

# Health, stem cells, and menstruation

by Xiaolong Meng, M.D.

**H**ow can we live better? How can we live longer? How can we live without chronic diseases? In theory, there is one way to reach this—repairing our damaged cells promptly as soon as they are damaged. When a symptom of a disease shows up, there is always a change (inflammation, edema, or death) at the cellular level. If the change can be recovered promptly, then the cellular metabolism will return to homeostasis and the symptom will be gone.

Persistent actions of external toxic factors (such as food toxins, water contamination, air pollution, clothing dyes, radiation, electromagnetic fields, micro particles, microorganism infections, etc.) may exhaust the body's local nutrients that maintain normal cellular metabolism and may also exhaust the local stem cells that repair the damaged cells, leading to chronic diseases.

Therefore, to cure a chronic disease, three things could be done:

1. Avoid the continuous actions of external toxic factors. This is the most difficult part since most of them are invisible and unavoidable, such as car exhausts, food additives, preservatives, etc.

2. Supply balanced nutrients. Since we may not be able to avoid external toxic factors, one thing we can do is to supply enough nutrients to help our cells overcome and adapt to the bad environment. Remember, pain relief pills can only lower or block your pain sensor. They are not curing any underlying cellular disorder. Therefore, for any treatment, you need to ask whether the symptom is removed by blocking the sensor or by recovering the cellular metabolisms. You only want the former temporarily to buy the treatment time. You want the latter

for real treatment and recovery.

3. Supply stem cells. Cell repair needs not only correct nutrient supply but also enough functional repairing cells around the damaged tissue. If the local stem cells are exhausted by persistent toxins or fail to repair the damaged tissue, provision of new autologous or allogenic stem cells will be the shortest and fastest way for the tissue repair.

What are stem cells? Stem cells are the cells that can renew themselves without differentiation and under specific conditions can differentiate into various cells and tissues, while most adult cells in the body execute a specific function in their life span. For example, red blood cells deliver oxygen to tissues, pancreatic islet cells secrete insulin, etc. Stem cells are different; they have no specific functions. Their features are reproducing themselves and keeping the capacity to become (differentiate) other specific tissue, such as red blood cells.

What diseases can stem cells treat? Although most stem cell treatments are still in experimental stages or are not available in the U.S., more data show that many chronic diseases respond well to stem cell treatments. Here are some examples:

1. Myocardial infarction: B. E. Strauer of Germany reported in 2002 that 10 myocardial infarction patients were transplanted with autologous bone marrow stem cells via coronary artery. After 3 months of follow-up, comparing with another 10 patients treated by standard therapy alone, the infarct region had decreased significantly and infarction wall movement velocity increased significantly in the cell therapy group. Further cardiac examinations were

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# High plasma vitamin C, lower stroke risk

Plasma vitamin C is becoming a biological marker for strokes, according to a study appearing in a recent issue of *The American Journal of Clinical Nutrition*. The higher the plasma vitamin C, the lower the risk for having a stroke.

In this study, researchers followed 20,649 men and women between the ages of 40 and 79 for up to 12 years. All the subjects were without a previous history of strokes.

The top 1/4 of participants with the highest plasma vitamin C levels had a 42% lower risk for having a stroke than did the bottom 1/4 of the participants. This proved to be independent of age, sex, body mass index, systolic (the higher number) blood pressure, cholesterol, exercise, and social class.

"Plasma vitamin C concentrations may serve as a biological marker of life style or other factors associated with reduced stroke risk and may be useful in identifying those at a high risk of stroke," the researchers concluded. [H]

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## New frontiers of healing

Health is all about healing. As sure as the sun rises, our health will be challenged by injury at many different levels. Fortunately nature has provided us with a five-step program for healing.

Physically we all inevitably suffer bumps and bruises or accidental trauma. The causes of these injuries are visible to us and we do our best to prevent them.


What about all the invisible traumas that daily assault our cells? Dr. Meng, in this month's lead article, mentions many external toxic factors such as food toxins, water contaminations, air pollutions, radiation, etc. We can try our best to avoid these cellular traumas, but they are everywhere in the world we live in.

