

Health Hunter[®]

N E W S L E T T E R

Seven years of *REC*NAC cancer research

Joseph Casciari, Ph.D.

The *REC*NAC project marked its 7th anniversary in February with a Lunch and Lecture presentation by Dr. Hugh Riordan and the *REC*NAC staff at The Center for the Improvement of Human Functioning International. The lecture highlighted *REC*NAC's progress in nutrition based cancer therapies and described areas of present and future *REC*NAC research.

Results presented...confirm the cytotoxicity of vitamin C to tumor cells.

The *REC*NAC project was started in 1989 with the stated goal of discovering why cancer develops and how it can be treated and prevented. Dr. James Jackson, a Wichita State University Professor who has been involved with *REC*NAC from its inception, described the project's early work in testing nutritional therapies. Hundreds of vitamin and nutrient combinations were tested for their effects on cancer cells and normal cells *in vitro* (test tube). Ascorbic acid (vitamin C) emerged from these studies as an especially promising agent, showing preferential toxicity toward tumor cells. The vitamin is also known to benefit the immune system and to have chemo-preventive properties.

Because of these findings, *REC*NAC has led the way in promoting high dose intravenous vitamin C treatments for cancer patients. Dr. Riordan noted that *REC*NAC has had discussions with scientists at leading

universities and the NIH to pave the way for collaborative efforts. Phase I clinical trials have begun at a major Midwestern medical center to rigorously establish the safety of intravenous vitamin C therapy. Dr. Riordan presented a recent case study of a terminal cancer patient who improved dramatically as a result of such treatments.

*REC*NAC Laboratory Manager, Paul Taylor, described a new protocol developed at *REC*NAC to test the efficacy of vitamin C therapy. This protocol, which *REC*NAC is making available to doctors and scientists across the United States, is based on the use of patient serum as substrate for *in vitro* anti-cancer screening. For patients undergoing vitamin C therapy, this protocol is used to determine whether given doses are sufficient for cytotoxic effect. Results presented by Taylor confirm the cytotoxicity of vitamin C to tumor cells.

Other *REC*NAC scientists offered a look into future *REC*NAC research. Dr. Joseph Casciari, who recently joined *REC*NAC after a three year stint at NIH, described an *in vitro* tumor model based on tumor growth inside hollow fibers. These hollow fiber tumors share important traits with solid tumor *in vivo* (living body), including the presence of cell subpopulations resistant to conventional therapies. Casciari hopes to use this model for further vitamin C efficacy tests and to study the role of various nutrients in tumor growth.

*REC*NAC's studies of tumor

continued on page 2

Smoking and public health

James A. Jackson, Ph.D.

Tobacco use is the single most important preventable risk to human health in developed countries. The number of deaths from smoking in the decade 1990-1999 will be about 21 million: 5-6 million in the European Community, 5-6 million in the USA, 5 million in Russia, 3 million in Eastern Europe, and 2 million elsewhere. More than half of these deaths occur in people 35-65 years of age.

Smoking contributes to the onset of many diseases and is thought to account for 87% of lung cancer deaths, 82% in chronic obstructive pulmonary disease (COPD), 21% in coronary heart disease, and 18% in stroke.

Second-hand smoke increases the risk of lung cancer by about 30%. Infants of mothers who smoke have an increased risk for respiratory diseases, malignancy, and other health problems that results in increased hospitalization. ^[H]

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Nutritional Medicine

by Ron Hunninghake, M.D.

Is it working?

More people are getting cancer. The American Cancer Society's annual statistics show an upward trend in more than half of the cancers that are followed.

We've all heard stories of the personal devastation of this disease. Often the deterioration is insidious, but nevertheless, "malignant." To complicate the personal tragedy that often accompanies this illness, patients must endure the morbidity of modern cancer therapy.

Morbidity is a medical term that the dictionary aptly defines as "the gruesomeness of a disease process." Chemotherapy is cyto-toxic by intent. The hope is to kill the rapidly growing tumor cells. Unfortunately, there are areas of rapidly growing cells that normally occur in our bodies: our hair, our mouth and gut lining, and our bone marrow. These areas can be devastated by chemotherapy with the resultant morbidity of hair loss, nausea and vomiting, mouth sores, loss of appetite, diarrhea, profound fatigue, and depression. Radiation therapy can

produce more localized complications.

