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N E W S L E T T E R

APRIL 2001

An uncommon fatigue

by Ron Hunninghake, M.D.

Fatigue is a common experience. Work and other human activities use energy, and fatigue is the natural result. Life is structured in cycles of activity and rest. Get up, go to work or school, come home, go to bed, and then the next day it all starts over again.

CFS appears to attack fundamental energy-regulating systems within the body.

If the balance between activity and rest is lost, then a gradual depletion of one's energy reserves can result. This can lead to the experience of chronic fatigue. Not enough sleep, too much stress, inadequate exercise, poor diet, poor attitude, a concurrent illness... these and many other fatiguing situations all can lead to chronic fatigue.

In the case of chronic fatigue, taking more responsibility to rebalance the fatiguing situations will usually alleviate the problem. Get more sleep, ease the workload, improve the diet, change your attitude, take medicine or nutrients, work on physical fitness...are all strategies that can reinvigorate the overly tired individual.

Chronic Fatigue Syndrome (CFS) is a distinctly uncommon fatigue. While it has the outward appearance of chronic fatigue, it does not respond to the typical means of alleviating tiredness. Sleep, no matter how much, is non-restorative. Dropping junk foods, or eating more whole foods, while commendable, does nothing to pierce the overwhelming lethargy that is the hallmark of this devastating illness. Exercise, in

addition to not helping, actually worsens the situation, and it may take days for the CFS patient to recover from a simple workout. Even conventional medicine's standard response to this illness—antidepressant medication—though helpful, turns out to be a far cry from lifting the terrible shroud of physical exhaustion and extreme mental lethargy so characteristic of CFS.

The Center for Disease Control (CDC) has defined CFS (also known as CFIDS—Chronic Fatigue Immune Dysfunction Syndrome) as "persistent or relapsing fatigue lasting longer than six months that is unexplained by any other physical disorder." This makes CFS a "diagnosis of exclusion." The physician's job is to rule out every known cause of severe fatigue (the list is legion!) before the CFS diagnosis can be made with certainty. The CDC's definition also states that the fatigue must occur in combination with at least four of the following eight symptoms:

- Short term memory loss
- Sore throat
- Tender lymph nodes
- Muscle pain
- Joint pain (arthralgia)
- Headaches
- Unrefreshing sleep
- Post exercise malaise

In The Center's experience, these eight symptoms are just the tip of the CFS iceberg. Another 40 or more symptoms typically occur as part of this constellation. These include anxiety, irritability, drowsiness, itchiness, low BP, flushing, hives, pale, feels cold, dry skin, hair loss, joint pains, high cholesterol, ear ringing, cold hands, blurry

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Green tea and risk of gastric cancer

Green tea is widely consumed in Asian countries. It has been suggested that green tea is protective against gastric cancer, which is the second leading cause of death worldwide.

Yoshitaka Tsubono, M.D., and his colleagues wanted to find out if green tea did or did not protect against gastric cancer. In 1984, they enrolled over 26,000 people from northern Japan and asked them to fill out a questionnaire that included if they drank green tea and then followed them for eight years.

They learned from this research that green tea did not add to the cause of gastric cancer. Since they did not ask enough questions on their questionnaire, they could not say that green tea reduced gastric cancer.

Green tea does have an antibiotic effect, along with many nutrients, so drinking it could have a positive effect on gastric cancer and many other diseases as well. [H]

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Nutritional Medicine

by Ron Hunninghake, M.D.

Five levels of fatigue

In referring to chronic fatigue, the general inference is to that of chronic physical fatigue. The Center's evaluation, while quite thorough, predominantly addresses this first and most fundamental dimension of chronic fatigue. There are, however, four additional levels of fatigue that contribute to the sustained fatigue of CFS. Becoming aware of their existence will reveal new avenues of holistic healing to the beleaguered CFS patient.

Emotional fatigue includes unresolved anger, the other side of which is depression. "Why me, Lord?" "What did I do to deserve this?" As anger gives way to a deeper acceptance, many important life lessons are revealed within the difficulties of CFS.