Health...injury...signaling. An injury to the body needs attention. Injured cells send out signals in the form of inflammatory cytokines to draw the immune system to the damage site. If we have good reserves of balanced nutrients, the damage can be repaired. This

is a basic tenant of the orthomolecular medicine practiced here at The Center.

Now we learn that there is another important piece to the healing puzzle, which may explain why some people remain chronically ill in spite of adequate nutrient reserves. Health...injury...signaling...repair. If local repair cells are depleted, the injury may just continue to send out chronic inflammatory distress signals and never really heal. This sets the stage for DNA mutation and the development of cancer.

Dr. Meng and our research staff have discovered an "ethically clean" and natural source of these all-important adult stem cells that can complete the healing of chronically injured cells. It stands as a huge breakthrough in natural healing, the implications of which we are only beginning to grasp.

Orthomolecular medicine has officially stepped into a new frontier of healing: orthocellular medicine! 

### *Health, stem cells, and menstruation—Cont'd from page 1*

performed for the cell therapy group and showed significant improvement in stroke volume index, left ventricular end-systolic volume and contractility, and myocardial perfusion of the infarct region. The author concluded that the marked therapeutic effects may be attributed to BMC-associated myocardial regeneration and neovascularization.

2. Diabetes: J. C. Voltarelli of Brazil reported in 2007 that 14 patients with type I diabetes were treated by autologous peripheral blood stem cells. During a 7 to 36-month follow-up (mean 18.8), they all became insulin-using-free (1 for 35 months, 4 for at least 21 months, and 7 for at least 6 months; and 2 with late response were insulin-free for 1 and 5 months, respectively).

3. ALS: L. Cheng of China reported in 2007 that 327 patients with amyotrophic lateral sclerosis (ALS) received stem cell transplantation. The total improvement rate of neurological function was 77.1% after 4 weeks. 4.9% of them experienced various complica-

tions including headache, short-term fever, seizure attack, etc., including 4 deaths (1.2%). The author concluded that stem cell transplantation is effective in controlling or reversing the physiological deterioration caused by ALS.

4. Parkinson's disease: R.A. Bakay of the U.S. reported in 2004 that 6 patients with advanced Parkinson's disease (mean duration of 10.2 years) received stem cell treatment. Six months after stem cell transplantation, UPDRS, UPDR-M, and Dyskinesia Rating Scale scores improved. Another group in the U.S. showed a behavioral improvement in a primate Parkinson's model by human neural stem cells.

Many other diseases were reported to be treated by stem cells, such as autism, cerebral palsy, autoimmune diseases, osteoarthritis, rheumatoid arthritis, post stroke syndrome, and plastic surgery. However, current stem cell treatments are just beginning. Many factors are still unclear for the treatments. Along with

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further studies and practices, more and more chronic diseases will no longer be bothering us in the future.

What stem cells are available? In general, stem cells can be divided into embryonic and adult types. Although embryonic stem cells have great potential to differentiate to various tissues, the clinical use in the future will be limited due to ethic controversy. Adult stem cells are the stem cells from the tissue after birth, including stem cells from cord blood, bone marrow, and fat.

Recently, researchers of Bio-Communications Research Institute, a division of The Center, have separated stem cells from menstrual blood. From 5 ml of menstrual blood, septillion ( $10^{24}$ ) functional stem cells can be duplicated with normal karyotype (normal chromosome). A human body is estimated to contain 100 trillion ( $10^{14}$ ) cells. Therefore, the stem cells from 5 ml menstrual blood are enough to build 10 billion people in theory, meaning those stem cells are tremendous in number to provide clinical treatments in the future.

Compared to stem cells from other sources, such as bone marrow and cord blood, menstrual stem cells are easier to collect. There is no harm or pain to the donor, and the most important thing is the collection does not decrease the stem cell reserve of the donor. Therefore, there is no potential risk to affect the donor's health, and menstrual stem cells can be collected more than 400 times in 35 years from one person (a woman may have more than 400 cycles of periods from 12 to 47 years of age).