In a recent issue of *The Lancet*, one oncologist has issued a compelling question: do the numbers justify this morbidity? Does chemotherapy do enough good to justify its side effects?

In Reality Therapy, the client is asked: "What do you want?" Most cancer patients want quality of life. Next is the question: "What are you doing?" The vast majority of cancer patients are being treated by chemotherapy and radiation. The crucial question is then: "Is it working?" If it is not, then the Reality Therapist suggests: "Let's make a new plan."

With the growing evidence that non-toxic nutritional therapies can offer better quality of life, even to the point of helping to reduce the morbidity of concomitant chemo and radiation therapy, why shouldn't the cancer patient investigate these innovative therapies? Until the definitive cure for cancer becomes available, nutritionally oriented supportive care is a logical adjunct to standard therapy. [H]

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PUBLICATION INFORMATION

Editor: Richard Lewis

Associate Editors: Marilyn Landreth
and Barbara Nichols

Illustrator: Jackie Clark

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Continued from page 1

angiogenesis were also presented. Angiogenesis is the process whereby tumors induce endothelial (blood vessel) cells to grow new capillaries in the tumor. Angiogenesis provides tumors with the nutrients necessary for growth beyond microscopic sizes. *RECNA*C scientists hope to find the cause of tumor angiogenesis and to learn how to prevent it, thereby starving tumors at an early stage.

Dr. Xiao Long Meng, a *RECNA*C scientist since 1991, described a method to study angiogenesis by measuring blood vessel growth in fertilized chick eggs. Meng showed that growth factors produced by tumor cells promote new vessel growth in the eggs. He also described a novel anti-cancer agent, "q2", that inhibits angiogenesis in eggs and inhibits tumor growth. Flavonoid extracts developed at *RECNA*C by Dr. Yiming Li are also being studied for their effects on angiogenesis and tumor cell growth.

The lecture then shifted gears as Matt Smith, an electrical engineer who merges biology with engineering, described *RECNA*C's recent developments in electromagnetic research. Smith demonstrated the vibrating probe, an instrument he built to measure cellular conductivity. Conductivity measurements give an indication of how the electromagnetic properties of cancer cells differ from those of normal cells.

After the lecture, attendees were given a tour of the *RECNA*C labs. During the tour, *RECNA*C scientist Dr. Fei Fei Zhong demonstrated a computerized injection microscope that allows drugs to be injected directly into cancer cells. The tour ended with a visit to *RECNA*C's new Faraday cage, a room that blocks out radio signals. This room will be part of a new laboratory for electromagnetic research.

The *RECNA*C project is scheduled to continue until December 31, 1999. [H]

Partially hydrogenated fats: what they are and why you may want to avoid them

"I became concerned that we are monkeying around with a very complex, marvelous biochemical machine (our body). We are putting into it unnatural molecules and we don't have any idea what will happen," said Don Davis, Ph.D., during a recent Lunch and Lecture at The Center by the same title.

His concern about hydrogenated and partially hydrogenated fats started in 1970 when he read, "...hydrogenation brings about some transformation of the naturally occurring *cis* isomers to *trans* isomers. Much research is needed to decide whether such transformations are of consequence..." in *Introduction to the Biochemistry of Food* by J.B.S. Braverman, written in 1963. This is the first entry in Dr. Davis' ever swelling file on these fats.

At that point, Dr. Davis decided he would stick to butter instead of margarine made by partially hydrogenated fatty acids. Besides, he told himself, butter tastes better.

In 1974, an article appeared in *Science News* by Fred A. Kummerow at the University of Illinois about his pig study looking into margarine and the circulatory system. Pigs are used for these studies because their circulatory system is closest to humans.

"Now margarine is being accused of being a worse villain in hardening of arteries than butter or eggs," Kummerow concluded. At the time this was close to medical heresy.

By 1994, we find strong support for his position. "We favor a regulated phaseout or strict limitation of partially hydrogenated fats in the U.S. diet," wrote Willett and Ascherio, Harvard School of Public Health, in the *American Journal of Public Health*.

