

Health Hunter[®]

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N E W S L E T T E R

APRIL 2002

Becoming a co-learner at The Center

by Ron Hunninghake, M.D.

Editor's note: This is a letter Ron Hunninghake, M.D., sent to an insurance company to help a patient gain some insurance help with his costs at The Center. The letter is an excellent example of what we do for all who come to The Center for help with their particular medical problems. We will call the person "John" because of the person's right to confidentiality.

Discovering actual causes and correcting them is the simple secret to The Center's approach.

To Whom it May Concern:

When John came to The Center September 18, 2001, he told us he felt as though he had run out of options.

A lifelong anxiety disorder had progressed to daily panic attacks. His memory and concentration were deteriorating. He felt chronically short of breath. Episodes of intense anger, lingering abdominal pain, and progressive fatigue had him to the point of desperation and near defeat.

To make matters worse, he was unable to get help from his primary care doctor. He called our Center for fresh direction. He had heard that our approach involved a systematic search for correctable underlying biologic causes... causes that had eroded his health and sense of well-being.

Our workup began with a twenty-five page questionnaire. John kept a diet diary for a week which was computer scored. Hugh Riordan, M.D., a nutritionally oriented psychiatrist, spent 100 minutes with John, reviewing his

questionnaire and formulating his laboratory workup. Numerous psychophysiological tests, reliable and repeatable, were done that first day. A thorough biochemical inventory of John's blood and tissue nutrient levels were done in our Medicare approved laboratory. A blood test for adverse food reactions, a commonly overlooked cause for sustained illness, was also performed. A CBC, UA, and Chemistry Panel rounded out this lab evaluation.

(While waiting for all of his lab work to come back, John's panic attacks heightened. John called Dr. Riordan, who provided a small supply of low dose Valium. Our preference is to use naturally occurring substances for treatment, but we will use short term medication until the full treatment plan begins to take effect.)

John's laboratory findings included:

- low omega 6 fatty acids...necessary for normal cell membrane function
- low urine and plasma ascorbate...suggestive of high stress load and inadequate compensatory intake
- low normal plasma amino acids...necessary for proper neurotransmitter synthesis
- high urinary pyrroles...indicative of low zinc, a cofactor in over 100 enzyme reactions in the brain
- high indican...suggestive of digestive malfunction
- high liver enzymes...indicating liver inflammation and damage
- high serum iron...possibly related to congenital iron storage problems


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High homocysteine—twice the risk of Alzheimer's disease

A recent study reported in *The New England Journal of Medicine* says that high plasma homocysteine levels increase the risk of getting Alzheimer's disease by 40%.

The study, funded by the National Institute on Aging, used 425 men and 667 women with a mean age of 76 years who did not have Alzheimer's disease. The researchers measured the plasma homocysteine levels of each person and then followed them for eight years. They measured the plasma homocysteine level again at the eight year point.

During the eight years, 111 developed dementia with 83 given the diagnosis of Alzheimer's disease. "Alzheimer's disease accounts for more than 70% of all cases of dementia, so it is important to identify modifiable risk factors," the researchers said.

The culprit they found was high homocysteine. The good news is that high homocysteine can be lowered with folic acid and vitamins B6 and B12. 

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Nutritional Medicine

by Ron Hunninghake, M.D.

The power of attention

Fifteen years ago, when Health Hunter was being conceived, one can just imagine some of the names being considered for this publication. "Sickness Smasher," "Disease Dodger," and "Illness Eliminator" come to mind. These were obviously not chosen, nor would they have been even remotely appropriate. Why not?

The Center represents the reemergence of a very old and powerful strategy to maintain and/or restore health. It is a strategy familiar to creative people everywhere. Creative people know a powerful secret: focus on what you want. Reactive people focus on avoiding what they don't want.

Recall that old saying: "Be careful what you want, you're likely to get it." Be careful where you place your attention...that's what will grow in your life. This is the power of human attention. Whatever you focus on grows. Attention is like food. Feed any idea or endeavor with your concentrated attention...and it will thrive.

