

Health Hunters 20 YEARS

VOL. 21, NO. 4

NEWSLETTER

APRIL 2007

Celebrating 20 years of Health Hunter

by Richard Lewis

Over the past twenty years there have been almost 200 lead articles ranging from acupuncture to wellness (We haven't done a Z topic yet). We have chosen a variety of articles to reflect the wealth of information that *Health Hunter Newsletter* has provided over the years. If you would like to read the articles that we have highlighted, past issues are available for you to read in the Mabee Library at The Center.

Imagination: a Tool for Change by Marilyn Landreth, M.A., Nov/Dec. 1997
How many times have you intellectually known that you needed to improve your health by making a lifestyle change but just couldn't quite make the change? Next time you might want to enlist the aid of your imagination.

We Seek to Serve, Rather than Fix or Help by Hugh D. Riordan, M.D., January 1999
When I help, I am very aware of my own strength. When I help, I have a feeling of satisfaction. When I serve, I have a feeling of gratitude. "When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole."

Unraveling Fibromyalgia by Ron Hunninghake, M.D., January 1998
The interesting thing about fibromyalgia is that it has become THE chronic illness. The Center's approach is to do a very careful biochemical evaluation of the individual. Imbalances are corrected in the context of what we call a progressive lifestyle modification. This overall approach tends to lead to improvement in the patient's health.

The Cytotoxic Test and Me by Ron Hunninghake, M.D., April 1998
The Cytotoxic test is not the answer to all medically difficult symptom complexes, but it can provide a powerful information piece to the clinical puzzle—one that oftentimes works quickly to begin alleviating long term symptoms.

Food for Thought for Kids by Donald R. Davis, Ph.D., September 1998
Can the typical diet of American children impair their learning, IQ, and behavior? Early studies with delinquents replaced sugary foods and white flour with fruit and whole grains. The study consistently found about a 40% reduction in behavior problems.

Headaches: The Center's Approach by Hugh Riordan, M.D., October 1998
Although many additional laboratory tests may be indicated, the majority of the people we see at The Center will have four tests: histamine, vitamin C, pyrroles, and adverse food reactions.

Diabetes and Nutrition: Take Charge! by Jeanne Drisko, M.D., October 1999

The foundation for diabetes care is a whole foods diet, followed by lifestyle and environmental changes. A high supply of carotenoids in the bloodstream is associated with very good insulin and glucose control. So, the more fresh fruits and vegetables you can eat, the better control you have on the insulin levels in your bloodstream.

Herbal Medicine 101 by Ron Hunninghake, M.D., July/August 2000
There is a scientific renaissance driving renewed interest in herbology. When
continued on page 3

Is low vitamin D causing a reemergence of rickets in children?

According to a research paper in the *Journal of Nutrition*, the answer may be yes. Vitamin D, the sunshine vitamin, not only fights infections and many chronic diseases but also helps build bones and muscles.

Lisa Bodnar of the University of Pittsburgh School of Public Health and colleagues collected blood samples from about 400 black women and white women early in their pregnancy and again at delivery. More than 90% of these women took multivitamins, which included vitamin D, during their pregnancy.

When their children were delivered, only 4% of the black women and 37% of the white women had vitamin D blood concentrations considered high enough for good health. Tests of the umbilical cord blood showed only 17% of the black babies and about half of the white babies had sufficient levels of vitamin D at birth. [H]

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Nutritional Medicine



by Rebecca K. Kirby, M.D., M.S., R.D.

Top 20 healthy eating tips

You are what you eat. Consider these top 20 healthy eating tips.

Number 20 is chew your food. Don't forget to masticate; breaking up the food into smaller particles helps those digestive enzymes have more surface area to work on.

19. Get some exercise or activity daily. Thought this was about diet? Well, it is. How are those nutrients from the foods going to get to the proper tissues without good circulation?

18. Drink more water. Six to 8 glasses a day minimum; tea and coffee don't count. When you are tired, reach for a glass of water instead of a candy bar to revive and hydrate yourself.

17. Eat less sweets. There is no food value in sugar, just empty calories. Sugary desserts and snacks are usually made with refined grains and fats. A diet heavy with sugary foods can promote inflammation, not to mention unwanted pounds.

