

# Health Hunter<sup>®</sup>

VOL. 18, NO. 2

NEWSLETTER

FEBRUARY 2004

## Carbs bad, protein good

by Richard Lewis

In the world of food, carbohydrates are now looked upon as the evil foods that cause us to become fat. Protein, along with proper fats, is now the food of choice to become thin. What caused this radical change in the way we think and eat?

Well, it is the Atkins lifestyle that caused it—not a diet but a lifestyle. Dr. Atkins wrote in the latest edition of his *Dr. Atkins' New Diet Revolution* book that his diet is not really a diet but a lifestyle that will get you thin and keep you thin in the years to come.

**40% of Americans ate less bread in the past year than they ate the year before.**

Dr. Atkins deserves the accolades he now receives. He wrote his first book presenting the low-carbohydrate diet about thirty years ago. When he first presented his diet, he suffered the slings and arrows from the standard medical folk that he had created a diet that would cause all sorts of medical problems for the people who tried it. This still goes on. But he persevered because he knew he was right!

He had patients who lost weight on his program and kept it off. They did not have the problems that other doctors said they would have and they actually became healthier.

So, who has benefited from this change in eating habits besides those who have read his book and his patients, and who are the losers?

First, we will look at a few of the benefactors. Of course, those who tweaked Dr. Atkins' diet and came out

with another high protein diet benefited from Dr. Atkins' books. These include the *South Beach Diet* and *Protein Power*, to name a couple of books. These books are selling well and their advocates are losing weight.

One of the next to benefit from Dr. Atkins' program was the egg industry. Dr. Riordan, the person who started The Center 28 years ago, has supported eggs in the diet for years. "Eggs are a whole chicken," he says.

Nationally, egg production was up 14.5%. According to Matthew Boyle, writing in *Fortune* magazine, the wholesale price of eggs close to doubled during last year. It is a fabulous time for Paul Sauder, the third generation head of R. W. Sauder, one of the leading egg processors and marketers in the Northeast. He is busy reaping the rewards as he works to get production up to meet the demand.

"But then, it's a fabulous time to be in the egg business. Or the meat business. The nut business. The cheese business. What's the connection? Why, the Atkins diet, of course," writes Boyle.

The beef industry was doing well before the Mad Cow scare came up. A Holstein cow that came from Canada was discovered to have Mad Cow disease when it arrived at a Washington meat packing operation. It caused the meat packer to recall several thousand pounds of hamburger after they discovered the problem.

This should not cause problems since we suggest that you should use beef that is grown under as natural conditions as possible. Grass fed beef is often the best.


*continued on page 3*

## Exercise helps women's hearts

We have known that exercise is good for your heart. Now two research projects discovered just how much it actually helps women.

In one study that appeared in *The Journal of the American Medical Association*, researchers gave treadmill tests to 2,994 women who had no cardiovascular problems. They discovered that the women whose recovery rates from exercise were below the median of the group, had a 3.5-fold greater risk of cardiovascular disease death than the women whose recovery rates were above the median.

The journal, *Circulation*, presented another research project about six days later. The research involved 5,721 women and yielded similar results. Those women who were in the lowest category of exercise time per week had a three-fold increased risk of death from cardiovascular disease than the women in the highest category.

These studies show that women who exercise have a better chance of surviving cardiovascular disease. 

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*Health Hunter Newsletter* is published as a service 10 times a year by the Olive

W. Garvey Center for Healing Arts, a division of The Center for the Improvement of Human Functioning International (CIHFI), a non-profit organization. Memberships are \$25 for one year, \$30 for outside the U.S.; \$45 for 2 years, \$55 for outside the U.S.; and \$60 for 3 years, \$75 for outside the U.S. To join, see the order form on page 7 of this issue. (Prices good through 2004.)

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Integrative medicine

Over the last 28 years, many have asked, "What kind of medicine is practiced at The Center?" "Good Medicine!" has been our answer. While this is true, can an official description be identified?