But there's a hidden corollary to

this principle: when you focus on what you don't want, the power of attention can make that grow as well. If you try to not fall when you are skiing, often...you will fall.

Conventional medicine's focus is on sickness, avoidance, and symptom suppression. So it is no surprise that we have created a vast sickness care system in this country. By focusing on sickness, we have witnessed the astronomical growth of hospitals, clinics, pharmaceutical companies, and inflationary sickness care costs in the last several decades.

Enter Health Hunter. Shift the focus to health. Hunt for the underlying, correctable causes of disease, and the necessary lifestyle changes that will create better health. Create co-learners who participate in the discovery process. Empower a whole generation of patients to take charge of their own health. Create an epidemic of health. This is the power of shifting attention to where it best belongs: HEALTH!

HH

Becoming a co-learner—Continued from page 1

- low serum riboflavin...a vitamin B2 deficiency state
The Center's initial treatment plan included:
- Evening primrose oil...to correct omega 6 deficiency
- Emergen C packets...to replenish ascorbate reserves
- Zinc orotate...to lower pyrroles and reduce anxiety
- Triaminosorb...to boost amino acid availability
- Vitamin B2...to correct riboflavin deficiency
- ProDophilus...to replenish gut flora
- Intravenous ascorbate and magnesium...to reduce fatigue
- GABA...an amino acid specifically to replace Valium need and usage
- Repeat liver enzymes testing (get a hepatitis screening panel)
- Cognitive retraining and exercise

to help deal with anxiety

After Hepatitis C was diagnosed, John began oral and intravenous alpha lipoic acid in conjunction with the IV ascorbate on a weekly basis. One follow-up appointment was entirely devoted to dietary counseling.

Since beginning our treatment plan, John has reported the following changes in his health status:

- anxiety and panic attacks have markedly abated, leading to much improved job performance and the accomplishment of his goal to sing alone before his church congregation
- memory and concentration are much improved
- 20 lbs of extra weight loss
- energy levels are way up (working out 3-4 x/week)
- in spite of an abnormal liver


continued on page 3

Becoming a co-learner
—Cont'd from page 2

biopsy, John has an excellent out look and a hopeful sense of well-being.

In summary, The Center's approach carefully characterizes the unique biochemical factors giving rise to the symptoms and illness of each patient. By systematically addressing and correcting these underlying causes, the patient's own innate self-regulating mechanisms are enabled. Natural healing and improvement of human functioning is facilitated. In this way the patient is empowered to become a "co-learner." Rather than passively waiting to be "fixed," John and other patients at The Center take an active role in the discovery process. Discovering actual causes and correcting them is the simple secret to The Center's approach. John is an excellent example of how to achieve outstanding results in an otherwise complicated illness.


I hope this letter is helpful. Don't hesitate to call me if further clarification is needed.

Sincerely,
Ronald E. Hunninghake, M.D.
Medical Director
The Olive W. Garvey Center for Healing Arts 

What did the cow have for lunch?

Researchers discovered that the problem with the modern diet is not the amount of meat we eat, but the diet of the animal or fish during his or her lifetime.

The Center would agree. Wild animals are not only low in fat, the fat contains more omega-3 fatty acids that are thought to be good for cardiac health. But the animals most of us eat are fatter and the fat is more omega-6 fatty acids that promote heart disease. So, put a little wild in your life.

Eat meat that grew wild such as fish that are not farm raised and four legged animals that are fed on grass. Dr. Loren Cordain, the lead researcher on these studies said that you can still eat meat and stay healthy as long as what you eat has fed itself the old-fashioned way. 

HEALTH HUNTERS AT HOME

A dog is man's best friend

We often hear the old saying that a dog is man's best friend. Cats are too, in their own way. But a lot of research has been done on dogs and how they teach us how to live with someone who has Alzheimer's disease, dementia, or other cognitive problems and physical diseases.

