



## Genetically modified foods— a good idea?

by Donald R. Davis, Ph.D.

Genetically modified foods are one kind of genetically modified organism (GMO), in which the genetic material (DNA in genes) has been modified by “genetic engineering,” as opposed to traditional methods such as selective breeding. Most GMOs contain a gene from another species, such as a bacterial gene in corn.

The first GM food was the Flavr Savr tomato in 1994, in which a gene for ripening was blocked, allowing longer vine ripening and improved flavor. It was labeled as GM and sold well at a premium price, despite growing protests against GM foods. However, it soon failed commercially, because it had low yields and did not harvest or ship well.

In 1996 came GM field corn and soybeans from Monsanto Company. Some contain bacterial genes that make the plants resistant to Monsanto’s glyphosate herbicide (Roundup). Others contain genes from *Bacillus thuringiensis* bacteria that make natural insecticides called Bt, believed harmless to humans. Some GM corn combines both traits. They make weed and insect control easier for farmers, and now dominate corn and soybeans in the U.S. (60% to 90% of acreage). Although some corn and soybeans are eaten directly by humans, most are fed to animals to produce meat, milk, poultry, eggs, and fish. Cotton and canola with similar genetic modifications are also widely grown. Both are important sources of cooking oils. Other current GM foods are a virus-resistant Hawaiian papaya and glyphosate-resistant sugar beets, introduced in 2008.

Coming GM foods are intended to

appeal to consumers and food processors, rather than to farmers. Plenish brand soy oil, expected in 2010, is a “zero *trans-fat*” replacement for partially hydrogenated soy oil used for deep frying and baking. It contains increased levels of stable oleic acid and less of the unstable linoleic and linolenic acids. Another GM soy oil has stearidonic acid, an omega-3 fatty acid partially converted by humans to EPA, prized in fatty fish. Expected by 2013, this oil is more stable and easier to cook with than fish oils. Other proposed GM foods include drought-resistant corn, canola oil with an algae gene that makes DHA (another valuable omega-3 fatty acid in fish), a purple tomato with snapdragon genes that make anthocyanins similar to those in blackberries and blueberries, and “golden rice” with daffodil and bacterial genes that make beta-carotene, a source of vitamin A for populations eating few fruits and vegetables.

So what’s not to like about GM foods? One area of concern is sustainability and environmental damage. The popular herbicide-resistant crops are losing effectiveness as weeds develop tolerance to the liberally applied herbicides. Similarly, widespread planting of Bt-containing crops encourages insect tolerance to Bt. There is also evidence that herbicide-tolerance genes and Bt genes, originally from bacteria, can transfer from GM crops to their wild relatives, subtly and permanently altering wild ecosystems. In 2001 researchers ignited an international furor by reporting that GM corn genes had

*continued on page 2*

## Exercise during pregnancy

The number of excessively heavy newborns is on the rise, posing risks for both mothers and babies—vaginal tearing, difficult or cesarean delivery, postpartum hemorrhage, distressed newborn, and later obesity in the child. A study of 36,869 singleton pregnancies in Norway suggests that maternal exercise during pregnancy helps prevent excessive birth weight. Most of the women were normal weight (64%) or overweight (21%), but not obese (9%). Recreational exercise was assessed at weeks 17 and 30 of pregnancy. First-time mothers who exercised 3 or more times per week during pregnancy had about 25% fewer babies weighing 9.2 pounds or more than those who did not exercise. The benefit was about half as great in second or later pregnancies. Exercise prior to pregnancy had no effect. In other studies, exercise during pregnancy shows several other benefits.

—*Obstet Gynecol* 2009; 114:770

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# Nutritional Medicine

by Rebecca K. Kirby, M.D., M.S., R.D.

## Dr. Riordan's legacy of looking down the road less traveled

In the spirit of the past when The Center hosted International Conferences on Human Functioning (15 in all), this October The Center held the First Annual Riordan IVC and Cancer Symposium. This was an opportunity for practitioners who use intravenous vitamin C (IVC) in cancer or are interested in using IVC to learn about the groundbreaking research and the most recent research done here at The Center on vitamin C and cancer. Participants came from around the United States and the globe from as far away as Japan and Argentina plus a sizable group from Canada, filling the Panorama Room to capacity.