16. Make every calorie count; eat whole foods. Select your food choices from nature. Don't waste your daily intake on refined and processed foods.

15. Try a new food every month. Variety is helpful in avoiding food sensitivities and capturing more nutrients. Have you tried buckwheat, quinoa, persimmons, pomegranates, spaghetti squash, or beet greens?

14. Go organic when you can. Not only are scientists still identifying health-giving nutrients in foods, but new discoveries demonstrate that organically grown foods may have cancer-fighting compounds produced by the plant to ward off pests.

13. Eat some beneficial bacteria every day. Our gastrointestinal system relies on beneficial bacteria like lactobacillus and bifidobacterium to stay healthy and ward off allergens and disease-promoting organisms. Fermented foods and cultured dairy products (like yogurt) have a number of good bacteria.

12. Eat fish a couple of times a week. The good fats in fish are good not only for the heart but also the brain, the skin, the joints, and more. Rediscover sardines!

11. Eat more beans. Beans are

packed with fiber, protein, and carbohydrates that won't send your blood sugar soaring. Try red, brown, black, navy, white, garbanzo, and lima beans; plus lentils, black-eyed peas, and any new ones you might come across.

10. Go meatless for a week. Beans can be a staple in the diet because combined with a grain (corn, wheat, or rice) you have a meat-equivalent protein. Also, incorporate eggs, cheese, and soy into your vegetarian menu.

9. Eat some nuts or seeds every day. Try pumpkin seeds and shelled, unroasted sunflower seeds or ground flaxseed for a new taste treat. Carry a baggie of nuts (and seeds) with you for a quick snack instead of a granola bar.

8. Eat whole fruits. Skip the juice and eat the fruit for more nutrients, fiber, protein, and better blood sugar control.

7. Go for 5 to 10 servings of fruits and vegetables a day. Ten or more servings a day have been shown to lower blood pressure.

6. Eat more color. Scientists are discovering the colorful pigments (phytochemicals) in fruits, vegetables, and beans have important health-building and disease-fighting properties. For example, blueberries are good for the brain.

5. Speaking of phytochemicals, take a break during your day and enjoy a cup of tea (green, black, or herbal).

4. Include a yellow/orange/pink or red vegetable and fruit every day. For example, tomatoes, sweet potatoes, squash, carrots, corn, apricots, watermelon, pink grapefruit, peaches, raspberries, or oranges, to name a few.

3. Put plenty of other green in the diet with avocados, broccoli, celery, cabbage, brussels sprouts, peppers, asparagus, green peas, and green beans.

2. Eat at home. Cook, sit down with family or friends, and enjoy a meal together (turn off the television).

And the number one health tip which you have heard me say many times— Eat a dark green leafy vegetable a day, such as turnip, mustard, collard, or other greens; spinach; swiss chard; kale; and the many dark green lettuces!

used with your doctor as a means of self-regulating, the use of herbs can be quite powerful, as part of an overall wellness plan.

Prostate Health by James A. Jackson, Ph.D., Nov/Dec 2000

As Dr. Buckman, Executive Director of the American Foundation for Urologic Diseases, says: "Men barely know how to spell prostate, let alone know what it does." He also stated that men have a greater chance of something going wrong with their prostate than with any other organ in their body.

The Benefits of Chocolate by Donald R. Davis, Ph.D., June 2001

Our most popular candy is good for you, according to recent research on the health benefits of chocolate. Despite some minuses, mainly the sugar added to nearly all chocolate products, the key chocolate ingredient is a whole food rich in nutrients and phytochemicals.

Unhealthy Inflammation by Ron Hunninghake, M.D., June 2002

Healthy inflammation is not only desirable; it is essential to our survival. However, science is beginning to alert us to a more sinister, dark side of inflammation. This "unhealthy inflammation" underlies accelerated aging and degenerative organ decline.

Osteoporosis by Ron Hunninghake, M.D., October 2002

Osteoporosis is an epidemic problem. One third of American women will have a fracture related to osteoporosis in their lifetime. The idea that all you need for good, strong bones is calcium is not a sound way to think. Living cells need a wide array of nutrients.

Overcoming Depression by Hugh D. Riordan, M.D., February 2003

Depression affects about 17 to 19 million Americans each year. It is possible to become depressed because of the lack of a sufficient amount of a single trace element.

