

Health Hunters

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NEWSLETTER

FEBRUARY 2009

Healing the body with the mind

by Mary Braud, M.D.

Mind-body medicine, as it is known to some, offers great promise both as a healing modality and as a means of prevention. What is it? Does it work? How does it work? This article will answer these questions and provide examples of techniques that you can begin to use for yourself.

What is mind-body medicine? The term refers to a broad range of techniques or practices that can aid in healing. Some of these practices have been used in ancient forms of healing for centuries, even thousands of years. Many have been introduced to Western cultures and Western medicine only in the past few decades.

Does mind-body medicine work? Answers regarding the benefits of these techniques continue to be developed by researchers. Studies have documented benefits from using mind-body practices in patients with cancer, irritable bowel disease, arthritis, post-traumatic stress disorder, and other conditions.

How do the practices of mind-body medicine assist in restoring and maintaining health? The primary benefit is that they turn off the stress response. They also help patients regain a sense of control, something that is often lost in the midst of facing a medical crisis. From a place of greater ease and a sense of competence, it is possible to then develop a different perspective of the experience of being ill or any life experience for that matter.

Much of the science of mind-body medicine has been established upon its ability to modify the stress response. Why is this so important? Excessive activation of the stress response plays a role in every chronic illness. In particular, the stress response plays an important

role in the creation of the symptoms of pain, depression, and anxiety that are so commonly experienced by those who are facing health challenges or overwhelmed by other difficult situations.

The stress response includes the observable behaviors of the fight or flight reaction. It also includes unseen biologic changes, including decreased blood flow to the intestines and immune organs and an increase in the stress hormone, cortisol. In the short term, the stress response promotes survival, as it allows an animal to fight or flee from some threat. Long-term and excessive activation of the stress response produces disease, the result of lowered immunity and digestive problems. Other toxic effects include problems with learning and memory. Prolonged stress is also harmful to relationships because it is not possible to truly connect with others from a place of survival.

Meant to ensure survival, the stress response becomes toxic when it remains active for long periods. It is not only experience that activates this response. Merely thinking about a difficult situation produces the same result as being there. This is where the healing powers of mind-body medicine can intervene. Relaxation methods used can dramatically alter the stress response. Many work very quickly. They all work best when practiced frequently, because the mind and body become conditioned to re-creating relaxation. Once learned, it's possible to produce the relaxation response whenever and wherever it is needed.

Deep, relaxed breathing quickly activates the relaxation response. To begin, find a place where you can be

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Naps beat caffeine for learning and memory

Caffeine is the world's most popular stimulant. It enhances mood, alertness, reaction time, and motor speed. It is increasingly added to "energy drinks," candy bars, hot cereal, chewing gum, and other products; and it is often used as a sleep substitute. But napping was superior to caffeine in a recent study. It used 200 mg of caffeine (equivalent to 2 or 3 cups of coffee) or a placebo in 61 low to moderate caffeine drinkers, ages 18 to 39. A 60- to 90-minute nap was better than caffeine in three kinds of tests—recalling and recognizing words, learning a keyboard-tapping sequence, and distinguishing between textures. Caffeine actually harmed performance compared to placebo in the word tests and keyboard-tapping test. Other studies agree that caffeine impairs motor skills or fails to overcome some effects of sleepiness. Some believe that "power naps" of 20 to 30 minutes are best for an afternoon lift.

—*Behavioural Brain Res* 2008; 193:79 ^{HH}

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Nutritional Medicine

by Ron Hunninghake, M.D.

The continuum from illness to wellness

illness → wellness	Not well	well
ill	1 ill, not well	2 ill, well
not ill	3 not ill, not well	4 not ill, well

Life Stance—In the creative life stance, you focus on *what you want*. In the reactive life stance, you focus on *what you don't want*.

Conventional, allopathic medicine focuses on removing symptoms you don't want...it represents a reactive response to illness and generally ignores wellness. [boxes 1,3]

Integrative, naturopathic medicine focuses on creating the underlying circumstances that support and maintain health...wellness is what you want, even if you get sick. [boxes 2,4]

Fundamental Choice—you commit yourself to a foundational life stance or state of being.

