

# Health Hunter<sup>®</sup>

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N E W S L E T T E R

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## Healthy hair

by Ron Hunninghake, M.D.

**W**hat is the purpose of hair? One purpose is to keep our heads warm. Our brains are the most metabolically active organs in the body. Twenty percent of all of the calories that we burn every day is used by the brain. With babies, keeping the brain warm is important. If you go to a nursery to see a newborn baby, they have a little cap on their heads. That is because the baby's body is so small that over 30% of the heat it generates comes from the head.

*If you are starting to lose hair, think of that as an early warning signal that something needs attention in the body.*

Beyond that, hair is considered the least-important appendage in the body. If there is a nutrient deficiency or some problem in the body, hair often gets nutrition last. When we are under stress, the hair may be the first area for the effects of stress to show up.

Hair is anatomically very thin—1/300 to 1/525 of an inch in males and 1/250 to 1/500 in females. A strand of hair is stronger than a strand of copper wire of the same diameter. Hair follicles tend to occur in little groups. This is the root from which the hair draws nourishment from the blood vessels in the skin.

Hair grows approximately six inches per year. Obviously, this can vary from one person to the next. Hair follicles will periodically take a vacation and stop growing. That can be a reason why you start to lose some hair. Fortunately, the follicles don't all go on

vacation at the same time. Normal shedding is 50-80 hairs per day. On any given day, 90% of your hairs will be actively growing; only 10% will be resting. Most hair loss occurs in the morning so if you are a morning shower person, you are more likely to see hair in the bottom of the tub.

Blondes average 140,000 hairs compared to brunettes who average 60,000. The longer your hair, the less fallout you will have. Longer is stronger!

We get concerned when we start losing hair and we should. It is a symptom that things are not well in the body—not just in the scalp. If you are starting to lose hair, think of that as an early warning signal that something needs attention in the body.

Some causes for alopecia (abnormal hair loss) are:

- Heredity...if you have a family history of diabetes, which cuts down on circulation
- Thyroid...people with high thyroid or low thyroid can lose hair
- Trauma...when women put their hair up into a really tight bun, this can cause hair loss
- Traumatic spot baldness...a central area with no hair growth can occur when bumped or bruised
- Local infections...ringworm, which is a fungus, can cause hair loss
- General infection...such as the flu, where you have a high fever, can result in hair loss
- Drugs...taking drugs for a long time, like cortisone or antibiotics, may result in hair loss
- Stress...people under constant stress will tend to deplete their nutrient re-

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## Putting joy first in your life

Health magazine made an interesting observation recently. Joy is key to having health in your life. The staff observed this in the four people they selected in their second annual "Face of Health" contest this year. Each of the four selected women exudes joy in her life.

"Whether a woman is the face of health - or not - isn't about how much broccoli and tofu she eats a day, how often she flosses or exfoliates, or about how fast she runs a 5K. It has nothing to do with height, weight, or age." These women "share a joyfulness you just can't miss."

The moral of this? If you have joy in your life, revel in it. Keep it foremost in each day. If you are too concerned about your health and this occupies all your thoughts, bring a little joy into each day. Maybe for just a few minutes, but bring a little joy into each day. Who knows, it may grow longer in each day and you may find that you are getting healthier as well. [Hi]

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## What to eat?

Are you a vegetarian? Do you live in The Zone? Or are you a militant Protein Power person? Sorry, hold the carbs...I'm going Atkins. Are you kidding! Don't you know all that fat will surely kill you! High fiber, low fat forever! But only if it's organic, fresh, blessed, and kinesiology-sanctioned. Oh forget it! I'll just eat what I want. Nobody knows what the heck is right to eat, so why bother even trying. Pass the deep fried Twinkies.

Paraphrasing that great Chicago song: Does anybody know what to eat? Does anybody care?!

Were we to open a library that contained only books devoted to "the right diet," its shelves would bulge at the seams. Down through the course of time, the *Bible*, the Koran, Ayurvedic texts, ancient Chinese doctors, Hippocrates, religious scholars and fanatics alike, scientists, pseudo-scientists, starving artists, Farmer's Almanacs...just about everyone has promulgated dietary dogma. And in our day of the Internet, TV, magazines galore, and the daily *Times*, we are showered in dietary words of wisdom. And everyone is sure that they are right. They have "the answer."