Often, the breakdown of important relationships precedes the development of CFS. Divorce, loss of job, a major fight with, or even the death of a loved one, are several examples of life changing situations that can trigger relational fatigue. The courage to forgive, the willingness to admit one's own role in the breakdown, and the offering of unconditional love are steps on the way to relational healing.

Perhaps the most insidious underlying cause of chronic fatigue is attitudinal

in nature. We generally are oblivious of our own attitudes because we live in them every day. When they are poisonous, we don't see them sapping us of our life energy. "What difference does it make?" "Why bother?" "Who cares?" "It will never work." These are attitudes that we actually live in. They color our entire existence. They sabotage any effort we make to get well. CFS may serve as a huge wake up call to help us heal these and other treacherous attitudes.

And what about spiritual fatigue? Do you find yourself questioning why you even exist? Have you given up hope? Do you feel God has abandoned you? The Bible, the holy literature of every culture, and that wee voice that speaks within us, all tell of a journey we must each travel. The journey can be long and arduous. We are tested at every turn. We become tired. We feel we can't go on. It is precisely at these moments when all appears lost that the deeper truths reveal themselves to us. We do find our way. We grow. We realize that we are cared for in unforeseen ways. Through illness we can open ourselves to a higher power that is behind and beyond all healing.

The five levels of fatigue teach us of the five levels of holistic healing. ☐

Fatigue—Continued from page 1

vision, urinary tract infections, poor nails, poor libido, allergies, ulcers, dizziness, infertility, bad breath, migraines, low motivation, constipation, dry hair, asthma, high caffeine use, easy bruising, yeast infections, early graying, slow healing, depression, PMS, insomnia, achiness, low sweat, indigestion, low blood sugar, acne, and frequent colds.

CFS appears to attack fundamental energy-regulating systems within the body. Dr. Paul Cheney, one of the original researchers of the Lake Tahoe outbreak of CFS, believes that CFS is a post-viral syndrome. For some reason, the viral infection alters the cellular mitochondria's ability to produce adequate ATP, the body's energy storage molecule. The body is then unable to provide the energy necessary to synthe-

size proteins and enzymes properly. The immune system malfunctions. Digestion goes awry. The brain doesn't work right ("brain fog"). The body's endocrine (hormonal system) is altered in the hypothalamus of the brain. Sub-clinical hormonal deficiencies occur. A general "dysorchestration" of all the major organ systems occurs...hence the multiplicity of symptoms. Dr. Hugh Riordan refers to this phenomenon as "The Sickness Syndrome."

CFS is frequently "triggered" by one or more of the following: auto accident, operation, viral infection, a major loss (such as divorce, death, or job), stress overload, and having a new baby. The CFS patient often tells a story of a very busy life, lack of sleep,

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Fatigue—Continued from page 2

poor diet, too much or too little exercise...situations that were eating into their body's energetic and immunologic reserves. Their "trigger event" ends up being "the straw that broke the camel's back." Those who have not contracted CFS would be wise to maintain a healthy balance in their lives to prevent chronic fatigue from becoming Chronic Fatigue Syndrome.

The CFS patient is often confronted with issues that go beyond the physical illness itself. Obtaining a correct diagnosis is a long and expensive journey. It is not at all unusual for the CFS patient to have seen five or more physicians and specialists before the diagnosis is made. CFS patients do not look as sick as they really are. They are often directly or indirectly accused of malingering and laziness. Their home duties suffer. Their jobs suffer. Often, the severity of their illness necessitates applying for disability. Because there is no defining lab test to "prove" CFS, they are frequently subjected to endless insurance and social security reviews. Financial strain usually ensues. Family relationships become strained. Severe depression and suicide can result.

The CDC estimates that the probability of recovery from CFS is 31% in the first five years and 48% in the first ten years. There is no conventional treatment for CFS, other than medications to moderate the many symptoms that accompany CFS. Researchers, such as Teitelbaum, et al, have found that a more holistic treatment program that addresses the many underlying dysfunctions is more effective at promoting improvement and resolution of this illness. Here at The Center we use a holistic evaluation to **F-I-N-D T-H-E C-A-U-S-E-S**. This is an acronym for the components of our efforts to identify underlying causes, which I will delineate in the following outline:

F = Food Choices/Reactions

- NutriCircles—a computerized evaluation to test the nutritional wholeness of the patient's food choices
- K Factor Analysis—urine testing to assess potassium to sodium ratio (an indicator of amount of whole foods consumed)

continued on page 4

HEALTH HUNTERS AT HOME

There is a laboratory here

Dr. Hunninghake referred to various laboratory tests that are done here in working with chronic fatigue syndrome. That requires a laboratory to perform these tests.