Not only can those stem cells be considered as unlimited to use in clinics in the future, but they are also pluripotent on differentiation. They can differentiate into 9 different tissues (heart, lung, liver, pancreas, fat, muscle, nerve, bone, and blood vessel), covering all three mesodermal, ectodermal, and endodermal germ lines. This means that they have the potential to treat heart disease, diabetes, osteoporosis, senile dementia, etc.

To live better and longer, consider your stem cell reserve and functions. Saving your stem cells when you are young and healthy for future use for yourself and your family is not a bad idea. [H]

## HEALTH HUNTERS AT HOME

### Osteoarthritis

Osteoarthritis is the most common joint disease, usually affecting the knees, hips, and hands. For older adults, it is a leading cause of pain and physical disability. Does it just happen to everyone as they age so they can just expect the pain in later years, or is there some hope?

I asked Dr. Ron Hunninghake if we see many individuals who have knee and/or hip pain who are diagnosed with osteoarthritis. He quickly answered yes and yes—we do see quite a few individuals who are diagnosed with osteoarthritis. “About every other person we see,” he said jokingly. We can help them eliminate or lessen their pain and suffering.

Before getting to how we treat a patient who has symptoms of osteoarthritis, let's look at how most doctors treat their patients. First, doctors give all patients information and advice covering weight loss, exercise, lifestyle alterations, simple analgesics, and topical agents. Next, for some of her/his patients who have more severe symptoms, the doctors may try non-steroidal anti-inflammatory drugs (NSAIDs) and other drugs, physiotherapy, occupational therapy, and other aids. For the few who have severe pain and cartilage deterioration, joint replacement surgery is often recommended.

Now, how do physicians at The Center treat individuals who have symptoms of osteoarthritis? Dr. Ron went on to point out several ways we approach the problem. “The first thing we look at is a cytotoxic food sensitivity test; then we get them off the foods they are sensitive to,” he pointed out. These are often tomatoes and the other nightshade foods and any other foods that might show up on the test. This helps quite a bit.

Next, he said, the doctors look at fatty acid levels to find out which, if any, fatty acids may show up low in their bodies from laboratory tests, and then they recommend that the patient supplement with these. At The Center, the doctors often find that an individual will have fatty acids that are low.

Antioxidants are the next big part of osteoarthritis treatment. Again, we use the individual's laboratory results to find out which antioxidants may be low. Then, the doctors work with the individual to get the levels of antioxidants up to where they need to be. Dr.

Ron feels getting the antioxidants, including vitamin C and vitamin E, up to the ideal level and keeping them there is important for an individual to get control over osteoarthritis.

Inflammation of the joints is a big problem with osteoarthritis and Dr. Ron says that vitamin D is a big help in getting rid of the individual's inflammation. Again, the doctors use the individual's laboratory results to find out how low the person's vitamin D may be and how much the individual may need to increase vitamin D so that she/he can get inflammation under control.

Then there is MSM—that is methylsulfonylmethane, a fundamental source of nutritional sulfur. We call it MSM, just as the manufacturer does on the label. It comes in a powder form and also a capsule. “MSM is a natural part of every cell function and is concentrated in the connective tissues of the skin, nails, and hair. MSM is a source of organic sulfur ...,” it says on the bottle. Dr. Ron often recommends that one can put a teaspoon or more in a quart of water and let it sit in the refrigerator over night; then drink it during the next day. It is excellent for inflammation and pain in the body.

There are other nutrients and herbs one can use for osteoarthritis, such as histamines, but this is an individual process, and we treat everyone as an individual. These nutrients and herbs can be discussed with the doctor who will help guide individuals through the process to see what works the best for them.

The key point to keep in mind is that The Center can offer individuals help with their osteoarthritis and usually can help them eliminate or lessen their pain. [H]

—Richard Lewis





## INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

Oxygen is the force that makes life possible. It is needed by every living thing to survive. Paul G. Harch, M.D., and Virginia McCullough have written *The Oxygen Revolution*, describing Hyperbaric Oxygen Therapy (HBOT). HBOT is a medical treatment that uses 100% oxygen under pressure (in a chamber) to treat various diseases and enhance the body's natural healing process. Disorders that have been treated by HBOT are diabetes, asthma, autism, Lyme disease, cerebral palsy, heart disease, Parkinson's, Alzheimer's, stroke, Lou Gehrig's Disease, and dementia, just to name a few. Physicians have to order this treatment. The SAGO coalmine accident sole survivor in West Virginia was given HBOT treatment for several months. When he left the hospital, he was able to communicate. HBOT stimulates the immune system and enhances the killing ability of white blood cells. In this book, they explain the mechanism of HBOT, and case studies are given in detail. They write in a clear and easily understood manner. The questions this month are taken from their book.

