

Health Huntersm

N E W S L E T T E R

Phytochemicals—plant food chemicals that prevent cancer

Donald R. Davis, Ph.D.

For over 100 years, “phytochemical” was an obscure, scientific word meaning “plant chemical,” derived from the Greek word for plant. Last year, the word appeared on the cover of *Newsweek* and in many other magazine and newspaper

Cancer-preventing phytochemicals occur in all plant foods...

articles. Behind this transformation lies a major advance in our understanding of foods and health. This newly popular word has a much narrowed meaning. Phytochemicals are plant chemicals, *in foods*, that improve health and prevent disease. Usually the narrow term excludes vitamins, other essential nutrients, and substances our bodies make.

Until recently we didn't know such phytochemicals existed. Now we know of hundreds, and expect to find thousands. Most help prevent cancer in animals, or even regress cancer, and the National Cancer Institute launched a phytochemicals project in 1989. Some scientists view phytochemicals as the “second golden age of nutrition,” the first being the discovery of vitamins and

other nutrients. Some phytochemicals help prevent heart disease, hypertension, infection, and other illnesses, but here I will highlight phytochemicals that prevent cancer. Although there is still no proof of cancer prevention in humans, the proof in animals is broad, and the human evidence is highly suggestive.

Cancer-preventing phytochemicals occur in all plant foods—vegetables, fruits, whole grains, beans, nuts, seeds, garlic, spices, herbs, tea, and even wine. Few are harmed by cooking or canning. But few, if any, remain in non-whole foods—purified sugars, added fats, white flour and rice, and distilled alcohol. Un-

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Little Things Add Up

Exercise may help prevent non-insulin dependent diabetes. The Honolulu Heart Program found that the most active men had a 50% lower risk of developing diabetes than couch potatoes.

Fruits, vegetables protect against strokes

Are fruits and vegetables becoming accepted medicines for preventing strokes? It looks that way from research which appeared in a recent issue of *The Journal of the American Medical Association*.

After twenty years of following a large group of men in the Framingham Study, Dr. Matthew Gillman and associates found that eating fruits and vegetables may protect against strokes in men.

The Framingham Study began in 1948 to study cardiovascular and other diseases and their risk factors. It is the best known of all longitudinal studies. In this case, the researchers selected 832 men who were free from cardiovascular disease during the period of 1966 to 1969.

Accumulation of dietary data on all participants has been part of the Framingham Study, making it possible to evaluate fruit and vegetable consumption.

In the 20-year follow-up period, the researchers found that the more fruits and vegetables eaten, the less likely the chance of having a stroke. In fact, “For each increment of three servings per day, there was a 22% decrease in the risk of all stroke,” according to the researchers.

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Nutritional Medicine

by Ron Hunninghake, M.D.

Health is an ATTITUDE!

What is your AQ?...your Attitude Quotient!!!

AQ is about 10 times more important than your IQ.

Why? Because your attitude structures your experience. Attitude is more like a verb than a noun. When you are "attituding," you are really doing a number on yourself ...and others.

Where do we locate our health attitudes? Attitudes are curt, little "conversations" we have with ourselves that are hidden between our "shoulds" and our "red light feelings." For example, when it comes to choosing whole foods, the attitude: "why bother" structures the experience of apathy. Apathy really means "not caring." Who are you not caring for?...yourself! Where is this attitude located: between the "should:" "I should eat more healthy, wholesome foods" and the "red light

feeling" of "restriction of freedom:" "I don't like anyone telling ME what I should or shouldn't eat!"

What would be a more helpful attitude to take? "I wonder how good I could feel eating whole foods?" This structures the experience of wonder and discovery. The "should" is replaced with a "could." And the "red light feeling" is shifted to "green light enthusiasm."

How did this attitude shift occur? It's the miracle of transformation. On a deeper level, our chooser self gets "insight!" And once we see it, we can't "un-see" it. From thence comes the profound behavioral changes that lead us to greater health.

AQ, like IQ, is a gift, of course. Yet we now know that IQ can be improved through training. Why not do the same with AQ? Shift your attitude about AQ, and...who knows what the limits are? [H]

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The information in this publication is meant to complement the advice and guidance of your physician, not replace it.

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fortunately, these non-whole foods are, by far, the major plant-derived foods eaten by most Westerners.

Cruciferous vegetables include cabbage, broccoli, cauliflower, radish, and others. (The name comes from their flowers, which have only four petals, shaped like a cross.) They have perhaps the best evidence for preventing human cancer. Persons with low intakes have elevated risk for bowel cancer. In animals these vegetables and some of their components also decrease the risk of breast cancer. Cruciferous vegetables are rich in phytochemicals called isothiocyanates and indoles.