Usually, doctors send the laboratory testing to a large laboratory that performs hundreds of each type of tests daily. Then the lab sends the results back to the doctors to review and diagnose the patient's problem.

That is fine for acute problems, but does it have as much to do with chronic problems such as chronic fatigue syndrome?

The answer lies down in the lower level under domes 4 and 5 at The Center. It is The Center's laboratory. You may have an image of a laboratory with a humped back little man in a dank corner of the building pouring darkly colored chemicals into test tubes that are foaming over onto the bare dirt floor.

Actually, the laboratory is something completely different. We have a laboratory that is dedicated to doing biochemical testing as opposed to the standards labs. It is a brightly lighted space with light coming in from the out-of-doors as well as from ceiling fixtures.

The people work in fresh white or green coats and they actually don't have humped backs. They are ordinary people.

One lab tech is not more than 4'10" tall and weighs less than 100 pounds. Another woman is 5'10" tall. There are women in between. One man runs triathalons regularly. A Ph.D. works on custom cars when he isn't at The Center. They are a varied lot of people who do demanding work.

The equipment is not necessarily test tubes, Bunsen burners, and strange colored chemicals either. In this brightly lit space is modern equipment.

I talked to Jerry Tiemeyer, the lab manager, to see what new equipment the laboratory received in the last year. He was bent over a computer that was part of a large, new machine they recently received.

"This is a new inductive coupled

plasma machine to replace one that is a few years old. This new one is more accurate than the older one and gives us more consistent results. We have to run samples on both the old instrument and new one for two months to be sure everything is calibrated," he said.

Jerry went on to say that they have a new Nova 8 instrument that will give ionized magnesium results. This machine will be used for research and clinical tests as well. "It is in that big box over there," he said. He is waiting for the factory people to come and set it up.

The lab has received a new Abbott IMS immuno-assay instrument recently that does some of the thyroid tests, the prostate PSAs, the CEAs for cancer, and homocysteine tests. Again, Jerry emphasized that it is more accurate and more repeatable, meaning that you can run ten samples and the results are dependable.

Kevin, one of the laboratory's Ph.D.s, received some new small pieces of equipment to help run the glucosamine sulfates and chondroitin on the HPLC (high performance liquid chromatography) instrument. This is primarily for research, but it can be used for the clinic as well, Jerry added.

We do most of the laboratory testing here because the tests take more time to run and are done in smaller batches than the large labs usually do. We are the reference lab for larger reference labs for two or three of our tests.

One test, the organic acids test, is run by Great Plains Laboratory in Lenexa, Kansas. This test detects notable products in the urine which may reflect problems hidden in the bowel, excessive yeast, and other factors. It is a very valuable test. There are one or two others that are not done here, but the remainder are Center tests.

As you can see, the laboratory is a wondrous place that does work for the clinic and research here and for other doctors, clinics, and large labs around the country.

—Richard Lewis



INFORMATION WORTH KNOWING

Are you one of the forty million Americans who suffers from sinusitis? If so, you may have been told that you just have to learn to live with it. Dr. Robert Ivker offers the most current holistic medical advice for the treatment, prevention, and cure of sinusitis, allergies, and colds in his book, *Sinus Survival*. Examples of topics to be found in his book are when to use or when to avoid antibiotics, effective ways to prevent and quickly eliminate colds, information on vitamins, herbs, and supplements containing the natural antibiotics for sinus infections, and natural antihistamines for allergies. This month's questions are taken from his book.