Obesity: the Epidemic of the 21st Century by Nina Mikirova, Ph.D., September 2004

Obesity is one of the greatest neglected public health problems of our time. Our genes have not changed over the past 100 years. As most of the world increased caloric intake and decreased physical

continued on page 6

HEALTH HUNTERS AT HOME

20 of my favorite "Health Hunters at Home"

The "Health Hunters at Home" column started back in 1990, but I have selected my favorite articles from the past 10 years.

One of my favorites is the April 1999 article about tomatoes. It traces the history of the tomato, including its status as a "forbidden fruit." In the late 1800s, a man actually had to eat a tomato while he was standing on the steps of parliament before a crowd (and live through it) for tomatoes to become a table vegetable in Britain.

Adam's Rib – February 2007

Men and women have the same number of ribs, so we need to look at other differences between them.

Do We Get Enough Vitamin D?

– November/December 2006

Vitamin D is often in short supply.

The Power of Juicing – March 2006

Chad Krier, N.D., D.C., wrote that you can juice fruits and vegetables to get many nutrients that you need.

Something You Should Read – June 2005

A story of two Canadians who had good results with vitamins.

The Runaway Weight Gain Train – February 2005

People with obesity are like a runaway train heading downhill.

Doctors Treat, Nature Heals – June 2004

A doctor tells a person, after hearing the description of the illness, "Yes, get him in here quickly. If you wait, he may heal himself."

For Young and Older Adults – February 2004

This has some suggestions for vitamins for younger and older women to consider.

Smoking in the Movies – September 2003

Role models for the young in movies may need to correct their on-screen smoking habits.

Want Better Bone Density? Try This – May 2003

"Menopause is not a disease, and should not be treated like one," says one doctor.

Ode to Whole Foods – September

2002

An alleged contest between God and Satan with God being on the side of whole foods.

A Dog is Man's Best Friend – April 2002

Suggestions of what we can learn from a dog.

Green Up Your Exercise – September 2000

A farmer comes to town to hire people to help move bales of hay and discovers that people are actually paying to lift weights and do other exercises.

It's Tea Time Again – May 2000

Drinking tea helps raise antioxidant levels and bone mineral density, as well as tasting good, too.

Read Any Good Cereal Boxes Lately? – July/August 1999

Cereal boxes are a good source for fiber and nutrient quantities.

Tomatoes Help Fight Cancer, Heart Disease – April 1999

A brief 1400 year history of the tomato, along with modern medicine "discovering" lycopene and its effect on cancer, heart disease, and other diseases.

Eating Breakfast Like a... – May 1998

One approach to eating three meals a day.

Food for Thought, or Be Glad Your Kid is Not a Deer – April 1998

Sugar isn't good for deer or humans.

Graying of the Immune System – June 1997


A short story about preventative medicine.

Lose the Label – May 1997

ADD, ADHD, and other labels are not important.

A Story Worth Telling – July/August 1996

A scruffy young man comes to The Center as his family's last resort for him to gain control of his violent reactions.

Well, that is it. If you have back issues of *Health Hunter Newsletter*, you can check these articles and see what you think. If you do not have these issues and want to read the whole article, all of the back issues are available for you to read in the Mabee Library at The Center. 

—Richard Lewis

INFORMATION WORTH KNOWING

by Marilyn Landreth, M.A.

The Center for the Improvement of Human Functioning International began almost 32 years ago with a chance meeting between Hugh Riordan, M. D., Carl Pfeiffer, M.D., Ph.D., and philanthropist, Olive White Garvey. Mrs. Garvey had just read a review of the book *Nutrition and Your Mind* by George Watson. Dr. Pfeiffer was head of the BioBrain Center in New Jersey. Dr. Riordan had just returned from an Othomolecular meeting in Canada. After their interesting discussion, Dr. Riordan was requested to submit a proposal for a grant to fund a laboratory for nutritional testing similar to Dr. Pfeiffer's laboratory. Dr. Riordan did submit a simple grant proposal and the Garvey Foundation agreed to provide the funding for three years. The rest, as they say, is history. In 1984 the new center with eight geodesic domes and a pyramid opened on 92 acres in northeast Wichita, Kansas. The facility houses a clinic, research laboratory, medical laboratory, research library, restaurant, and educational activities. The questions this month are taken from the history of *Health Hunter Newsletter*.