- to be free
- to be healthy
- to be true to yourself
- to create the life that truly matters to you

By stating, out loud, that you choose to be healthy and to be well, you commit yourself to all that it takes to maintain focus on this fundamental life stance. By so doing, you shift your focus from power-diluting disease

avoidance strategies to self-empowering habits of health.

Primary Choice—a result you want for itself in that it serves a fundamental choice. The path you actually take to high-level wellness is unique to you. It can take interesting twists and turns as you become more adept at “reading” your current health status in light of your desired result.

Secondary Choice—any action step that moves you toward a primary result. Whether you choose a low carb diet vs. raw foods diet or resistance training vs. aerobic walking is dependent on your unique circumstances. These choices are not independently valid for everyone, but dependent on the medical history, genetic factors, concurrent lifestyle choices, special preferences, and current knowledge base of the individual. Some have called this creating wellness “from the in-sight...out.”

Given the imperfections of the physical realm of life, illness is almost inevitable. Rather than being disconcerted by this fact, and having made a fundamental choice for health and wellness, the experience of illness can be a great learning opportunity that actually propels the individual to even higher levels of well-being and freedom. [moving from box 2→4] [H]

Healing the body with the mind—Cont'd from page 1

You can do this sitting or lying down. The simplest of instructions is to “follow your breath.” Breathe through your nose only if this is comfortable. Some suggest inhaling with your nose and exhaling through the mouth. Just focus upon the rise and fall of your chest and abdomen. You might notice the sensation of air at your nostrils. When thoughts enter your mind (and they will), simply re-focus your attention upon the breath. It only takes a few moments of breathing in this way to produce relaxation. The benefits increase when the exercise is done for longer periods of time. Once relaxation is learned, you can quickly restore a state of relaxation even in the midst of a difficult situation.

Relaxed breathing is a form of

meditation. It is known as a concentrative technique, where the focus is the breath. It is also possible to meditate using another focus, such as the light of a candle, a mantra, or a prayer. Mindfulness is another relaxing mind-body practice in which attention is allowed to shift between the body and whatever might be going on in one's surroundings. No attachment or judgment is made about the observations or thoughts that arise.

Besides relaxation, mind-body medicine employs other methods which can be described as being expressive or exploratory. For some, even relaxation techniques can stir up strong emotions. Expressive and exploratory practices

continued on page 3

can do this, so they should be approached with some caution. It can be prudent to have support from someone who can serve as a guide. A guide can assist you in making sense of the thoughts and feelings that arise.

Journaling is one route of self-expression. Write down any thoughts or feelings that come to mind. It is helpful to remember that this is for no one but you. It doesn't matter if what you write is positive or negative, only that you put down what normally would stay trapped in your mind. Somehow, putting it on paper provides relief.

Dance and other forms of movement, such as yoga or Tai Chi, are other expressive practices. Whether you move slowly or fast, dancing fosters a healthier relationship with the body and a greater appreciation for it.

You can create relaxation or explore the mind and glean its wisdom through guided imagery. Just as stress can be triggered by the imagination, profound peace can be created by the mind. Known as "safe-place," this technique is easily done by placing your awareness upon some real or imagined place of safety or peace. All of the senses can be activated to see, feel, and hear what this place is like. This kind of imagery is often employed by patients who must undergo painful or difficult procedures, such as chemotherapy.

Guided imagery is an exploration when it is used to explore the meaning of symptoms or to gain a different perspective on an issue. Inner guides or other spiritual helpers are accessed in these practices. Another variation of this type of practice is to "interview" a problem or symptom in your mind and see what it tells you.

Unstuck, Your Guide to the Seven-Stage Journey Out of Depression, a new book by James Gordon, M.D., provides further details on the techniques mentioned in this article. Participating in a group or class is one way to encourage progress from reading about these techniques to using them routinely.

Dr. Braud offers an opportunity to learn these skills in the Mind-Body Discovery group held each Wednesday during her monthly visit to The Center. Upcoming dates are February 18, March 4, April 1, and May 20. Please call to confirm attendance. [H]

HEALTH HUNTERS AT HOME

Are vaccinations safe for my pet?

by Cindy Feldkamp, D.V.M.