The symposium really did live up to the definition of a "convivial gathering at which there is the free interchange of ideas." Speakers included not only researchers from *RECNAC* (cancer spelled backwards) here at The Center

but also research consultants from *REC-NAC II* in Puerto Rico. *RECNAC* was established by Dr. Hugh D. Riordan in 1990 spelling out *RECNAC* as "Research Encompassing Novel Approaches to Cancer."

Topics during the symposium also included evidence about oral adjunctives to IVC therapy, diet, and cancer, plus a discussion on the compatibility of traditional therapies with IVC. How the IVC protocol for cancer should be optimally administered and followed was also shared.

Since this first annual symposium was held on the beautiful grounds of The Center, it offered the participants a chance to enjoy all the campus has to offer, including good food. The staff and volunteers ran the show and made it enjoyable for everyone, and it was a wonderful success. A Second Annual Symposium anyone? [H]

### Genetically modified foods—Cont'd from page 1

to native corn species in Mexico, contaminating a major genetic resource for corn breeders. That disputed report is now confirmed, and gene transfer has proven much harder to prevent than GM advocates once claimed.

There are also concerns about harm to wildlife and humans. A 2000 report that monarch butterfly larva are killed by eating Bt-corn pollen proved to be a near miss. Only one of several Bt-corn varieties had harmful Bt levels in pollen; it is no longer grown. A 2007 report of harm to caddis-fly larvae near Bt-corn fields has drawn fierce and questionable attacks from GM defenders. In 1999 veteran Scottish researcher Arpad Pusztai was fired for reporting that experimental Bt potatoes damaged the immune systems of rats, whereas Bt itself did not. The resulting controversy hardened opposition to GM foods in the United Kingdom and Europe. Several recent studies suggest that GM corn does alter immune functions and contributes to allergies. Monsanto counters that there is not "a single substantiated instance

of harm due to GM ingredients."

GM foods are only lightly regulated by the U.S. Food and Drug Administration. In sharp contrast to new food additives and drugs that require extensive testing prior to approval, current GM foods are deemed "substantially equivalent" to their non-GM counterparts and thus need no safety testing. The FDA relies largely on industry for this determination. The 1992 "substantial equivalence" policy was a political decision, opposed by many FDA scientists. Then-Vice-President Dan Quayle said it was "designed to provide 'regulatory relief' for the industry so that it would remain a world leader" in biotechnology. Critics complain that this unscientific approach is unable to prevent or detect subtle or unexpected changes induced by GM foods.

The FDA also requires no labeling of GM foods. Labeling is required in many other countries, including the United Kingdom, most of Europe, Japan, Russia, China, and Brazil. In the


*continued on page 3*

U.S., Consumer's Union, The Center for Food Safety, and Ohio Representative Dennis Kucinich are leading efforts to require GM food labeling, which is supported by Agriculture Secretary and GM proponent Tom Vilsack.

USDA Organic foods may not contain GM ingredients. Organic milk and other animal products must be produced without GM feed. Organic milk also must be produced without the use of bovine growth hormone (BGH), also called bovine somatotropin (BST). The only available form is a slightly unnatural version from genetically engineered *E. coli* bacteria (rBGH or rBST). It was Monsanto's first GM product, and the company has tried to hinder dairies that choose to avoid this hormone and so label their milk. Canada and many other countries ban rBGH for reasons of cow health or precautions about human safety.

In my view, GM technology has received too little independent scrutiny, for political and economic reasons. The industry dominates research, including at universities, by its funding and well paid board positions. It promotes its private interest, not necessarily the public interests it touts (feeding the world and protecting the environment). The situation seems similar to modern industry domination of drug research (see "Overdosed America," January 2007), except that FDA scrutiny of new drugs is far stronger and less political. The industry's secrecy, aggressive tactics, and outright restrictions on independent research breed distrust and polarization. However, that does not excuse the extremism and illegal acts of some foes, such as vandalized GM study plots.

Reasonable doubts exist about the benefits and long-term risks of GM foods, and alternative farming methods have languished for lack of the funding lavished on biotechnology. We need more funding of organic and sustainable farming, and greater government and industry respect for legitimate public concerns, starting with labeling of GM foods.