1 Although the *Health Hunter Newsletter* began publication twenty-years ago, there was a publication that was sent out to people who attended the International Conferences. This publication was called _____.

- Society for Concerned Vegetarians
- Health for Tomorrow
- Society for the Improvement of Human Functioning
- Health Food Gazette

2 The first editor of the *Health Hunter Newsletter* was _____.

- Hugh D. Riordan, M.D.
- Carl Pfeiffer, Ph.D., M.D.
- Richard Lewis
- Olive White Garvey

3 The first newsletter was six pages in length and had five columns and a calendar of events. The columns were: "Just for the Health of It," "The Superb Herb," "Special Discounts for Books and Audio Tapes," "Information Worth Knowing," and "Health Hunter at Home."

- True
- False

4 From the modest beginnings of the newsletter in 1987 it was known as the *Health Hunter Newsletter*, a name that was selected by _____.

- school children
- Olive White Garvey
- a contest winner
- Carl Pfeiffer, M.D., Ph.D.

5 The lead article, "Just for the Health of It," featured _____ as the main topic.

- vitamin C
- carpal tunnel syndrome
- psychoneuroimmunology
- fatigue

6 The first Editorial Board was made up of Carl Pfeiffer, Ph.D., M.D.; Hugh D. Riordan, M.D.; Olive White Garvey; and Emanuel Cheraskin, M.D., D.M.D.

- True
- False

7 Also included in the mailing of the first *Health Hunter Newsletter* was a listing of classes called "Spring Short Courses." These courses were offered in the evening with _____ topics to choose from.

- five
- eight
- ten
- twenty

• FOR ANSWERS, SEE PAGE 7 •

20 gardening tips

by Gary D. Branum, Ph.D.

- Site selection - Select a site for your garden that is well-drained and that has a soil with minimal clay.
- Sunlight - Your garden will need a minimum of 6 hours of sunlight per day.
- Organic Matter - Add as much organic material to your soil as possible.
- Compost - Add as much compost as you have.
- Manure - If you have cow or sheep manure, use it.
- Soil Testing - Every two to three years have your soil tested by the County Extension Service and follow their recommendations.
- Select appropriate plants - Pick plants that can grow in Kansas.
- Select good varieties - Once you decide which crops to grow, pick varieties that suit your needs.
- Plant in beds - Plant your vegetables in groups of three rows about a foot apart, with about three feet between groups of three rows.
- Companion planting - Intermingle flowers or herbs that are known to have repellent properties next to your vegetables.
- Mix and Match - Don't plant all your onions or beans in one row.
- Mulch - Add as much mulch as you can. Mulch helps hold moisture in the ground and controls weed growth.
- Weed - Every drop of water used by a weed is water that is not getting to your carrots.
- Drip irrigation - Set up a drip irrigation system.
- Set pheromone traps - Pheromone traps are available for some insect pests like cabbage loopers.
- Control nematodes - Biological controls are available to control harmful nematodes that affect some root crops.
- Critters - You may need to put up a fence to keep deer or rabbits out of your garden.
- Remove debris - Bad vegetables, dead plants, and weeds should all be moved out of the garden.
- Rotate your crops - Change things around next year.
- Have Fun!! - Your garden will love you!

PH

Test of the Month

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

Epstein-Barr Virus

Epstein-Barr virus (EBV) is most often associated as the cause of infectious mononucleosis, or the dreaded "kissing disease." It belongs to the herpes group of viruses and is very widespread, or ubiquitous. Few people realize that it is also associated with several types of cancer: Burkitt's lymphoma, some types of nasopharyngeal carcinomas, and some rare lymphoproliferative disorders.

At The Center, our physicians often order antibodies to EBV in cases of unexplained chronic fatigue. This virus may be in your body, hidden and not causing any problems. However, in cases of severe stress or chronic illnesses, when your immune system gets very low, the virus may become active and be associated with chronic fatigue syndrome, especially in young to middle-aged women. This is especially true if the patient had a case of infectious mononucleosis in the past.