Vegetables and fruits also contain myriad other phytochemicals,

including (bio)flavonoids, carotenes, chlorophylls, monoterpenes and cinnamic acids. (The last are also in cinnamon.) Over 200 human studies have found reduced risk of cancer (and other diseases) with high intakes of vegetables and fruits. These benefits often are attributed to vitamins C, E, and β -carotene, but phytochemicals may contribute importantly, too, including hundreds of carotenes other than β -carotene.

Red wine retains quercetin and other flavonoids found in grape skins. These phytochemicals are known best for preventing heart disease, but they also prevent cancer in animals. Purple grape juice is a

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lesser source.

Citrus fruits and some seeds such as caraway contain phytochemical oils called monoterpenes. These induce liver enzymes that detoxify carcinogens. Remarkably, they also regress some established tumors in animals.

Garlic and onions contain diverse sulfur- and selenium-containing phytochemicals. They detoxify or block carcinogens, damage tumor cells, and inhibit tumor growth in animals. They stimulate the immune system, including that of AIDS patients. Some claim one can't get much benefit without "garlic breath," but most positive studies used cooked garlic, pickled garlic, aged garlic, and garlic extracts that have little odor.

Phytochemicals in teas, spices, and herbs are the subject of an entire scientific book (1994). Ten chapters deal with tea, especially green tea, the Chinese favorite. American tea is black tea. Both come from cut leaves of the same plant, but green tea is quickly heat treated, whereas black tea is allowed first to oxidize in air for several hours. This oxidation destroys some beneficial flavonoid polyphenols in tea. Oolong tea is between green and black tea. Herb teas presumably contain their own phytochemicals, but these have received little notice so far.

Consumption of whole grains, beans, nuts, and seeds favors low rates of bowel cancer and other cancers, often attributed to the fiber in these foods. Now we must wonder if phytates, flavonoids, or other phytochemicals are partly or mostly responsible. Phytates once were considered undesirable because they bind zinc, iron, and other minerals.

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HEALTH HUNTERS AT HOME

Juxtaposition

The two articles on the front page of this issue are interesting information in their own right—one about the reduction of strokes and the other covering the fascinating area of little known chemicals in food that may be as important as any other nutrient we know about.

Taken together, they become even more interesting. They become a clear statement of the differences between the standard medical approach and our approach to medicine at The Center.

Dr. Gillman and his associates state in the article on strokes which originally appeared in *The Journal of the American Medical Association*, "If fruits and vegetables truly protect against the risk of stroke, what is the mechanism?" They were looking for the one mechanism through which fruits and vegetables worked in preventing strokes.

In *Health Hunter's* lead article, Dr. Don Davis discusses the little known phytochemicals and the advantages they offer us when we eat them in whole foods. "Behind this transformation lies a major advance in our understanding of foods and health," he writes.

Standard medicine is reductionist by training. That is, physicians want to reduce the medical problem to one cause and one effect. This completed, they have one solution for the problem. This process understandably comes from their training in an acute care model of medicine.

By contrast, The Center is like Dr. Davis with whole foods and their myriad of parts—nutrients and phytochemicals. We work with what standard medicine calls chronic illness and we call sustained illness.

Rather than dealing with just the symptoms of the illness, we would rather find the underlying biochemical causes of the illness and work on these. In short, we want to look at why it makes sense to the body to be doing what it is doing. This doesn't mean that one approach is wrong and the other is right. These two approaches to medicine complement each other very well.

We are not an acute care center. If you are broken or bleeding you are better off with the standard medical system.

For instance, when our daughter had an inflamed appendix, we were overjoyed that one of the top pediatric surgeons in the country was here in Wichita to attend to her. But, when she came down with chronic knee and shoulder pain, we were equally glad The Center was available to find the underlying cause of this pain and treat it with nutrients.

For sustained illness, we do an excellent job of restoring people to a true state of health. And health, by our definition, is having the reserve to do what you need to do and want to do with energy and enthusiasm.

To carry the metaphor a little further, The Center believes it is important to use the whole food approach to nourish the complex ecology of the human body rather than look for the one synthesized component that is judged valuable.

As one researcher put it when he was trying to isolate the single ingredient in broccoli known to help cancer, "We are probably throwing more valuable stuff in the compost heap than we are finding." □

—Richard Lewis

INFORMATION WORTH KNOWING

Do you want to know more about Chronic Fatigue Syndrome (CFS)? Dr. William Crook has written a book that is well organized, concise and helpfully illustrated to further our understanding of this elusive disease. He gives possible solutions to the fatigue problem in *Chronic Fatigue Syndrome & the Yeast Connection*.