Based on our fundamental orientation (and the title of this column), *Nutritional Medicine* fits our work very well. *Orthomolecular Medicine*, the use of "right molecules" in higher than RDA doses to favorably modify biochemical pathways, is a term that was coined by Linus Pauling and correctly describes much of what we do to serve our co-learners on their journey to rediscover health. *Functional Medicine*, "the measurement of biochemical and physiologic parameters that can be improved," is also implied in our very name: *The Center for the Improvement of Human Functioning*. *Holistic Medicine* incorporates body, mind, and spirit in the healing process, using unconditional love as the most powerful healing force in the universe. And of course, we must include CAM (*Complementary and Alternative Medicine*), a sweeping term that suggests that all the many alternative modes of medical care can be used in a complementary fashion with conventional care. Other terms, such as *Oriental Medicine*, *Patient-Centered Medicine*, and *Natural Medicine* are all reasonable descriptions of what goes on at The Center.

So, which label best fits? In the last five years, a new "meta-term" has emerged to include all of the above, and more: *Integrative Medicine*. Seven key words evoke the spirit of *Integrative Medicine*:

**Unique**—there is no "average" patient. The pathway to healing is unique to each patient. Integrative health practitioners help to characterize that uniqueness. Knowing where one is...is a prerequisite of knowing how to travel to one's destination.

**Personal**—disease is impersonal. Illness is personal. Connecting with

people, listening to their needs, respecting their beliefs, and walking with them on their journey to better health—this is the personal caring that ignites the fire of healing.


**Co-Learners**—healing is a journey of discovery where patient and doctor work together, exploring research, experiences, and tradition to help find the pathways to better health.

**Choice**—many roads lead to Rome. Helping patient/co-learners thoughtfully sort through the vast array of alternatives, with the intent of finding what's most effective for them, is the goal.

**Safety**—natural does not always mean safe. When focusing on non-acute conditions, the judicious use of nutrients, herbs, and other healing modalities helps to prevent dangerous interactions with medications and other conventional treatments. Non-acute care need not lead to acute problems.

**Outcomes**—medical insurance has created a myopic tendency to focus on reimbursable procedures and protocols. In any creative endeavor, the vision of the goal is paramount. How can you arrive if it isn't clear where you want to go!

**Synergy**—While polypharmacy is often harmful, "poly-health-enhancing-modalities" is joyfully effective in helping to restore health. Finding the right blend and balance of effective therapies, which may include conventional meds and modalities, is the essence of *Integrative Medicine*.

"A rose by any other name is still a rose." The Center will continue to be what it has been, for the past 28 years of serving wonderful people from Kansas, the United States, and around the world. With hundreds of *Integrative Medicine* Centers now popping up in hospitals and medical schools around the country, friends of The Center will be pleased to note: "good medicine" isn't new to Wichita. 

If you have been to a Lunch and Lecture and are planning to attend another, bring a friend with you. If your friend enjoys the Lunch and Lecture as much as you enjoyed your first one, he or she will have a great time as well as learn a lot.

## HEALTH HUNTERS AT HOME

### For young and older adults

Other meat producers have gained from the low-carbohydrate concept. These include the pork and chicken producers. The seafood industry is also a big benefactor of the Atkins program, along with the soy industry and the nut industry.

One of those who has not benefited from the Atkins program is the bread industry. Boyle visited a conference held by the recently formed National Bread Leadership Council. He learned that 40% of Americans ate less bread in the past year than they ate the year before—according to the bread industry's own figures.

"Perhaps a catchy tag line," wrote Boyle, "would bring people back to bread," an audience member suggested. "We're on that. We have whole grains at every meal," replied Kirk O'Donnell of the American Institute of Baking. "...But what bothers [O'Donnell] more is how Americans have hung a scarlet 'A'—do not eat while on Atkins—around all breads. In truth, once you get past the restrictive earlier phases—where bread is verboten—the Atkins approach does not condemn breads, only highly refined white breads, bagels, and hamburger buns that cause spikes in blood sugar."