There are many ways of testing for the presence of EBV. The most common is by checking the levels of antibodies to certain parts of the virus. These include IgG to Early Antigen (EA), IgG and IgM to viral capsid antigen (VCA), and antibodies to the nuclear antigen (NA). By comparing the presence of different antibodies, one can distinguish between an acute infection, a chronic or reactivated infection, an old infection, or a convalescent phase of infection.

However, it is important to remember that some traditional health-care workers say that this test is useless in diagnosing chronic fatigue syndrome, probably because there is a high level of the EBV antibodies in the general population. We, however, based on positive outcomes of our patient's response to the presence of the antibodies and treatment with I.V. vitamin C, feel that it is still a good test to order on selected patients. H

Herbal History

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

20 commonly used herbs



Staying in step with the "20" theme, I've decided to briefly touch on 20 of the most commonly used herbs here in the U.S.

Echinacea is antimicrobial, antiviral, antibacterial, antifungal, and immune stimulating. Echinacea is most often used for colds or infections.

Ginseng (Siberian) works as an adrenal adaptogen (helps maintain balance, energy, and the ability to cope with stress). Siberian Ginseng is used in cases of chronic fatigue, immune dysfunction, blood sugar issues, and hypotension.

Ginkgo is known to increase blood flow to the brain and limbs while antagonizing platelet aggregation. Ginkgo is most commonly used to treat cerebral vascular insufficiency and impaired mental performance.

Garlic has many properties including: antimicrobial, anticoagulant, liver support, immune support, and circulatory support. It's used for infections, liver disorders, lipid abnormalities, and high blood pressure.

St. John's wort is antiviral and works as a nervine (calming to the nerves). It is often used for nerve pain, shingles, depression, anxiety, and insomnia.

Peppermint is muscle relaxing, carminative (reduces gas), external analgesic, and stimulates bile flow. It is used for colic, gas, IBS, muscle spasm, and pain.

Ginger works as a carminative, anti-inflammatory, circulatory stimulant, stomachic (improves stomach action), diuretic, and antioxidant. Ginger is often used for migraines, digestive upset, arthritis, and nausea.

Chamomile is anti-inflammatory, antispasmodic, carminative, sedative, and analgesic. Chamomile is used for indigestion, gastritis, restlessness, anxiety, and colic.

Kava kava is sedative, hypnotic, antispasmodic, anti-inflammatory, and analgesic. It is used to relieve anxiety

and stress, insomnia, muscle spasm, and headaches.

Valerian is also a sedative and antispasmodic used much in the same way as Kava.

Cranberry extract is used in the prevention and treatment of urinary tract infections.

Grapeseed extract works as a powerful antioxidant that protects cells from free radical damage and promotes healthy circulation. Grapeseed extract is used to promote circulatory health.

Saw palmetto is diuretic, decongestant, antispasmodic, male reproductive tonic, and anti-inflammatory. Saw palmetto is used for BPH, enuresis, bladder infections, and respiratory infections.

Goldenseal is antimicrobial and a bitter tonic (digestive stimulant). Goldenseal is used for colds, flu, sore throats, and ear infections.

Milk thistle is liver supporting and liver restorative. Milk thistle is used for most liver diseases and liver protection.

Cat's claw is anti-inflammatory, antioxidant, and immune stimulating. Cat's claw is often used for immune support.

Bilberry works to support the circulatory system. Bilberry is used for varicose veins, hemorrhoids, easy bruising, and for supporting healthy eyes.

Cascara sagrada works as a laxative and bile flow stimulant. Cascara is most often used for constipation.

Dong quai regulates menstruation and works as a diuretic, liver protectant, anti-inflammatory, antispasmodic, and natural calcium channel blocker. Dong quai is most often used for gynecological conditions.

Horse chestnut is astringent (contraction of tissues - contracts veins), anti-inflammatory, and decreases capillary permeability. Horse chestnut is most commonly used for venous insufficiency. H

Mental Medicine


by Marilyn Landreth, M.A.

20 mental medicine tips

Since we are beginning our celebration of 20 years of publishing *Health Hunter Newsletter* and the benefits that go with a Health Hunter membership, we thought this would be good time to give you 20 Mental Medicine tips. We all know that life can be challenging, rewarding, frustrating, and fun, as well as many other adjectives. It is not so much what happens to us but how we handle what happens to us.