In general, vaccinations for dogs and cats have proven themselves safe and effective over a period of many decades. Compared to the diseases themselves, most side effects or reactions are comparatively minor. A good example of this is the disease rabies, which until recently had no hope of cure and is prevalent world-wide. The migration of humans to rural areas and the high population of wildlife both in the city and in rural areas makes this vaccination a must. All communities require this vaccination with pet registration. (My vet husband was exposed to rabies through doctoring a sick sheep in South Dakota many years ago. I had to give him anti-serum injections daily for 23 days).

Allergic reactions to vaccines can be mild or severe. Mild reactions are handled with antihistamine or anti-inflammatory medications such as diphenhydramine or steroids. Severe reactions require IV fluids, IV steroids, hospitalization, and intense monitoring. The most severe reaction is anaphylactic shock—a swift, intense, whole body reaction that can end in circulatory collapse and death in just a few minutes. Fortunately, this reaction is very rare. Unfortunately, it is always unexpected and unplanned. Patients with previous reactions are best served by pre-vaccine anti-histamine injections and hospitalization for reaction monitoring.

In recent years, feline leukemia vaccines have been implicated in sarcoma formation in cats. This is also very rare, but is a fatal disease unless the leg can be amputated. For this reason, the vaccine is given low on the hindleg. Newer vaccines have improved adjuvants and have a much, much lower incidence of tumor formation. Recent vaccination protocols suggest that only high risk cats receive leukemia vaccine. These would be multiple cat households, catteries, and shelter adopted cats.

The recommended vaccines for cats are distemper vaccine and rabies. For higher risk patients, leukemia, FIP, bordatella, and giardia may be added.

The recommended vaccines for

dogs are distemper, parvovirus/coronavirus, and rabies. For higher risk patients, lyme, leptospirosis, bordatella (kennel cough), and giardia may be added.

In both species, three year vaccines for adult patients are recommended. This reduced frequency of vaccination lowers the incidence of possible reactions. Vaccines can be in modified-live form or killed form. Both are effective but act differently in the body. It may be helpful to find out which type works best in your individual pet. Asking questions, keeping records, and observing your pet closely after vaccinations can help your pet have better health and less stress.

A homeopathic medicine alternative to vaccinations is available—nosodes. Each is made from tiny amounts of diseased tissue or affected body tissue. This could be blood, pus, urine, or part of an organ or growth. They are extremely diluted and potentized in the same way as all other homeopathic remedies. The vibrational frequency of this substance provides the desired effects, not the chemical action.

Some veterinarians believe nosodes provide greater immunity than regular vaccines because they involve the whole immune system. This is similar to what is called "street virus" exposure—like in the 1950's when it was desirable for each child to get exposed to measles, mumps, and chickenpox. This built lifetime immunity and was preferable to contracting the disease as an adult.

Many of the chronic conditions in our pets today may actually be a condition called vaccinosis. This is a whole body debilitation connected with repetitious vaccinations. It is thought the chemical additives in vaccines depress the entire immune system, creating havoc with mentation and multiple body systems. Others believe the infectious organisms are mutating into much worse diseases.

Nosodes can be used instead of vaccinations, but they do not produce measurable titers against disease and are not a true replacement. Learn more before using. [H]



INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

It seems that there is always another book that is going to give us the answer to all of our health problems. While each book may not have the “one” answer that we are looking for, it may give us more clues that fit our problem. Sam Graci, Carolyn DeMarco, M.D., and Leticia Roa, Ph.D., add more information concerning healthy bones in their book, *The Bone-Building Solution*. Nutritional deficiencies in our 206 bones and 143 joints occur long before they are evident on an X-ray or a standardized blood test. Bone-repairing and bone-rebuilding capabilities are sensitive to optimal supplies of important vitamins, minerals, protein, and fat. The authors present information based on their interpretation of breakthrough scientific and medical research. While all researchers agree that calcium is essential for development, repair, and maintenance of bone health, just what comprises an adequate calcium intake is questioned. Their book sheds light on that problem and provides many ideas to improve our health. The questions this month are taken from their book.