1. CFS may represent the 10% to 15% of our species who have not adapted to _____.
 - a. day-light savings time
 - b. synthetic material
 - c. rapid changes in the environment
 - d. life outside the womb
2. Dr. Crook believes that CFS's only cause is an over-growth of the common yeast, candida albicans.
 - a. True
 - b. False
3. Dr. Carol Jessop, M.D., found the most common symptom(s) in patients with acute or relapsing CFS, besides fatigue, was/were:
 - a. a sleep disorder.
 - b. bad breath.
 - c. red eyes.
 - d. all the above.
4. Dr. Crook has found that people get better when they _____.
 - a. clean up their diet
 - b. avoid foods of low nutritional quality
 - c. search for foods to which they are sensitive and avoid them
 - d. all the above
5. Food intolerance, allergies, or sensitivities to common foods can provoke fatigue and other systemic and nervous symptoms.
 - a. True
 - b. False
6. More women, than men, are apt to develop CFS because _____.
 - a. yeast thrives on warm membranes of the body, including the vagina
 - b. urinary tract infections are more common in women than men
 - c. women are more willing to consult a physician
 - d. all the above
7. American women are afflicted with recurrent vaginal infections. According to reports by the media, as many as _____ women are affected.
 - a. two million
 - b. twenty-two million
 - c. fifty million
 - d. one billion

• FOR ANSWERS, SEE PAGE 7 •


Case of the month

A female, 43 years of age, came to The Center with a history of life-long sleep disorder. Long term consequences of this are fatigue, irritability, lack of concentration, depression, headaches, and overall muscle weakness. She has been on several different antidepressants without benefit. She also has pain in her shoulder, back, and other areas.

The patient's laboratory evaluation showed no vitamin C in her urine and sub-optimal levels of C in her plasma. Her cholesterol was elevated, magnesium was sub-optimal, and selenium was average. She had 7 out of 20 foods positive on her cytotoxic evaluation.

The patient was started on English walnut tea, Gram Ascorbs, and magnesium. At a later visit, she was started on niacinamide to help with her low blood sugar, and flax oil capsules. Based upon her symptoms of low body temperature, depression, fatigue, and sleep disorder, a therapeutic trial of glandular thyroid was started at a low dose.

The patient returned six weeks later indicating that her sleep had improved as had her energy, and her skin was also less dry. Most significantly, the depression and suicidal thoughts that she had had most of her life had lifted. "The bleakness, moroseness, and futility are all gone. I used to feel like Sisyphus pushing that rock up the hill; now I don't."

The patient is a writer and has recently finished a book that has been accepted for publication. Since being here at The Center, she has changed the story line to where the main character incorporates whole foods into her dietary program and starts focusing on health and health improvement as a way of life. 

BEAT THE ODDS FOCUS GROUP
MAY 19, 1995 in the PANORAMA ROOM
HOW TO BRING YOUR GRADES UP

Continued from page 1

If fruits and vegetables help prevent strokes, what is the mechanism that makes it possible? The researchers explored many possibilities.

First, they examined the effect of fruits and vegetables on blood pressure, a major determinant in strokes. Rouse and associates, back in 1983, showed that vegetarian diets lowered blood pressure.

Next, the researchers looked at cholesterol. Since dietary soluble fiber in fruits and vegetables tends to lower cholesterol, this could be the mechanism. Only 10% of strokes are caused by plugged arteries.

Then, they looked at folate and potassium. Several recent studies have shown folate to have a lowering effect of homocysteine in the plasma. Elevated levels of homocysteine are a contributor to strokes. Potassium may lower blood pressure. It is found in fruits and vegetables.

Antioxidants were also considered, but these micronutrients were missing from the data set in the 1960's. The current data set didn't separate the vegetables into sub-groups such as citrus fruit or cruciform vegetables, such as broccoli, which research has shown valuable.

This left the researchers to conclude, without finding the mechanism, that "intake of fruits and vegetables appears to protect against the risk of stroke in men...both ischemic and hemorrhagic strokes."

They closed with, "These results provide support to programs aimed at widespread increases in the consumption of fruits and vegetables. If successful, such programs may have beneficial effects on the incidence of stroke as well as other chronic diseases that constitute the leading causes of [sickness and death] in Western societies." [H]

Mental Medicine

by Jon Sward, Ph.D.