Dogs are a delight to have when they are younger. They will play with various toys by themselves or with us until we get tired of the play. Then, they will try to get us to continue by various nuzzling and nudging techniques until they finally give up.

But when they grow old, there are lots of problems that can occur. There is the whimpering a dog with arthritis makes when lying down to sleep, and they sleep most of the time. Or maybe when you take the dog for a walk, you end up carrying him home, or carrying him up or down the stairs, or lifting him into your car.

For some dogs, their cognitive abilities start to go until they can't remember whether to go out on the hinged side of the door or the latch side.

Dr. Norton Milgram, a behavioral neuroscientist at the University of Toronto, and Dr. Carl Cotman, a neurochemist at the Institute for Brain Aging and Dementia, University of California at Irvine, have been studying old dogs for insights into aging humans.

"It has become clear as we've looked at how cognitive changes occur over time that antioxidants are the best suggestion of a possibly useful intervention, because the evidence indicates that oxidative stress is the main factor in brain aging," Dr. Milgram suggested.

Dr. Cotman agreed. "Oxidative damage is a key feature in the aged brains of animals and people and the brains of individuals with Alzheimer's disease show greater damage," he said.

Further, he suggested antioxidant supplements like vitamins C and E might "improve cognition and reduce age-associated cognitive decline" in both dogs and people. Dogs, as they

get older, develop the same changes in the brain as some aged people.


The brain, in dogs as well as people, is highly susceptible to oxidative damage. It is loaded with polyunsaturated fats and uses up to 20 percent of the body's oxygen supply. The oxygen generates free radicals. The free radicals destroy cellular ingredients such as DNA and enzymes and the brain starts collecting a buildup of beta amyloid that blocks cell communication.

One pet food company, Hill's Pet Nutrition right here in Kansas, has formulated a food rich in antioxidants that showed a significant improvement in tests of dog's brain functioning in both laboratory and the homes of older dogs. The results of these studies were recently presented at the annual meeting of the North American Veterinary Association in Orlando, Florida.

Like people, some of whom remain mentally bright into their 90's, some old dogs continue to function well in their old age. And some don't.

In the homes of older dogs, those fed an antioxidant-rich diet showed significantly better scores on cognitive tests than those old dogs on a regular diet said Gary Lansberg, a veterinary behaviorist in Thornhill, Ontario, Canada. The antioxidant rich diet came as a dry dog food containing fruits and vegetables, vitamins C and E, the fatty acids DHA and EPA, carnitine, and alpha-lipoic acid.

From this, we learn an important lesson. If you want your dog to remain cognitively sharp up to the last few days, you need to feed it a diet that is high in antioxidants, fatty acids, amino acids, and phytonutrients contained in a really good food.

You also might do the same thing for yourself since the old dogs teach us about what we will be like when we grow old. If you don't do it already, eat at least five fruits and vegetables a day and include some of the above nutrients in your life. You may live a good life just as your dog will. 

—Richard Lewis




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—Richard Lewis

INFORMATION WORTH KNOWING

Did you know that doctors do not cure diseases? At best they use their technical skills, knowledge of science, and their passion for helping to enable people to heal themselves. Did you hear correctly? People heal themselves. While for some people that is a radical idea, Leo Galland, M.D., in his book, *Power Healing*, expands that concept. Doctors can help the process along or they can hinder the body's own ability to heal. With the growing number of people struggling with chronic or sustained illness, doctors and patients are hungry for information that allows them to strengthen the healing process. The best treatments, whether medical or surgical, depend on the healing power of the body. The questions this month are taken from his book.

1 All ancient systems of healing share a common thread with one another that divides them from modern clinical medicine. They approach sickness as a problem of _____ and relationship.

- a. people
- b. balance
- c. health
- d. none of the above

2 Dr. Galland found that the same disease and same treatment appears to affect different people in different ways. Although he did find that the short-term response was an indicator of how they would be doing in six months.

- a. True
- b. False

3 While chronic knee pain can result from various causes, it seems that it can happen more from the personal characteristics of the patient rather than the amount of osteoarthritis demonstrated by an x-ray. Pain can be associated with such things as age, weight, general fitness, and especially with strength in the _____.

