

# Health Hunter<sup>®</sup>

VOL. 14, NO. 4

NEWSLETTER

APRIL 2000

## What is acupuncture?

Lorraine Jones, Ph.D.

**A**cupuncture is an ancient system of healing which changes the energetic state of the body. Some of the earliest acupuncture books were written approximately 2,500 years ago in China. It has been consistently practiced as a form of medicine since 500 B.C., and became so popular that it spread throughout Asia so that one-third of the world's population was having acupuncture as their primary form of treatment for all their ailments.

*In 1998 the American National Institutes of Health stated:*

*"Acupuncture is a viable form of medicine."*

Today, worldwide, there are over three million practitioners. Most of them are based in Asia; however, there are increasing numbers of acupuncturists in the West. In Northern Australia, for instance, acupuncture is being taught in all medical schools. In France, acupuncture is taught as a course in universities. In England, there are 10 acupuncture colleges. Dr. Jones taught for 15 years in one of the first colleges to be set up outside Asia.

In 1998, the American National Institutes of Health stated: "Acupuncture is a viable form of medicine." As a result, increasing numbers of medical researchers are turning their resources to trying to understand how this unusual form of treatment works.

It is not known how acupuncture developed as a system of healing, but various ideas abound. Some people suggest that it began with the discovery that

the stimulation of specific areas of the skin affected the functioning of certain organs of the body. It was a simple step to massage these 'points' and then utilize something other than the finger, such as a needle, for a more exact response. Other ideas are often presented, but no one knows how it originated.

Acupuncture involves the insertion into the skin of very fine needles (which are used once and then disposed of). Sometimes there may be only a few needles placed into the body and at other times there may be up to 15 needles placed in at any one time. Needles usually remain in the body 20 minutes, but sometimes are removed immediately upon insertion.

However, acupuncture does not solely involve the use of needles. There is an adjunct form of treatment that is called 'Moxabustion.' This treatment involves the combustion of very small amounts of an herb called either *Artemesia latiflora* or *Artemesia vulgaris*. Chinese herbalists selected these herbs for their ability to burn slowly and because the deposit of resin left on the skin by the herbs aids the body in its healing process. This form of treatment is usually implemented for very cold areas of the body such as a 'frozen shoulder' or a particularly cold joint. Moxabustion is a very pleasant form of treatment for patients, particularly for those who are suffering from arthritis and rheumatism.

Sometimes people are wary of needles, in which case an acupuncturist will purely massage the acupuncture points (acupoints). If they are adept as a practitioner, the patient will feel a

*continued on page 2*

## New food pyramid suggested for elderly

The new food pyramid for people over 70 is narrower and taller than the original food pyramid and its base is eight glasses of water.

Dr. Riordan, The Center's director, has emphasized for years the importance of drinking eight glasses of water each day. In a recent lecture on "Slowing the Aging Process," he again emphasized the importance of drinking eight glasses of water.

The other key is the narrowness of the new pyramid for the elderly. It emphasizes the importance of eating nutrient dense foods as you get older as opposed to calorie dense foods. In short, eat whole foods, as Dr. Donald Davis has been emphasizing for years.

A whole foods diet emphasizes fruits, vegetables, and some meat, and it eliminates white flour, white sugar in its many forms, and added fats from your diet. These two changes in your diet will make a big difference in how you get through your day, whether you are over 70 or much younger. [H]

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Enthusiasm

All human creations have one thing in common: they came into being due to the enthusiasm of their creator. What is this incredible force? Enthusiasm is **energy...with an attitude!!**

Human energy is a creative force. The Chinese call it chi. In India, it is prana. Here in the west, we refer to it as spirit. Whatever it is called, we know what it is by our own experience. And we know all too well we are in short supply of it.


This is why enthusiasm is contagious. Everyone needs and wants more energy. Energy is the stuff that gets things done. It's that invisible vital element that fuels any process towards a desired outcome. No energy...no outcome. Energy is the current of life. It pays for our creations.