The practice of meditation has been studied extensively at Harvard University Medical School and elsewhere. There are many different forms of meditation, but all of them fundamentally involve quieting the body for a period of time while simultaneously quieting the mind and focusing it inwardly without going to sleep. In this state the brain quickly changes its electrical activity; it stops producing the high frequency beta waves that go with attending outward, and starts the slower, calmer alpha and theta brain waves.

When the brain is in alpha and theta brain wave states, the hypothalamus is triggered to reset and rebalance the autonomic nervous system. The two halves of the brain also bring themselves into greater electrical balance where they rapidly exchange information back and forth

from one side to the other. Some of this information exchange is used by the body for self repair, self regeneration, and healing. Just twelve to fifteen minutes once or twice a day gives the meditator an extra edge on maintaining or restoring health.

Research has found meditators to have the following health benefits (compared to non-meditators): they are less anxious, have lower blood pressures, have fewer psychosomatic disorders, have more positive moods, are more spontaneous, are less dependent on external cues for behavior, are more accepting of themselves, have more sympathy and understanding of others, have quicker recovery from stress arousal, have reduced pain sensation, and show perceptual sharpening and decreased distractibility. [H]

CENTER UPDATE

Low cholesterol linked to suicide, other causes of death

First we had to worry about high cholesterol and heart disease. Now we have to worry about low cholesterol as well.

Julia A. Golier of Mount Sinai School of Medicine and colleagues interviewed 307 men admitted to psychiatric hospitals and checked their cholesterol levels, according to a study reported in the *American Journal of Psychiatry* and quoted in *Science News*. Nearly one in three men with low cholesterol had made an attempt to kill themselves.

"Some researchers have theorized that low cholesterol creates a suicide risk by slowing the transmission of serotonin, a chemical

messenger in the brain," Golier said.

In another research project, Henrietta Reicher-Ross of Neufeld Cardiac Research Center, Tel-Hashomer, Israel, found low cholesterol implicated in other causes of death. After she and her colleagues screened 14,683 men and women with heart disease, they found that 5.5% with a cholesterol below 160 died from heart related causes vs. 4.1% with readings over 160. (Mean cholesterol for the below 160 group was 147; the over 160 group was 222.)

Also, 4.5% of those below 160 died from non-cardiac related reasons such as cancer, vs 2.1% with levels over 160. [H]

Beat The Odds Update

Vitamin E reduces heart disease in elderly

Coronary heart disease is the leading cause of death in adult life and in elderly people. A group of Italian researchers found that taking vitamin E reduced this problem in elderly people.

In their research, reported in *The American Journal of Clinical Nutrition*, Giuseppe Paolisso and his associates followed 30 people (18 men and 12 women) for four months. One half of the group took 900 mg of vitamin E, while the other half took a placebo.

"Administration of vitamin E resulted in a significant increase in fasting plasma vitamin E concentrations with a simultaneous decrease in plasma oxygen free radical production ...," the researchers wrote in their conclusions.

They went on to state that, "Optimal protection of LDL (the bad cholesterol) by antioxidants should slow down the progress of athero-

sclerosis (the plaque build up on the artery walls), at least in the early steps leading to fatty streak lesions. Vitamin E may be able to exert its antiatherogenic role in different cell types mainly involved in the atherosclerotic process."

Paolisso added, "The present study provides evidence for the first time that in elderly patients with [coronary heart disease, long term large dose] vitamin E administration is a useful tool not only in improving the plasma lipid profile but also in lowering plasma insulin concentrations. All such effects were associated with a decline in plasma oxygen free radical concentrations."

Vitamin E is one of the nutrients measured in Beat The Odds.

"An increase in plasma vitamin E concentrations should be associated with a decline in the main atherogenic plasma lipid concentrations," the researchers concluded. [H]

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But this binding causes few problems, and may be beneficial. It reduces the tendency of plant-derived iron to catalyze undesirable oxidation in the gastrointestinal tract. And phytate inhibits tumors in animals. So do flavonoids in soy and other beans. Some believe that soy flavonoids inhibit hormone-related tumors of the prostate and breast.

Upon learning about phytochemicals, our first impulse may be to put them in a pill or add them to our favorite junk foods. Indeed commercial interests have this in mind. Plants eaten as foods automatically limit our intake, give us a broad spectrum of phytochemicals, give us accompanying nutrients, and

modulate our absorption of phytochemicals. These potentially important safeguards vanish if we use concentrated sources of individual phytochemicals.