But the Atkins program does restrict the amount of bread you eat.

The bread industry, like other food products made from white flour, has seen a significant reduction in their business and all because of the Atkins approach.

High protein and low carbohydrates have their drawbacks when it comes to bread, according to professor Mian Rias at Texas A & M Food Protein Research & Development Center. "Proteins don't taste good," he says. So he adds a flavor to mask the protein.

Another factor is that bread does not have the same texture when you add soy flour to replace the white flour. When you squeeze the loaf of soy bread, it returns to its original shape like a sponge. This adds a texture problem along with the taste problem. But again, the Atkins program does not suggest bread products in the initial restrictive

*continued on page 4*

Two articles caught my attention recently. I thought I would share them with you.

As an introduction to the first article, my daughter had a baby recently. The baby is beautiful, of course. But Alison's baby is small for her age (two months old at this writing). She was only four pounds, six ounces at birth—and she was a full term baby.

The great news about her birth is that she was a complete and healthy baby. She had an Apgar score shortly after her birth of 9.9 on a scale that goes up to 10. They seldom give a 10 score to a baby and never to one who weighs only four pounds, six ounces. But the great part of this is that she was complete, healthy, and energetic. Her lungs, heart, brain, and limbs—her entire body was all complete and in excellent condition.

That brings me to the study for the young. This study was conducted in Florida looking at folic acid and neural tube injuries in newborn children. You may know that Dr. Riordan has said for years that we could virtually eliminate neural tube difficulties in newborn children if we would give 400 mcg of folic acid a day to every woman of childbearing age. The cost for treating just one neural tube baby for a year would more than cover the cost of providing folic acid.

It has to be taken during the first six weeks of the pregnancy to be effective in preventing neural tube difficulties since this is the period of development when it may occur. Since it is difficult to know you are pregnant for awhile, it is important to give folic acid to all women of childbearing age.

That was confirmed by this study. But the researchers discovered more. They found that women in the highest quarter of homocysteine levels in their blood had a 2.28-fold greater risk of having a child with a congenital heart defect. Folic acid intake also reduces the homocysteine level in the blood of women taking it.

It appears, according to the study, that a daily supplement that contains at least 400 mcg of folic acid is necessary

to achieve this reduction in risk for having a child free from congenital heart defects.

Major medical organizations already recommend that women between the ages of 15 and 45 years take 400 mcg per day of folic acid to reduce the risk of neural tube defects in their babies. Only about half of these women do so. "Clearly we are not doing what we need to do to get women to use a folic acid supplement," said Dr. Morris of Oregon Health Sciences University, Portland, who headed the study. These are two important problems of childbirth that could be easily corrected if young women would do as Alison did and take their folic acid.

After women are past the natural childbearing age, they still need nutrients. This is good for men, too. In a recent study, the researchers discovered that if women and men 65 years and older would take a daily multivitamin, they would save Medicare \$1.6 billion in the next five years.

The researchers calculated that over a five-year period of daily multivitamin use by older Americans, they could prevent \$3.9 billion in Medicare costs. It would cost \$2.3 billion to provide all older adults with multi-vitamins for five years, so the difference is \$1.6 billion—a fair savings for Medicare.

Almost all studies have evaluated the impact of one nutrient on coronary artery disease such as vitamin C or vitamin E. The one exception was the National Nurses Study that covered 80,082 women. From The National Nurses Study, researchers identified a 24% risk reduction in nonfatal myocardial heart attacks and fatal coronary heart disease with women taking multivitamins.

So, if you know a young woman between the ages of 15 and 45, suggest that she take folic acid. Even if she does not want to become pregnant, she will lower her homocysteine level and prevent heart attacks. Older adults should take multi-vitamins, too. Encourage both groups to do this.