But energy can go flat. Fatigue may be described as a kind of stale energy. There is energy there, or we

wouldn't be alive. But the energy is bound by helplessness, hopelessness, and feelings of defeat. Attitudes can make or break the fire of energy. A poor attitude is like throwing a wet blanket over a fire. A positive attitude is like a bellows oxygenating a roaring fire. And enthusiasm is the summa bonum attitude. It is "super chi!"

Only you can regulate your own attitude. Others can inspire you, goad you, guilt you, and motivate you in countless ways, but in the final analysis, you make the choice of what attitude you will don in any given moment. Why not choose the best. Be enthusiastic! Remember the words of Bulwer Lytton:

*Enthusiasm is the genius of sincerity, and truth accomplished no victories without it.*

So...GO FOR IT! You might as well make it big...its your chi! 

## Acupuncture - Continued from page 1

prickling sensation in their body, sometimes at the site of the massaging and sometimes elsewhere. Children are usually treated by acupuncture without needles and respond to the massaging of acupoints very quickly.

In the West, acupuncture has been misleadingly publicized as only being helpful in specific conditions, for example: pain, weight loss, or to stop smoking. In fact, it is extremely effective in a wide variety of conditions through its power to stimulate our own healing responses. This overall therapeutic effect is one of acupuncture's great strengths.

### Diagnosis

Acupuncture begins with a diagnosis of the individual's energy imbalance. The energy of the body and mind is distributed through energy pathways in the body, according to the Chinese. The chronic over or under activity of any of these pathways will cause an organ (such as the kidneys, lungs, or liver) to work less effectively and disease will result. Whether an energy pathway is malfunctioning is revealed

in many ways—through observation of the patient and through listening to the patient's own observations of what their body is doing, such as whether sleep is easy or the bowels are functioning properly.

The acupuncturist will confirm a diagnosis by taking pulses. The Chinese believe that every organ has a pulse associated with it that can be found along the radial artery of both wrists. A skilled practitioner will ascertain the state of each organ of the body through taking the pulses of their patient. These skills take many years to develop, particularly if one realizes that each patient has 12 pulses to feel and each pulse potentially has 28 qualities to it. (There are some beautiful descriptions in old Chinese texts of how a pulse can feel, such as 'rolling a pearl in a porcelain bowl,' or 'pebble dropping into water').

What is interesting about the skill of taking pulses is that an acupuncturist can measure not only how effectively an organ is functioning, but they can

*continued on page 3*

immediately measure the effect of the acupuncture treatment upon the patient's body and whether every part of their body responds to the treatment or not. Each time a patient visits their practitioner their pulses will be taken several times to determine how they are, if each organ of the body is functioning well and working in harmony with all the other organs, how much vitality is present in the patient, and if they have responded to the treatment.

### What can acupuncture help?

Many people seek acupuncture for help with a specific symptom or condition, for example: anxiety states, arthritis, asthma, back pain, circulatory problems, depression, facial paralysis, fibrositis, high blood pressure, fibromyalgia, indeterminate aches and pains, infertility, menstrual problems, migraines, tinnitus, rheumatism, sciatica, skin conditions, or ulcers. Chinese medical research has shown acupuncture's effectiveness in helping these and many other conditions.

The effect of good acupuncture, however, is to do more than simply cure the symptom. Acupuncture directed at restoring the overall energy balance will deal with the condition and also help the patient feel better in a general way. Hence, the frequent comment by patients that they are "feeling better." This will involve their noticing that they have an increase in vitality, greater enjoyment in life, greater confidence, they sleep better, their appetite is more normal, and their symptoms are changing or their illness has disappeared. In other words, acupuncture helps the body to heal itself by utilizing the energy of the person in a creative rather than a destructive way (as occurs in disease and fatigue.)

The approach of treating the whole person and not just the symptoms which patients display is referred to as traditional or classical acupuncture. It is contrasted with the symptomatic approach that uses treatment formulae for specific conditions and where no heed is paid to the overall energy balance or the relationship of one organ with another.