**1** HBOT can be used for many different instances where the tissues have been injured by varying degrees of oxygen deprivation. The definition of HBOT is "the use of oxygen under pressure as a(n) \_\_\_\_\_ to treat basic disease processes and their diseases."

- a. drug
- b. element
- c. vitamin
- d. axon

**2** In chronic wounds, HBOT is a \_\_\_\_\_ signaling drug which provides stimulation of the DNA in each cell.

- a. nontoxic
- b. basic
- c. RNA
- d. DNA

**3** HBOT has recently been shown to promote wound healing, including burns and skin grafts.

- a. True
- b. False

**4** Nearly every injury process, whether its cause is trauma, toxins, loss of blood flow, low oxygen, and so forth, causes a secondary injury. This injury results in a(n) \_\_\_\_\_ reaction.

- a. unusual
- b. inflammatory
- c. delayed
- d. timed

**5** HBOT has flourished in the field of diving medicine as an effective treatment for decompression sickness, also known as \_\_\_\_\_.

- a. the straights
- b. spirals
- c. the bends
- d. carbon monoxide poisoning

**6** HBOT is very useful in many diseases and is the only treatment that is needed for stroke and diabetes.

- a. True
- b. False

**7** HBOT has different targets at different stages in the disease process. In decompression illness, the early targets are bubbles and the inflammation reaction. Later, the HBOT targets are blood vessel damage, low oxygen, and blood flow damage to \_\_\_\_\_ and other effects.

- a. liver
- b. heart
- c. amino acids
- d. cells

• FOR ANSWERS, SEE PAGE 7 •

## Test of the Month

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

### Stress index

When our physicians see patients who have complaints of fatigue, depression, insomnia, irritability, feeling cold, unexplained weight gain, etc., they may order a test for hormones. Hormone tests can be ordered separately or as a panel. A panel, or combination of hormones, is more meaningful. Some of these are the Adrenal Stress Index, thyroid hormones, and female or male hormone panels.

Stress may be acute (alostasis) or chronic (allostatic load). Stress arouses the autonomic nervous system (sympathetic and parasympathetic systems) and excess production of epinephrine (adrenaline) and norepinephrine (noradrenaline) from the adrenal medulla, neuroendocrine production of cortisol from the adrenal cortex, and the immune system through cytokines. These are responsible for the fright, fight, or flight responses of the body. These include an increase in heart rate, breathing, insulin, glucose, blood pressure, and pupil dilation. Most stress in the U.S. is the result of thinking about threats (psychological threats), not actual or physical threats.

Chronic stress causes damage to the body that may result in progressive and debilitating chronic diseases. Cortisol exposure, over a long period of time, decreases the amount of serotonin, norepinephrine, and dopamine. Repeated exposure to chronic stress may cause accelerated atherosclerosis, decreased immune response, increased insulin resistance, hypertension, increased abdominal obesity, type 2 diabetes, and depression.

Hormones measured may include the neurotransmitters adrenaline and noradrenaline (adrenal medulla) which are "fast-acting" and last up to 90 minutes before being inactivated. Vitamin C is in high concentration in the adrenal gland. It is the main cofactor for converting dopamine to epi- and

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Let go of your attachment to being right, and suddenly your mind is more open. You're able to benefit from the unique viewpoints of others, without being crippled by your own judgment.

—Ralph Marston

norepinephrine; therefore, prolonged stress depletes the body's stores of vitamin C. Two common signs of low tissue stores of vitamin C are irritability and fatigue (tired and cranky). An easy way to check your vitamin C status is to use the urine VitaChek® C strip.