- 1 The literal Greek translation of the word “osteoporosis” is osteo (the bone), poro (is becoming porous), sis (and inflamed). Each year about _____ million North American men and women will have a broken bone as a result of deteriorating bone strength.
 - a. 1.5
 - b. 2.5
 - c. 3.5
 - d. 4.5
- 2 The 206 bones that make up our skeleton are entirely renewed and replaced every seven to 10 years. The process of renewing and replacing bone is called _____.
 - a. urban renewal
 - b. erythropoietin
 - c. remodeling
 - d. grafting
- 3 About 40% of the world’s population is unable to digest lactose, the sugar in milk, and have an adverse reaction to milk products.
 - a. True
 - b. False
- 4 A study of the FDA’s book, *The Composition of Foods*, shows that the highest calcium content for whole foods is in foods that come from the _____.
 - a. midwest
 - b. east coast
 - c. west coast
 - d. ocean
- 5 A research study from Iceland found that if you are not getting enough _____, it may not matter how much calcium you are ingesting to strengthen your bones.
 - a. vitamin D3
 - b. vitamin C
 - c. vitamin A
 - d. vitamin E
- 6 Calcium and vitamin D3 have been shown to reduce PMS by almost 40% and osteoporosis declines by 60%.
 - a. True
 - b. False
- 7 Numerous studies indicate that _____ is critical for bone-building, delaying aging, helping to give us regenerative sleep, and is a powerful antioxidant in the brain.
 - a. melatonin
 - b. G6PD
 - c. HCL
 - d. leukotrienes

• FOR ANSWERS, SEE PAGE 7 •

The human body heals itself and nutrition provides the resources to accomplish the task.

—Roger Williams, Ph.D.

Test of the Month

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

Anemia

Anemia means “a lack of blood.” Anemia is not a disease but a complex of signs and symptoms. One must investigate further to find out what is causing the anemia. If one has a cough, that is not a disease but a symptom. The cough may be caused by a virus, bacteria, trauma, allergies, congestive heart failure, COPD, etc.

Anemia may be caused by blood loss, either acute or chronic. Chronic blood loss may be hard to diagnose. Usually fatigue, dizziness, thirst, sweating, weak and rapid pulse, and orthostatic hypotension (blood pressure falls upon standing), headache, ringing in the ears, or very pale color to the skin will bring the patient in to see the doctor.

There are also many different and complicated causes for anemia. It may be genetic, such as sickle cell anemia, Thalassemia, or Hgb C disease. It may be from a lack of iron or iron transport, severe renal disease, or endocrine failure. There are anemias due to the lack of B12, folic acid, copper, or vitamin C. There are hemolytic anemias due to defects in the production of RBCs or excess RBC destruction: autoimmune diseases or infectious agents. If the cause is bleeding and continues, BP may fall and death from shock may occur.

Laboratory tests for anemia are part of the CBC, the Red Blood Cell count (RBC), hemoglobin (Hgb), hematocrit (Hct), and the appearance of the RBCs on the differential slide. But this is only the beginning. Depending on the morphology of the cells and history from the patient, the doctor may order a B12, folic acid, vitamin C, iron, ferritin, or platelet count, just to name a few, to find out what is causing the anemia. Remember, anemia is a symptom; we need to know why the anemia is there. The Bio-Center Laboratory can measure any of the tests mentioned above to help our physicians find the cause of anemia. [H]

Roots to success

by Sue Eddy, Center Gardener

What's new in The Center garden? At first sight, it seems like nothing is new. What is new is happening beneath the soil's surface in the life cycle of millions of bacteria. Not many people get excited about this constant renewal of life beneath one's feet, but gardeners know that this constant activity is at the root, literally, of successful growing. Just as a structurally sound building depends on a solid foundation, a plant needs a structurally sound root system nourished by these organisms. It is within the root system that the somewhat frenzied dance among microbes takes place. This interchange between the root's tiny hairs and the soil microorganisms determines to a great extent the plant's ability to absorb nutrients.

Another critical factor in this complex soup in the soil is air. Of course plants need sunlight and water, but they also need air. The roots need air in order to penetrate the soil structure. The Center garden site is heavy clay soil and roots struggle to pierce through this barrier. When tomato plants were pulled from the garden this fall, the main root extended about 5"-6" straight down, then curved 90°. This indicated a condition called hardpan where the soil below 6" was so heavily compacted that roots could not penetrate. The roots continued to grow, seeking the only area where nutrients were available. Growing sunflowers, red clover, and alfalfa, with their powerful roots, could help break up this hardpan.