—Richard Lewis



## INFORMATION WORTH KNOWING

Obesity and Type II diabetes are both on the rise in the United States. William Sears, M.D., Peter Sears, M.D., and Sean Foy, M.A. have written a total health book for children ages 6–12, *Dr. Sears' LEAN Kids*. Dr. William Sears is a pediatrician and a father of eight children. He noticed that the children he treated were growing up overfat, underfit, and unhappy. His program was developed to help parents use this program to help their children change the way they feel, look, and think. Along with the book, a web site was developed. You can learn more about their program through [www.LEANKIDS.com](http://www.LEANKIDS.com). The questions this month are taken from their book.

1 Much of the blame for the rise in obesity can be attributed to the Standard American Diet that is high in \_\_\_\_\_. Many people call this diet SAD for short.

- a. animal fats
- b. processed foods
- c. over-sugared foods and beverages
- d. all the above

2 One of the many health consequences of the SAD diet is type II diabetes that is reaching epidemic levels in our population and is showing up at a younger age. To experience optimal growth, children need diets high in immune boosters such as \_\_\_\_\_.

- a. antioxidants in fresh fruits and vegetables
- b. processed, packaged foods
- c. super-sized fast foods
- d. all the above

3 According to a study published in 2000 in the *Journal of the American Medical Association*, the number of children on prescription mood-altering drugs has increased threefold over the past five years.

- a. True
- b. False

4 Children who are overweight at six have a 25% chance of becoming overweight adults. If a child remains fat until he/she is twelve, the chance of becoming a fat adult increases to \_\_\_\_\_%.

- a. 50
- b. 65

- c. 75
- d. 80

5 Dr. Sears has developed a program to increase the "health expectancy." His plan aims to do this through the LEAN program. The acronym stands for: L=Lifestyle, E=Exercise, A=Amino Acids, and N=Nutrition.

- a. True
- b. False

6 The acronym LEAN perfectly sums up the goal for the program. Lean is a power-packed word that means having just the right amount of body fat for your body type. To achieve that goal, the program encourages \_\_\_\_\_.

- a. a deprivation weight-loss diet
- b. a strict menu plan
- c. the child's natural cravings toward healthy eating and living habits
- d. all the above

7 Most parents want to give their children tools that will help them to succeed in life. The authors say that giving your children \_\_\_\_\_ is the best way to help them succeed in life. He believes the LEAN program can do that.

- a. the ability for self-discipline and a good education
- b. the ability to save money for college
- c. the gift of health
- d. none of the above

*Carbs bad, protein good*  
—Cont'd from page 3

part of the program.

Another food product that has seen quite a reduction in business is white sugar and its cohort, high-fructose corn syrup. As sugar has declined because of the Atkins program, the use of Splenda has increased.

Splenda is made from sugar by removing three of the hydrogen-oxygen groups from the sugar molecule and replacing them with chlorine atoms. This makes what chemists call sucralose that is about 600 times as sweet as white sugar. Most important, sucralose is very stable, especially when it is heated. It is not metabolized by the body and does not raise blood sugar levels. Since blood sugar levels are not affected by it, Splenda has been endorsed by the Atkins program and other low-carbohydrate advocates.

Splenda is now found in over 3,000 products, ranging from Diet RC cola and Starbucks Lite Frappuccino to Swiss Miss hot cocoa mix. Popular pastry chef Gale Gand recently unveiled her Splenda creations, including an orange-vanilla panna cota and chocolate-peanut butter cookies. She may have violated the white flour restriction, but she did not use white sugar.

Others have won and lost from the Atkins program but to a lesser degree. Even after his death from slipping on the ice in front of his office, his program is still popular. Protein and the proper fats are king of the diet, and bread and white sugar are in the dungeon. Carbohydrates are the villains. The Atkins program and all those who have chosen to slightly modify his diet to make it their own are the heroes.

Dr. Ron Hunninghake, the head of The Center's Olive White Garvey Center for Healing Arts, supports the Atkins program and has done a series of Lunch and Lectures covering the various aspects of the program and how they relate to helping various diseases.