This is only an introduction to the fascinating and clearly presented information in Dr. Davis' Lunch and Lecture as he makes a complex subject understandable. This program is one worth getting the tape, either the video or audio version. H

Fake fat, real problems

At last, a way to eat junk food, have it taste good, and get zero calories from fat. Sounds like good news, doesn't it?

Olestra, the new fake fat from Procter & Gamble, recently gained FDA approval and will be on your grocer's shelves in such products as potato chips in the near future.

Many scientists, though, believe that with its fat-free calories come many health problems as well. "Olestra may cause abdominal cramping and loose stools in some individuals, and [it] inhibits the body's absorption of certain fat-soluble vitamins and nutrients," said FDA Commissioner David Kessler when announcing the approval.

A synthetic fat made from sugar and vegetable oil, olestra passes through the body without being absorbed. This way, potato chips processed with this no-calorie fat substitute have the fat taste without the fat grams. Procter & Gamble is the same company that first brought us *trans* fatty acids back in 1911 as shortening. (See related article on the left.)

Does this mean guilt free potato chips? Not really.

It is olestra's ability to pass through the body without being absorbed that causes the scientific concern, according to a report in *Science News*. As it passes through the body, it sweeps up various nutrients with it that work to prevent chronic diseases.

"The public needs to know more about olestra," said Walter Willett, an epidemiologist at the Harvard School of Public Health in Boston, to *Science News*. Willett helped organize a scientific meeting on olestra held there last week. "The public is being asked by Procter & Gamble and the FDA advisory committee to participate in a vast, uncontrolled national experiment," Willett added. Here is part of what the meeting produced.

While sweeping through the digestive system without leaving any calories, it picks up the fat soluble vitamins such as A, D, E,

and K and carries them away with it. Carotenoids also take a big hit from olestra.

Proctor & Gamble plans to put some of the fat soluble vitamins in the product. But the fake fat will most likely carry out more than the manufacturers replace.

This is the concern of Meir J. Stampfer, an epidemiologist at the Harvard School of Public Health. He said that just eating three small snacks a week containing olestra could be expected to drop carotenoids in the blood by as much as 10%.

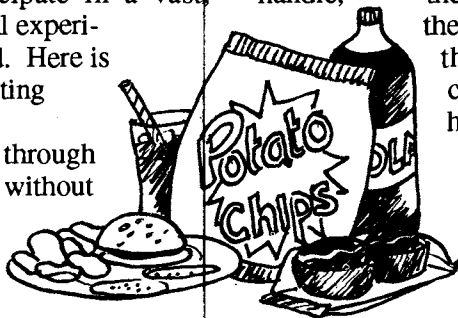
Carotenoids are the yellow, orange, or red pigments found in many fruits and vegetables. There are about 500 nutrients in the carotenoid family, making it impossible to put all of them in a bag of chips.

Carotenoids also help prevent prostate cancer, Edward Giovannucci of Harvard Medical School in Boston pointed out at the meeting. "Calculations by Stampfer showed that olestra snacking could lead to 2,400 to 9,800 additional cases of prostate cancer each year," *Science News* reported.

We Americans are always looking for a shortcut, always hoping for a fat-free potato chip, for instance. We want to eat the foods we know aren't good for us and not feel guilty about it.

Food companies want products like olestra (trade name Olean) for at least a couple of reasons. First, they want to offer us "guilt-free" products because they know we will rush to buy them. Secondly, they want products that will have long shelf life so that they will not have any spoilage.

The more we tamper with foods to make something we are not designed to handle, the more we mess up the delicate balance in this marvelous machine we call the human body. Olestra, soon to be known as Olean, may have FDA approval, but I hope it doesn't have yours. H
—Richard Lewis



INFORMATION WORTH KNOWING

The big C diagnosis—Cancer—usually changes a person's perception of themselves and the world around them. This is the time they may not know the questions they need to have answered. *The Alpha Book on Cancer Living* by Brent G. Ryder is filled with a great deal of information to help demystify the whole process. This information helps the person with cancer and her/his supporters gain working knowledge of the many areas concerning cancer to help them regain some control and make necessary decisions. The questions this month are taken from his book.