What does this mean for The Center garden? The first step has been taken: applying composted horse manure to the garden. This compost not only fluffs up the soil but also encourages bacterial growth and adds minerals to the soil. Then, a deep blade (subsoiler) will be drawn through the rows in order to aerate deeper into the soil and break up that hardpan. Once the soil has warmed, plants are up, and the air temperature remains above freezing, foliar feedings of fish emulsion and seaweed will likely be applied on a regular basis to encourage more rapid growth. The results of these efforts will be plant growth, but the greatest growth would be in the fall and following summer.

As long as the sun shines, rains occur, and a good sharp hoe awaits the gardener, anything is possible. [H]

Do it yourself detox - infrared saunas

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

Infrared saunas are becoming increasingly popular for home detoxification. They differ from other types of saunas in the way that they produce heat in the body. Infrared saunas produce radiant heat (heat the body directly without having to heat the air in between the heat source and the body). Steam saunas warm the air first (indirect heat) and then through conduction (transfer of heat from the air to the skin) heat the body. Increasing the temperature of the air and creating humidity speeds up the heart and lungs and can make steam saunas intolerable for some.

Infrared saunas produce direct heat by emitting waves of energy that cause our cells to vibrate (exercise) and increase temperature. Because infrared energy creates heat inside of our bodies without needing a medium (air) it can induce a greater amount of cellular exercise and sweating at much lower temperatures than regular steam saunas. This tends to make infrared saunas much more tolerable.

Why would a person want to use infrared? The prime use of infrared is

to promote detoxification through the support of the largest detox organ – the skin. The under layer of the skin contains many blood vessels and lymph. By heating and stimulating the deeper skin structures, infrared promotes elimination of water-soluble toxins, fat-soluble toxins, environmental contaminants, and heavy metals.

Chronic fatigue, fibromyalgia, rheumatoid arthritis, atherosclerosis, depression, and chemical sensitivity may all benefit from the long-term use of infrared saunas.

When using infrared saunas, it is advisable to start at lower temperatures for shorter periods of time and gradually build up a tolerance. Keep hydrated while in the sauna and consider taking electrolyte replacements. Adequate bowel function is a must. If the bowels aren't moving, stay out of the sauna.

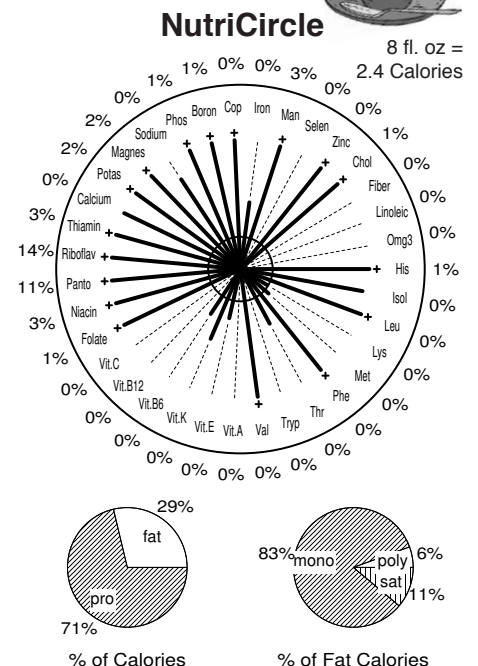
Infrared saunas are just one important aspect of detoxification and should not be used as stand alone tools. The sauna should be used as part of a complete healthy lifestyle program. [H]

Food of the Month

by Donald R. Davis, Ph.D.



BREWED COFFEE is the hot-water extract of roasted seeds of the coffee plant. It is believed first consumed in the 9th century in Ethiopia. It spread to Egypt and Yemen and by the 15th century to Turkey and Persia, and later to Europe and the Americas. Coffee beans rank second only to petroleum in world trade. Coffee drinkers seek its stimulating caffeine, but brewed coffee also contains significant amounts of a few nutrients, especially riboflavin and pantothenic acid. Many other nutrients are rich per calorie, but insignificant in a typical 2-Calorie serving (without sugar or cream; see the percentages of RDAs). Instant coffee lacks the riboflavin, pantothenic acid, thiamin, and folate.



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.

Peas anyone?

My father was a wonderful storyteller. As we ate our meals, he would tell us funny stories about the day's events or stories about his family and the things he did when he was a child. Although mealtimes were very casual, we always sat down together.