Boyle closes the article in *Fortune* by writing, "...from eggmakers to sugar fakers, bread bakers to protein shakers—should hold tight as well. Fad or trend, low-carb eating is giving all of us a wild ride."

• FOR ANSWERS, SEE PAGE 7 •

## The Garden and the gardener

by Melvin D. Epp, Ph.D.

Success is largely the result of good planning. Gardening is no exception. Some smart thinking now, before you put a trowel in the soil, will focus your activity on sure rewards.

The garden in wintertime is a grand fantasy in which there are no weeds, no bugs, and the flower/vegetable beds are perpetually verdant. With the arrival of all the 2004 seed catalogues with colored pictures and endless options, the fantasy is downright dreamy if accompanied with a good lounge chair, a pair of slippers, and a cup of hot herbal tea.

The first reality action step normally begins with a chart or a layout plan encompassing the area(s) that you wish to or have time to tend this season. Choose flowers for continuous blooms throughout the season. Some flower plants should be tall for the back of your beds and some shorter for the front. For a kitchen garden, grow vegetables your family enjoys, otherwise the gardener is sure to get grumpy.

Don't plant too much: too many crops, too many seeds, or too many plants. These "too manys" will eventually lead to discouragement.

If you have a choice, in our hot Kansas climate, an eastern exposure is preferred. The afternoon sun is stronger than the morning sun. In cool climates, a garden facing south or west is ideal. Raised beds are great for defined, easy to manage activity in which the soil will warm up quicker in spring, but will also dry out quicker all season long. A mixture of styles including some rows, sunken rows, and raised beds may be just the ticket for your gardening activity. Always plan to mulch.

If you thought you had enough catalogues, I have another suggestion. Baker Creek Heirloom Seeds ([www.rareseeds.com](http://www.rareseeds.com) and [www.gettle.org](http://www.gettle.org)) offers an incredible array of heirloom varieties. Heirloom varieties may lack some of the disease resistance of newer varieties, but have unbeatable variety, flavor, and taste. Include this catalogue in your voyage of gardening fantasy until potato-planting time begins. [H]

# Herbal History

## Cryptolepis, *Cryptolepis sanguinolenta*

Among the uses for cryptolepis is a treatment for malaria. A native plant of Africa, cryptolepis is a thin-stemmed twining shrub that grows in forest clearings and other open areas.

Cryptolepis is used against malaria primarily, but it is very effective for bacterial infections, as an anti-inflammatory, and for anti-viral purposes.

The roots of the plant are used when treating malaria. These roots grow up to about four inches long and approximately one half inch in diameter and have a bitter taste. When working with malaria, the root is often powdered and then boiled in water for five to ten minutes to make a tea. The malaria patient then drinks the tea.

There have been clinical trials to see if cryptolepis actually works against malaria. The 12 patients taking cryptolepis had a mean parasite clearance time of 3.3 days when compared to

2.3 days for the 10 people in the chloroquine-treated group. The mean fever clearance time was 36 hours for the cryptolepis treated group and 48 hours for the chloroquine-treated group. The researchers concluded that the efficacy of the cryptolepis was similar to the medicine chloroquine.

In a recent study using a commercially produced cryptolepis extract called Phyto-laria in the form of a tea, the results were much the same