- 1 Dealing with cancer means dealing with a world where everyone seems to be speaking
 - a. in easily understood terms.
 - b. in a foreign language.
 - c. about something everyone already understands.
 - d. none of the above.
- 2 The term cancer has traditionally been used to describe more than _____ different diseases located in various parts of the body.
 - a. one hundred
 - b. eighty
 - c. ten
 - d. one
- 3 When scientists refer to survival and cure rates they mean the same thing in cancer statistics.
 - a. True
 - b. False
- 4 There are basically three kinds of treatment for people who have cancer: standard treatment, experimental treatment, and _____ treatment.
 - a. radiation
 - b. chemotherapy
 - c. alternative
 - d. none of the above
- 5 Most physicians who were interviewed for this book said that people who have cancer are likely to do better if they
 - a. follow their Doctor's recommendations to the letter.
 - b. go with the first recommendation.
 - c. choose the therapy they have the most confidence in.
 - d. never go to the Doctor in the first place.
- 6 Alternative treatments are based on the theory that cancer is best combated by the body's _____ ability to heal itself.
 - a. natural
 - b. learned
 - c. desired
 - d. none of the above
- 7 Holistic medicine views the mind and body as a single unit. The patient's physical, mental, emotional, and spiritual health is treated together as a unit.
 - a. True
 - b. False

• FOR ANSWERS, SEE PAGE 7 •

Case of the month

In November of 1994, a 54-year-old woman came to The Center for evaluation. Like most people who come for our clinical evaluation, she had several problems she wanted to get resolved.

These problems included headaches, nasal and sinus allergies, menopausal hot flashes, and elevated cholesterol. She was hoping to control her menopausal symptoms without using prescription estrogen due to her concern about cancer risks.

Laboratory results from her initial evaluation showed several areas that required attention. Her cholesterol was 241. Her red blood cell magnesium and zinc were in the bottom 20th percentile. Urinary pyrroles were abnormally elevated. Estrogen and progesterone were approaching the post-menopausal levels. Plasma vitamin C was in the low "scurvy range." She did have a bone density test that proved to be excellent.

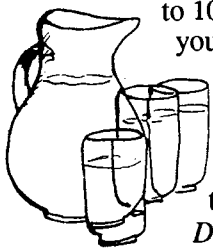
Her low vitamin C was addressed by having her take two Gram Ascorbs daily along with two pycnogenol with vitamin C at the same time. For her hot flashes, she began using a progesterone cream and taking high dose folic acid to boost her own adrenal estrogen production. She also began taking Osteoprime, a very good bone metabolism multi-vitamin.


Now, over a year into her program, many of her symptoms are completely gone or well within control. For instance, she is completely headache free and has almost no menopausal symptoms. Her hot flashes are almost completely gone. For nighttime fluid retention and facial muscle twitches, she is now taking additional nighttime magnesium. Additional folic acid and boron have also been added to her initial nutrients to attempt to completely eliminate all hot flash symptoms.

This patient is an excellent example of The Center's approach. We do not treat the patient's symptoms so much as we treat the patient. In doing this, as with this 54-year-old woman, we are going for optimal health and functioning!

Answers from The Center

Q: I would like to know your opinion about people who are indulging themselves with less than 2 or 3 glasses of water or any fluid in 8 to 10 hour periods for days at a time. Some jobs require that you talk continuously for 8 to 10 hours at a time and you can only indulge in fluids on breaks and lunch, because too much fluid leads to excessive urination. Is this healthy?
DD - Wichita, Kansas



A: Thank you for your question. Water upon arising is a good idea with voiding planned following arrival at work. Drinking water at the beginning of the lunch break should allow for relief before the end of the lunch period. If there are no breaks at all for 8-10 hours, which is unlikely, then water would need to be taken after work. The quest is for bodily hydration. The specific spacing is not too important—especially if practical problems interfere with a more regular water intake. 
Health Coach

Housework good exercise

Men, are you looking for a way to work exercise into your busy schedule and still not short change the family? Try housework.

A panel of the National Institutes of Health recommended that everyone should get at least 30 minutes of moderate physical activity, on all or most days, in at least 10 minute blocks.

"The panel stressed that everyday chores such as housework are just as acceptable as going for a brisk walk," according to a recent issue of *The Lancet*, a leading British medical journal.