1. Believe in something bigger than yourself. 2. Appreciate and show gratitude for what you have. 3. Grow something green. 4. Grieve your losses. 5. Find humor in the everyday foibles of human nature. 6. Create something, whether it is a picture, a flower garden, or a scrapbook. 7. Get/give at least three hugs a day. 8. Make a joyful noise. 9. Pass your smile on to those around you. 10. When you think something complimentary about someone – tell her/him. 11. Really see a

beautiful flower, feel the breeze on your face – enjoy nature. 12. Collect sayings or jokes that bring a smile to your face or satisfy something in your soul. 13. Do something for someone without expecting reward or acknowledgement. 14. Realize that sometimes life is more challenging than other times. 15. Flip Wilson said he used to stay at home being upset when someone had done him wrong, and then he found out that they had gone out dancing. Forgive yourself and others. 16. We don't always have to be perfect in every detail, so occasionally be wrong on purpose. 17. Continue to learn something new every day. 18. Exercise is good for the mind, as well as the body, so move your body around. 19. Be your own best friend. 20. Have a few minutes in reflection, meditation, or prayer everyday.

What do you do that helps you to meet the challenges of everyday life? 



Lead articles—Cont'd from page 3

activity, the same genes contribute to obesity and poor health.

CoQ10: the Energy Nutrient by Chad A. Krier, N.D., D.C., October 2004

CoQ10 is involved in the manufacture of ATP, the energy currency of all body processes. The process of creating ATP occurs in the mitochondria (tiny powerhouses) inside our cells. CoQ10 is essential for optimum functioning.

Thirty Years with Dr. Hugh Riordan by Richard Lewis, February 2005

A co-learner wrote the following about Dr. Riordan, "There are thousands like me who have chronic illnesses that have come to a dead end with conventional medicine, only to find hope, education, and wellness from Dr. Riordan and the staff at The Center."

Oh, My Aching Back by Chad Krier, N.D., D.C., April 2005

Back pain can result from injury or trauma of muscles, ligaments, joints, bones, fascia, and intervertebral discs. However, back pain also can come from seemingly harmless repetitive motion events. One of the main culprits behind low back pain is poor sitting posture.


Food Sensitivities Could be Hurting You by Rebecca Kirby, M.D., M.S., R.D., October 2005

There are any number of symptoms that one may attribute to food reactions or sensitivities. Reactions to foods can involve not only the skin and digestion but also the respiratory system, the nervous system, and the musculoskeletal system.

Intravenous Vitamin C and Cancer by Ron Hunninghake, M.D., March 2006

Irving Stone was an early thinker and writer about vitamin C. While most doctors accept that scurvy is a vitamin C deficiency illness, few have made the jump to see vitamin C as a major player in the management of cancer.

Reducing the Risk of Dementia and Alzheimer's Disease by Rebecca Kirby, M.D., M.S., R.D., April 2006

The most common cause of dementia in the U.S. is Alzheimer's disease. In a Dutch study that looked at 1600 subjects over a 5-year period, the researchers found that the more fish consumed by the subjects, the better the brain functioned. 

CENTER UPDATE

Olive oil and heart disease


by Paul Taylor, B.A., B.S.

In a recent study for the EUROLIVE Study Group conducted by Maria-Isabel Covas, M.Sc., Ph.D., et al, it was found that 25 mL of olive oil per day had beneficial effects on certain blood lipids, as well as additional antioxidant effects. The quantity is similar to recommendations of the US FDA. The study looked at olive oils with low, medium, and high levels of polyphenol compounds. Polyphenols are a common class of phytochemicals found in olives, including olive oils and other plant sources.


Polyphenols were linked to reducing heart disease risk factors in previous studies, but these studies were inconclusive. This study was conducted in a randomized double blind cross-over fashion and included 200 men from five European countries. Each participant was given one of the three oil types for three weeks followed by a wash-out period then administered another oil until each participant had received each oil type.

The results showed that all three olive oil preparations (low, medium, and high polyphenol) increased HDL levels and decreased total cholesterol-HDL ratio. Triglycerides levels were reduced and reduced glutathione (an antioxidant)-oxidized glutathione levels improved.

The study went on to show that HDL cholesterol-total cholesterol ratios decline with increasing polyphenol content of olive oil. Oxidative markers decreased with increasing polyphenol consumption.