Many patients also come to an  
*continued on page 4*

## HEALTH HUNTERS AT HOME

### Who is Dr. Lorraine Jones?

I wanted to spend a few words introducing Dr. Jones to you since she wrote the lead article appearing on the first page of this issue of *Health Hunter*. Well, maybe several words. Just a few wouldn't encompass her accomplishments.

Dr. Jones is the latest member of the clinical staff at The Center. She comes to us from London, England, where she has been involved in Chinese medicine for over 20 years. She trained in acupuncture in Great Britain at one of the leading acupuncture colleges outside of Asia. She served as a senior member of the faculty of this college for 15 years.

She has three degrees in traditional acupuncture, is a member of the British Acupuncture Council, as well as the American Association of Oriental Medicine.

That is only part of her education. Dr. Jones also has other degrees from Oxford University in Anthropology, specializing in traditional medicine. Her doctoral research was on the practice of acupuncture in traditional Chinese medicine.

Dr. Jones continues to teach acupuncture in Europe and the U.S. and has acted as a consultant to an alcohol and drug rehabilitation center in London. She has lectured to many doctors, nurses, and midwives throughout England. In 1993, she was invited by the medical fraternity of the People's Republic of China to lecture in 10 different hospitals.

In addition to her practice at The Center, Dr. Jones is an Assistant Professor in the Anthropology Department at the Wichita State University. There she will be teaching both graduate and undergraduate students medical anthropology.

Lori, as we know her, is a very busy person. But she has another passion as well. Unsatisfied with the various suggestions regarding the development of acupuncture, she is currently carrying out research into the origins, evolution, and practice of acupuncture in China and other cultures.

As you can see, Dr. Jones comes to The Center with good credentials. But does she do a good job with her acu-

puncture?

My experience with Dr. Jones is more than secondhand, but not firsthand. Nelda shares her experience with acupuncture elsewhere in this *Health Hunter*.

Jackie, my wife, is seeing Dr. Jones at the suggestion of Dr. Hunninghake, to complete a detoxification program using acupuncture. I must admit I was a little skeptical since I am unfamiliar with this type of use for acupuncture. At the same time I knew she worked on the whole person in addition to the specific problem. She is more interested in the underlying factors or causes rather than treating symptoms. So, I felt, "why not." It certainly fits with The Center's philosophy.

Jackie has received five treatments to date—one each week. I am here to tell you it works. I will spare you the details, but it works. Jackie is getting close to the end of the process and she is the first to tell you it has been a good process and is accomplishing what Dr. Jones said it would do and what Jackie wanted from it. There are many routes to healing.

Acupuncture has been so successful for both Nelda and Jackie that Jackie and I are thinking of having our daughter do it for a problem she has. And then, who knows, I may give it a try when everyone else in the family is through.

For those interested in learning more about acupuncture, Dr. Jones selected some books that may appeal to you.

Further Reading:

Cargill, Marie. *Acupuncture. A Viable Medical Alternative*, Praeger, 1994.

Craze, Richard. *Traditional Chinese Medicine: Teach Yourself Books*, NTC Publishing Group, 1998.

Lewith, George T. *Acupuncture. Its Place in Western Medical Science*, Green Print, 1998.

Nightingale, Michael. *Alternative Health: Acupuncture*, MacDonald Optima, 1991.

Tinterow, Maurice M. *Hypnosis, Acupuncture and Pain*, Bio-Communications Press, 1989, pp 75-200. [H]

—Richard Lewis

## INFORMATION WORTH KNOWING

Sickness is most effectively treated when the particular needs and underlying psychological, emotional, and environmental issues are addressed. Leo Galland, M.D. is a pioneer in the emerging field of integrated medicine. He is also a renowned medical detective, successfully curing patients whose illnesses have defied prior diagnosis and treatment. In his book, *Power Healing*, Dr. Galland shares his breakthrough medical philosophy and program of healing. The questions this month are taken from his book.