Now, having built it up this far...are you waiting to hear my answers? Oh no...will I be joining the almost infinite ranks of dietary dogmatists?! Drum roll,

please. The truth is...it's different for everyone. What! That's a cheap shot! You mean, people have to figure out for themselves what's best for their dietary health?! Not fair! Foul!

Sorry folks. I can offer you some general guidelines like favor whole foods; eat a wide variety of highly colorful fruits and veggies; get checked for hidden food sensitivities; pay attention to how you feel for several hours AFTER you eat; shift away from empty calories; water is the best drink; play with the relative ratio of carbs to protein to find what works best for you; choose low glycemic carbs when possible; take your time and enjoy food; be flexible and undogmatic; if your Mom fixes you fresh apple pie, eat it and enjoy it (the love will cancel out the sugar).

In general, give thanks for your food. Be present, without guilt, and try things out. Find out what works for you. Read the studies, but remember they are statistical in nature, and you are not. When it comes to food, be an artist, ever open to the ongoing process of working in your medium, learning the nuances, experiencing results, and recreating in a more skillful way. Every meal is your choice, your creation. Strive to be better in a gentle and loving way. Be kind to the food dogmatists... they too are trying. [H]

## Healthy hair—Continued from page 1

serves and, as a long-term consequence, will tend to have accelerated hair loss

- Environmental stress...excessive sun exposure, excessive cold exposure, chemicals
- Food sensitivities...they are an unknown and an unappreciated cause for hair loss
- Hormonal problems...can also cause hair loss.
- Birth control pills...will disrupt endocrine balance, which can contribute to hair loss
- Fibromyalgia...women who are having problems with dry hair and hair that has lost its shine, and who are feeling

tired and depressed, with muscle aching and fibromyalgia, will lose hair.

- Menopause...one in two women going through menopause may have hair fallout.

Hair health is about nutrition. What we eat grows our hair. Hair is made up of protein and minerals. We don't think of it that way when we eat food, but every hair that we have is a result of what we are eating.

Most people think that if I am eating well, then everything is fine and wonderful. Nutrition, however, is more complicated than "you are what you" *continued on page 3*

eat." You are what you eat, digest, absorb, metabolize, and excrete. If any of these steps are disrupted, you can expect your hair to be poor.

Whole foods are the very best. Here at The Center, we don't have one diet that we espouse. We aren't pro-vegetarian, pro-macrobiotic, or anything along those lines. We are pro-whole foods. Eat whole foods and eat them according to the balance that works best for you and you are going to be better off.

Empty calories are slow starvation. Dieting is fast starvation. I'm sure if you talk to people who have been on calorie restrictive diets, they'll almost always tell you that they've lost hair rapidly. When you're starving yourself, you are also starving your hair.

We find that general recommendations about diet and nutrition become somewhat irrelevant when people are chronically ill. We believe it's a whole lot better to assess the patient's actual tissue levels of nutrients and then we can more scientifically help the patient discover for himself/herself what is the best way to balance out his/her unique biochemistry. We do that with micronutrients—vitamins, minerals, and fatty acids. We do it with macronutrients which are carbohydrates, fats, proteins, and fiber. We also do this with antioxidants.

Here is an ABC fashion of arranging nutrition so it is easy to remember:

**A** stands for vitamin A, which has two forms. There is vitamin A, which is fat-soluble. There is also beta-carotene, which is water-soluble. We find beta-carotene in a lot of fruits and vegetables such as carrots and melons—anything that is orangish or yellowish is pretty high in beta-carotene. We can make vitamin A from beta-carotene if we have a normally functioning thyroid. You can get vitamin A in butter, eggs, milk, cheese, liver, and salmon. There is some vitamin A in yellow and green vegetables, but much higher doses of beta-carotene.