"Panel chair R.V. Luepker (Minneapolis, Minnesota) estimated that a 10-25% reduction in cardiovascular disease could be achieved if all Americans met at least these minimum standards for daily physical activity," *The Lancet* said.

So men, get in there and do a few laps with the vacuum cleaner or a couple of rounds with the dust cloth, or clean the bath tub. It will be better for your health and add to your family support. [H]

Why does exercise help keep arteries healthy?

This question has evaded researchers for years, despite stacks of studies showing exercise helps keep the heart healthy.

Now, physiologist Hsiun-ing Chen and associates at the National Cheng-Kung University Medical College believe they have found at least one reason why — platelet activity.

When couch potatoes did moderate exercise for two months, their platelets were much less sticky and less likely to clump together. Clumping or clotting is the start of cardiovascular problems such as heart attacks or strokes.

When they stopped exercising, platelet activity jumped back to pre-study conditions that encouraged clumping. [H]

Fruits and vegetables, along with vitamins C and E, prevent cancer

Research support for vitamin C and E from the fruits and vegetables we eat and the supplements we take continues to grow.

A recent paper by Tim Byers and Nicole Guerrero, Department of Preventive Medicine and Biometrics, University of Colorado School of Medicine, pulled together 113 studies covering almost 20 years of research from around the globe. Byers and Guerrero published their report in *The American Journal of Clinical Nutrition*.

In searching through the papers covering vitamins C and E, along with fruits and vegetables, they selected for review those covering six major cancers prevalent in America, including oral and esophageal cancers, stomach cancer, colorectal cancer, lung cancer, breast cancer, and prostate cancer.

"Fruit and vegetables may be more strongly associated with lower cancer risk than are indexes of particular

nutrients because the combination of nutrients as found in whole foods may be essential for cancer protection. The synergy between nutrients such as the carotenoids, vitamin C, vitamin E, selenium and glutathione is well documented. The possibility of beneficial effects of other phytochemical compounds found in fruits and vegetables also may account for their apparent anticancer effects. Thus, cancer risk, not surprisingly, is more associated with indexes of total fruit and vegetable consumption than with indexes of any particular nutrient," they concluded.

People who eat 5 servings of fruits and vegetables, or 35 servings a week, showed a far lower risk of getting cancer than those who eat two servings a day or less. The researchers found, "The epidemiologic evidence provides a strong science base for current efforts to substantially increase the intake of fruits and vegetables to reduce cancer risk." [H]

Food of the Month

by Donald R. Davis, Ph.D.

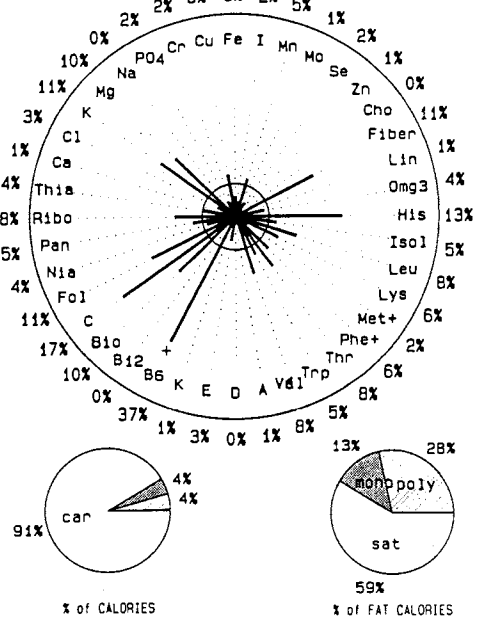


BANANAS are curiously famous for potassium (see "K" at 10 o'clock). A medium banana does contain 450 mg, 11% of our estimated RDA. But it also contains similar or greater shares of vitamin B6 (37% RDA), biotin, vitamin C, folic acid, magnesium, and fiber. Somehow these nutrients missed their share of renown, as well as several others shown that merit honorable mention. For us in the know, bananas can be famous for simply good nutrition. And for versatility—as a convenient snack or dessert for young or old, in fruit salads, and as a wholesome sweetener for cereals, smoothies, and plain yogurt.

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]

NutriCircle

Medium banana = 105 calories



Beat The Odds Update

Synergistic lifestyle

Whole foods and high fiber diets were brought back to the forefront recently by new research.