More information and references are available in a video talk by the author, "Genetically Modified Foods: Claims, Counter-Claims and Doubts," available for viewing in the Center's Mabee Library or for purchase. 

## HEALTH HUNTERS AT HOME

### Happiness is...oasis outside my window by Norvalee Kolar

Although I'm housebound...I have much to entertain me. Each window is a different "channel."

About ten years ago, I had my son-in-law install two 4 x 4 posts, six feet apart with a lattice in between. That simple arrangement was the beginning of my love affair with birds and squirrels. I planted morning glories on the trellis and filled the patio with large pots of snapdragons, moss rose, petunias, and, yes, morning glories with trellises in the pots. One year all the posts grew together and I had an enclosed patio. Too confining. But, over the years the morning glories, moss rose, and snapdragons have reseeded themselves. Each morning I'm greeted with a pink and blue wall of blossoms. And the finches love the moss rose leaves.

Initially, I hung four feeders and attracted little redheaded house finches by the cloud. They were sprightly and entertaining. Over the years, I attracted a changing variety of birds. Nothing is as startlingly beautiful as a goldfinch, tufted titmouse, or cardinal. And there is a surprising variety of pretty sparrows. The fox sparrow comes to mind with its bright, rusty brown coloring. There are always doves on the ground. Seems they've set a minimum of four, and sometimes six or eight, and, of course, grackles (which are beautifully iridescent in the sunlight), starlings (which I have relegated to gross), and the exquisite red-winged blackbird. When one is flying into the feeders with their wings wide, and the red epaulettes on brilliant display, nothing is more breathtaking.


Over the years I've changed and added feeders and separated them according to size of bird that was able to access them. Small birds at one end, large birds at the other. And then I began to attract squirrels, the comedians of the fields and trees. I've looked as far as I can see with binoculars and can't discern any squirrel nests, so they must come from quite a distance to entertain me. I really can't imagine why they needed to invent 'squirrel proof' feeders. I love my squirrels. They stay down at the

big bird end and the little birds are not bothered. They are quite the acrobats and laughable. If that doesn't perk you up, you need more help.

Over the years I've attracted a wide variety of birds. My area is especially conducive in that I have a row of pine trees at the back and the neighbor (bless him) has a very entangled and overgrown tree and shrub area, with antique roses providing nesting places for the low nesting varieties. A couple of years ago I saw my first brown thrashers in the pine trees, and this year they have migrated into the overgrown bush area. I've had the pleasure of seeing an American kestrel (brilliant coloring), flickers, both red and yellow shafted. They are welcome to the grubs in my yard. There are lots of robins that sing beautifully and blue jays that squawk endlessly. For me, nothing says fall more clearly than the squawking of the blue jays. That is mostly associated with the return to school, in my memory banks.

In the winter, when the trees are bare, I see huge hawks perched high, scanning for rabbits, etc. They are awesomely beautiful. I'm in the area of Chisholm Creek Park and a wide-open field, the best for viewing. Also, I have a large pond within a block so I also attract white egrets and huge blue herons. And this being Wichita, I have Canadian geese that periodically fill the area. It's an ever-changing tableau. I've had lizards, snakes, and field mice on my patio. I believe the reason I see so much wildlife is because I'm INSIDE, not outside scaring it all away. It's like being a duck hunter in a blind.

For me, happiness is not getting more stuff but in wanting less, making the best of what you have. It's taken a lifetime to get my head around that thought. But it gives the most wonderful freedom there is, freedom to enjoy the moment, the NOW. After all, it's all we have for sure. Re-assess where you are. Re-evaluate your 'now.' Take pride in having arrived at this point in your life.

Enjoy!!! It does a body good... and your heart, too. 





## INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Have you ever had an “Ah-ha” moment when you were able to see things a lot more clearly or found the answer to which you had been searching? Byron Katie found that moment back in 1986 when she woke up on the floor of a half-way house. She had spent ten years filled with rage and despair. At that moment the answers to her concerns were perfectly apparent. Her clear vision about her perception of her life has helped Katie and thousands of other people find peace and joy. She has shared her experiences in her book *Loving What Is: Four Questions That Can Change Your Life*. Her process is based around four seemingly simple questions that she calls “The Work.” Learning to question and investigate our thoughts and beliefs, developed from those thoughts, are the basis of her book. Although this process seems very simple it can be highly effective. Many examples of “The Work” and how it can be used in areas ranging from addictions to problems in the work place are given in a thought-provoking and clear manner. The questions this month are taken from her book.