Beta-carotene is an excellent antioxidant. It, along with C, E, and selenium, are the four big antioxidants. It is important to know that too much vitamin A, which is fat soluble, can result in hair dryness and hair loss. Nutrients are good, but anything good used in excess

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### Support for whole foods

"The world is coming around to whole foods," Dr. Donald Davis wrote on the top of an article entitled "Food Fight—Carbs vs. Fat" from the Health section of *Newsweek*. It is an interesting article.

It begins by noting that a Washington, D.C. dietitian had suggested that people eat fruits and vegetables for a healthy diet. She also said to pick lean sources of protein. This is a good start towards eating a whole foods diet.

The *Newsweek* article went on to point out that many Americans only get part of the message. "By the early 1990s, Americans were wolfing down fat-free cookies and jumbo bagels in the name of better health—and growing even more corpulent."

This is true. Dr. Davis of the University of Texas at Austin and a consultant at The Center is "Doctor Whole Foods." He has actually lived with a whole foods diet for many years.

He says whole foods are foods that are close to the way Mother Nature grew them rather than the way food technologists want you to eat foods. The food technologists are more interested in a long shelf life for a particular product than nutrition. For instance, they are interested in white sugar and white flour which are used in foods "from sodas to sugary breakfast cereals."

The problem with sodas and sugary breakfast cereals is that they fail to fill you up until you have eaten far too many calories, and they contain little nutrition. The bad thing is white sugar and flour are very quickly absorbed into your blood stream causing a quick surge in your insulin that converts these calories into fat.

"But the only carbs you really need to restrict are the refined ones," the *Newsweek* article stated. "By contrast, fruits, vegetables, and whole grains are densely packed with life sustaining compounds." These fresh fruits, vegetables, and breads made from whole grain flours are absorbed more gradually to prevent sudden insulin spikes.

Fats are another area that concerns Dr. Davis. He points out that if a product is advertised as "low in fat" it is generally high in sugar. The brain needs fat to work properly, but it needs the right kinds of fat.

"The fats to use sparingly are saturated fats and especially the trans fats (a.k.a. partially hydrogenated vegetable oils) that pervade packaged cookies, crackers, and snacks," the article continues. Dr. Davis agrees.

So if you're fretting over fats and carbs, don't. The distinction that counts is the one between nutritious foods and junk. And giving up junk is easier than you might think. Whole foods offer you a sensual delight that junk and fast foods cannot.


An apple, with only 80 calories, offers you a wealth of phyto-nutrients and is a wonderfully filling snack.

By contrast, you can eat cookies to try and accomplish the same thing and you will consume about 600 empty calories that offer little in nutrition.

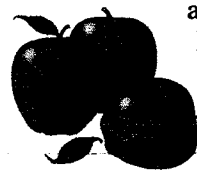
As Dr. Walter Willett of Harvard School of Public Health says, "Just sit on a piazza in Rome and savor the antipasto buffet, with 30 kinds of vegetables in extra-virgin olive oil." The vegetables are fresh and the extra-virgin olive oil is a healthy fat your body can use. And it is good to eat.

Dr. Davis agrees with the whole article. He has been supporting whole grain breads for years. We make whole grain breads in the Taste of Health restaurant for your enjoyment and nutrition when you come to eat here.

Dr. Davis also supports eating plenty of fruits, vegetables, nuts (they are high in fat, but a fat your body needs), fish, chicken, and other meats that are closer to whole foods. As I said, he is "Doctor Whole Foods."

He believes that you get more of what you need in the way of nutrients when you eat whole foods and he is correct. Whole foods are delightful in appearance, delicious to eat, and good for you. What more could you ask? 

—Richard Lewis



## INFORMATION WORTH KNOWING

Are you one of the many women who have gained weight as you get ready to go through or have gone through menopause? Have you tried many kinds of diets without success? Answers to nagging questions of why and what can be done are at hand. *Women, Weight, and Hormones* is a midlife woman's answer to what is causing the vicious cycle of hormone-related weight gain and how to break out of the hormone pitfalls to successful weight loss. Elizabeth Lee Vliet, M.D., is a leading specialist in women's health with a focus on preventive and climacteric medicine. She is the founder and medical director of HER Place: The Women's Center for Health Enhancement and Renewal, Inc. Her book is not a "deprivation" diet book or a "crash diet." It is a book about hormones, hormone balance, weight gain and loss, and overcoming "stress traps" and lifestyle pitfalls that lead to weight gain.