With four children and two adults, there wasn't a lot of food left over. We were usually hungry enough that we cleaned our plates. I remember one time my parents made me eat some peas. Now, mushy peas were not a favorite of mine, but I knew it did not help to raise a fuss so I did the only thing I could do to get them down. I mashed them up and mixed them with mashed potatoes and mustard. Mustard was a staple in my diet at that time.

I was slowly getting the food past my lips when a neighbor dropped by. When he saw the mess on my plate, his face turned rather green and he quickly

left. After he left, my folks just laughed and laughed. I don't remember them ever making me eat peas again.

Eating meals together helps families to bond. It can be a time to share family stories and history and the day's happenings. Also, research indicates that teens who rarely have family dinners are 3 1/2 times more likely to abuse drugs than teens who have frequent family dinners.

Share your stories with your children and grandchildren so they can become acquainted with the little boy who loved to hunt horned toads during summer visits to his grandparents. Introduce them to the little girl who loved to stay with her grandparents because of the present they gave her each time and the love with which they showered her. Memories such as these help us deal with the everyday challenges of life. [H]



Case of the month

A 55-year-old woman came to The Center for her initial evaluation in November of 2008. Her chief complaints at that time were stomach pain, weight gain, and anxiety. She had been diagnosed with an ulcer in January of 2006.

Our Naturopath, Dr. Chad Krier, saw her for over an hour. Dr. Krier recommended that she have the following laboratory tests: C-reactive protein; histamine; homocysteine; vitamin B assessment profile, which includes vitamins B1, B2, B3, B5, B6, B12, and folate; vitamin D; minerals including zinc, selenium, and a magnesium to calcium ratio; red blood cell essential fatty acids; and the standard cytotoxic list number one. Urine tests which he recommended included GABA, indican and iodine loading testing, and pyrroles.

When she returned for her first follow-up visit, the results of her initial testing were discussed. Her lab tests showed the following: suboptimal levels of vitamins B12 and D, low iodine excretion, some imbalances in amino acids and essential fatty acids, high c-reactive protein, and many food sensitivities.

Dr. Krier started her on many supplements consisting of the following: cod liver oil, evening primrose oil, vitamin D, selenium, Total B Complex, NAC, EnteroPro, Mastica, DGL, multivitamins, and extra magnesium and calcium. He also suggested she should avoid the positive cytotoxic foods. Another suggestion was to receive weekly vitamin B12 and B-complex injections for six weeks and then get them on a monthly basis.

On her return visit in December 2008, she reported that she was not having as much stomach pain. She was taking supplements without any problems. She had decreased her wheat consumption and was avoiding the foods to which she was the most sensitive. She had started taking 90 mg per day of Armour thyroid.

When she came for her last scheduled injection in late December, she stated that she was feeling so much better in all aspects. [H]

CENTER UPDATE

What is auriculotherapy?

Auriculotherapy is a non-invasive form of electrical stimulation to the external ear for the relief of pain and addictive behaviors. While the original basis of auriculotherapy is in ancient Chinese acupuncture, the late Dr. Paul Nogier developed the current methods in France utilizing painless stimulation without needles.

In the 1950s, Dr. Nogier began to notice that several of his patients had an unusual scar on a specific area of the ear. The patients informed him that the scar was a treatment for sciatica, which had given them relief within hours or minutes of treatment. After studying this phenomena and doing research, he began mapping other reflex areas in the external ear relating to other disorders and complaints. This was the basis for his diligent work to advance this technology to what we know today.

Auriculotherapy is administered while a patient is lying down. An instrument is used to measure skin resis-

tance at various points on the outer ear. When an area of lower skin resistance is found, electronic stimulation is given to that location. This helps balance the body's energy and releases endorphins which helps with relief of pain.

Auriculotherapy can be effective for many conditions. Some of these include: back pain, headaches, bursitis, shoulder pain, arthritis, fibromyalgia, carpal tunnel syndrome, tennis elbow, TMJ, dizziness, vertigo, insomnia, ADD, ADHD, shingles, tinnitus, and appetite control.

Here are some resources which will help you learn more about auriculotherapy:

– “Is That Tender Area on Your External Ear Meaningful” by Marsha McCray, Lunch & Lecture presented here at The Center.