1 The primary objective of the Sinus Survival Program and the holistic treatment for any chronic disease is to _____.

- a. get in touch with your inner child
- b. heal the specific part of the body that is not functioning properly
- c. balance the Yin and Yang
- d. none of the above

2 Since each person is a unique individual, the prescription for healing is based upon _____.

- a. self-awareness
- b. a formula
- c. the same for everyone
- d. all the above

3 There is not one single or magic potion that will quickly cure chronic sinusitis or allergies.

- a. True
- b. False

4 Improving the physical and environmental health for preventing and treating sinusitis include(s) _____.

- a. getting 7 to 9 hours of sleep and waking up without an alarm clock

- b. using an air cleaner
- c. drinking water
- d. all the above

5 Most people assume that the word sinus means nose, but although the nose and sinuses are connected they are separate parts of the body. There are usually _____ sinus sets.

- a. two
- b. not
- c. four
- d. none of the above

6 Like an extension of the skin covering the external surface of your entire body, the mucous membrane or mucosa is a connected porous protective shield for the inner portal of your body.

- a. True
- b. False

7 The nose and sinuses have the job of _____ since they are the entrance and vestibule of the respiratory tract.

- a. humidifying
- b. filtering
- c. regulating temperature
- d. all the above


• FOR ANSWERS, SEE PAGE 7 •

Feeling puny, try laughter

Mirthful laughter for one hour caused 53 men to have improved neuroimmune parameters as much as 12 hours after the session, according to a report in the journal, *Alternative Therapies in Health and Medicine*, recently.

They conclude by saying, "Indeed

mirthful laughter and associated [non-stress] emotions may be the intuition and music of the soul that confirm the biblical wisdom that '[a] merry heart doeth good as medicine but a broken spirit drieth the bones.'"

Laugh whether you are in pain or not; you will feel better. 

Fatigue—Continued from page 3

- Cytotoxic Testing—patient's white blood cells are evaluated for sensitivity reactions to common foods and preservatives
- Insulin Tolerance Testing—carbohydrate loading test to assess cellular insulin resistance

I = Immunity/Infections

- Immunoglobulin Levels—to assess antibody formation
- EBV Titers—to assess Epstein Barr virus
- CMV Titers—to assess Cytomegalovirus
- Mycoplasma Titers
- Comprehensive Parasite Testing
- Dark Field Analysis

N=Nutritional Deficiencies

- Any gap in the nutrient team will result in fatigue, often as the first symptom
- RBC Magnesium, Zinc, Chromium, Selenium
- Fatty Acid Analysis
- Amino Acid Panel
- Antioxidant Levels
- B Vitamin Saturation Levels
- Organic Acids in Urine—to assess common metabolic pathway disorders

D=Digestive Disorders

- Urine Indican—a measure of putrefaction in the gut
- Hair Mineral Analysis—helps to assess mineral absorption
- Comprehensive Stool Analysis
- Heidelberg pH Testing—to assess stomach pH adequacy

T=Thyroid Disorders

- Symptom Signature Evaluation
- Barnes Basal Body Temperature Testing
- Unbound "free" T3 level in serum
- Thyroid Panel
- Thyroid Stimulating Hormone
- Topical Iodine Absorption Time
- RBC Selenium

H=Hypoglycemia

- 5 Hour Glucose Tolerance Test
- 2 Hour Insulin Tolerance Test
- RBC Chromium, Manganese, Zinc
- RBC Copper
- Serum DHEA-S
- Cytotoxic Testing
- Fructosamine

E=Endocrine Decline

- Serum and/or saliva:

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- Estradiol, Progesterone, Testosterone, DHEA, Cortisol, IgF (Human Growth Hormone)
- Cortisol Challenge Test
 - C=Candida Overgrowth**
- Crook Questionnaire
- Candida Antibody Titers:
 - IgM, IgG, IgA
- Organic Acids Panel
- Rectal Swab Testing
 - A=Adrenal Exhaustion**
- Cortisol Challenge Testing
- Saliva Adrenal Stress Profile
- Post IVC Saturation Level
 - U=Under activity**
- Biological Age Determination
- Elevated Liver Enzymes
- Liver Detoxification Pathways Assessment
- % Body Fat and Individualized Exercise Prescriptions
- Multiple “Healthy Behaviors” Recommended:
 - Daily water consumption, eye exercises, ...many, many more
 - S=Stress/Spiritual Issues**
- The Holistic Approach:
 - Body, Mind, Spirit
- Adequate Time Spent With Each Co-learner
- A Caring Staff
- Focus on Health-building Strategies
- Biofeedback Evaluation and Training
 - E=Environmental Toxins**
- Pesticide Panel
- Assess Liver Detox Pathways
- Strengthen Detox Pathways
- Glutathione Assessment
- Guaifenesin Trial for Phosphate Overload
 - S=Structural Issues**
- Dental: Malocclusion (TMJ)
- Physical Therapy: Myofascial Release and Massage
- Chiropractic: Spinal Adjustments
- General: Yoga
 - Conclusions**
- Chronic Fatigue is much different than common fatigue
- CFIDS and other fatiguing syndromes have multiple underlying causes
- Effective treatment is holistic in nature
- ALL of the defined causes must be addressed systematically and deliberately over time (all healing is a gradual affair). HH