- a. muscle of the thigh
- b. purpose
- c. bone
- d. none of the above

4 Discrepancies between what the doctor sees and what the patient feels occur in most diseases because

sickness is not caused by disease but by disturbed _____.

- a. thoughts
- b. sleep
- c. function
- d. none of the above

5 Chemical mediators of disease have a lack of disease specificity as their most striking characteristic.

- a. True
- b. False

6 Neurotransmitters are substances that modulate the body's response to stressors in the _____ environment and help to set the biological clocks that govern the daily cycles of sleeping and waking.

- a. polluted
- b. internal
- c. external
- d. none of the above

7 The most basic elements of life—diet, exercise, sunlight, recreation, social interaction, thoughts, and mental images—affect your levels of _____.

- a. radiation exposure
- b. chemical mediators
- c. internal signals
- d. all of the above

• FOR ANSWERS, SEE PAGE 7 •

Solutions for cancer related fatigue

No matter what kind of cancer or what treatments are being used, the most commonly reported of all cancer symptoms is fatigue. The idea of cancer related fatigue has begun to come more to the forefront with the increase in cancer survivors.

More than three-fourths of people treated for cancer experience moderate to severe fatigue both during treatment and in the months and years afterward. Most other symptoms of cancer treatment stop soon after the treatment has been stopped, but this is not so with cancer related fatigue. Some of the longest lasting fatigue is found in cancer patients undergoing chemotherapy or bone marrow transplants.

The fatigue that is a part of cancer treatment has a great impact on the quality of life for the cancer patients. Patients with cancer related fatigue are simply able to do less, whether it be going to work, exercising, or simply doing things around the house. Beyond the physical fatigue, there is also mental fatigue. Patients have impaired memory and concentration. Anxiety and depression are common among people suffering from cancer related fatigue.

There are things that can be done to combat cancer related fatigue, as well as cope with its effects. Getting regular exercise, to an extent, can help battle fatigue, but getting too much can make it worse. Light aerobic exercise is generally the best choice. Rest is also a very important part of regaining energy. Having a set schedule of bedtimes and waking times helps get the body into a rhythm. While rest is needed, too much rest, like too much exercise, will increase the body's fatigue. The final step is proper nutrition.

At The Center we believe that fatigue is often caused by nutrient deficiencies. Since everyone is unique, the best way to find out what nutrients are low is a laboratory evaluation. An evaluation can be done at The Center or through Know Yourself/Beat The Odds. Call us at 316-682-3100 for advice.

HF

Health Hunter is celebrating its 15th Anniversary!

Lycopene, tomato paste help prevent prostate cancer

"We have confirmed an earlier reported association between lycopene and tomato sauce intake and a reduced risk of prostate cancer," wrote Edward Giovannucci, M.D., Sc.D., and colleagues in a recent issue of the *Journal of the National Cancer Institute*.

Lycopene is a plant-based nutrient often found in tomatoes and especially in tomato sauce. It seems to be more bioavailable in cooked tomatoes, such as tomato sauce, than in raw tomatoes.

The researchers used data from the Health Professionals Follow-up Study, a large study that followed 51,529 U. S. male dentists, optometrists, osteopaths, podiatrists, pharmacists, and veterinarians between the ages of 40 and 75 in 1986. They excluded the men who reported having prostate cancer in 1986 as well as those who did not adequately complete the dietary questionnaire. The remaining 47,365 participants were followed up until January, 1998. There were 2,481 reported cases of prostate cancer during the follow-up period.

"Our findings support a role of tomato-based products in decreasing the risk of prostate cancer and may help explain some of the apparent inconsistencies in the literature," the researchers concluded. Lycopene supplements and tomato sauce work to help prevent prostate cancer.

"In addition to the large study size and accounting for bioavailability, the repeated measurement of diet was critical in determining the association between lycopene intake and risk of prostate cancer," they added.