Cortisol (adrenal cortex) is slow-acting and lasts for hours. There are about 40 different neurotransmitters in the brain. They are made within the neurons (nerve cells), released into the junction between nerve endings (synapse), and either cause an excitatory or inhibitory response. Many are reabsorbed by the neurons (reuptake), and this is the place where some of the anti-depression drugs (SSRI) selective serotonin uptake inhibitors, like Prozac® work. Many psychotropic drugs increase or decrease neurotransmitters.

When The Center's physicians receive the results from the various panels, they consult with you, the co-learner, on the best ways to treat your problem. This may include increasing your intake of various nutrients. Remember, most neurotransmitters are made from amino acids. In some cases, it may take over 17 different vitamins, minerals, and fatty acids to convert amino acids to neurotransmitters! [H]

## Health Hunter/Beat The Odds Days are coming in April

Health Hunter/Beat the Odds Days are coming the first week of April, so now is the time to start thinking about coming. First of all, in the evening of Thursday, April 3, there will be two hours when The Center doctors will discuss the tests that will be done Friday and Saturday, April 4 and 5. You can hear their discussions and then select the panel of tests that will help you. Free hors d'ovres are served as well.

Come on Thursday to hear what the doctors have to say and then on Friday or Saturday to get your tests. Oh, yes, for Health Hunter members there is a discount on the tests as well as a discount on nutrients sold during Health Hunter/Beat The Odds Days. [H]

# Herbal History

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

## Herbal suppositories

As we get older our bodies experience many changes, some gradual and some sudden. With menopause and andropause one of the delightful aspects of change we often see is the propensity to become dry. Dry skin, dry eyes, dry mouth, and dry linings; it's all part of the fun.

One product that I use here at The Center works well for dry linings. What do I mean by linings? Just remember, you asked for it. I'm talking about rectal and vaginal linings. As men age, they often comment about rectal itching, blood on the toilet paper, etc. Women often discuss their concerns about vaginal dryness and frequent yeast infections.

Fortunately, while the doctors at The Center try to balance hormones, venous tone, and correct fatty acid imbalance, we can also provide some symptomatic relief for dry tissues. The product I recommend is the Calendula



Suppository. It works to promote tissue healing, promote proper tone, and soothe irritated tissues.

The suppository contains calendula, comfrey, vitamin A, and vitamin E. Vitamin E helps soothe inflamed tissues and decrease oxidation. Vitamin A promotes the healing and repair of epithelial tissue while supporting the health of the local immune environment. Calendula helps to provide a protective coating over irritated areas, soothing mucous membranes. Calendula is also a local anti-inflammatory and antiseptic. Comfrey also works as a demulcent and an anti-inflammatory.

The suppositories can be inserted rectally or vaginally every 12 hours. The use of a panty liner is recommended. Generally, I recommend using the suppositories for 7-10 days and then taking a 2-3 day break from them before continuing. [H]

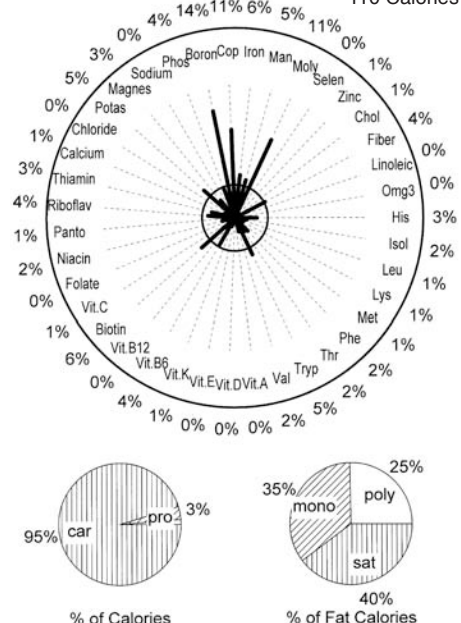
# Food of the Month

by Donald R. Davis, Ph.D.