1 Today in the United States, \_\_\_\_\_ percent of women between the ages of forty and forty-nine years old are overweight or obese. Obese is defined as a body mass index of over thirty.

- a. twelve
- b. twenty-five
- c. fifty-three
- d. sixty-one

2 The female hormonal ebb and flow has widespread effects on the brain-body processes, as well as on weight. Some of the natural survival roles for hormonal metabolic effects are now working against us because \_\_\_\_\_.

- a. food is no longer scarce
- b. we no longer eat as much fiber
- c. we are living longer
- d. all the above

3 Hormones can be thought of as "chemical communicators" that carry messages to and from the heart to the liver. Their function is to keep the body balanced and functioning optimally.

- a. True
- b. False

4 The female body has a cyclic pattern of ovarian hormone that has to be constantly adapted to because of the rise and fall in production unlike the male body that maintains a \_\_\_\_\_ production (tonic) of testosterone all month.

- a. steady
- b. erratic
- c. minimum
- d. none of the above

5 When hormone balance goes awry, weight gain and other problem symptoms appear. If estradiol (one type of estrogen) is falling, but progesterone, testosterone, and DHEA are still in the mid-to high-normal range we start gaining \_\_\_\_\_.

- a. fat around the middle
- b. fat around the hips
- c. fat around the lower tummy
- d. all the above

6 It is a fact that the typical American diet is "super-sized" in portions and is high in vitamins, minerals, and other nutrients, which have been shown to significantly aggravate weight gain.

- a. True
- b. False

7 Another factor that can lead to weight problems is the tendency to be deficient in \_\_\_\_\_, which adversely affects metabolism, appetite, and glucose regulation.

- a. vitamin B6
- b. chromium
- c. magnesium
- d. none of the above

• FOR ANSWERS, SEE PAGE 7 •

## Healthy hair—Cont'd from page 3

can have a detrimental effect. This is one reason why it should be measured.

**B** is for beautiful. All of the B vitamins are helpful to your hair, skin, nails, and the central nervous system. It's kind of artificial to say that B vitamins are good for hair. Every cell in the body requires B vitamins to function normally.

People think, "I'll just take C vitamins to prevent colds and B vitamins to help my skin and hair and I'll take vitamin E to help my blood vessels." In reality, every cell in the body, all 50 trillion cells, need all of the essential nutrients. We should think that we need to have these for all of our cells and not just for our hair. Folic acid and B12 are good for hair. If you are under stress, you will have problems with hair loss. Vitamin B5, which will help you deal with stress, may help your hair in that way. B6 and biotin are helpful to the friendly bacteria in the lining of your gut and those, of course, are very important in terms of nutrient absorption and utilization.

**C** is for vitamin C. It is the premier antioxidant in terms of protecting the blood vessels and other tissues in the body from free radicals. It is a natural detoxifying agent. Vitamin C promotes healing. It helps us maintain a healthy blood supply.

**D** is for deficiency of hydrochloric acid (HCL). HCL is the acid your stomach makes to digest foods. If we are not digesting our foods properly, we are going to get improper breakdown and release of minerals from the foods that we are eating. Minerals are very important in terms of hair. Copper and zinc seem to play a big role in normal hair growth. If you have inadequate digestion, you are not going to break down proteins as well as you could. Partially broken down proteins are called peptides. Proteins should break down all the way to amino acids, but if they only break down as far as peptides and you absorb these peptides, they can trigger food sensitivity reactions and may contribute to hair loss. If you do not digest your food adequately in your stomach, it goes into the small intestine and if it's not broken down properly it


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will start to putrefy and make a breeding ground for yeast overgrowth.