The obvious alternative, and the only one available now, is to eat more vegetables, fruits, whole grains, beans, nuts, teas, spices, and herbs. Even a modest substitution for purified sugars, added fats and oils, white flour and white rice, and distilled alcohol would automatically double most Americans' intake of phytochemicals. Nutritionists and grandmothers long have preached a similar message. Phytochemicals simply give us many new reasons to take the message seriously. [H]

Hooray for weeds

Is there any place prettier than where you are? We often wish we were some place else when thinking of beauty, but I don't expect to travel to all the beauty spots of the world... so I enjoy, even love, where I am. Treat yourself to a sunrise. The bird-song is spectacular in the early roseate dawn. The myriad songs praise the coming day. We need to pause and also give thanks for another day in which we can improve the way we live our lives. Drink in the ephemeral evanescent moment. Imprint it on your memory and, when your day gets stressful, sit somewhere quiet and recall each detail of that sunrise. You're sure to be refreshed and back in control within minutes.

This year I've discovered wild violas, bright lavender-blue faces about a quarter inch in size, and the baby-blue-eyes have been especially endearing this spring. There are so many lovely wildflowers that "lawn-people" are spraying into oblivion. I really feel sorry for people who have a "golf course perfect" lawn. They miss so much. Hooray for weeds! If everyone could see the beauty, we'd have no problem with herbicides. Yes, even bindweed is beautiful when you really look at it. Isn't that a radical view? Well it's what I see. Perception is everything.

Our summer avian visitors are coming back. So far, I've seen one white egret with her long black legs stalking through the pond that has become a reflection pool. I hope we can retain enough water to continue being seen as fit for the birds to stop by. I saw one lesser blue heron looking us over, but he failed to stop. There are some purple finches considering nesting in the purple redbud tree outside my dome. I hope they decide to take up residence here.

Find the special beauty in your own natural surroundings. Hooray for weeds! [H]

Norvalee

Answers from page 4

1. c. Since early in the fifties the use and overuse of antibiotics, birth control pills, and changes in our diet has changed our environment.
2. b. Multiple entities such as yeast overgrowth, intestinal parasites, unchecked viral infections, food allergies, and chemical sensitivities result in immune dysfunction that is called Chronic Fatigue Syndrome.
3. a. Other symptoms were frequent urination, persistent headaches, cold extremities, achiness/myalgia, and chills, to name a few.
4. d. Also, he includes the use of antifungal medications, nutritional supplements, and psychological support.
5. a. When suspected foods are eliminated, symptoms disappear only to reappear when the food is reintroduced.
6. d. Hormonal changes associated with the normal menstrual cycle lead to yeast overgrowth.
7. b. The incidence of Chronic Fatigue Syndrome among young women is also increasing. Is there a connection? H

SPECIAL DISCOUNTS

CHRONIC FATIGUE SYNDROME & YEAST CONNECTION

by William G. Crook, M.D.

This book is a "get well" guide for people with this often misunderstood illness and those who care for them. For people who have not found a solution for their "feel sick all over" dysfunction, this book may be for them. Softcover.

Retail Price: \$14.95

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with Donald R. Davis, Ph.D.

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IMPROVING YOUR HEALTH WITH MENTAL MEDICINE

with Jon Sward, Ph.D.

Did you know your mind can help you heal? Even illnesses which are highly physical can be influenced by the mind. Your attitude and mental outlook can be important to the healing process. Listen and learn more about the mind-body connection to illness and some specific techniques you can use to help yourself. Audio cassette.

Retail Price: \$7.00

Health Hunter Price: \$6.30

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- 5/9 Know Your Nutrients: Fatty Acids
5/11 Unlocking Your Brain's Healing Potential
- 5/5 Evening Reception with Miss Kansas
- 5/6 Child/Parent Health Day with Miss Kansas
- 6/9-10 Health Fair
- 6/15 Summer Classes begin
- 6/23-24 Unfolding Potentials
- 9/8-10 14th International Conference on Human Functioning

Call Health Coach at (316) 686-4545 for up-to-date health information.

Call (316) 682-3100 for more information on programs listed above.

Fighting the battle of overweight

Many Americans are too heavy and getting heavier, according to preliminary data from the 1988-1991 National Health and Nutrition Examination Survey.

According to the figures, the prevalence of obesity has increased to 33% from 25% just ten years ago.

The study on obesity revealed the following:

- Obese children have a higher probability of becoming obese adults.
- Women are more likely to be obese than men.
- Married men are more likely to be obese than unmarried men.
- Obesity increases with age, until it begins to decline in the elderly.

Cardiology World News

INSIDE THIS MONTH'S ISSUE . . .

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Health Hunter

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