**RAISINS** are dried, seedless grapes. They require no refrigeration and make a convenient, portable snack. They combine well with nuts and seeds to make "trail mix." Though drying destroys the omega-3 fat and some of the vitamins and phytochemicals in fresh grapes, raisins and trail mixes are a better choice than most candies and energy bars. Substances in raisins may block their theoretical ability to cause tooth decay. Raisins (and grapes) are a good source of bone-healthy boron, but their reputation for high iron content is misguided, based on inappropriate comparisons with much lower-calorie, watery foods.

## NutriCircle

1/4 cup = 110 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.

## Living in the moment

The north winds are blowing, and snow is in the forecast. It is the middle of winter, and spring seems a long time away. About this time everyone is longing for warmer temperatures. My sixth grade English teacher always told us we were wishing our lives away when we said we couldn't wait until next week or next spring.

So, how can we keep from wishing our lives away when the weather is bad or we have something wonderful planned for the future? Maybe one way would be to notice what is wonderful about the moment we are in. Even when we are having a bad day, there is usually something to be grateful for.


On a snowy, winter day you might notice how quiet it is as the snow softly falls. That might work if the snow is softly falling, but what if the wind is really howling? Maybe how cozy you feel all snuggled up in bed.

When we have a significant snow-

fall, it is surprising how mysterious the surroundings are all covered in white snow. The sun shining on a frost-covered branch can seem magical. Looking through the trees devoid of leaves at sunrise or sunset always reminds me of upside down ball gowns.

One of the best ways for me to appreciate the moment is with flowers. Just seeing their bright little heads can bring a smile. My pansies are still blooming even after being under several inches of snow for several days.

Matthew Fox said, "Looking for and enjoying beauty is a way to nourish the soul. The universe is in the habit of making beauty. There are flowers and songs, snowflakes and smiles, acts of great courage, laughter between friends, a job well done, the smell of fresh-baked bread. Beauty is everywhere."

Add "life" to your life by looking for the beauty in your everyday world. 




## Case of the month

In early September of 2007, a 68-year-old man came to The Center concerned about post polio syndrome, depression and anxiety, irritable bowel syndrome, fatigue and weakness, poor sleep, and tremors—to name a few of his problems.

After Dr. Kirby saw him for over an hour, she recommended the following laboratory tests: coenzyme Q10; CRP-hs; DHEA-S; homocysteine; thyroid stimulating hormone; vitamins A, C, E, B12, and folate, along with other B vitamins; vitamin D; trace elements; amino acids; candida albican; complete metabolic panel; complete blood count; essential fatty acids; and a food cytotoxic test—all done with blood. In the urine, he had an indican, potassium/sodium ratio, pyrroles, and a urinalysis with vitamin C tests. Dr. Kirby also prescribed an intravenous Meyers cocktail that day and the next day, plus she suggested that he drink smoothies and take cod liver oil daily.

When he returned for the results of these tests, Dr. Kirby had the following recommendations: avoid added sugar in his diet and start ProDophilus powder, Nystatin suspension, taurine, E Gems (a mix of tocopherols), cal/mag/zinc with vitamin D, CoQ-10, vitamin A drops, and Natural Calm (magnesium powder). He started on these. At the beginning of 2008, Dr. Kirby had him restart his glucosamine and chondroitin liquid and add Bio-K-Plus and Vital Eyes Complete to his regimen.

After the second Meyers cocktail, he reported that he slept well and had no bad dreams. In October, he reported that he was feeling considerably better, he was eating better, and he actually had gained some weight. In November, he told Dr. Kirby that he had resumed almost all his activities; he had gained 10 pounds since he first came, depression was lessened, and he was sleeping better.

In January 2008, he said his weight was up to 160 (up 15 pounds), and he felt great, but not completely well. He added that his energy level was good, and he woke up feeling good. 

## CENTER UPDATE

### Additives make children hyper


Back when The Center started over 30 years ago, Dr. Riordan was supporting the Price-Pottenger Foundation for their discovery that food additives cause hyperactivity in some children. Their cat studies showed this to be true. We have been treating children with the Price-Pottenger discovery, along with the cytotoxic food sensitivity laboratory test, for years with success.

Now, here we are today. Doctors report in *The Lancet*, the leading British medical journal, they have "discovered" that food additives may cause hyperactivity in children. Dr. Riordan was over 30 years ahead of his time.