On page 5 of this month's *Health Hunter* appears an article about the importance of eating fruits and vegetables to prevent cancer. The last page tells about the importance of fiber in preventing heart attacks.

An editorial in *The Journal of the American Medical Association*, while strongly supporting the concept of increasing fiber in one's diet, wonders if some of the effect may stem from a synergistic lifestyle.


For instance, the editorial writers pointed out that people who eat a high fiber diet often start out the morning with cereal for breakfast. People who eat a low fiber diet tend to be the ones who don't eat breakfast at all or eat a low fiber, high fat breakfast.

Breakfast is the most important meal of the day. You want to give your

body the fuel it needs to run at its best, and especially provide your brain the fuel it needs to think at its best.

They also point out that high fiber consumers tend to make better food choices throughout the day. For instance, they may choose an apple instead of a candy bar for a snack.

High fiber diet eaters tend not to smoke. In the heart attack study, the top 20% of fiber eaters smoked far less (3.8%) than the bottom 20% (19.7%). High fiber eaters also tend to exercise more and eat less fat and cholesterol. But you have to start somewhere.

There is no better place to start than by changing your diet. By eating more fruits, vegetables and grains, you get started towards a whole foods diet that is naturally low in fat and high in fiber. You are well on your way to beating the odds of having a heart attack and getting cancer. You are on the road to a more synergistic lifestyle as well. 

Lead and delinquent behavior

Could lead in the body contribute to juvenile delinquency? Herbert L. Needleman, M.D., claims that it does and has data to back it up.

For years, lead has often been associated with learning disabilities. As Hugh Riordan, M.D., often says, "If you have a little lead you are a little dumb. If you have a lot of lead, you are a lot dumb."

Dr. Needleman, in an article published recently in *The Journal of the American Medical Association*, examined the relationship of bone lead burden to reports of antisocial behavior from three separate sources: parents, teachers, and the 301 boys themselves. Bone lead was used because it can be identified with x-rays and bone is one place it tends to settle.


"The findings are congruent with each other and in agreement with long-held clinical observations of disturbed social behavior in children who recover from clinical lead poisoning," Needleman wrote.

He found a strong relationship between lead exposure and reduced verbal competence, increased rates of reading disabilities, frustration, and increased academic failure.

"Reduced verbal skills could interfere with the use of internal language to mediate behavior and delay immediate responding. Another factor that may be an intervening variable in the causal chain between lead and delinquency is academic failure, a demonstrated consequence of lead exposure," he reported.

"These data argue that environmental lead exposure, a preventable occurrence, should be included when considering the many factors contributing to delinquent behavior," he concluded.

Dr. Needleman's findings, when added to other research, as the relationship between manganese and violent behavior, may be a better approach than the current "lock them up" approach.

Who knows, intravenous chelation to remove the lead from kids when it is found may be a better solution than continuous costly incarceration. 

CENTER UPDATE

Good news for smokers

Ask any smoker and they will tell you it is hard to quit. They may have tried and, for one reason or another, started again. There may now be a way to stop for good.

Actually, it has been shown that it is harder to quit smoking than quitting drugs and alcohol. That is good news for the tobacco companies, but bad news for smokers. But take heart, smokers, someplace is thinking about a successful way to break this vicious habit.

Just about everyone agrees, smokers included, that use of tobacco is damaging to one's health. Some of the health consequences of smoking include:


- Smokers are four times more likely to die of cancer than non-smokers.
- Smokers are 15-20 times more likely to die of lung cancer than non-smokers.
- Smokers have a 200% greater risk of dying from coronary heart

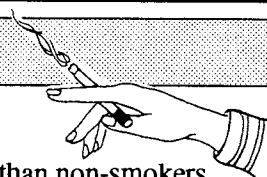
disease than non-smokers.

Smokers know all of this and more because they are bombarded by these and other health statistics almost daily by family members, well meaning friends, and the media. They would like to quit, but just haven't been able to up to now.

The Center has developed "Three For One," a smart choice for those smokers who wish they didn't. The name comes from combining three previously proven stop-smoking techniques into one approach to help people to become smoke free.