**1** It is important to know that \_\_\_\_\_ is good just as it is, because when we argue with it we experience tension and frustration.

- a. hope
- b. joy
- c. reality
- d. all of the above

**2** There are three kinds of business: mine, yours, and reality (or God’s). When we think others should be less controlling or more considerate, etc., we are in other people’s business. \_\_\_\_\_ happens when we live outside our own business.

- a. Joy
- b. Hope
- c. Stress
- d. Contentment

**3** For every uncomfortable feeling there is a thought that is not true. Depression, fear, and pain can be seen as gifts that let us know that we need to pay more attention to what we are \_\_\_\_\_ at the time of the stressful feeling.

- a. thinking
- b. hearing
- c. seeing
- d. touching

**4** Learning to investigate our own stories (or thoughts) is a way to end confusion and experience peace.

- a. True
- b. False

**5** Finding peace does not mean that we no longer try to change the wrongs in the world. Peace is being motivated to bring about change without \_\_\_\_\_.

- a. hope
- b. friends
- c. joy
- d. anger

**6** Because children are so innocent and protected from the difficulties of life, they do not have stressful thoughts.

- a. True
- b. False

**7** Self-realization through doing “The Work” allows us to be \_\_\_\_\_ for ourselves and our stories rather than being other-realized.

- a. thankful
- b. agreeable
- c. responsible
- d. reliable

• FOR ANSWERS, SEE PAGE 7 •

## Test of the Month

by Dr. James A. Jackson,  
Director, Bio-Center Laboratory

### Tumor markers - part 2

CEA (CarcinoEmbrogenic Anti-gen) was mentioned in the breast cancer section of Part 1. It is a rather non-specific marker. However, it is also one of the primary serum tumor markers used to monitor treatment response and recurrence in patients with colorectal cancer.

PSA (Prostate Specific Antigen) is actually an enzyme secreted by prostatic and periurethral gland cells which promotes liquefaction of semen. It is recommended that all men over the age of 50 years have an annual PSA screening and a DRE (digital rectal exam). Those at high risk, family history of the disease at an early age, and/or African Americans should have the PSA after the age of 45. However, PSA is neither prostate, nor cancer specific, as very small amounts are found in other tissues (male and female) and may be increased in BPH (Benign Prostatic Hyperplasia).

CA 19-9 is derived using a colorectal carcinoma cell line. High levels of the marker are found mainly with locally advanced or metastatic pancreatic cancer. There is a small group of people with a genetic phenotype, Le<sup>a-b-</sup>, that will not show an increase in CA 19-9 with the cancer. The markers are measured before and after treatment. Very high levels before have a bad prognosis, while a decline from pretreatment levels is a good sign. More work is needed to identify better markers for pancreatic cancer.

CA 125 is elevated in the serum of patients with epithelial ovarian cancers. However, it may also be elevated in other epithelial cancers. It is used in assessment of treatment.

These markers are minimally invasive, cost effective sources of data that are valuable in monitoring the disease course, determining prognosis, and aiding in treatment planning. The Bio-Center Laboratory can measure most of these markers to help the physicians and co-learners know the status of their disease. [H]

*The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone.*

—Orison Swett Marden

## Winter gardening

by Gary Branum, Ph.D.

Boy, did winter show up early this year!! The cold mornings reminded us rather forcefully that we need to prepare the garden for cold weather. We generally divide those tasks into three categories: final harvest, cleanup, and winter planting.

When the weather service predicted a frost, we harvested all of the remaining tomatoes, including the green ones. We'll keep them in a protected location and allow them to ripen off the vine. We also harvested all the squash, okra, bell peppers, melons, and any other crop that wouldn't survive the frost. Swiss chard, turnips, kale, lettuce, and other cold-hardy crops were left to produce as long as they can.