Back to today's "discovery." The researchers gave nearly 300 children purple drinks each day for seven weeks. The children would receive either a placebo drink or a drink laced with either of two food colorings and sodium benzoate, a general food preservative, for two weeks. Each child received a dose that


was similar to what would be found in a typical child's diet.

Surveys completed by parents, teachers, and researchers who sat in on the day care facilities or school classrooms showed similar findings. On the weeks children drank the food additives, their hyperactivity scores were elevated. The weeks children had the placebo drinks, their survey scores were lower. The lower scores for kids during the weeks they had the placebo drink showed that the hyperactivity is reversible.

This shows that Dr. Riordan was right all along—that food additives cause hyperactivity in some children and when they are taken off the food additives they are sensitive to, as found by the cytotoxic food sensitivity test, the hyperactivity diminishes. This "new discovery" shows that The Center has been treating hyperactive children correctly for over 30 years. 



Answers from page 4

- 1 a. Under pressure oxygen acts like a drug and has drug like effects on the DNA and other components of the cell.
- 2 d. This allows the growth of new tissue and seems to recruit stem cells to wounded areas.
- 3 b. It has been known for decades that HBOT is useful in wound healing but has only recently been recognized by Medicare.
- 4 b. HBOT treats the acute inflammatory process and end products of the body's inflammatory reaction.
- 5 c. It results from exposure to increased pressures of the gases divers breathe at varying depths.
- 6 b. Although it can improve many disorders, insulin is still needed for diabetes and rehabilitation is needed for stroke victims.
- 7 d. As we progress from the acute situation to the more chronic one, the injury no longer is responsive to high pressure oxygen. 

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### THE OXYGEN REVOLUTION

by Paul Harch, M.D. and Virginia McCullough

Hyperbaric Oxygen Therapy (HBOT) is gaining in popularity as a treatment for enhancing the body's natural healing process by breathing pure oxygen under varying pressures. A list of diseases that respond to HBOT and case studies are included.

Hardcover. \$29.95 HH price \$27.96

### TAP INTO WELLNESS

with Mary Braud, M.D.

Dr. Braud introduces and demonstrates a powerful technique that can assist you to quickly change the behaviors and patterns that are keeping you stressed, overweight, or in pain. You can free yourself from being controlled by the negative emotions that keep these destructive patterns in place.

### EAR INFECTIONS: A NATUROPATHIC APPROACH

with Chad Krier, N.D., D.C.

Acute ear infections will affect nearly two-thirds of American children by the time they reach age two. Chronic ear infections plague nearly two-thirds of children under age six. Dr. Krier addresses some of the common causes and natural therapies for this all too common condition.

### HOW CHELATION WORKS TO IMPROVE YOUR CIRCULATION

with Ron Hunninghake, M.D.

Chelation is a medical treatment involving the infusion of a special amino acid called EDTA into the bloodstream with the intent of removing harmful metals. Find out how chelation can help you overcome the many diseases caused by poor circulation.

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# Upcoming Events. . .

## Lunch & Lectures:

### February:

- 7 Oxidants and Antioxidants: The Battle for Our Body
- 14 Help Kids Stay Drug Free: Alternatives to Psychiatric Medications That Work
- 21 Thyroid Supporters: The Botanical and Nutraceutical Approach to Thyroid Support
- 28 Viral Infections and Enzymes: Can Enzymes Help?

### March:

- 6 What Really Causes Asthma (and What You Can Do to Treat It)
- 13 Sensitivity to Foods: What's Eating You?

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## You don't have to be super trim, just fit

With the population aging, getting more obese and just sitting around watching television, noticeable health challenges follow. By the year 2030, 70 million people, that is 22% of the population, will be older than 65.

In a recent study published in *The Journal of the American Medical Association*, researchers found that in older adults, independent of overall or abdominal chubbiness, fitness was important. In short, fitness is way ahead of fatness when it comes to staying healthy. "Fitness had a strong association with mortality, and this pattern of results was changed little by adjustments for adiposity or fat distribution," wrote the researchers.