**E** is for vitamin E, the antioxidant powerhouse. It protects against lipid peroxidation, which is important especially in the area of cholesterol. If your cholesterol is oxidized, it becomes more detrimental to the lining of your blood vessels. That may cause the early stages of hardening of the arteries. By keeping your vitamin E level up, you may prevent the damage to the lining of the blood vessels and promote better circulation for a greater period of your life. Interestingly enough, the antioxidant dose of vitamin E is 10 times the recommended daily allowance—around 200 units per day. If you try to get enough vitamin E in your diet, you would have to drink a quart of corn oil a day, which would be 7700 calories.

**F** is for essential fatty acids. This may be one of the most important things that you can do for your hair...the essential fatty acids. If you don't have them, your body won't function as well and your skin and hair won't be as nice. They are a very common deficiency in today's diet. Most of the fats that we do have in our diet have been chemically treated or heated to make them trans fatty acids. These are very difficult to be utilized by the cells and so a lot of these are just stored as fat. Omega-3 and omega-6 fatty acids are used to make prostaglandins, which regulate inflammation, circulation, and are beneficial in hair growth. Flax is one of the best ways to get the essential fatty acids. You can even give flax meal to your pet and you will find after a month that its coat and hair will be a lot softer and smoother. The same thing can happen to your hair if you use flax on a regular basis due to the oils that are in flax.

Finally, **G**...stuff that is great for your hair. Brushing your hair everyday when it's dry stimulates the roots of your hair and promotes circulation. Use acid pH shampoo because the alkaline shampoos wash away the fatty acids on your scalp, which normally protect your scalp. Scalp massage is wonderful for the circulation of your scalp. Avoid excess chlorine and sun.

Love your hair, but don't be too proud of it. Hair is a gift. 

# Herbal History

## A review of tea articles

The composition of tea, and particularly unfermented green tea, is well known, but "knowledge about the digestion, absorption, and metabolism of tea by humans is in its infancy," said C. J. Dufresne and E. R. Farnworth in an article in the *Journal of Nutritional Biochemistry* recently.


Tea is well known in the biochemical fields to contain catechins, flavonols, methylxanthines, organic acids, and other chemical constituents.

For instance, the authors covered anti-cancer effects of tea in their review. "It is evident that tea polyphenols exhibit many protective activities [from cancer] and different metabolic pathways are involved. They act as antioxidants, they selectively inhibit specific enzyme activities, they target and repair DNA aberrations," the authors wrote.

They also described tea's effect on the cardiovascular system. Several sub-

stances in tea interfere with lipoprotein (cholesterol) oxidation, limiting this key step for getting atherosclerosis—a major cause of heart disease. Tea catechins and rutin have an anti-inflammatory effect on the body. Heart disease is now considered an inflammatory process. In addition, caffeine and other components of green tea may promote fat oxidation. This inhibits obesity, another major risk factor for cardiovascular disease.

Animal studies show that green tea protects against heart disease, but human studies have proved inconclusive. "In the near future, it will be possible to identify sub-populations at risk for [cardiovascular disease] that will benefit most from the addition of tea to the diet."

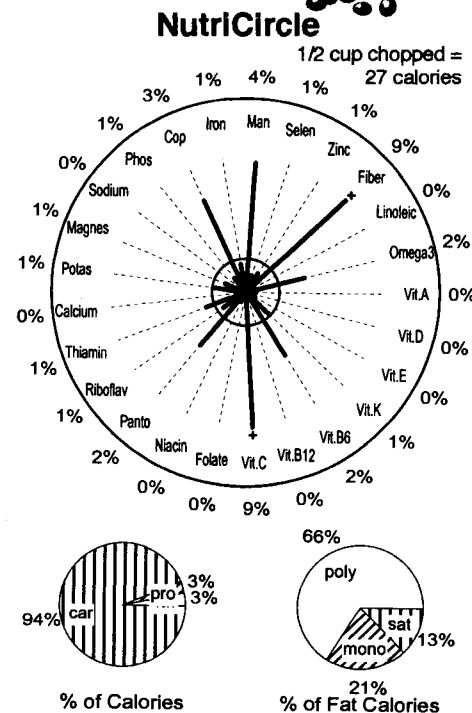
Tea is now considered a healthful part of a good diet. Consider adding tea, and particularly green tea, to your diet if you don't now include it. 