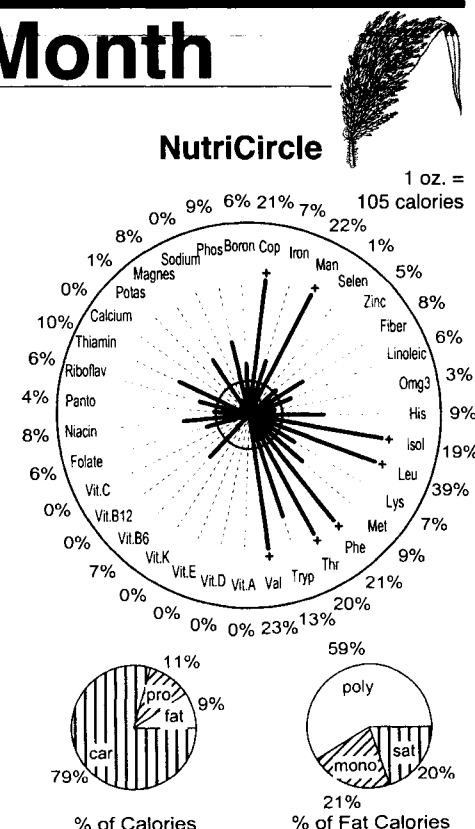
Cryptolepis has some safety concerns, especially with the DNA. Phyto-laria was considered safe. The critical point for concern was two orders of magnitude above the effective dosage recommended for the tea bags.

If you, or someone you know, is traveling in Africa and gets malaria, Phyto-laria is an approved dose to get rid of the parasites. [H]

# Food of the Month

by Donald R. Davis, Ph.D.

**MILLET** is the yellow, round seed in nearly all birdfeeds. It may be the first cultivated grain, preceding rice as a staple in China, India, and Africa. It is still commonly eaten in those areas and is making a comeback as a human food in Western countries. Of several types, pearl millet has the largest seeds and is most common. It is always whole-grain, and can be used like rice, in soups or to make bread (see recipes at [RecipeLand.com](http://RecipeLand.com) and elsewhere). Relative to calories, millet contains adequate amounts of 24 out of 35 nutrients shown here, especially copper, manganese, phosphorus, magnesium, thiamin, niacin, and vitamin B6.



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.

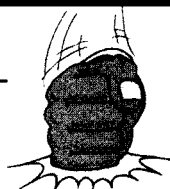
## How do you deal with anger?

Anger is rather paradoxical. It is a lot like stress. We need stress to get out of bed in the morning. Too much stress or anger is unhealthy. A little bit of stress or anger can light the fire to get things accomplished. Aristotle probably said it the best, "Anyone can become angry—that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—this is not easy."

The cost of uncontrollable anger is enormous, both in terms of relationships and your own health. Twenty-five years after a hostility measurement of law students was taken, researchers found some surprising facts. Those students who had scored in the top quarter of the hostility scale when they were first measured had died. Only five percent of those students who had scored in the lowest quarter of the same test had died.

It may be surprising to some people that anger can be adaptive. It is a warning signal that something is wrong, just as the red light on your car's dashboard is a warning signal. Anger can provide the energy to accomplish tremendous things, whether it is making lifestyle changes or defending yourself if you are under attack.

When you feel anger, think of these quotations to help you decide what to do with that anger. Mark Twain said, "When angry, count to four. When very angry, swear." Robert Fulghum suggests, "Sticks and stones may break your bones when there's anger to impart. Spiteful words can hurt your feelings but silence breaks your heart." Laurence J. Peter said, "Speak when you are angry—and you'll make the best speech you'll ever regret." Finally, Joan Lunden said, "Holding on to anger only gives you tense muscles." 




## Case of the month

This patient has done well in the short time she has been coming to The Center. She came in late November, 2003, at 54 years of age, complaining of arthritis; swelling in her hands; low thyroid levels; pain in her neck, shoulders, and lower back; fibromyalgia; and insomnia. Prior to coming to The Center, her standard doctors had diagnosed her as having fibromyalgia, lupus, gastrointestinal reflux, and multiple allergies.

After Dr. Riordan's evaluation, he recommended she have some laboratory work done and he also recommended that she have a 15-gram intravenous vitamin C infusion (IVC). The laboratory collected blood and urine samples from her. She completed the remainder of the initial examination and then she was given the 15-gram IVC.

When she returned in mid December to get her laboratory results, she told Dr. Lawton that she felt better after the IVC. After explaining her laboratory results to her, laying out a program of nutrients and other recommendations, and answering her questions, Dr. Lawton suggested that she continue the IVCs at 25-grams of vitamin C once a week for four to eight weeks. Since she was from another state, he made arrangements for her to receive the IVCs in her home city.