1 Person-centered diagnosis builds upon the foundation of the biological and behavioral sciences to identify the mediators, triggers, and antecedents in \_\_\_\_\_ patients.

- a. a group of
- b. individual
- c. related
- d. none of the above

2 The first step in understanding that what appears to be "a disease" is nothing more than a pattern of \_\_\_\_\_ occurring in individual human beings.

- a. signs
- b. symptoms
- c. behaviors and tissue pathology
- d. all of the above

3 A mediator is anything that produces symptoms or damage to tissues of the body.

- a. True
- b. False

4 The most striking characteristic of chemical mediators such as adrenaline and cortisone, is their lack of disease \_\_\_\_\_.

- a. specificity
- b. status

- c. development
- d. none of the above

5 Blood has the greatest tendency to clot \_\_\_\_\_.

- a. at mid-day
- b. during the night
- c. early in the morning
- d. all the above

6 Stickiness of platelets increases as you eat fish, vegetables, or garlic, drink red wine, and exercise regularly.

- a. True
- b. False

7 The human intestine maintains within its inner cavity a complex, crowded environment of food remnants and microbial organisms from which the body derives nourishment and against which the body must be \_\_\_\_\_.

- a. aware
- b. regulated
- c. protected
- d. none of the above

• FOR ANSWERS, SEE PAGE 7 •

### 25th Anniversary Update


April 19 - Volunteer/Media Appreciation luncheon

April 30 - 100 Health is... finalists selected

June 3 - Lab Fair and One Tough Fun Run & Walk

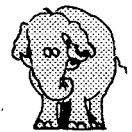
*Acupuncture—Continued from page 3*  
acupuncturist for preventive treatment. An acupuncturist can often detect and treat an energy imbalance before the patient is aware of any symptoms. The aim is to maintain health as well as overcoming diseases or a specific condition.

#### What can acupuncture offer to patients at The Center?

Dr. Jones envisages that traditional acupuncture will work particularly well with the treatment given by other colleagues in The Center as each of us are aiming to re-educate the patient's body into a renewed state of health. Acupuncture works side by side with nutrition and supplements. Not only is the physical body being treated, but the energy that motivates the body and creates health will be treated, as well. Therefore, our patients will respond to treatment quicker and the long-term effects will be greater. 

#### Obesity, the elephant in the living room

Obesity is on the rise worldwide, but it is like the story of the elephant in the living room. It is there, but no one wants to talk about it. Here are some facts about obesity.




Obese children ages 10 to 13 have a 70% chance of remaining obese in adulthood. (American Obesity Organization)

One of the best approaches is to convert their diets to more whole foods by adding more fruits and vegetables and eliminating white flour, white sugar, and a lot of added fats. A study recently showed that the major vegetable eaten by children is French fries.

The odds are in favor of Americans being overweight. Research found that 55% have a body mass index higher than is healthy. (*Obesity Research* journal)

In the United States, obesity costs about 100 billion dollars, about half for treatment and half in lost production.

The global population with adult onset diabetes has increased almost five-fold between 1985 and 1998, from 30 million to an estimated 143 million. The prime cause of adult onset diabetes is being overweight. (World Watch Institution) 

## Case of the month

A 59-year-old woman came to The Center in May, 1999, complaining of headaches, both migraine and tension, low back pain, tendonitis, esophageal reflux, and mild obesity.

She had had the migraine headaches since she was a teenager and now they occur several times a month. She kept track of her migraine headaches recently before coming to The Center and had one during 17 out of 29 days. Usually, she said, the headaches followed a cycle each month, but the month she kept track of them, they were longer than normal. Needless to say, she wanted to get rid of these headaches.

The cytotoxic food sensitivity test showed several foods she needed to remove from her diet. She incorporated this information into her daily life.