After the final harvest, we remove all the dead and dying plant material and add it to the compost pile. By removing the old plant material from the garden we help reduce next year's population of insects that winter over in the decaying plant material. Composting helps to destroy insect eggs and weed seeds. When we add that compost back to the garden next year we'll have good fertilizer with minimal problems.

As the plant debris is cleared out, we till the soil to kill any residual hardy weeds and to prepare the ground for planting our winter cover crops. We usually plant crops that will keep the bare soil from blowing away during the winter, prevent weed germination, and at the same time improve the soil. Buckwheat isn't frost-tolerant so can't be used. Winter wheat and Austrian winter peas are good cold-tolerant winter cover crops. Both will be plowed back into the soil in the spring as green manure to add organic matter, and winter peas are legumes that add nitrogen to the soil.

Frost doesn't mean the end of the garden. Many crops will continue to grow and produce late into the fall and early winter, including turnips, chard, kale, and spinach. Winter gardening can also include a mini-greenhouse or cold frame. This year we've constructed two 8' x 16' raised covered beds (total cost less than \$200) that will produce lettuce and spinach most of the winter.

So, come by and see what we're doing at The Center garden this winter! [H]

# Do it Yourself Detox

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

## Detox testing

In this year's *Health Hunter Newsletter* articles I've written a lot about general detoxification. However, to wrap up the year I thought I would discuss how to become more specific with detoxification based on your own unique biochemistry.

You can actually measure what your own detox system is doing by utilizing the Comprehensive Detoxification Profile lab test. It assesses your liver's phase 1 and 2 detox systems as well as markers of free radical activity. When the liver's 2 phases of detox are out of balance, it can lead to illness.

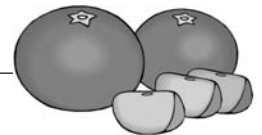
Phase 1 liver enzyme function is tested by measuring caffeine clearance in the saliva. Phase 2 liver enzyme functions are measured by checking

the metabolites of aspirin and acetaminophen in the urine. Oxidative stress factors created by detoxification imbalances are measured in both the blood and urine.

The test measures phase 1 cytochrome p450 activity. It also measures phase 2 pathways, including: glucuronidation, glycine conjugation, glutathione conjugation, and sulfation. Oxidative stress measurements include: lipid peroxides, hydroxyl radicals, glutathione peroxidase, superoxide dismutase, and reduced glutathione.

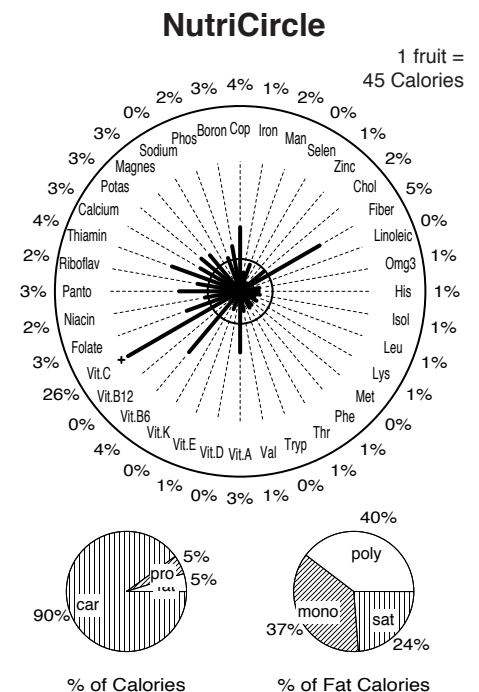
Based on all of the biochemical measurements, your nutritional friendly doctor can help come up with a detox nutrient program that's unique to you. [H]

# Food of the Month



by Donald R. Davis, Ph.D.

**TANGERINES** are a variety of mandarin orange, smaller and less tart than most oranges, and usually easier to peel. They have been cultivated for over 3000 years in China and Japan, but did not reach Europe and the Americas until the 19th Century. Their name comes from Tangier, Morocco, a North African port where they were first shipped to Europe. Their short growing season peaks in December in the Northern Hemisphere. Nutritionally, tangerines have less of most nutrients than oranges, including vitamin C, folate, fiber, and protein, but more vitamin A. Even so, they contain adequate amounts of 16 of the 36 nutrients shown here, relative to calories.