In mid January, she had another appointment with Dr. Lawton. She had had two more 25-gram IVCs at this time and said that her back was not hurting anymore and she had only a little burning sensation in it now and then. Her muscles were more supple than they had been before. She even had started riding a bike as part of her exercise program. She stated that she has more energy now than she had before coming to The Center.

She is sleeping better, she said. She sleeps deeper without taking sleeping aids. The swelling in her joints and fingers is much less, and she is able to type longer than before coming to The Center. Fatigue was much improved and the IVCs had lowered her Epstein Barr virus. She is thankful that she is doing so well and plans to stay with the program. 

## CENTER UPDATE

### Study confirms farm-raised salmon contain cancer-causing pollutants

For several years, the doctors at The Center have encouraged people to eat wild salmon rather than farm-raised salmon. The reason? Farm-raised fish have more pollutants than the salmon caught in the wild, and these pollutants often cause cancer later in life.

Now, a research project published in the journal, *Science*, confirms that farm-raised salmon have more cancer-causing pollutants, such as dioxins, in their flesh.


To check the levels of pollutants in the salmon, researchers collected 700 fish bought from around the world. They found that farm-raised salmon from Scotland had 2.88 parts per billion (ppb) of pollutants in their bodies, while salmon caught off the coast of Alaska had 0.18 ppb. The Scottish farm-raised fish had about 15 times the pollutants of those living in the wild off the Alaskan coast.

The amount of pollutants in the

fish goes down from there. For instance, farm-raised fish from western Canada averaged 1.49 ppb, fish from Maine averaged 1.38 ppb, and those from Chile had 0.89 ppb.

In comparison, Chinook salmon caught in the wild off the coast of British Columbia were tested to have an average of 0.45 ppb of pollutants in their meat. Even this fish has 2.5 times the pollutants as the Alaskan wild fish.

Researchers blamed the feed used on fish farms for concentrating ocean pollutants and advised farmers to switch to a feed that is lower in pollutants.

Eating farm-raised salmon more than once a month could possibly raise your levels of ocean pollutants to a level that could cause cancer later in your life, according to the researchers in the *Science* article. Fish raised in the wild off the Alaskan coast can be eaten more regularly. 



# Upcoming Events. . .

## Lunch & Lectures:

### February

- 12 Atkins: A Whole Foods Perspective on Low Carb Dieting
- 19 The Nutrition-Addiction Connection: Keys to Sobriety
- 26 How to Cultivate Healthy Relationships

### March

- 2 Beating the Odds of Breast Cancer or Prostate Cancer
- 4 Overcoming & Reversing Type II Diabetes Naturally
- 9 Beating the Odds of Heart Disease & Hypertension
- 11 How I Got Rid of My Migraines and How You Can Get Rid of Yours
- 16 Beating the Odds of Osteoporosis
- 18 Water and Well-being: How Much to Drink?
- 23 Beating the Odds of Dementia
- 25 Promoting a Lifestyle of Health with Healing Herbs

## Sweetness isn't all bad

Natural sweetness is good. Added sugar is bad—that is when it comes to carbohydrates and the Glycemic index. The Glycemic index is a ranking of how carbohydrates in foods affect your blood sugar levels. You want low or medium Glycemic index foods. Sugar has a high Glycemic index and should be avoided.

Berries such as blueberries taste sweet and they have a low Glycemic index. Apples are also sweet when ripe—and so are pears. Their secret is they are naturally sweet, not sweetened with sugar, which is a highly processed sweetener.

When given a natural choice, your sweet tooth will serve you well. If a whole food is naturally sweet and you like it, eat it. It will help your blood sugar, too.

- Carbs bad, protein good
- Exercise helps women's hearts
- How do you deal with anger?
- Study confirms farm-raised salmon contain cancer-causing pollutants

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of Human Functioning International, Inc.

A Publication of The Center for the Improvement

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