When she returned in three weeks to get the results of her lab results, she found she had several areas of deficiency to begin correcting. First, she was started on magnesium sulfate, zinc picolinate, and chromium picolinate to correct these trace mineral deficiencies. To correct her urine vitamin C shortfall, she started drinking a packet of cranberry Emergen C dissolved in water twice a day.

She started taking Efalex to correct her fatty acid imbalance and fortified flax to begin working with her elevated cholesterol. In addition, she started Cytomel to begin correcting her low thyroid level.

After the test with the iodine spot, she was encouraged to continue painting on an iodine spot daily.

In September, she reported she had not had a migraine for three weeks, but continued to have lesser headaches daily. She was walking three miles a day at this point.

At her appointment near the end of February, 2000, she reported she had had no migraine headaches in January and February, a major milestone. Her energy was markedly increased to where she was walking on the treadmill and lifting weights on a regular schedule. "I am back to my old self again," she gladly reported. [H]

# Herbal History

## Eastern red cedar, *Juniberus virginiana*

The eastern red cedar grows as far west as Oklahoma, Kansas, and Nebraska. In Kansas, we see it growing in pastureland and cemeteries across the state. It even grows in woodlands such as The Center's protected nature preserve.

A member of the cypress family, the red cedar can grow to as much as 50 feet tall in a conical shape. Its short needles grow only about 1/16 to 1/8 inch long. Both male and female cones appear in April and May. The male cones are small, yellowish brown in color, and papery. Female cones have a dark blue, waxy, berry-like structure.

The short needles and the berries were harvested from the red cedar by many tribes for incense in purification and other ritual use. Several tribes burned red cedar logs in sweat lodge ceremonies.

The Dakotas would sit underneath a blanket and breathe the smoke and

fumes from the red cedar to ward off a cold. They also boiled the needles and the berries to make a tea they would drink as a cure for a cough.

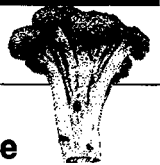
The Kiowas chewed the berries from the red cedar to cure canker sores in the mouth while the Mesquakies made medicine from the short needles, or leaves, they called "mya'kapenatcigi." This translates as "they who are weak with illness."

The red cedar and other junipers were used for folk medicine by the Anglo settlers.

In Europe, the dwarf juniper, also called savin, was first listed in the 1636 Gerard herbal published in England. It was also listed in the *U.S. Pharmacopoeia* published in 1820. As late as 1960, red cedar was listed in the *National Formulary* published in the United States. The cedar was listed in both publications as a diuretic. [H]

## Food of the Month

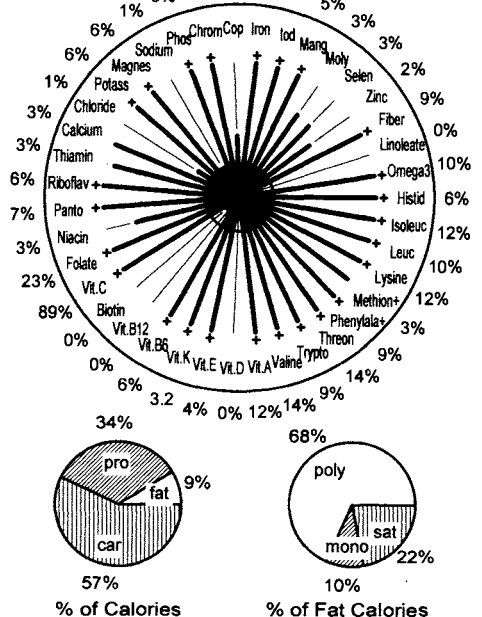
by Donald R. Davis, Ph.D.



### NutriCircle

1/2 cup = 22 Calories

**BROCCOLI** earns a blue ribbon for nutrition. A half cup supplies 3 RDAs of bone-strengthening vitamin K, along with 5% to 89% of the RDAs for 6 other vitamins, 3 major minerals, 4 trace minerals, nearly all essential amino acids, fiber, and even omega-3 fat—all in only 22 calories. It is rich also in other substances (phytochemicals) that help prevent heart disease, cancer, and probably many other disorders. Compared to its few calories, broccoli contains adequate amounts of 35 out of 39 nutrients shown here. If you add lemon juice, salt, and maybe a little olive oil, you may not want to stop at only half a cup.