Case of the month

When this woman came to The Center in 1993 to find help with her chronic fatigue, she was 35 years old, had three children, and she could hardly walk. She was thin, weak, sick all the time, and had what she called her brain stuff that included a poor memory. She was modestly depressed, had dizziness, ringing in the ears, hair loss, and could not exercise.

When here, she went through the testing, biochemical, physical, and mind, that The Center offers, but she found something that has been more valuable to her than anything else.

She found Dr. Hunninghake, “who became my Master Gate Keeper for alternative medicine,” she said. Since she lived near Denver, Colorado, she could not always get here when she would have a problem, but she could call. And she did call Dr. Hunninghake during the following eight years to discuss what was going on and what she was doing.

She had to find local health solutions, but Dr. Hunninghake was always her primary source of guidance through-

out her search for health.

She also prays a lot. She said that she was in a “chronic fatigue crash” about three years ago and God touched her body. The crash went away and she never had another one after that.

Now she feels that she is at about 70% of where she wants to get. Dr. Hunninghake says she is about 80% to 85%. She no longer has chronic fatigue, and she just has to deal with allergic responses to food that are keeping her from crossing the finish line.

“I can see the finish line, but just can’t quite reach it yet. It is very frustrating to see it so well and have something like the food allergies holding me back,” she said recently.

But she will continue to pray and to use her Master Gate Keeper and she believes she will accomplish the goals she has set for herself.

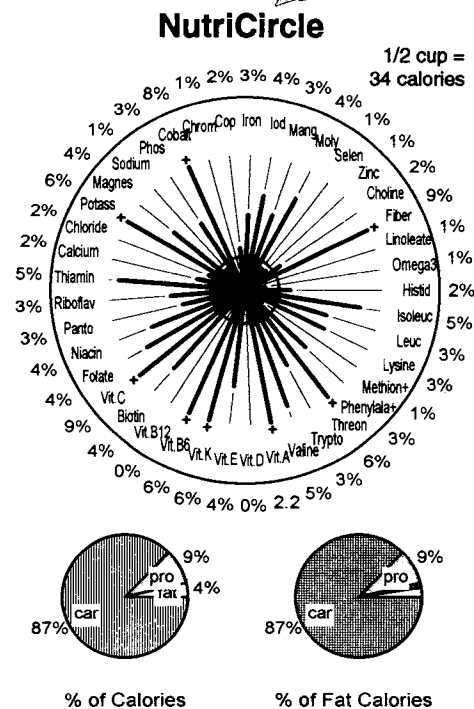
She has been very lucky. Her husband is very supportive of her quest for health, even though he was in denial in the earlier days of the problems. HH

Food of the Month

by Donald R. Davis, Ph.D.



CARROTS are famous for vitamin A, because they are rich in carotenes, some of which we convert to vitamin A. A half-cup (sliced) can yield over 2 RDAs. The carotenes also have many other likely benefits. But there is much more to carrots. That half-cup also supplies from 5% to 10% of the RDAs for vitamins C, B₆ and K, thiamin, potassium, fiber, and three amino acids. In fact, carrots contain adequate amounts of 33 out of the 41 nutrients shown, relative to their few calories. A popular book faults carrots for their “glycemic index,” but fails to consider their low carbohydrate content. So enjoy.



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). HH

Mental Medicine

Ha, ha, ha, ha



by Marilyn Landreth, M.A.