# Food of the Month

by Donald R. Davis, Ph.D.



**CRANBERRIES** are a native American food known to help with urinary tract infections. They are too tart to contribute much nutrition, but unsweetened berries have their share of 10 out of 25 nutrients shown here, including fiber, vitamin C, manganese, copper, and omega-3 fat. Canned sauce is mostly added sugar (85% of calories). Try making your own: Simmer 12 oz. berries with 1/4 c. honey and 1 c. water for 5 min.; add 2 oranges, 1 apple (both chopped), 3 Tbsp. celery (finely chopped), and 2 tsp. cinnamon; simmer 5 min. Serve chilled. Great variations: substitute 1 c. blueberries for the apple, or add nuts.



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). 

# Mental Medicine

by Marilyn Landreth, M.A.




## What did you learn in sixth grade?

During lunch today, my friends and I were reminiscing about what we learned in the sixth grade. When I was in the sixth grade, all the rural schools were annexed into the "town" school. The sixth grade was in the same building as the junior and senior high school. We were the youngest and least mature students in the whole school. The day we enrolled in school I noticed the tall, mature young woman whom I assumed was about a junior in high school. On the first day of school, imagine my surprise that this girl, Claudia, was in my grade. While I thought I was pretty mature, I still had the body of a child.

One day in gym class all the girls were in a huddle. When I tried to join the group, Claudia demanded to know if I knew the facts of life. Being raised on a farm, you learned about the facts of life without ever knowing they were called that. I told her that I didn't and

she refused to let me join the group.

A few weeks later, I needed a tissue to blow my nose. I marched right up to the "Kleenex" machine and put my nickel in, right in front of all the high school girls. My friend, Laurel, said, "Marilyn, I don't think that this is what you think it is." Luckily I opened it in the stall and it wasn't what I thought it was! My purse was just the right size to slip the "Kleenex" into. All afternoon I was terrified that some dumb boy would grab my purse and open it as they sometimes did. When I finally arrived home, I crept out of the house into the middle of a plum thicket and buried that thing!

Nowadays I can get a chuckle just thinking about the jumble of emotions that I experienced in the sixth grade. Since then I have learned to see the humor in an embarrassing or painful event. Have you learned to use humor to deal with the "facts of life?" 

## Case of the month

This 65-year-old man came to The Center in July, 2001, concerned about his erectile difficulties (ED). He was also concerned about his obesity and bowel problems.

His wife of over 40 years had died the year before of severe heart problems. The ED had begun about 10 years ago. He had had a vasectomy after his second child was born in 1975. Since his wife agreed that he should have a vasectomy, he did not believe that this was the reason for his difficulties.


He had recently met a 62-year-old woman and they were planning to get married the following September, so the ED and the bowel problems would be a difficulty.

When he first came to The Center, he went through the lengthy evaluation, including spending an hour plus with Dr. Riordan who relived his life with him. After this, Dr. Riordan recommended laboratory testing that would be appropriate for him and he agreed.

He came again in three weeks to get the results of the laboratory testing from Dr. Riordan. Dr. Riordan suggested he take Gram Ascorbs (a vitamin C with flavonoids) to get his vitamin C level up closer to optimal and improve his bowel function, acetyl-L-carnitine and lipoic acid to help with the ED and help him feel a little younger, and DHEA to help with the ED. He also received a prescription to further help the ED problem.

In October of 2002, he came for a follow-up appointment and said the ED was better, especially in the mornings. He had also increased his vitamin C level.

Insomnia was something with which he had problems that came to light later in the process and Dr. Riordan asked him about that. He said that he is now getting up once a night instead of several times a night. He also sleeps better when he doesn't sleep on his back.

His zinc level was low so Dr. Riordan suggested eating zinc rich foods in addition to taking zinc drink. Overall, he is feeling much better. 

## CENTER UPDATE

### Does diet affect syndrome x?


Yes, say the authors of a recent review of four studies that appeared in *Nutrition Reviews*. Diet does affect people with syndrome x (people who are insulin resistant), or metabolic syndrome as Julie Roth, M.D., and colleagues referred to it in the review.