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.



## For better health—listen up!

Did you know that social relationships could actually lead to healthier behaviors? An increasing number of reports are suggesting that the more socially active among us may be sick less often and live longer lives. A recent study attempted to measure out some of the elements that might explain the connection between social relationships and healthier lives.

According to the report published in *Preventive Medicine*, the more people were involved with other groups of people, such as church groups or clubs, the less likely they were to smoke cigarettes. They were more likely to exercise regularly and to eat an adequate amount of fruits and vegetables. They were also more likely to regularly check their blood pressure and cholesterol levels.

Dr. Earl S. Ford and colleagues used the data from the National Health and Nutrition Survey which included

data from 19,000 adults in the United States. As well as answering questions about their health, they also gave information about their social interactions, such as visiting with friends or family, and participating in organized activities.

"Social relationships have a beneficial effect on several behaviors that directly or indirectly affect the risk of cardiovascular disease," said the researchers. It is possible that social contacts provide individuals with support and chances to discuss their health concerns.

So the next time you are wondering if it is really worth you time and effort to keep up with friendships and organizations, you will know that it is. What we give to others, whether it is to friends, groups or other people activities, we get back as much as we give. Just listening to others can help make you both healthier. [H]

## CENTER UPDATE

### Hypothyroidism, an old problem newly discovered

When Dr. Ron Hunninghake joined The Center's medical staff over eleven years ago, he said that he did not want to become another alternative doctor who handed out thyroid medication.

A year later, he had become one. Through careful laboratory testing and analysis, he had discovered that several of his patient/co-learners had undiagnosed subclinical hypothyroid problems that needed treating. Because this was combined with other treatment processes at The Center, they got better.

Now, eleven years later, others are catching up. Dr. Gay Canaris of the University of Nebraska Medical Center in Omaha reported in a recent issue of the *Archives of Internal Medicine* that, "Thyroid dysfunction is common, may often go undetected and may be associated with health outcomes that can be avoided by se-

rum TSH measurements."

In this study, the researchers measured the serum concentrations of thyroid stimulating hormone (TSH) and total thyroxine along with the serum lipid levels of 25,862 individuals at the Colorado Health Fair. Their normal TSH range was from 0.3 to 5.1 mIU/L. In addition, they had the individuals fill out a questionnaire covering most symptoms of hypothyroidism.

From this, the researchers found that, "thyroid dysfunction is common, may often go undetected, and may be associated with adverse health outcomes that can be avoided by serum TSH measurements."

Dr. Hunninghake would agree that this is a good start when patients come in concerned with such problems as fatigue, menopause, depression, and stress related diseases. [H]

## Acupuncture and the elderly

Yes, I am a believer in treatments with acupuncture. When the physician who took care of my wrist after I fell and broke it said I would continue to have pain until I had the suggested surgery performed, I just thought, well, I will try and live with the pain. Then I had an appointment with Dr. Jones here at The Center and I have no more pain in my hand.

That is not all. My optometrist informed me I should have surgery performed on my droopy left eyelid. I had been doing very well with exercise on my eyelid until I began devoting my exercise time to my wrist. I asked Dr. Jones if she ever used her needles to correct such a condition and, after one treatment, my "droopy eye" is much, much better. I plan to have at least one more treatment.

There is a little sensation as the needle is introduced. You rest for a period of time with the needle inserted, but you experience little or no discomfort. Another special plus for me has been that each night after my acupuncture treatment I sleep more soundly.

Working here at The Center, I am reminded of a quote I have from Abraham Lincoln. It is:

*Die when I may, I want it said of me by those who knew me best that I always plucked a thistle and planted a flower where I thought a flower would grow.*

Acupuncture, for me, is plucking a thistle and planting a flower in its place—whether the thistle is pain, a droopy eyelid or... [H]

—Nelda Reed

## Two short pieces

Here is a trend for women heading in the right direction. In 1990, 37 percent of the women wore high heels to work. Now the percentage is down to 21 percent.

