad after they eat are all clues. 

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 Video Tapes: Regular Price—\$14.95; *Health Hunter* Price—\$13.45

### UNRAVELING THE MYSTERY OF AUTISM AND PERSASIVE DEVELOPMENTAL DISORDER

by *Karyn Seroussi*

Karyn Seroussi is a co-learner in the best sense of the word. Having a son diagnosed with autism she used scientific deduction, observation, and study to help him. Written in an easy-to-read, action oriented, and interesting manner you go along on her discovery journey. Softcover. Retail Price: \$13.95  
 Health Hunter: \$12.56

### COLOR NUTRITION: NATURE'S HEALTH INSURANCE

with *Ron Hunninghake, M.D., Rebecca Kirby, M.D., M.S., R.D., & Chad A. Krier, N.D., D.C.*  
 Everyone knows that fruits and vegetables help protect our health. But why? The color pigments in plant foods are powerful antioxidants. A panel of Center doctors review the overwhelming scientific research that demonstrates how these phytonutrients can help you save your own ship from going down.

### SQUEEZING THE STUFFINESS OUT OF YOUR SINUSES

with *Chad A. Krier, N.D., D.C.*  
 Sinus congestion got you bogged down? Learn the underlying causes of this problem and explore the use of homeopathy, botanical medicine, and nutrition as treatments. Let your fingers do the walking as Dr. Krier introduces you to a hands-on technique for relieving sinus pressure.

### IS HE IN MALE MENOPAUSE?...ASK HER!

with *Ron Hunninghake, M.D.*  
 Ladies, is your male just not himself these days? Have you noticed he's tired and apathetic, moody with poor concentration; he's buying bigger belts; he's up to the bathroom more frequently at night, less interested in sex, and often struggling with erectile dysfunction? These are just a few of the symptoms that mark "male menopause." Depression, heart disease, diabetes, and other serious consequences can occur if he's not treated.

• To Order, Fill Out the Form Below •

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# Upcoming Events. . .

## Mark your calendars! Lunch & Lectures begin February 3.

### The following are tentative topics:

The Center's Approach to:  
Relieving Arthritis • Preventing Dementia •  
Eliminating Fibromyalgia • Alleviating Skin Conditions •  
Reducing Hypertension • Managing Stress

Managing Back Pain  
Vegetarianism  
Natural Prostate Cure  
Healing Your Leaky Gut  
How Old is Old?  
Eating Toxin-free  
Iodine  
Low Carb Dieting  
Getting Rid of Headaches  
Music with Alejandro José

Visit our website for monthly Health Hunter discounts.  
[www.brightspot.org](http://www.brightspot.org)

## Eating walnuts cuts heart risk

The traditional Mediterranean diet is rich in nuts and fruits, and the people eating it have comparatively low rates of cardiovascular problems.

According to research reported in the journal, *Circulation*, Spanish researchers substituted walnuts for about 1/3 of the monounsaturated fats in the Mediterranean diets of 21 men and women who had high cholesterol. At the end of four weeks of eating the walnuts (about 8 to 13 walnuts a day), the subjects underwent an ultrasound testing of the arm's brachial artery.

They found that the lining of the artery expanded and contracted 64% better than before, consistent with marked improvement in cardiovascular health. They also noted decreased levels of total cholesterol and low-density lipoprotein (LDL) at the end of four weeks of walnut substitution.

## Health Hunter

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- Impact of mercury on human health and environment
- Common musculoskeletal herbs
- Stress shortens life

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