From the available data, the researchers suggest that males increase the consumption of tomatoes and tomato-based products. This is a good suggestion since we need at least five fruits and vegetables a day and preferably eight a day. Tomatoes and tomato-based products add into this number as well as helping lower the risk of prostate cancer. [H]

Herbal History

Bush morning glory, *Ipomoea leptophylla*

Bush morning glory is also called big-root morning glory and man-of-the-earth. These names refer to the man-sized root—up to seven feet long and as large around as a wild pumpkin.

The plant itself grows above ground about one to four feet tall with stems lying on the ground or erect. The lance-like leaves grow from 1-1/2 to six inches tall alternately on each side of the branch with flowers spread along the branch from May to September.

The purple-red to lavender flowers grow two to three inches long and have darker throats. Their fruits develop as the flowers drop off and grow 3/8 to 5/8 inches long with oblong seeds.

Indians used the root for medical purposes. The Pawnees burned the human-sized roots of the morning glory to provide smoke for treating nervousness and bad dreams. They also used a deer's tail or feather to dust the body with a

powder made from the root to relieve pain or revive a person who had fainted.

The Lakotas scraped off a portion of the root and ate it raw to help stomach problems. The root was also used by the Pawnee, Cheyenne, Arapaho, and Kiowa for emergency food.

The tuberous root of the big-root morning glory was officially listed in the *U. S. Pharmacopoeia* from 1820 to 1863 as a powerful cathartic, but since has been replaced by drugs.

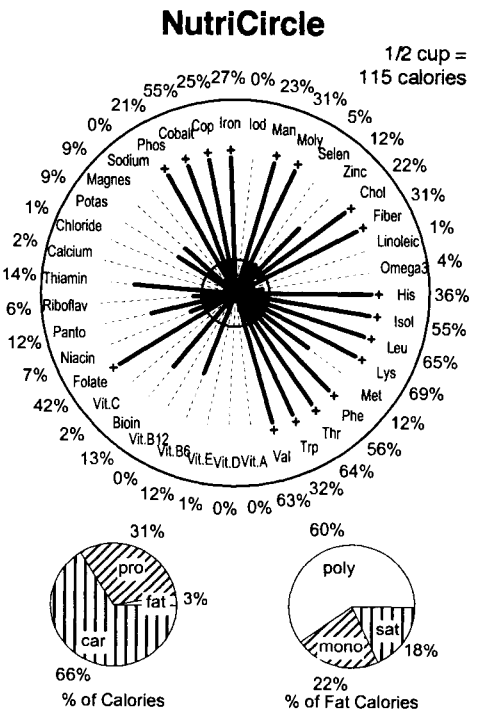
Dr. L. E. Sayre, the Pharmacy Department at the University of Kansas, studied the bush morning glory in 1895. He reported in 1897 that "the analysis demonstrated the fact that the medical virtues, if any, reside in an oleo-resinous extractive, soluble in alcohol or in chloroform."

Today, the bush morning glory is suited for roadsides, parks, and recreation areas. [H]

Food of the Month

by Donald R. Davis, Ph.D.

LENTILS are among the most ancient of cultivated foods. Though their origin is unknown, they are grown primarily in Europe, Asia, and North Africa. These small, lens-shaped legumes cook quickly, especially if first soaked in water. They are eaten plain, or used in soups, stews, and salads, where they combine well with vegetables and spices. Relative to their calories, they contain adequate amounts of 28 of 39 nutrients shown here, especially folic acid, phosphorus, cobalt, copper, iron, manganese, molybdenum, choline, fiber, and protein. Try cooking lentils with tomato, onion, celery, salt, and cumin or red pepper. [H]



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.


Ungessed prizes

This issue commemorates the fifteenth anniversary of the beginning of the *Health Hunter Newsletter*. The vision was to supply individuals with health information that they could use to improve their health and well-being. Fred Jandt in his book *Win-Win Negotiating* said, "Keep in mind the better you understand what you want and why you want it, the better your chances will be of acquiring it." The thought was that the better people understood how the lifestyle choices they made, including the food they ate, influenced their health the more apt they were to make better choices. As Richard Lewis often says, "Information is power."