For those of you who taste a little chocolate from time to time, here is some good news. You would have to eat 14 Hershey's chocolate bars to get the same amount of caffeine that is in one cup of coffee. [H]

Answers from page 4

- 1 b. Knowledge of these three components of illness is the major contribution that modern science has made to the understanding of health.
- 2 d. Examining the disease is like watching shadow theater. You see an illusion created by something you don't see.
- 3 a. Mediators contribute to the formation of sickness because their activity is the main determinant of function.
- 4 a. Each mediator has been implicated in various apparently unrelated diseases.
- 5 c. The stickiness of platelets is naturally greatest in the early morning.
- 6 b. Platelets decrease under these circumstances. They increase when you eat a meal high in saturated fat, smoke a cigarette, or feel anger or fear.
- 7 c. The healthy gut selectively absorbs nutrients and seals out those components of the normal internal milieu that are most likely to cause harm.



## SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16  
 Video Tapes: Regular Price—\$19.95; *Health Hunter* Price—\$17.95

### POWER HEALING

by *Leo Galland, M.D.*

Filled with practical advice on detecting unsuspected causes of our sicknesses, building resistance to disease, and harnessing our own bodies' natural desire to heal, Dr. Galland's innovative book represents mind/body medicine at its best. For those whose illnesses haven't responded to treatment or resist diagnoses, or anyone who craves a higher level of health, *Power Healing* is essential reading. Softcover.

Retail Price: \$14.95

Health Hunter: \$13.45

### MANY WAYS VITAMIN C AFFECTS CANCER & HEALTH

with *Hugh D. Riordan, M.D.*

For more than 20 years The Center has been studying the effects of vitamin C in relation to cancer and other diseases. Dr. Riordan presents the latest research data regarding the effectiveness of vitamin C as a therapy for cancer and how it works in three ways. Audio cassette & video tape.

### NATURAL WAYS TO RAISE HDL CHOLESTEROL

with *Donald R. Davis, Ph.D.*

HDL cholesterol is the "good" kind that helps keep cholesterol out of the wrong places. Many foods, herbs, and other natural measures help raise HDL cholesterol, or they improve the HDL/ LDL ratio by lowering LDL "bad" cholesterol. These methods include eating more of the right kinds of fat. Audio cassette & video tape.

### IPRIFLAVONE: Nature's Osteoporosis Treatment

with *Ronald Hunninghake, M.D.*

The epidemic of osteoporosis is quite daunting. Many physicians often don't have their patients check bone density because they feel that nothing can be done. New medicine has emerged which is effective but has many side effects. In Europe, a soy derivative has been found to be equal or better than conventional pharmaceutical treatment to stop degenerative changes of osteoporosis. Audio cassette & video tape.

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\*\* Kansas residents add 5.9%.

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# Upcoming Events...

APRIL				
Monday	Tuesday	Wednesday	Thursday	Friday
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## MAY

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## High sodium diet linked to cataracts

A diet high in sodium, usually in the form of salt, increases the risk factor of developing posterior subcapsular cataracts, according to a report by Dr. Robert Cumming and colleagues in the *American Journal of Epidemiology*.



The researchers from the University of Sidney, in Australia, followed 2,873 people who came to their study clinic and gave sufficient data on their dietary sodium intake to be included in the study.

From this group, 160 had posterior subcapsular cataracts. The "subjects in the highest [1/5] of sodium intake had approximately twice the risk of [developing this type of cataracts] as did the lowest [1/5]."

Dr. Cumming suggested that "a causal relationship between sodium intake and cataracts is biologically plausible."

- What is acupuncture?
- New food pyramid suggested for elderly
- Acupuncture and the elderly
- High sodium diet linked to cataracts

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