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.



## The power of teamwork

Last month we hosted over 90 doctors at a symposium here at The Center. It was a very busy time since the Health Hunter/Beat The Odds Days were happening at the same time. The Center staff really had to work double time in order to get things ready for the two events. The materials for the syllabus had to be collected, printed, and assembled for the meeting; meals had to be planned and food purchased for the menus; wiring of various rooms and the pyramid for sound; and many, many more things to get ready for the busy weekend.

Once the weekend arrived, people were needed to take orders in person and on the telephone; orders had to be packaged for delivery; staff were needed to register people for the laboratory tests and for the symposium; tables and chairs had to be moved; and food prepared. There were a hundred and one things that

needed to be done, all at the same time.

The only way that we were able to accomplish this feat was because of the teamwork of the staff. Mike Krzyzewski said, "To me, teamwork is the beauty of our sport, where you have five acting as one. You become selfless." Our sport for the weekend was to work together to make it seem effortless. It was amazing how several of the staff were just able to see what needed to be done and got it done in a timely manner.

Vince Lombardi said, "The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand." Center staff certainly helped create a successful symposium and Health Hunter/Beat The Odds Days. How has teamwork helped you to accomplish the seemingly impossible? [H]

## Case of the month

This 44-year-old female was first seen in 2003. She had symptoms of back pain and digestive problems. She also had some arthritis in her hands.

The following tests were recommended: CRP (c-reactive protein); H. pylori antibody; histamine level; thyroid tests; blood sugar HbA1c; vitamins A, C, E, B12, and folate; as well as B assessment profile and vitamin D level. The minerals magnesium and zinc were measured. Amino acid levels were done. A candida level was done, as well as a blood chemistry and complete blood count. The essential fats were also done. She had the cytotoxic food sensitivity test done because of the stomach and digestive issues. Urinalysis, indican, pyrroles, and sodium/potassium ratio were performed.

The test results showed her to have several food sensitivities which included apples, cabbage, celery, MSG, nutrasweet, onions, pineapple, rye, and brewer & baker's yeast. She was instructed to avoid those foods in her diet.

Her H. pylori level was high and she was given doxycycline and Pepto Bismol tablets for treatment. Her candida levels were high and Nystatin was recommended as well as a probiotic to add good bacteria into her system.

In June of 2006 she had a routine mammogram and a mass was found. She had a left mastectomy. After the surgery she started the series of IVC treatments: 15 gm, then 25 gm, then 50 gm. She then received 50 grams IVC every 10-14 days. She also started vitamin D.

On August 18, 2006, she stated that she felt good and was tolerating IVC well. She continues to get the IVC every two to three months and does exercises for her back, which she says works well.

She is now three years out from surgery and no further cancer has been found. She continues to do well and sees Dr. Hunninghake for continued care. [H]

*You have not lived a perfect day, even though you have earned your money, unless you have done something for someone who will never be able to repay you.*

—Ruth Smelzer

## CENTER UPDATE

### What is glutathione?

Glutathione's importance to your health cannot be overstated. Glutathione's role in the immune response, detoxification, and antioxidation is pivotal. Without it many bodily processes would fail.

There are many benefits for the body with elevated glutathione levels. Its metabolic functions include: enhanced immune function; elimination of toxins and carcinogens; antioxidant cell protection; protection against ionizing radiation; DNA synthesis and repair; protein, prostaglandin, and leukotriene synthesis; amino acid transport; and enzyme activation & regulation.

Clinical applications include:

- Parkinson's disease
- Alzheimer's disease
- Osteoarthritis
- Macular degeneration
- Inflammatory bowel disease
- Hepatitis
- Malnutrition
- Pancreatitis
- Peptic ulcer

- Detoxifies certain drug overdoses, pollutants, carcinogens
- Anti-viral
- Bacterial infection
- Chronic fatigue syndrome
- Some autoimmune dysfunction
- Cancer prevention
- Breaks up mucous
- Asthma
- Chemical sensitivity
- Depression
- Chronic bronchitis
- Emphysema
- Pulmonary fibrosis
- Decreases recovery time from physical stress and injury

Here at The Center we give intravenous glutathione. This is given IV push over approximately 10 minutes. Dosage ranges from 200 mg up to 1200 mg per infusion.