As with any new venture, months of planning, scanning journals, and developing the format went into the newsletter. The layout for the first couple of years was a little crude, but the information was up-to-date and factual. As time went by, we designed a more reader

friendly format. And our readership continues to grow. Now we are reaching thousands of people with every issue. We hope that the membership will continue to grow. As John Maxwell said, "If there is hope in the future, there is power in the present."

Fifteen years ago we had little idea of the scope and interest that was to be developed in nutritional medicine. Lord Dunsany said, "Everyone's future is, in reality, an urn full of unknown treasures from which all may draw unguessed prizes. *Health Hunter Newsletter* has certainly drawn many prizes from that urn including the increase in knowledge of our readership.

As you consider starting or expanding some area of your life, keep in mind knowledge, hope, and unknown treasures. *Health Hunter Newsletter* started with knowledge and hope and has shared unknown treasures. Reach for those unguessed prizes of life. 

CENTER UPDATE

Calcium and kids

Kids today get plenty of calcium. Wrong, according to a group of researchers reporting in a recent issue of *The Journal of Pediatrics*.

Most children are not getting enough calcium in their diet. The concern is the greatest in the prepubescent years when the bones are growing rapidly and absorbing minerals. Low calcium and inadequate weight-bearing exercise have been associated with an increase risk of bone fractures in adolescents and a later development of osteoporosis.


In short, kids are eating too much fast food and watching too much television instead of eating good meals with plenty of calcium and playing outside.

In this test, the researchers wanted to find out whether calcium-fortified cereal would increase calcium absorption similar to that of milk without decreasing iron absorption. To do this, they recruited 13 boys and 14 girls between the ages of 6 and 9 years who lived in a metropolitan area. The children either received a low

calcium cereal (CER-Lo) or a calcium fortified cereal (CER-Fo) for two weeks. They ate two servings of the cereal a day, once in the morning with milk and again in the afternoon for a snack without milk.

The researchers found that there was no significant difference in the calcium absorbed from milk during the two weeks. But the difference came from the two cereals the children ate.

The total calcium absorption and net calcium retention were significantly higher for the CER-Fo diet than for the CER-Lo diet. The researchers concluded that the study showed that prepubertal children would benefit from a calcium-fortified cereal without interfering with iron absorption.

It may be time to evaluate the amount of calcium your children or those near to you eat and maybe add adequate calcium foods to their diet to be sure they are getting enough. 




Case of the month

A 51-year-old woman came to The Center in November of 2001 with concerns about arthritis, fatigue, migraine headaches, depression, mild obesity, tendinitis, abdominal pain, and mitral valve prolapse. She said, "It's been harder to do things I used to enjoy doing like playing the piano and needlework."


After seeing Dr. Riordan for an hour plus, she went to the laboratory for testing and then completed the six hour evaluation. Dr. Riordan suggested she take 5000 mg vitamin B12 drops under her tongue to enhance her energy while waiting for her test results.

She came back in about three weeks to get the results of the laboratory testing. She discovered that she had an elevated candida yeast and started Protophils for that. To help counteract her elevated C-reactive protein level and correct her high IGM and IGE levels, she began taking Olive Leaf Extract. To help lower her elevated cholesterol level, she began taking Fortified Flax. It was suggested that she take Evening Primrose Oil to help bring up her low omega-6 levels. She also started taking 5HTP at bedtime and again if she wakes up at night.

She saw Dr. Hunninghake in January, 2002, and he helped her with her diet, suggested she read *What Your Doctor May Not Tell You About Menopause*, as well as adding some additional things to her nutrient package. He suggested Pure Gest for her menopause, MSM powder and glucosamine for pain, tincture of iodine, and he increased her Fortified Flax. She went home to work with these and her previous prescriptions.