For instance, they reviewed an animal study where a group of rats were fed a high fat (primarily saturated fat) diet that was similar to the typical U. S. diet. After eating this diet for two years, the rats had developed obesity, high blood pressure, high insulin levels, and high triglycerides—much like those Americans on a similar diet. "Obesity is the most common cause of insulin resistance," the researchers observed.

By contrast, rats fed low fat, high complex carbohydrate diets for two years did not develop these same characteristics despite the study's long duration. Diet does make a difference, at least in rats.

Of the three human studies reviewed, the study that appeared in *The New England Journal of Medicine* was the most interesting. The researchers in this study randomly assigned 522 middle-aged, overweight men and women who had impaired glucose tolerance to two groups. Those in group one received multiple personalized counseling sessions designed to increase physical activity and fiber intake to reduce weight and also reduce saturated and total fat intake. The second group received no individual counseling.

After a year, group one lost significantly more weight than the control group. The most interesting fact about group one was that it had a 54% lower rate of diabetes than the control group.

A low fat, high complex carbohydrate diet, much like a whole foods diet, works not only for people with insulin resistance, but for those who do not want to get it. 

Answers from page 4

- 1 c. That number jumps to 65 per cent in women 50 to 59 years old.
- 2 d. With our current lifestyles and diets, these former "survival functions" now cause unwanted physical-psychological "symptoms" that make us feel bad and gain weight.
- 3 b. Hormones carry messages to and from all the organs of the body and serve to connect one organ's function with another organ's function to keep the body balanced.
- 4 a. The major underlying influence of female hormonal rhythms has rarely been fully appreciated for the diverse effects on all parts of the female body.
- 5 a. A less common situation of high estradiol relative to progesterone produces b and c.
- 6 b. "Super-sized" portions are high in fat, salt, refined sugars, and refined carbohydrates, not nutrients.
- 7 c. Magnesium has an important role as a cofactor in the synthesis of many appetite and mood-elevating chemical messengers. HF

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### WOMEN, WEIGHT, AND HORMONES: A Weight Loss Plan for Women Over 35

by Elizabeth Lee Vliet, MD

Learn what really causes weight gain when we start hormone replacement therapy or at midlife. Learn what foods make it worse and why. Dr. Vliet has exciting new advances from world-wide research to share with us that will help us learn to balance hormones more successfully, eat well, lose excess fat, and capture our energy and zest. Hardcover. Retail Price: \$24.95  
 Health Hunter: \$22.46

### THERAPEUTIC TOUCH

with Barbara Denison, RN, MSN, HNC  
 In this discussion Therapeutic Touch

is defined and its usefulness for treatment of both sustained and acute pain is described. Both anecdotal and research evidence that Therapeutic Touch helps improve pain are presented. The Therapeutic Touch process is demonstrated.

### THE COLOR WAY TO PREVENT ILLNESS AND REBUILD HEALTH

with Ron Hunninghake, MD

We are witnessing a scientific explosion of new information in the health benefits of eating a diet rich in phytonutrient COLORS! Dr. Ron reviews what every grandmother has known: a colorful plate equals a healthy body.

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# Upcoming Events. . .

## Lunch & Lectures:

November 7	<i>Holistic Medicine for the 21st Century</i>
November 14	<i>Improving Student Performance</i>
November 21	<i>What's That Doc? My Cat Has Diabetes?</i>
November 22	<b>Health Hunter Appreciation Day</b>
November 28-29	<b>Center closed</b>

## Increase natural folate consumption, reduce artery damaging homocysteine

At The Center, we believe eating whole foods is a good way to go. A study reported in *The American Journal of Clinical Nutrition* added more support to our belief.

In this study, researchers found that people eating breakfast cereals rich in folate had higher folate levels and lower homocysteine in their blood as opposed to those who did not eat a folate rich food.

"Dietary modification may have advantages over folic acid fortification because the altered food-consumption patterns lead to increased intakes of several vitamins and minerals and decreased intake of saturated fatty acids," the researchers wrote.

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- Putting Joy first in your life
- What to eat?
- Does diet affect syndrome x?

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