A resource that will help you learn more about glutathione is the book *Glutathione GSH Your Body's Most Powerful Healing Agent* by Jimmy Gutman, M.D., FACEP and Stephen Schettini. [H]



Answers from page 4

- 1 c. When we stop opposing reality, action becomes simple, fluid, kind, and fearless.
- 2 c. When we are worrying about tornadoes or war, we are worrying about reality or God's business.
- 3 a. We are usually aware of the feeling before we become aware of what we are thinking.
- 4 a. Investigating or inquiring our stories helps us realize that all the answers are available from within ourselves.
- 5 d. Fear of not being fearful is one of the stumbling blocks to investigating our stories.
- 6 b. People of all ages have the same stressful thoughts. While we all have the answers within us, most of us don't realize that we do.
- 7 c. Instead of looking to other people for fulfillment we can find it within ourselves. H

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 Video Tapes: Regular Price—\$9.95; Health Hunter Price—\$8.95  
 CDs: Regular Price—\$9.95; Health Hunter Price—\$8.95  
 DVDs: Regular Price—\$14.95; Health Hunter Price—\$13.45

### LOVING WHAT IS

*by Byron Katie with Stephen Mitchell*  
 Peace and joy can be found by learning how our thinking influences our perception of life and changing that perception. Realizing "It's not the problem that causes our suffering; it's our thinking about the problem" and learn to see your life in a whole new light.  
 (\$15.95 HH price \$14.36)

### PURIFYING YOUR SPACE: Strategies for Detoxification and Healing

*with Garrett Sullivan, M.D.*  
 We are all bombarded by toxins in today's world. Dr. Sullivan discusses strategies on how to restore and maintain balance, harmony, and health by cleaning your body of poisons – those we take in and those our own bodies create – plus the nutrients we need to get the job done.

### TOXIC PLANTS OF KANSAS

*with Gary Branum, Ph.D.*  
 Humans may have toxic responses to a variety of plants. A number of plants native to Kansas are toxic, as are many more plants that have been introduced as ornamentals. This talk focuses on plants which may produce toxic responses, from mushrooms to rhubarb.

### WINTER VEGETABLE GARDENING IN KANSAS

*with Robert Broyles, M.S., Master Gardener*  
 Learn about a low input method of growing and harvesting fresh salad greens and root vegetables during the coldest months of the year. Lower your carbon footprint by growing your own, and since you control how they are grown, your veggies will be organically grown at no extra charge.

• To Order, Fill Out the Form Below •

TITLE	AUDIO TAPE, VIDEO TAPE, CD, OR DVD <small>circle one</small>	PRICE	QUANTITY	TOTAL
Loving What Is (book)		_____	_____	_____
Purifying Your Space	audio video CD DVD	_____	_____	_____
Toxic Plants of Kansas	audio video CD DVD	_____	_____	_____
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*Prices and shipping charges subject to change without notice.*

# Upcoming Events. . .

## Lunch & Lectures:

### November:

- 5 Health Hunter/Beat The Odds “Ask the Doctors”
- 12 Diet and Cancer
- 19 “Swine Flu”: You Don’t Have to be a Hog to Get It

**Watch for the new  
Winter Lunch & Lecture series  
starting in January.**

## Vitamin D, colds, and maybe flu

The known roles of vitamin D have expanded greatly in recent years, including prevention of hypertension, cancer, cardiovascular disease, and depression. Vitamin D also helps modulate immune functions—increasing resistance to infection but decreasing autoimmune diseases. A new study examined the relationship between serum levels of 25-hydroxyvitamin D (25(OH)D) and recent upper respiratory infection (URTI). In 18,883 representative Americans over age 11, URIs were 36% more frequent in those with deficient levels of 25(OH)D (less than 10 ng/mL) compared to better levels of 30 ng/mL or more. Estimated optimum levels range upwards from 40 ng/mL, which few Americans achieve, due to limited sun exposure, especially in winter when colds and flu peak. There is early evidence that daily vitamin D supplements of 600 to 1000 IU help prevent colds. The recommended intakes of 200 to 600 IU likely will be increased in 2010.

*—Arch Intern Med 2009; 169:384*