The gift of laughter

While working to regain his health, Norman Cousins said, *Humor used at the proper time can help break the "panic cycle" that so often accelerates the patient's illness or state of mind. Laughter can broaden the focus and diffuse the intensity of negative thoughts, thereby aiding the patient's ability to gain control.* He found that a good belly laugh did him as much good as pain medication.

Chronic fatigue is nothing to laugh at. Just getting out of bed can be a major chore. However, finding what tickles your funny bone can help you to deal better with fatigue. When you laugh, it gives your whole body a workout. Your muscles are activated, your heart rate increases, and you breathe more deeply when you laugh out loud. Laughter relaxes your tensions and promotes a

feeling of well-being. Every time you laugh it changes your attitude, causes relaxation, and lowers stress.

Preschoolers laugh up to 450 times a day and adults average about 15 times a day. Keep a record of how many times you laugh a day and see if you can improve that number. Notice the silly things that you do or have done. Most of the things you do that might embarrass you at the time will give you something to laugh about in the future. Find books, videotapes, or other materials that can make you laugh out loud.

Give yourself a gift today and find some humor in your life. Charles Schultz said, *If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself.* 

Prostate cancer and whole foods

We often recommend eating whole foods, foods as close to the way mother nature made them as possible.

Prostate cancer prevention and a whole foods diet often go hand in hand. For instance, you have possibly heard of lycopene. Lycopene is a product of tomatoes, is a carotenoid, and therefore a marvelous antioxidant. It is red in color, too. Some say that tomato sauce is a better source of lycopene than raw tomatoes because the cooking releases more of the lycopene from the tomato.


In addition to using a lot of tomato sauce and other forms of cooked tomatoes, you can take lycopene supplements to increase your lycopene supply. Research at The Center discovered that lycopene from food and supplements increases the efficiency of vitamin C as well as working with cancer prevention.

Selenium is a trace mineral which works both as an antioxidant and an anti-inflammatory in your body. Studies have suggested that selenium in your diet has anti-cancer properties. Recently, Harvard researchers showed that selenium reduced the risk of advanced prostate cancer by 35%.

Whole grains are an excellent source of selenium. Whole grain breads are not only good to eat, but are high in selenium. You can supplement your intake with selenium capsules.

Soybean oil is high in the gamma-tocopherol variety of vitamin E. This makes soy products extremely good for preventing prostate cancer. The alpha-tocopherol that is in vitamin pills is considered modestly good when compared with gamma-tocopherol found in soy oil.

But another researcher discovered in a report published in December of 2000 that alpha-tocopherol is particularly good for cigarette smokers to prevent cancer.

So, eat whole foods in the form of tomato paste, soy products, and whole grains to gain protection from prostate cancer. 

CENTER UPDATE

Soft drinks add to childhood obesity


"Excessive body weight probably now constitutes the most common pediatric medical problem in the USA," said David Ludwig, M.D., of the Children's Hospital in Boston, and colleagues in a recent issue of *The Lancet*.

With the rising problem of obesity in children, Dr. Ludwig wanted to find out if sugar-sweetened soft drinks were a contributor to this problem. To do this, the research group enrolled 548 ethnically diverse school children between the ages of 11 and 12 from the public school system in four Massachusetts communities. The researchers followed these children for 19 months.


Dr. Ludwig became interested in sugar-sweetened soft drinks in part from statistics. "Half of all Americans and most adolescents (65% girls and 74% boys) consume soft drinks daily," he discovered. "Currently soft drinks constitute the leading source of added sugars in the diet, amounting to 36.2 [grams] for adolescent

girls and 57.7 [grams] for boys. These numbers approach or exceed the daily added sugar consumption recommended by the USDA."

The researchers discovered several interesting factors while checking to see if sugar-sweetened soft drinks add to childhood obesity. For instance, over the long haul children do not cut back on food to compensate for drinking the added calories they get from sugar in soft drinks. Drs. Tordoff and Alleva found from their research that people given a sugar-sweetened drink did not reduce their calories from food but did reduce the calories from food when they were given an artificially sweetened drink.

"The results of our study are consistent with a plausible physiological mechanism, that consumption of sugar-sweetened drinks could lead to obesity because of imprecise and incomplete compensation for energy consumed in liquid form," Dr. Ludwig concluded. 