– “Bring Your Pain: Auricular Therapy” by Hugh Riordan, M.D. & Marsha McCray, Lunch & Lecture presented here at The Center. [H]

- 1 b. At no other time in history have weak, porous, aching, stiff bones affected more people aged 25 and older.
- 2 c. Bones need the strain of exercise and a bone-building diet to perpetuate healthy bone-building and remodeling all life long for peak bone mass and bone repair.
- 3 a. Dairy products may not be an ideal source of calcium. Populations that have the highest rates of osteoporosis also consume the highest amount of dairy foods.
- 4 d. Nova Scotia dulse, spirulina, chlorella, and kelp have the highest percentage of calcium.
- 5 a. While all vitamins and minerals are necessary for good health, it has been found that vitamin D3 enhances the absorption of calcium.
- 6 a. Calcium combined with vitamin D3 may protect against colon, breast, and prostate cancers.
- 7 a. Melatonin is a powerful scavenger of free radicals and prevents the chemicals which can lead to systemic inflammation. [H]

SPECIAL DISCOUNTS

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

THE BONE BUILDING SOLUTION
 by Sam Graci, Dr. Carolyn DeMarco,
 & Dr. Leticia Rao

Concerned about the health of your bones? This book gives an easy-to-follow action plan to improve bone health. The researchers have found that brightly colored vegetables and fruits, as well as supplements, can repair and build bone. Soft cover.
 (\$17.95 HH price \$16.16)

SLOW POISONS - PROTECT YOURSELF FROM ENDOCRINE DISRUPTORS

with Ron Hunninghake, M.D.
 Endocrine disruptors, such as pesticides, plasticizers, heavy metals, and hidden chemicals are slowly finding their way into your body. Learn how to keep your endocrine system safe from these slow poisons.

MOVE THAT DOG! EXERCISE TIPS AND MORE TO KEEP YOUR PET HEALTHY

with Cindy Feldkamp, D.V.M.
 Obesity and arthritis trends in pets are alarming. Dr. Feldkamp presents an overview of prevention tactics plus nutrition and exercise strategies for prevention, treatment, and therapy. An active dog is a healthy dog.

THE PEDIATRIC BRAIN HEALTH & BEHAVIOR PROTOCOL

with Mary Braud, M.D.
 The Center is now offering a new protocol to assist families with children who have learning, attention, mood, and/or behavior concerns. The pharmacologic treatment of these disorders does not address the underlying causes which can alter the child's brain health. Find out more about this new protocol.

• To Order, Fill Out the Form Below •

TITLE	AUDIO TAPE, VIDEO TAPE, CD, OR DVD <small>circle one</small>	PRICE	QUANTITY	TOTAL
The Bone Building Solution (book)		_____	_____	_____
Slow Poisons	audio video CD DVD	_____	_____	_____
Move That Dog!	audio video CD DVD	_____	_____	_____
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Upcoming Events. . .

Lunch & Lectures:

February:

- 5 Vitamin D Truth: What Can It Do for You?
- 12 Flu and You: Are You Ready?
- 19 Your Key to Improved Brain Function: Neurotransmitter Testing
- 26 Weight Loss: Getting the Fat Toxins Out

March:

- 5 How to Build Emotional Intelligence at Home and in the Classroom
- 12 Vitamin K: New Evidence for Cancer, Heart Health, and Bone Health
- 19 In the Dumps? Beat Depression and Improve Mental Health

April 2 - Health Hunter/Beat The Odds "Ask the Doctors"
FREE Evening Lecture

April 3 & 4 - Health Hunter/Beat The Odds Days
Discounts on Laboratory Health Panels and Gift of Health Items
for Health Hunter Members

Dietary fat unrelated to prostate cancer?

Early observational studies suggested that high dietary fat increases the risk for prostate cancer, a leading cause of cancer deaths in men. However, later prospective studies have not supported this idea. Now a large, prospective European study has found no link between total dietary fat and prostate cancer, and also no links to various types and sources of fat, including saturated fat and fat from red meat, dairy products, and fish. There was even a strong hint that dietary fat helps prevent high-grade prostate cancers. Over 142,000 men from 10 countries were followed for an average of nearly 9 years, during which there were 2,727 new cases of prostate cancer. Europeans consume less partially hydrogenated fat than Americans, and this study did not assess the possible risk of trans fat.

—*Am J Clin Nutr* 2008; 87:1405