Unrefined olive oil contains the highest levels of polyphenols, while refined olive oils have most of these compounds removed. While 25 mL olive oil, in general, is beneficial at reducing heart disease risk factors, the unrefined olive oil proved to have the greatest benefits, including a significant increase in HDL levels, decreased LDL levels, and significant reduction in oxidative markers like hydroxyl fats. 

Answers from page 4

- 1 c. The society sent out a one-page flyer of Information Worth Knowing with seven questions. This format is still used today.
- 2 c. Although Dr. Riordan was the founder of The Center and was on the Editorial Board of the Health Hunter, Richard Lewis has been the only Editor.
- 3 a. Arlene Magnusson wrote the "Superb Herb." Arlene was a nurse and a volunteer at The Center.
- 4 b. Mrs. Garvey said we should all be hunters of good health.
- 5 b. The other topics have been covered in other lead articles but not in the first newsletter.
- 6 b. Mrs. Garvey and Carl Pfeiffer, Ph.D., M.D., were not on the Editorial Board. Hugh D. Riordan, M.D., and Emanuel Cheraskin, M.D., D.M.D. were on the Board, as well as others.
- 7 b. The topics included vitamin C, walking, depression, neurolinguistic programming, smoking cessation, heart, aqua aerobics, and biological/chronological age. 

SPECIAL DISCOUNTS

Audio Tapes: Regular Price—\$7.95; Health Hunter Price—\$7.16
 Video Tapes: Regular Price—\$9.95; Health Hunter Price—\$8.95
 CDs: Regular Price—\$14.95; Health Hunter Price—\$13.45
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DR. HUGH RIORDAN:

A 30-Year Retrospective

with Ron Hunninghake, M.D.

Dr. Hunninghake talks about the amazing career of this fascinating maverick physician who founded The Center.

TURNING SCHOOL FAILURE INTO SUCCESS

with Hugh D. Riordan, M.D.

What do you do when your school is not doing well? When your school spends a great deal of time and money on discipline? When students are unhappy and not achieving well? When your school is known to be the one to avoid by parents, teachers, and students because failure is expected? Learn the little changes that make a big difference. Failing kids become successful with this approach.

SIMPLE SOLUTIONS TO SOME PSYCHIATRIC PROBLEMS

with Hugh D. Riordan, M.D.

Are simple solutions to psychiatric problems like depression and bipolar disorders and some schizophrenias available? Is it possible that easily corrected factors influence the way we feel? There is no doubt about it. Dr. Riordan shares what he learned from 40 years of clinical practice and research.

HOW I GOT RID OF MY MIGRAINES AND HOW YOU CAN GET RID OF YOURS

with Hugh D. Riordan, M.D.

Learn from our founding doctor who suffered mightily with migraines before discovering the keys to preventing the devastation from such headaches.

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Upcoming Events. . .

Lunch & Lectures:

April:

- 5 No More Bad Moods: The Food-Mood Solution
- 12 Enzymes and Autism: Go with Your Gut—Nutritional Secrets for Overcoming Autism
- 19 Food Pharmacy III: How to Use Food as Nutrient Powerhouses
- 26 Control Inflammation, Lose Weight, Gain Energy

May:

- 3 Understanding How Nutrition Fits Us Today
- 10 Please DO Eat the Daisies...
- 17 Controversy: Do Antioxidants Help or Hinder Chemotherapy and Radiation?
- 24 Health Hunter/Beat The Odds "Ask the Doctors"

April 5 - Health Hunter 20th Anniversary Celebration

April 5 - FREE Evening Lecture - Discover Your Health

April 6 & 7 - Health Hunter/Beat The Odds Days

Glucosamine and chondroitin sulfate deemed safe

Glucosamine and chondroitin sulfate have been two popular dietary supplements that help keep your joints in good shape. There is even a large body of research using both animals and humans that supports the oral intake of these two supplements, either separately or in combination.

Two scientists felt that the increased awareness and use of the two supplements warranted a comprehensive review of their safety for humans to use.

The scientists found that the evidence strongly supports safety at intakes up to 2000 mg per day for glucosamine and 1200 mg per day of chondroitin sulfate. These levels are considered by the scientists to be the observed safe level for both supplements.

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