Answers from page 4

- 1 b. The method to correct this physical dysfunction is to nurture not only the diseased part but also the entire body, including your mind and spirit.
- 2 a. Learning how your body works and how it is affected by the food you eat, the environment, and your emotions all play a part.
- 3 a. There are several therapeutic options that will contribute some benefit.
- 4 d. Other options include getting more whole foods in the diet and getting plenty of exercise.
- 5 c. The sinuses are air-filled cavities located behind and around the nose and eyes. The sets are roughly divided in half for each side of the head.
- 6 b. The mucosa is a protective shield for the air portal of your body. It serves as the first line of defense against bacteria, viruses, pollen, and other potentially harmful pollutants.
- 7 d. If the mucous breaks down, the immediate consequence might be a cold or sinus infection. 

SPECIAL DISCOUNTS

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

SINUS SURVIVAL

by Robert S. Ivker, D.O.

If you are one of the thousands of people who suffer from chronic sinusitis, this book can explain why you have felt so miserable for so long and what you can do to improve that condition. The book is focused on teaching people to learn to thrive by restoring balance to the disease in their lives.

Retail Price: \$13.95
 Health Hunter: \$12.56

WHAT CAN YOU DO TO PREVENT COLDS & OVERCOME SINUS PROBLEMS?

with Ronald Hunninghake, M.D.

According to the National Center for Health Statistics, chronic sinusitis ranks number one as our nation's most common chronic illness. By searching for the multiple underlying causes of chronic sinusitis, the holistic approach to treatment and care succeeds where the use of recurrent antibiotics and decongestants fails. Learn how you can harness holistic treatments to prevent colds and overcome your own chronic sinus problems.

KEYS TO STAYING HEALTHY: Why is Magnesium Important?

with Ron Shuler, D.D.S.

After ten years of research and working with a doctor who has done over 55 years of research on magnesium, Dr. Shuler is convinced that magnesium deficiency at the cell level is involved and is responsible for many degenerative diseases, to include the greatest killer of all, cardiovascular disease. A new non-invasive and precise measurement of magnesium will be explained and presented. Find out why most people today, over 90% in fact, are magnesium deficient.

KEYS TO STAYING HEALTHY: Why is Folic Acid Important?

with Hugh D. Riordan, M.D.

Folic acid is one of the keys to staying healthy in body and mind. Learn how low levels of folic acid have been linked to the brain atrophy of Alzheimer's disease. The same folic acid has been shown to protect against serious central nervous system birth defects, heart disease, and much more.

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Upcoming Events...

APRIL				
Monday	Tuesday	Wednesday	Thursday	Friday
2 National Library Week	3 National Library Week	4 National Library Week	5 National Library Week, L & L - Stress Management	6 National Library Week
9	10	11	12 L & L - Why is Vitamin D Important?	13
16	17	18	19 L & L - New Approaches to Treating Allergies and Asthma	20
23 National Volunteer Week	24 National Volunteer Week	25 National Volunteer Week	26 L & L - Can Drawing Pictures Lead to Better Health?	27 National Volunteer Week
30				

Vitamin E slows atherosclerosis in diabetics

Will vitamin E help those with adult onset diabetes slow or even prevent premature atherosclerosis? According to a report in the *Journal of Free Radicals in Biology and Medicine*, it will.

In this study, the researchers enrolled 23 type II diabetic patients with macrovascular complications, 24 diabetic patients without evidence of vascular problems and 25 matched controls. They checked each for vascular complications using C-reactive protein and interleukin 6 tests and then started them on 1200 IU of vitamin E a day for three months.

At the end of their research, they discovered vitamin E decreased inflammation in diabetic patients and control subjects and could be a good treatment for atherosclerosis.

RETURN SERVICE REQUESTED

Health Hunter
A Publication of The Center for the Improvement
of Human Functioning International, Inc.
3100 North Hillside Avenue
Wichita, Kansas 67219 USA

- An uncommon fatigue
- Green tea and risk of gastric cancer
- There is a laboratory here
- Prostate cancer and whole foods

INSIDE THIS MONTH'S ISSUE . . .