Again, she came back to The Center in mid March and told Dr. Hunninghake that, "my energy is better and, because of the flax, my bowels are better." She reported she only had one night in the two months where she woke up hot since she began the Pure Gest. Most importantly, her knees are better. She can go up and down the stairs normally. Her skin is much better. She said that there are "less spots on my hands." She is planning on doing better yet. 

Answers from page 4

- 1 b. Sickness is seen as a result of disharmony between the sick person and his/her environment.
- 2 b. Short-term responses were a poor indicator of how they would be doing in six months.
- 3 a. One of the most effective long-term treatments of knee pain is regular exercise.
- 4 c. Function includes a complex set of phenomena with physical, psychological, and cultural dimensions.
- 5 a. Each mediator has been implicated in many different, apparently unrelated diseases, and each disease usually involves multiple chemical mediators in its formation.
- 6 c. When neurotransmitters and stress hormone activity are improperly regulated, they can promote fatigue, depression, and anxiety, among other symptoms.
- 7 b. Age, sex, phase of the menstrual cycle, the season, or time of day may also affect the activity of mediators. 

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POWER HEALING

by *Leo Galland, M.D.*

Dr. Galland shares his breakthrough medical philosophy and program of healing, developed over the course of three decades of education and practice. He explains his health strategies that will help your body restore its own rightful balance and health. Softcover.

Retail Price: \$14.95

Health Hunter: \$13.46

THE ANATOMY OF FOOD

with *Ronald Hunninghake, M.D.*

Perhaps food may be the most important choice you will make to influence your health and well-being. But do you clearly understand the difference between healthy food and unhealthy food? This presentation helps you to gain a clear scientific understanding of what constitutes a healthy, whole foods diet.

GETTING IT OFF, KEEPING IT OFF

with *Hugh Riordan, M.D.*

Dr. Riordan explains in a step-by-step method how to use the Dr. Hugh Weight Management System that works for anyone who is willing to take the little steps to achieve more optimal weight and appearance. There are no calories to count.

ADD/ADHD

with *Ronald Hunninghake, M.D.*
 & *Donald R. Davis, Ph.D.*

Attention Deficit Hyperactivity Disorder is rapidly becoming the most prevalent diagnosis of school-aged children. The trend is to use psychotropic medication to modify symptoms rather than to search for underlying causes of the disorder. This presentation includes a review of modifiable causes of ADD/ADHD. Alternative treatment programs are available that safely and effectively address these underlying causes.

• To Order, Fill Out the Form Below •

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	circle one			
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Prices good through 2002.

Upcoming Events. . .

Lunch & Lectures:

- April 11 *Is That Tender Area on Your External Ear Meaningful? Maybe So.*
- April 18 *Getting it Off, Keeping it Off*
- April 25 *What Are Those Funny White Domes on Hillside? Learn About the History of The Center*
- May 2 *Beat The Odds: Can Nutrients Help You Prevent or Delay the Onset of Degenerative Diseases and Aging? Maybe So.*
- May 9 *Aging and Vision Loss: Can Nutrients Help?*
- May 16 *Getting it Off, Keeping it Off*
- May 23 *Paramagnetic Research*

April—Health Hunter's 15th Anniversary

Vitamins help the eyes

A one-a-day antioxidant and zinc supplementation can delay the progression of age-related macular degeneration (AMD), according to the results from a study published in a recent issue of the *Archives of Ophthalmology*.

The researchers enrolled 3,640 subjects with a mean age of 69 who were suffering with early to advanced AMD. They were divided into groups receiving antioxidants (500 mg vitamin C, 400 IU vitamin E, and 15 mg beta carotene); 80 mg zinc oxide and 2 mg copper; antioxidants plus zinc or a placebo for up to 6.3 years.

Those receiving the antioxidants plus zinc had the best results of not getting advanced AMD with those taking the zinc alone following in second place.

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- **Becoming a co-learner at The Center**
- **High homocysteine—twice the risk of Alzheimer's disease**
- **Solutions for cancer related fatigue**
- **Vitamins help the eyes**

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