The combination of acupuncture, nutrition and mental medicine effectively helps most people eliminate their dependence on tobacco. Each of the techniques has been shown to decrease the desire to smoke without withdrawal symptoms or weight gain.

This unique program may be the one you, or the smoker you know, needs to finally kick the habit. 



Answers from page 4

- 1 b. Learning the terminology is going to be a major part of understanding what the medical options are.
- 2 a. Many researchers see cancer as a single disease with many subcategories.
- 3 b. The two terms are sometimes used interchangeably, however, survival refers to a period covering up to 5 years from the end of treatment. If you are alive at the end of the five years the cancer is said to be cured.
- 4 c. Chemotherapy and radiation treatments are part of the standard treatment package.
- 5 c. This seems to work best, along with avoiding any therapy they have misgivings about. It is helpful to understand how each therapy works and discuss misgivings with their physician.
- 6 a. Alternative treatment is any treatment that is not defined as standard treatment and can go from nutritional medicine to prayer.
- 7 a. Holistic medicine is a form of alternative treatment but not all alternative treatments are holistic. H

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.00; *Health Hunter* Price—\$6.30
 Video Tapes: Regular Price—\$19.99; *Health Hunter* Price—\$17.95

THE ALPHA BOOK ON CANCER AND LIVING

by Brent G. Ryder

Dealing with cancer is terrifying and overwhelming. This book gives information on several different solutions to the problem of cancer. It provides alternatives and options in easy to understand language. Hardcover. Retail Price: \$24.95

Health Hunter Price: \$22.45

CAN MELATONIN HELP YOU SLEEP?

with Ronald Hunninghake, M.D.

After 30 years of research and 4,000 studies on a hormone made by a tiny gland at the base of the brain, the secret is out. Studies indicate that melatonin is a great sleep aid. Also, they seem to indicate that you'll live longer, lower your risk of certain cancers, and quench free radicals. Audio cassette & video tape.

RECNAAC CANCER RESEARCH UPDATE

Hugh D. Riordan, M.D.

Listen to this presentation and learn what RECNAAC has accomplished in the past year. Meet the onsite researchers and find out the many different ways they are searching for the cause of cancer. Audio cassette & video tape.

EAT YOUR WAY TO NATURAL WEIGHT LOSS

with Donald R. Davis, Ph.D.

Calorie restriction is the mainstay of most weight loss programs. Although these programs work temporarily, the benefits rarely last, and the U. S. has more obese people than ever. Here we will discuss a more natural, lasting alternative: Forget calorie counting, enjoy all the whole foods our appetites are designed for, and limit only unnatural, non-whole foods. Audio cassette & video tape.

PARTIALLY HYDROGENATED FATS: WHAT THEY ARE & WHY YOU MAY WANT TO AVOID THEM—with Donald R. Davis, Ph.D.

Audio cassette & video tape (see article on Page 3)

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Monday	Tuesday	Wednesday	Thursday	Friday
				1
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11	12	13	14 Church luncheon tour	15
18 Yoga Reduce Hips, Thighs, & Buns	19	20 Yoga Reduce Hips, Thighs, & Buns	21 L & L - Can Melatonin Help You Sleep?	22
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3/9 2nd Annual Senior Lifestyles and Health Fair - Towne West (Center booth)

6/14-15 Bright Spot for Health Fair

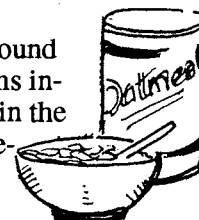
Fiber wins against heart attacks

Starting with the work of Dennis Burkitt and his associates, many studies have shown that a diet high in fiber will tend to reduce the risk of coronary heart attacks.

Now, a study by Eric Rimm and associates at Harvard Medical School, has shown a strong and quantifiable effect of fiber, particularly cereal and grain fiber, on reducing heart attacks.

Using the Health Professionals Follow-up Study, the researchers examined the diets of 43,757 men, ages 40 to 75, for nine years. During this time, there were 735 heart attacks in the study group.

The researchers found that for every 10 grams increase in cereal fiber in the diet, there was a corresponding 29% drop in heart attack risk.



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- Fake fat, real problems
- Good news for smokers
- Lead and delinquent behavior

Health Hunter

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